

RELAY

Winter 2016



ROMSEY

ROAD RUNNERS

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Cover Photo:
Paul Burnage at the Minstead stinger

Photo credit: Simon Mason

Note from the Chair

After 29 years with the club having had many committee positions over the years I have volunteered to be the Chair mistress. I hope I can do you proud. I have always loved the warm, friendly, social vibe of the club due to all our club members who give their time to make it a special place to run and have fun.

I would firstly like to say a big thank you to those committee members for all their hard work, who have stepped down from their roles. Without them the club wouldn't be the vibrant place it is now.

Tony King chairman for 3 years

Hannah Hunt race secretary RR10/CC6 for years

Lynda Brown kit Rep for 3 years (new role as press secretary)

Karen Keane social secretary (now Chair mistress)

A big thank you to our new volunteers for vacant positions

Ken West race secretary RR10/CC6

Daniel Lurcock kit rep

Dorota Koschmidder-Hatch newsletter co-ordination

Dave Nixon another social secretary with Liz

Lynda Brown/Tam Ryan press secretaries

This leaves only The session leader coordinator vacant which is the biggest crew we have had.

Looking forward to carrying on all the good work

Karen

Club Trip!

Message from Keith Stone:

I am planning to organise a Club Trip to Keswick next year. This will include an opportunity to take part in one of the Trail Races held on Saturday 2nd September 2017. There are three events; 5K; 10K and a 15K. My initial plan is to travel up on the Wednesday 30th August.

On the Thursday we could jog/walk the route! Friday would be a rest/easy walk day. Saturday is Race DAY, Sunday travel home.

You could book your own accommodation or I can rent a large house in Keswick. There is also the Youth Hostel!

For full details of the events look at Keswick - Lakeland Trails™ - Inspiring Races in Beautiful Places.

Sporting Quotes

An athlete cannot run with money in his pockets.
He must run with hope in his heart and dreams in his head. *Emil Zatopek*

There is no glory in practice but without
practice there is no glory. *Unknown*

Some people dream of success,
others stay awake to achieve it. *Unknown*

Age is no barrier. It's a limitation you put on your mind. *Jackie Joyner-Kersey*

It's not the will to win that matters – everyone has that.
It's the will to prepare to win that matters. *Paul Bryan*

Always make a total effort,
even when the odds are against you. *Arnold Palmer*

Obstacles don't have to stop you. If you run into a wall,
don't turn around and give up. Figure out how to climb it,
go through it, or work around it. *Michael Jordan*

Win if you can, lose if you must, but NEVER QUIT. *Cameron Trammell*

If you have everything under control,
you're not moving fast enough. *Mario Andretti*

It's not whether you get knocked down,
it's whether you get up. *Vince Lombard*

Losers quit when they are tired,
winners quit when they've won. *Unknown*

Nobody who ever gave his best regretted it. *George Halas*

Don't practice until you get it right.
Practice until you can't get it wrong. *Unknown*

If you only ever give 90% in training then you'll
only ever give 90% when it matters. *Michael Owen*

T = together, E = everyone, Achieves, M = more

Most of these quotes are by U.S. sports people, including some great coaches.

Membership Report

by Penny Jennings

We now have a new online membership form and online payment system kindly programmed by Neil. Membership is due on January 1st but I am happy for anyone to pay before and will start reminding you all in December. We have tested the new form but if you have any problems please let myself or Neil know. Also if you are unable to access the internet there are alternative arrangements. Hopefully, this should cut down on paper and save you all remembering to bring your money to the club nights!

Since the last newsletter we have had lots of new members:

Fiona Edwards, Kirsty Robins, Jo Blatherwick, Luke Burwood, Karen Pethick, Elizabeth Prinsep, Ben Sharman, Lindsay Smith, Katherine Airey, Andrew Lindop, Ruth Walczac and James Instone from Romsey, Tim Hinton from West Wellow, Jane Jackson from East Tytherley, Caron Gaisford from Fordingbridge and Alison Price from North Baddesley.

Jo Blatherwick

Hi, I'm Jo. I'm a Physiotherapist, specialising in Neurology in a private practise having left the NHS after 9 years to be able to move back down South from Liverpool. Originally from just outside west London, so the main reason for moving South to be back nearer friends and family. I haven't been running long but wanted to try and maintain some fitness after rowing for the past few years and missing the exercise. Looking forward to getting my running skills up enough to do a few 10kms next year hopefully and to meet a few people along the way!



