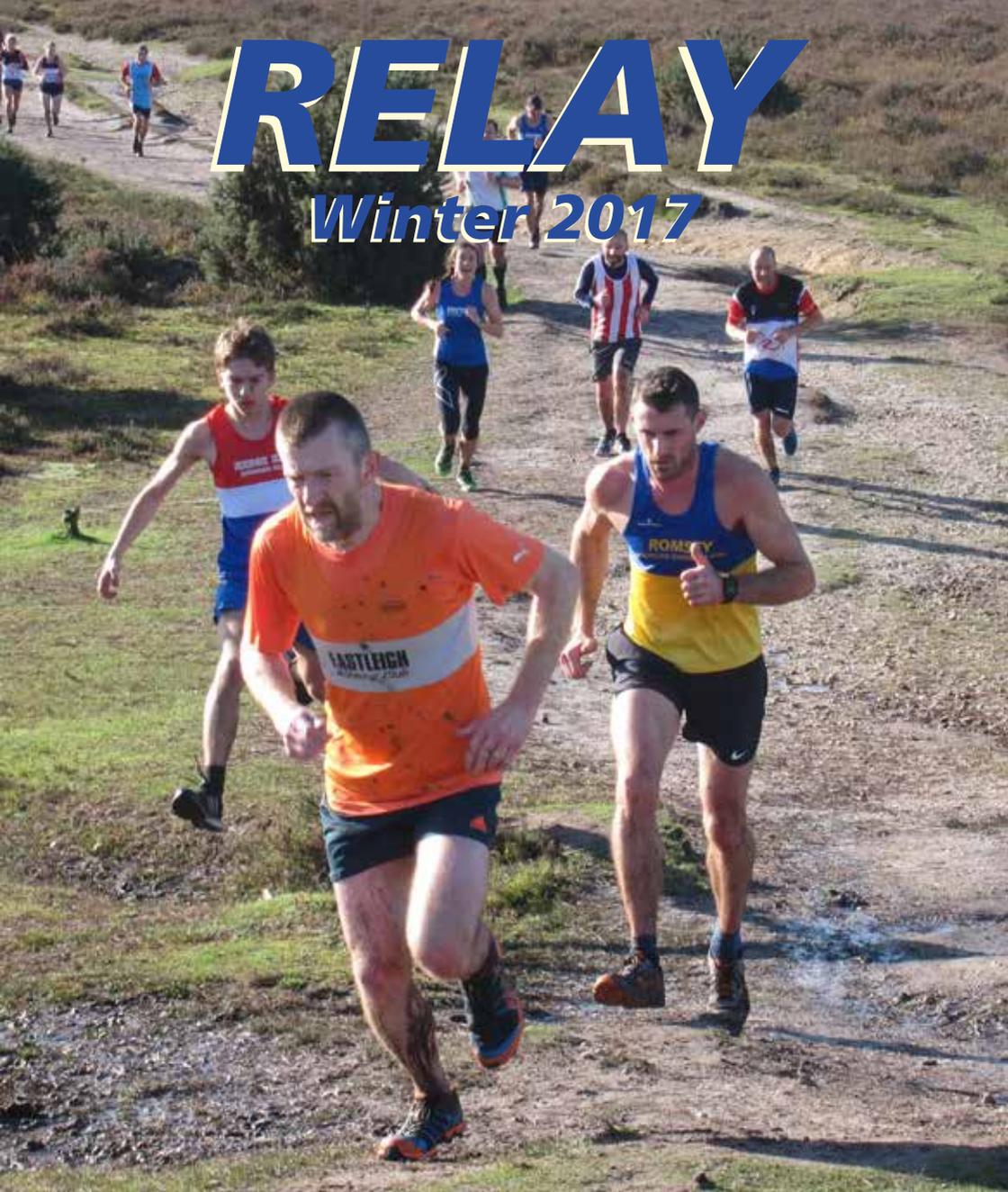


# RELAY

Winter 2017



# ROMSEY

ROAD RUNNERS

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*Cover Photo: Mark Suddaby at one of the CC6 races*

## Note from the chair

Welcome to all our new members. The club has its highest membership to date. I'm proud of you all. I hope 2018 makes all your dreams come true, whether it is just to keep running, keep fit or the marathon / race you had always planned to do. There are many inspirational runners in the club that are always on hand for friendly advice and tips.

A fantastic skittles night /AGM at Wellow Golf Club was enjoyed by all. Thank you Liz and David for organising. Congratulations to all our award winners.

Welcome to Abi as our new club secretary. Thank you so much to Jo for all her hard work as our departing secretary. Thank you also to Dan who has taken over the webmaster role alongside kit master. Thank you to John our departing webmaster who has played a big part in updating the site over the last year. Thank you to Linda for all the great Romsey Advertiser reports she and Tam provided. I am sure this has helped advertise our club and encouraged new members.

Happy running  
**Cheers Karen**

### Dates for your diary

A couple of 'social' runs followed by optional refreshments in local hosteleries have been arranged to help stay healthy over the festive season! On Saturday 23 December starting at 09:00, there will be a 6.5 mile, off-road 'Santa Run' (Santa hats optional) from Deerleap car park, Colbury.



Then to blow all the excesses away and to start 2018 as we mean to go on, please meet at 11:00 on New Year's Day, in the car park at the back of the Bear & Ragged Staff, Timsbury for a 6 mile, mainly off-road run.

More details and full directions to follow on club nights and via the Google Group.



## **Keith Stone's Birthday Run**

Most years since the club was formed (and when he hasn't been living elsewhere), Keith has led the a 6-mile run starting and finishing at the Bear & Ragged Staff in Timsbury. This year, Keith's birthday fell on a Saturday and the club was invited to meet in the car park at 10:30 on 11th November.

A lovely route around Timsbury and Michelmersh, the run was, for the most part, a steady and sociable with lots of chatting and a bit of mud. This slowed to the usual walk when climbing the hill at Lower Brook where much grabbing of the hand rail was needed to help most of us up. Anyone would think we're a load of old crocks!

Keith managed timing to perfection so that we got to the top of Hatt Hill bang on the eleventh hour and paused to pay our respects to fallen.

The socialising continued afterwards when a few others joined us in the pub and where we were treated to a drink and cheesy chips. Thank you Keith and here's to next year!

**Liz Slade**



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# **MEMBERSHIP REPORT**

by Penny Jennings

The club has the following new members since the Autumn newsletter: Lee Ransome, Moira Sankey, Laura Mottram, Marion Alcock, Emma Austin and Vicky Cross from Romsey, Cliff Reeves from North Baddesley, Sarah Savage from Chilworth, Caroline Crump from Kings Somborne, Remi Francois from Bournemouth and Nigel Hemsted from Awbridge

## **Moira Sankey**

I joined the RRR about 3 weeks ago so very much a 'newbie'. I started running quite late in life, about 7 years ago, mainly to get fitter and lose weight but it became a bit more serious when I realised I would be up north with all my southern friends celebrating a big birthday at the same time as the Great North Run....well that is my home territory as I was born in South Shields so I ( and husband) entered and got a place. Training was great, 10 mile runs were easy and my park run PB improved every week, that was 4 years ago and now my parkrun



times are terrible...gone over 31 minutes and no willpower to run in the week... no goal. I had been interested in RRR for a few years and plucked up courage to join recently, so now there is no excuse I shall be running in the week!

Thank you for making me feel so welcome and for all your encouragement, it is appreciated, you are a great crowd!



### **Lee Ransom**

I have been running on and off for a few years and have completed couple of smaller distance races in the past.

I wanted to join Romsey Road Runners to help improve my fitness levels. I felt that joining a club would be enjoyable as I get experience and motivation from others.