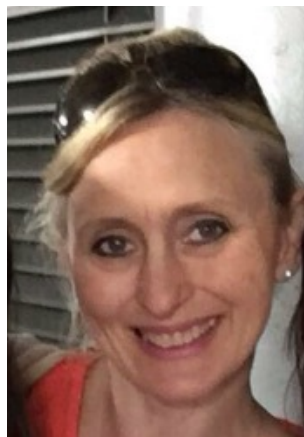
Kirsty Robins

Up until I went to University I lived in Luton, Bedfordshire and was more of a swimmer with my highest point being competing in the Nationals. However, I gave this up due to starting University in Southampton and started to concentrate more on running and have been on and off since then. I was in a club back in my hometown Luton for a couple of years and then ran on my own for a long while but missed being in a club which is why I joined Romsey Road Runners along with my mum (Fiona Edwards). I enjoy competing and managed to complete my 1st marathon in London last year with a time of 3hrs

41 mins but not sure I will be doing that distance again too quickly! Since having my 1st baby 8 months ago it's sometimes hard to motivate myself to run but since joining the club, it's made it much easier and everyone has made me feel so welcome. I love the buzz you get from running and am looking forward to getting back into it and hopefully competing in a few races soon!

Jane Jackson

I started running a couple of years ago. Regularly do the Southampton park run and have completed several 10 k runs and 2 half marathons. Goal is for it to get easier!



Fiona Edwards

Previously from Luton in Bedfordshire, I moved to Romsey at the beginning of the year to be closer to my daughter and new grandson. I used to be a member of a running club in Luton and have competed a few times but mainly run for fitness and health benefits. I find Romsey Running Club very friendly and am happy to be a part of it.



James Instone

My names is James Instone and I am a new member of the Romsey Road Runners. Originally born in Yorkshire, I immigrated with my family to New Zealand at age 10 where I discovered my love of running and music. I am a Music teacher and have been working in International schools in SE Asia for the last 15 years. I moved to Hampshire in June 2015 and am glad to have found a great group of runners to train with. I specialize in events such as 10km, half marathons and triathlons, and my next event is the Gosport Half in November 2016. Having enjoyed the luxuriant warmth of the South China Sea in past triathlon events, I hope, next year, to brave the cooler English Channel and do a middle distance triathlon in the summer.



Caron Gaisford

Having been born and brought up in the area, I've now moved back after over 30 years. Have been running for years, taking part in road, fell, trail, x country and track races. Over the past 10 years or so I have tended to favor trail and adventure style events, enjoying mountain biking, orienteering, canoeing, climbing etc.



Looking to be part of a small but friendly running club where fun and enjoyment is the essence!

Alison Price

I only started running 3 years ago, on a treadmill and inspired by a desire to lose weight. Not long after I entered a 5k 'Race for Life' and my love was born! Since then I have taken part in half marathons and marathons but my times have not really improved. I have also found my self-discipline a struggle training on my own so I decided to join Romsey Road Runners not only to try to improve my performance but to enjoy the social element of being part of a group. I have been so pleasantly surprised by the incredibly friendly, supportive and encouraging atmosphere in the group and so glad I took the leap! Thank you for having me.



Katherine Airey

I only started running about 2 months ago, using one of those couch to 5k apps. I've found it harder in the winter to motivate myself to get out the door hence joining a running club. My first day at the club was the furthest I had run in years but I'm glad I kept up. I did my first Parkrun in November purely because I knew I could run the distance after doing it at the club, and I hope to make that a regular occurrence. My main goal is to run a 1.5 mile in under 14 minutes so that I can potentially join the Army Reserves.



AGM/Awards/Skittles Evening

On Friday 18th November, over 60 members and partners gathered at The Mills Arms, Dunbridge for the inaugural combined AGM and Awards Evening.

AGM reports had been circulated well before the meeting and while partners enjoyed a drink in the bar, the meeting took place in what was probably, if not the, quickest on record at around 25 minutes!

A spicy and plentiful (second and third helpings were available) choice of Bean Chilli or Chicken Curry and all the accompaniments was enjoyed by all ahead of the awards presentation and main social event of the evening, skittles.