### **Cliff Reeves**

I started running with a C25K app 4 years ago to keep me moving over the winters - as a fair weather cyclist I didn't really exercise once the evenings drew in - nor could I run for toffee! Then, last year, my wife encouraged me to try a sprint triathlon, and I caught that bug. This year saw me finish Hever 70.3, and as part of the prep I ran my first ever half marathon at Silverstone. The run leg remains my biggest challenge so I joined RRR to give my running a boost, add some structure, and because it's far more enjoyable running with others. My 2018 goal: a sub 2h half marathon.



### **Laura Mottram**

Hi, I am Laura. I've lived in Romsey for the last 3 1/2 years and have little sporting history! 2 years ago I decided I wanted to start trying triathlons from scratch and since then have been working on as much as I can. I am hoping to improve my running and meet some friendly folk around Romsey. I am not a confident but it doesn't stop me from trying - and talking! I am known for being quite chatty so feel free to come say hi if you see me.

### **Vicky Cross**

I've been training for a triathlon for three to four years but have only done a few short distance ones in that time. My goal is to do a Half Ironman next year. I really enjoy swimming and cycling but running has always been the most challenging of the disciplines for me. The only running event I have done recently is the Southampton 10k.



I hope to enjoy my running and improve my speed and endurance by joining the club.

## ***Nigel Hemsted***

I took up running again about 12 years ago, not having run since school about 30 years previously. Having told my son that we should run a marathon together he called my bluff and entered Edinburgh in 2010 whilst he was there at university. That was my first marathon, and since then I've run another 7, and will be running London again in 2018. I then plan to do New York in the autumn (if I can get a place!). I've also run various half marathons and other events, with one highlight being running the Clarendon relay with the team being me and my 3 children.



I currently work in Reading or London, and do most of my training over lunch, often with work colleagues. I'll be retiring next summer and have joined RRR to introduce some variety into my training and find some new running partners. I look forward to joining in with the club running events.

## ***Remi Francois***



My Name is Remi, I am 31 and come from La Rochelle in France. I have been living in England for 19 months. I work in Romsey and live in Bournemouth. I wanted to join a Club to share the experience of running. I have run regularly since 2014 and I did my first Marathon (Southampton) in April 2017. I also completed the Bournemouth Half Marathon in 2016 and 2017. On 2nd December, I am going to do my first Coastal Trail Series Marathon in Lulworth Cove (Dorset) and hopefully finish it...

My aim for next year is to beat my time on the Southampton Marathon and to complete a 10km in under 40 min. I hope

Romsey Road Runners will help me with that.

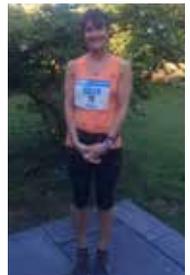
Thank you for being welcoming and see you at the next training

## ***Emma Austin***

I have been running for about 17 years, originally joining Romsey Road Runners 15 years ago for a period of time, and then rejoining again recently.

I am really enjoying being back at the club meeting some old and new faces and being able to vary my running by doing efforts.

I did my first half marathon this year but normally run for pleasure (although I am thinking about doing another one somewhen!).



# AGM/Awards/Skittles Evening

For the second year running, the club decided to combine the AGM and Awards Evening and, judging by the positive feedback, it was to right thing to do!. The chosen venue was Wellow Golf Club and it was just brilliant to see more than 80 members, partners and Boaz Lurcock gathered in one place for Romsey Road Runners' 'biggest night of the year'!! The golf club did us proud and when it came to food, kindly provided no less than eight choices of main course followed by dessert for us all to enjoy.

AGM reports had been circulated before the meeting and while partners enjoyed a drink and a chat elsewhere in the room, the meeting was conducted efficiently and enthusiastically by chairlady Karen Keane.

Focus then turned to the awards presented by Karen, ably assisted by Becky Tovey and, at one point, Derek Kelly and Mark Stileman, giving some background to each and every trophy winner. And the winners were:

## RR10 male

The trophy goes to **Nigel Jennings** and this is his third year winning this event! He was an amazing 9th male overall and 8th in his age category. He regularly beat 96% of all the men taking part. The Jennings family may have to reconfigure their house with a new trophy cabinet. Massive well done to Neil!



## RR10 female



This award goes to **Becky Tovey** for the third year running. A truly amazing ambassador for the club. She was 20th lady overall, 17th in age category, regularly beating 87% of all other females. There were over 470 women who took part across the series. Becky was a massive part of the team performance which was 13th out of 83 teams.

Becky took part in the series having been knocked off her bike, sustained a fractured collar bone and problems with her hips and back with such determination. Her times this year include 21.24-5k, 1.17 -10mile, 1.28 half marathon and 3.45 for marathon.

She is definitely one in a million and the club would be so different without her.

## CC6 male

It's been an awesome season again for **Neil Jennings**, with a top 5 overall table position in the 16/17 CC6 league. Add to this an amazing debut marathon, clocking a sub-3 hour marathon with 2:59:26 in Southampton this spring! Together with an awesome 10k PB of 35:42 in March at Eastleigh, a fantastic 10th place finish in a competitive New Forest 10 miles this year with a superb time of 1:02:34 and a top 5 finish in the Clarendon Marathon in October, its safe to say this guy can run!





### **CC6 female**

**Penny Jennings** has absolutely stormed the CC6 series this year, to come 22nd overall in the 2016/17 standings and 7th in age group, making her the highest ranked Romsey Road Runner in the ladies league this year, and part of the Jennings Double! As with the other Jennings, Penny thrives on trails and hills, combining an impressive 2016/17 CC6 season with a series of off

- road and road races, securing another fantastic 2016 Clarendon Half and an equally impressive performance at the New Forest Stinger, before blasting out an awesome 1:50:48 at the Southampton Half Marathon this year to come 11th in age category! With a spectacular performance in the New Forest 10 miles, finishing with a brilliant time of 1:28:41, Penny also demonstrated another wonderful RR10 season, finishing 10th in age group and taking her to a staggering 190 races, again topping the table for the number of races run in the series! An absolute RRR legend!

### **Club Handicap**

As most of you know we run the 5k course in Braishfield several times per year. This allows the handicappers to get some idea of your form, apply the format and set everyone a target to achieve. The person who beats it by the most then wins the handicap. This year we thought it would be fun to keep it as a surprise and ward it tonight.

The winner won by a single second! He has run with the club for a long time, always with a smile and a joke. He has had a few health scares over the years but still bounces back to be an important member of the club. It is **Greg Roulston**, a truly worthy winner!



### **Pentathlon male**

**James Battle** has impressed over every distance this year!!! The only RRR to break 18 minutes over 5k this season, with an astounding time of 17:34 at Moors Valley PR! A great effort at the Littledown 5 miles, to finish in 28:49, the only RRR under 30 minutes over 5 miles this season too! 2nd overall at the Harewood Forest 10k, an awesome performance last October in the Great South Run to finish in 1:03:34 and a Half Marathon time of 1:20:25 in Southampton, James has come out on top of a very competitive table this year, just before smashing his debut marathon in an epic time of 3:15:50!

### **Pentathlon female**

She has fought hard to come back from tricky a winter injury to regain her fantastic form in 2017, demonstrating all-round excellence in all distances,

recording an awesome great performance in Boston to complete the marathon in 3:36! We all know her for her love of off-road running and she's had a smashing season, with fantastic performances at The Stinger, Wessex New Forest Challenge, Coombe Gibbett - Overton, The Marlborough Downs Challenge, The Beast, the Purbeck Plod, The Saunders Mountain Marathon, The Grizzly and Beachy Head Marathon, to achieve no less than 4 age group wins and of course winning the Clarendon full outright in an awesome time of 3:45! Congratulations to **Sue Sleath**!