Two teams, ladies and men made use of the two alleys available. There were two rounds and prizes for the winner and loser in each team. For the ladies, Penny Jennings scored an incredible 13 in the first round which ensured she won first prize overall. Daniel Lurcock was the winner for the men, narrowly beating Dave Gardiner and booby prizes went to Alice Lane and Neil Jennings; hope the Skittles sweets help your bowling arms next time!



A taxi service had been superbly organised by Karen Keane to ensure everyone arrived home safely. Thanks to all drivers who offered space in their car too.

The following morning, an eight-mile social run from Woodley Hall to Dunbridge to collect cars parked overnight.

The social secretaries would like to thank everyone for making the evening such a success and to those who have given feedback.

Liz Slade

Award winners 2016 presented at The Mill Arms social on 18th November

Well done to everyone for their amazing results.

RR10 male Neil Jennings

RR10 female Becky Tovey

CC6 Male Neil Jennings

CC6 female Becky Tovey

Club Handicap Trevor Bond

Pentathlon male Neil Jennings

Pentathlon female Sue Sleath

Pentathlon vet Brenda Topliss

Sally Sillence award given by the committee

for the most improved runner Rebekah

Lurcock

Chairmans award given by the chairman for service to the club Hannah Hunt

Romsey Road Runner of the year voted by club members for performance, help with new members, being Supportive, friendly
Becky Tovey for the third year running .

A very deserving winner I'm sure you will agree.



Get On The Track!

(Warning: This Article Is For Over 35s Or Runners Fast Approaching That Age Only)

It seems an age ago now when 'we', were racing round (well, some more than others) the 400 m grass lanes up at the Mountbatten School Playing Fields.

How I long for those warm Thursday evening track sessions back in the summer, when the sun shone in our eyes and the breeze ruffled 'our' hair(well, some more than others).

Things don't seem so predictable these days but I'm going 'out on a limb' and guessing that Summer will return again next year.

So, with that in mind I thought its best to let everybody know about the

Hampshire Veterans (Men & Women) Track and Field League. That's

That's now, rather than when its already upon us, what-like I usually do.

In order to be eligible to compete in this Vets League, you have to be over the tender age of 35yrs, there are also races for the additional age categories of over 50s and over 60s.

You must belong to one of the eight teams competing in this league. As RRR don't have a Vets Athletics Team, I chose Havant A.C. (a friendly bunch) as my 'second claim' club which only costs me a mere £6.00 for a season's membership*. There are four fixtures each season, each fall on a Monday evening in April, May, June and July.

The venues are usually Winchester, Portsmouth, Basingstoke and Guildford.

The first track races of each fixture are scheduled for 7pm with the last race around 8.45pm, because of this time restraint the 100m 400m 1500m are run on the first and 3rd fixtures and the 200m 800m 3,000m Steeplechase on the 2nd and 4th fixtures.

These meetings are competitive but great fun with the additional excitement of a relay race at the end of the meeting.

To find out more about this league(previous results etc) visit:-

<http://www.hampshirevetsleague.org.uk>

You will see that several RRR have competed in previous seasons and done very well.

During last summer's Thursday track sessions I saw 'other' speedy members that I feel could also excel at these meetings so, why not test yourself and have a go?

You can always run as a 'guest' first, if you want to just come along and try out an event.

Greg Roulston

* There is no rule that you have to train with whatever club you choose to 'second claim' with :-)

Pentathlon 2015/16

Top 3 Men

Name	5km Time	Score (rank)	5m Time	Score (rank)	10km Time	Score (rank)
Neil Jennings	0.18.10	40 (1)	0:29:54	37 (2)	0:40:18	34 (3)
Mark Stileman	0.19.43	34 (3)	0:29:16	40 (1)		
Mark Adams	0.19.50	-	0:31:41	32 (4)	0:39:43	37 (2)

Top 3 Women

Name	5km Time	Score (rank)	5m Time	Score (rank)	10km Time	Score (rank)
Sue Sleath	0.19.33	37 (2)			0.45.37	37 (2)
Penny Jennings*	0.25.30	28 (7)	0:39:20	37 (2)	0:54:04	27 (8)
Brenda Topliss*	0.25.42	27 (8)	0:39:39	32 (4)	0:52:46	30 (5)

Top 3 Vets

Name	5km Time	Score (rank)	5m Time	Score (rank)	10km Time	Score (rank)
Brenda Topliss*	0.25.42	37 (2)	0:39:39	37 (2)	0:52:46	40 (1)
Penny Jennings*	0.25.30	40 (1)	0:39:20	40 (1)	0:54:04	34 (3)
Paul Burnage*	0.21.41	40 (1)			0:46:00	40 (1)

For those who are kind of new to the club and wondering what this is all about, the Pentathlon is a friendly, intra-club competition, where we each try to log a time over 5 of the following 6 officially recognised distances.....