### ***Pentathlon veteran***

Her season started off with a quite spectacular Abingdon marathon, finishing in an awesome 4:17:01, to come 1st in age group - an accolade she has had to become quite familiar with this season! With another amazing performance in the Portsmouth Coastal Trail Marathon to come 3rd in age group, she suddenly went a bit incognito..... as she courageously put herself through the hardest secret training programme imaginable, building up crazy mileage and enduring mid-summer acclimatisation runs in foil blankets, all aimed at participating in what is known as the toughest race in the world, the Comrades Marathon!!! In truly magnificent form, she battled through over 42km of serious heat, in a purely uphill trek from Durban to Drummond, South Africa! A heroine for simply getting out there and competing in such a feat, less than 20 days later, she ran a staggering seasons best 10k time of 54:29 in the Lordshill 10k and a few weeks later, stormed through the New Forest 10 miles in 1:36!!! Together with a Park Run PB of 25:10 and a fantastic performance in the Solent Half to finish 3rd in age group, **Brenda Topliss** has once again found herself at the top of the Vet's table for the 2016/17 Pentathlon!

### ***Chairmans award***

The chairman's award is given for service and contribution to the club. This person has taken over organising our CC6 and RR10 races which were enormously successful with lots of positive feedback from other clubs. He also joined the beer race committee and volunteered to store all our race kit at his home. He held a fabulous home run in July for about 40 of our club members. It's such a shame he can't be with us tonight. He is still managing to co ordinate our CC6 race in January from Canada and will be back for our race!



We toast you **Ken West** in Canada and look forward to your permanent return in the summer of next year.

### ***Sally Silence award***

This year the award for the most improved runner goes to **Dave Gardner**. In the 2016/17 season Dave has achieved 5 PB's, knocking a collective 25 mins 38 secs off his previous times over 5k, 10k, half and full marathon distances!

In April he did one of the big marathon doubles, beginning with Brighton on 8th where he smashed the 4hr mark for the first time over the distance, in a fantastic time of 3:53..... 2 weeks later he managed to better that even further, with another PB in the Southampton marathon, taking his time down to 3:49:22!

He has continued to run really well all season, and is looking forward to a strong run at the Great South in a few weeks where I reckon we'll be looking at his 6th PB of the season!

Here are the PB's so far!!.....

5k, 21:02 - 20:44

10k, 47:35 - 43:13

1/2 mara, 1:45:29 - 1:37:10

Mara, 4:02:01 - 3:53:00 - 3:49:22



### **Romsey Road Runner of the year**

The total of 9 members received a share of the 32 votes cast. Those nominated outside the top three were: Elizabeth Prinsep, Alice Lane, Matt Hammerton, Julie Shanker Karen Keane, Jo McKenzie and Liz Slade.

In third place we have Tam Ryan, praised by fellow runners as follows: despite injury, her determination, effort and ultra-running achievements are inspiring; her chatter has been a welcome distraction; the girl is a machine and a clear role model.

In second place there is Mark Stileman. Mark was hailed an amazing runner; always encouraging and celebrating others success; motivating; a positive role model; contributes massively to the club as beer race director; is a great session/team leader and also a lovely bloke.

And the winner for the fourth consecutive year is **Becky Tovey**. Club members particularly valued Becky for being so supportive, enthusiastic and motivating to each and everyone of us; she puts in so much effort and is the glue that keeps us all together; her wonderful friendliness; self effacing of her own results, she is the life and soul of the club.

### **Age graded time trial awards**

This year's new category - age graded time trial awards went to Mark Stileman and Brenda Topliss. Mark has smashed it with a time 18:33, giving him an age-grade percentage of 78.4 and Brenda has run away with the ladies win with a best time of 25:29 to finish with an age grade percentage of 81.6!



### **Special award**

The committee decided a special award is due to **Hannah Hunt** to thank her for the many years of heavy involvement in the organisation of the Beer Race. She was course manager for eight years in a row 2010–2017!

The awards didn't end there either! Becky presented some extras by way of the RRR Comedy Awards:

- **The 3rd Lung Award** went to Tam Ryan (of course)! Tam is the only member of our club who can run a marathon backwards to tow someone along, talking to them the whole way to keep them motivated and still have the energy to jump up and down cheering them down the home straight; who can talk for an entire session, even when efforting and not only run fast but talk fast too! We love you and all 3 of your lungs Tam. They are amazing, after all, they've got you through an epic Grand Slam of 50 mile ultras this year!



- **The Master of Bling Award** went to Dan Lurcock for spicing up the club's kit store with a fantastic array of new items to wear with pride! As kit master, not only has Dan injected so much energy, creativity and colour to our kit bags, he has also come up with new and innovative ways to order and pay online, making it even easier for us to bling it up!
- **The Jennings Double Award** speaks for itself! It goes to the mother and son team, Penny and Neil who have lead the way for us all season off road, with great success in both CC6 and RR10 leagues! Both won the CC6 leagues for Romsey and finished in the top 10 in their age categories for the RR10 league this season too. With AWESOME results for both at Clarendon - Neil coming 5th overall in the marathon and Penny with a fantastic time in the half, they certainly are a family of trailblazers!



- **The Brothers in Arms Award** went to the Winkworth brothers, Mark and Ian, who have both achieved massive 10 mile and half marathon PBs this year and have taken part in several marathons side by side, including a marathon and a half marathon in the dark. They have pushed each other, and others, to achieve unbelievable times and to be a great inspiration to us all. We can't wait to see what is in store for next year!

So then it was time for skittles. Two teams, 'Blue' and 'Gold' (club colours), randomly selected beforehand, made good use of the two alleys available. There were two rounds and prizes for the winning team, winning man, winning lady, losing man and losing lady. The Gold team got to share the Celebrations but it was very close. For the ladies, Wendy Couper had the highest score of the night and won a bottle of bubbly for her superb efforts. For the men, Rob Savage, husband of one of our newer members, Sarah, was the winner of some Bath Ales. To spare their blushes, the two lowest scorers' names won't appear in print but they now are the not-so-proud owners of suitably engraved wooden spoons!

A taxi service was, once again superbly organised by Karen Keane to ensure everyone arrived home safely. Thanks too to all drivers who offered space in their car. The social secretaries would like to thank everyone for making the evening such a success – *Liz Slade*

# Think Racing Isn't For You....?

Sue Stileman

Signing up for and taking part in your first competitive race is nerve-wracking. What if you come last? What if you can't run the whole way? If you can get past these worries, the potential for enjoyment, satisfaction and achievement is huge.

My childhood weekends were spent competing independently-minded ponies (as opposed to obedient equine athletes) cross-country while trying to avoid too close an acquaintance with the inside of an ambulance. Sometimes I was in the rosettes, but mostly the thrill was in the taking part. When I stopped riding, I missed competitions so much that when I started running, I jumped at the chance to compete again.

When I did my first race (Tadley 5), I'd only been running a few months and the furthest I'd gone was six miles (and that had involved walking). As we gathered at the start everyone looked fitter, faster and more experienced than me. On the race itself, I was overtaken by what felt like everyone and finished well down the field. But I'd loved it and couldn't wait to go again.

My next race was the Twixmas 10k - the first time I ran six miles without stopping, which was an achievement in itself. I did a couple more in February and then ran the Grizzly Cub in March. Nine miles across the cliffs and beaches of Devon with 1500 other runners represented a big step up and I had no idea how I would do. I was really nervous but I was also excited. The second we started running I started grinning and I don't think I stopped until I went to bed that night. I finished in a respectable time and loved every second. It remains one of the best experiences of my life.

I did my first Half, the Ridgeway Revenge, in June. It was hilly and it was hard work, but my goodness the sense of achievement at the end! From then on I was busy scouring the internet for interesting races. It has become a standing joke in our family that I am the Race Secretary, telling Mark on a Friday where we're racing on a Sunday.

My favourites are cross countries where there's mud and water and hills and beautiful countryside. I'm not massively focused on time- I'm much more interested in enjoying the experience. I always make friends on races. At Portishead in August I met David at mile 8 and it was largely thanks to him I got my HM PB there. He encouraged me when I was tired, stayed with me when I was flagging and coached me up the final steep hill to the finish.