5k, 5 miles, 10k, 10 miles, Half Marathon and Marathon.

The competition runs from 1st October to 30th September every year. Scoring is based on a points system, fastest time for each distance gets the most points.

It's an awesome way of comparing results year on year, distance on distance and also a fun way of pushing yourself towards a new PB!!

To qualify for the trophy you need to have clocked 5 of the 6 distances over the duration of the season, and all of those races need to be officially measured – this does rule out some of the off-road races, because they tend to be a bit less

10m Time	Score	Half Marathon Time	Score (rank)	Marathon Time	Score (rank)	TOTAL SCORE
00:59:41	40 (1)	01:21:00	40 (1)			191
1:06:13	37 (2)	1:22:08	37 (2)	03:12:00	37 (2)	185
1:06:43	34 (3)	1:29:47	32 (4)	03:32:18	32 (4)	167

10m Time	Score (rank)	Half Marathon Time	Score (rank)	Marathon Time	Score (rank)	TOTAL SCORE
01:12:25	40 (1)	1:33:02	40 (1)	3:21:43	40 (1)	194
01:29:16	27 (8)	01:50:18	28 (7)			147
01:28:34	29 (6)	1:55:54	25 (9)			144

10m Time	Score (rank)	Half Marathon Time	Score (rank)	Marathon Time	Score (rank)	TOTAL SCORE
01:28:34	40 (1)	1:55:54	37 (2)			191
01:29:16	34 (3)	01:50:18	40 (1)			188
01:24:01	40 (1)	01:41:22	40 (1)			160

accurate, but still great fun and brilliant training!!! Here are the results from the 2015/15 season....

Congratulations to all the trophy winners!!!!!!

It was a fantastic effort from all in the cross country leagues this year, both summer and winter! With the Mens and Ladies teams coming a quality 10th and 6th respectively in the 2015/16 CC6 league, followed by an equally impressive Mens 10th and Ladies 11th place in the 2016 RR10 league! A special congratulations to Neil Jennings, who, with a clean sweep of the Pentathlon, RR10 and CC6 titles this year for the club, and breaking that elusive hour mark over 10 miles!!! A great season, well done Neil!!

RR10 LEAGUE 2016

MEN

Name	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11
ADAMS Mark	45		41		29	39	44	32		40	51
BOND Trevor	184			155		156		147		167	199
BROWN Christopher	61		40	42	33	46	52	42		63	53
BURNAGE Paul			70	67		77		59		86	102
GARDNER Dave					94	120	116	104			125
HARTLEY Pete						113				124	
HORTON John	117						119	91			127
JENNINGS Neil	18		5	9	5	9	13	12		8	13
KELLY Derek	199			166	194		188	162		184	224
NIXON David	209			179							
PERKINS Richard					154						
QUAYLE John			75		85	95				97	
STILEMAN Mark			14	14	13		21	19		30	31
SUDDABY Mark				73	52						68
WEBB Ray				73				150		168	
WEBB Rob	82				87						
WEST Ken	186						172	149			
WHITAKER Paul				102			115			114	
WILLIAMS Jonny	80		55	60	64	74		44		57	78
WINDEBANK Wayne										98	115

RR10 LEAGUE 2016

LADIES

Name	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11
ABAB	66		57	66	74	76	73	46		68	87
BOND											183
COUPER			117	166	151		175			154	182
DUIGNAN	78		64	67	73	79	96	75		80	94
HUNT											45
JENNINGS	51		53	42	50	61	84	49		55	68
KEANE			76		91	104	105	74		81	
KELLY											98
LANE	58					82				63	79
LURCOCK	34		23		42	37	30	24		30	30
PAGE	151										
REES					122	141	127	91		121	129
ROBINS											22
RYAN	17										
SEMERARO			12	12	16	23				42	
SLADE	76		62	68	71	78	80	53		70	
TOPLISS											83
TOVEY	16			14	12	19	17	13		19	21
WEBB	148			142	129	158		101		142	
WEGUELIN				64			70				78

CC6 LEAGUE 2016/17

MEN

LADIES

Name	MEN			LADIES				
	R1	R2	R3	Name	R1	R2	R3	
ADAMS	Mark	25		68	ABAB	Julia	46	32
BROWN	Christopher	38	26	66	JENNINGS	Penny	37	
BURNAGE	Paul				KEANE	Karen		46
HARTLEY	Pete			91	KELLY	Marion		40
JENNINGS	Neil	4			HARTLEY-OINN	Maria		65
KELLY	Derek	106	87	138	HATCH	Dorota	44	38
LURCOCK	Daniel		47	62	HUNT	Hannah	113	
PRINSEP	Alex		21	40	MCKENZIE	Jo	40	30
SUDDABY	Mark	43			PRINCEP	Elizabeth		60
WEBB	Ray			126	REES	Deborah		59
WEST	Ken	101		134	ROBINS	Kirsty		12
WHITAKER	Paul	73		95	SEMERARO	Hannah	52	42
WRIGHT	Jim			79	SLADE	Liz	49	41
					TOVEY	Becky	7	
					WEBB	Linda		21
					WEGUELIN	Jo		19

CC6 fixtures

With the CC6 season well under way, this is what the upcoming fixtures table looks like..... get those dates in your diary and keep those trail shoes muddy!!!!

Race 4	11th December 2016	Janesmoor Road	Lordshill & Wessex
Race 5	8th January 2017	Badger Farm Winchester	Winchester, Southampton AC, Solent Running Sisters
Race 6	22nd January 2017	Kings Garn Inclosure	Romsey, Halterworth, Southampton Tri
Race 7	19th February 2017	Dennywood	Totton
Race 8	12th March 2017	Wilverley	New Forest, Lymington Tri & Lymington AC

Photos from CC6 race 3, Dibden, 6th November...



We would love to say a special thanks to our amazing group of session leaders, for motivating us, keeping us safe and above all, making training nights so much fun! So here are some of the many racing highlights from the latter part of the year.....



Race Round-up.....

Bournemouth Marathon, 2nd October.....

Ian Winkworth 3:57
Mark Winkworth 4:09

Clarendon Marathon, Half Marathon, Relay Marathon and 5 mile races, 2nd October...

5 mile

Lynda Brown 41:51, 1st Lady!!!

Half Marathon

Neil Jennings 1:26:51, 3rd overall!!!
Becca Lurcock 2:05:19
Penny Jennings 2:08:14, 5th in age category!!!
Dylan Needham 2:23:43

Marathon

Mark Stileman 3:12:39, 2nd overall!!!
Becky Tovey 4:10:15

Relay Marathon

The Naughty Forties!!
(Mary, Francesca, Alice, Wendy) 4:10:43, 7th in class!!!

Great Scottish Half Marathon, 2nd October

Anna Duignan 2:07, 5th in age group!!!

Salisbury Half Marathon, 9th October

Duncan Macdonald 1:41:42

Solent Half Marathon, 9th October

Daniel Lurcock 1:42:41
Pete Hartley 1:44:39

New Forest Stinger, 16th October

Neil Jennings 1:03:17, 2nd overall, 1st age group!!!
Mark Suddaby 1:16:47
Jim Wright 1:17:29



New Forest Stinger, 16th October (cont'd)

Paul Burnage	1:19:10
Becca Lurcock	1:23:22
Sue Sleath	1:25:14, 1st age group!!!
Jo Mackenzie	1:35:05
Penny Jennings	1:35:21
Deborah Rees	1:58:47

Great South Run, 23rd October

James Battle	1:03:34
Amanda Hull	1:06:53
Wayne Windebank	1:09:43
Dave Gardner	1:14:43
Suz Gardner	1:24:24
Dylan Needham	1:33:12
Nikki Skeats	1:38:48
Bridget Wells	1:38:57
Jane Jackson	1:50:05

Abingdon Marathon, 23rd October

Toby Burrows	3:21:35
Brenda Topliss	4:17:01
Alice Lane	4:21:13

Gosport Half Marathon, 20th November

Matt Hammerton	1:15:31
Amanda Hull	1:31:55
Ian Winkworth	1:46:30
Dave Gardner	1:45:29
Mark Winkworth	1:46:30
James Instoe	1:48:02
Deborah Rees	2:15:55

Downton Half Marathon, 27th November

Becca Lurcock	1:43:07, PB!!!
Alice Lane	2:04:20

Winter training schedule 2016/2017 ** FINAL **

December	January	February	Lead	Lead
Thu 1 Brook Way	Mon 2 1/2: Halternworth Tadburn 3/4: Harefield	Thu 2 Brook Way	Mark Deborah	Lead
Mon 5 1/2: Campion Drive Hills 3/4: Abbotswood	Thu 5 Romsey Industrial	Mon 6 1/2: North Baddeseley (2x2) 3/4: Fishlake Industrial (2x1.5)	Ian	Mark Deborah
Thu 8 Tempo Run	Mon 9 1/2: Harefield 3/4: Halternworth Tadburn	Thu 9 Tadburn Road	Becca Julie	Julie
Mon 12 1/2: Halternworth Industrial 3/4: Cupernham/Fishlake (rev)	Thu 12 Tempo Run	Mon 13 1/2: Cupernham/Fishlake (rev) 3/4: Halternworth Industrial	Matt	Matt David
Thu 15 Tadburn Road	Mon 16 1/2: Abbotswood 3/4: Campion Drive Hills	Thu 16 Tempo Run	Alice David	Alice
Mon 19 1/2: Cupernham/Fishlake (rev) 3/4: Halternworth Industrial	Thu 19 Fishlake Meadows	Mon 20 1/2: Halternworth Industrial 3/4: Cupernham/Fishlake (rev)	Deborah	Ian Keith
Thu 22 Xmas Lights Run	Mon 23 1/2: Campion Drive Hills 3/4: Abbotswood	Thu 23 Cemetery Hill	Becca Julie	Jo
Mon 26 NO SESSION (BOXING DAY)	Thu 26 Cemetery Hill	Mon 27 1/2: Campion Drive Hills 3/4: Abbotswood	Mark	Becca Julie
Thu 29 Cemetery Hill	Mon 30 1/2: Fishlake Industrial (2x2) 3/4: Shorter NB route		Ian Keith	

England Athletics fees:

Affiliation and registration fee details for 2017-18 (the next affiliation year) have been decided following the 2016 England Athletics consultation.

This year England Athletics has once again held a series of club conferences and an online consultation survey to identify the views of stakeholders in the sport on a range of issues. A key issue on which we sought the views of the sport was England Athletics' athlete registration scheme.

Once again the events saw a number of people expressing the view that the cost of individual athlete registration should rise as there is a desire for England Athletics to maintain and enhance its current level of service, particularly as the nature of future Sport England funding for the period from 2017 onwards is unknown.

A total of 2,214 respondents completed the online consultation. This included a question where respondents were offered five choices on athlete registration fees for the period 2017-2021. These were:

- A one-off increase of £4 in 2017 and no further increase
- Two increases of £2 – one in 2017 and another in 2019
- A £2 increase in 2017 followed by a further review
- An increase of £1 every year through to 2021
- Fees to remain the same for 2017/18

The responses to this question were as follows:

- A one-off increase of £4 in 2017 and no further increase – **17.1%**
- Two increases of £2 – one in 2017 and another in 2019 – **13.7%**
- A £2 increase in 2017 followed by a further review – **14.3%**
- An increase of £1 every year through to 2021 – **31.6%**
- Fees to remain the same for 2017/18 – **23.2%**

As a result of the findings, the Board of England Athletics has taken the decision to:

Set the athlete registration fee at £14 which is a £1 increase for the 2017/18 Affiliation Year (which starts 1 April 2017).

Maintain the club affiliation fee for 2017/18 at £100 per club.

Further decisions on athlete registration and club affiliation fees beyond the 2017/18 affiliation year will be made once Sport England funding decisions for that period have been made and announced.

We would like to thank everyone who has taken the time to feed in their views through the consultation process whether through one of the meetings or the online consultation.

We are also very grateful for the valuable contribution made by members of our nine Regional Councils and National Council throughout this year's consultation process. More information on the consultation held this year and previously can be found at www.englandathletics.org/consultation, including details of England Athletics' finances and expenditure.

England Athletics are always pleased to hear the views and feedback of people within the sport. Please see www.englandathletics.org/my-area and your local 'About us' section for details of staff and Regional Councillors where you are.

Coconut and chocolate flapjacks

(Recipe from www.runnersworld.co.uk)

Refuel your runs with this nutrient-packed coconut and chocolate flapjack recipe.

Why are these great for runners?

Desiccated coconut is packed with Vitamin C to help your body repair injuries, along with magnesium and calcium for healthy bones.

Coconut oil is primarily made up of medium-chain fatty acids, which are easier for your body to burn off than other forms of fat.

Dark chocolate contains antioxidants, plus it's a source of iron, which can help ease fatigue.

Ingredients

100ml coconut oil

170ml date syrup, honey or golden syrup

170g oats

50g desiccated coconut

50g dark chocolate

1. Preheat your oven to 180°C/350°F/Gas Mark 4. Line and grease a small, deep baking tin.
2. Melt the coconut oil and date syrup together over a low heat in a large saucepan. Stir in the oats and desiccated coconut thoroughly.
3. Transfer the mixture to the baking tin and push down firmly. Bake for 10-20 minutes or until golden brown on top. Remove and leave to cool in the tin.
4. Break the dark chocolate into chunks. Place in a glass bowl over a saucepan of hot water and leave to melt, stirring occasionally. Drizzle over the flapjacks and leave to set.

Thank you's!.....

As those of you who attended the recent AGM will know, Hannah Hunt has decided to hang up her race secretary hat for a while. We would like to say a MASSIVE thanks to Hannah for all her hard work as Race Secretary over the years!!! She is an amazing ambassador for the club and has been a constant source of support, not least with the planning, organisation and smooth running of all of our CC6 and RR10 fixtures races over the last 4 years. Thanks Hannah, you're amazing!



On behalf of the committee and the club as a whole, we would like to say a MASSIVE thankyou to Tony King, who is stepping down as Chariman of the club, a role which he has held since 2013!!! Thankyou Tony for being such a great ambassador for the club and for helping us to thrive!!! Congratulations on an

epic 3 years at the helm and see you at training where you can continue running very very fast!!!



Many thanks to Ian Ralph who volunteered his coaching skills to run a special out and back

session at the Southampton track in November, as part of a charity event celebrating Alice Birch's record 60 marathons in 60 days!!! This was just one example of the amazing effort, enthusiasm and energy that Ian has put into coaching and session leading over the years and it was great to see others benefit from his skills!! It was a wonderful evening and thoroughly enjoyed by all!!



Upcoming races

DECEMBER

- 4th 11am **Victory 5 mile**, Portsmouth, Hampshire
5 miles, flat, road
<http://www.portsmouthathletic.co.uk/>
- 11th 10am **Heartbreaker Tailwind 10**
10 miles, undulating, multi-terrain
<http://www.racenewforest.co.uk/running-races-2016-2017/heartbreaker-tailwind-10/>
- 26th 10.30am **Round the Lakes Boxing Day 10k**, Poole, Dorset
10k, flat, trail
<http://www.pooleac.co.uk/round-the-lakes-10k/index.asp>

2017

JANUARY

- 1st 10.30am **Junction Broadstone Half-Marathon**, Broadstone, Dorset
6.25 miles, undulating, road
<http://www.poolerunners.co.uk/broadstone-quarter/>
- 15th 10am **Stubbington 10k**, Stubbington
10km, undulating, road
<http://www.stubbingtongreenrunners.net>

FEBRUARY

- 19th 10.30am **Bramley 20/10**, Bramley, Reading
10 or 20 miles, flat(ish), road
<http://www.readingroadrunners.org/bramley.html>
- 26th 9.00 am **Heartbreak Marathon**
26.2 miles, undulating, multi-terrain
<http://www.racenewforest.co.uk/running-races-2016-2017/the-heartbreaker-marathon-half/>
- 26th 10.00 am **Heartbreak Half**
13.1 miles, undulating, multi-terrain
<http://www.racenewforest.co.uk/running-races-2016-2017/the-heartbreaker-marathon-half/>



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