Of course, not every race goes your way. At the Beast in September the weather was hideous right from the get-go, throwing darts of rain that stung like needles and blowing a hoolie that threatened to push the runners off the cliffs into the sea. To add injury to insult, my knee, which had been hurting all summer, finally gave up working at mile 11. The marshals made ominous *car* to the *finish* noises, but there was no way I was getting a lift, so I limped the last mile sobbing, while everyone I'd worked so hard to overtake streamed past me. It was a horrible experience but it taught me a valuable lesson: if you crash on a race, go home,



*Sue at Portishead half finish*



*With Mark, Sue and Mike Sleath and Jeremy Barber at the start of the Beast*

book yourself in to another one, stick your runners back on and go out and prove to yourself you can do it. Because you can.

### ***Where to look for races.***

The event pages on Runner's World and Run Britain allow you to set the search parameters. White Star Running do some fun and challenging events (with funky medals). Relish Running have some great off road races. There is also Aspire Running; All Runners Events; Race New Forest; The Good Run Guide; The Purbeck Trail Series; The Trail Runners Association; Endurance Life; Second Wind Running; Lakeland Fell Series; Hundred Marathon Club; Findarace.com; Axe Valley Runners and Marlborough Running Club.

### ***Here are some of my favourites....***

**The Grizzly** (March). The 9-mile Cub (342m elevation) or 20-mile Grizzly (2500m elevation) runs over the cliffs, bogs, rivers, woods and beaches of Devon. Mainly off road. 1500 runners. Ballot entry in September. Tough, but great fun. Fell shoes are a good idea. The Town Crier's annual pre-race address is something to watch out for, as are the thought-provoking mantras along the route. The race boasts a solar-heated swimming pool and jet-showers at the end (otherwise known as the sea and firemen with hoses). <http://axevalleyrunners.org.uk/grizzly/home>

**West Wight 3 Hills Challenge** (April). 8 miles up and down the cliffs on the Western side of the Isle of Wight. 249 metre elevation. Tough and competitive but huge fun. About 180 runners do this mainly off-road race which takes you up Tennyson Down. A bottle of local beer is your prize at the end and the boat trip there and back adds to the sense of adventure. <http://www.rydeharriers.co.uk/races/west-wight-3-hills/>

**Harewood Forest 10k** (May). A lovely local run up through the Chalk and bluebell woods with 150 runners divided between 5 and 10k. Dogs are welcome - this was our Jack Russel, Poppy's, first proper race and she loved it (especially beating two men on the final mile!). <http://www.harewoodforest10k.co.uk>

**The Ridgeway Revenge Half Marathon** (June). The hilly circular rural route (201 metre elevation) follows a section of the ancient Ridgeway path up on The Chalk near Swindon. Mostly off road, around 150 runners, a low-key friendly event, not expensive to enter and with a nice medal at the end. <http://www.ridgewayrevenge.co.uk>

**Bridport Jurassic Coast Half Marathon** (August). Classed as a Fell race in 2018 thanks to Thorncombe Beacon, which you do twice on the half. The 10k version is a single lap. A great race set in stunning scenery along the coast near West Bay. Approx 200 runners, off road, mainly ups and downs with very little flat running. 586m elevation. A race that has you coming sideways down the stairs for 48 hours afterwards! <https://www.facebook.com/events/407178042975853/>

**Highclere 10k** (September). A mix of track, trail and metalled estate roads whizz you over parkland, past the house (Downton Abbey), into woods and back across fields. Entry fee was about £14. It has a few hills (inclines) but nothing major (109m elevation). A nice event. <http://www.newburyac.org.uk/road-running/highclere-10k>

**Hursley 10k** (September). Local trail race through Ampfield Woods and the Hursley Estate. Very popular so worth entering promptly. This year it was a sea of mud and those who tried to avoid it ended up falling in it. <https://www.hursley10k.co.uk>

**Clarendon Half Marathon** (October). Point to point mainly off road race with the half going from Broughton to Winchester and the full from Salisbury to Winchester. Some big hills along the way (the half is 335m elevation, the full 653m) but hey, it's local, so there's no excuse for not training on them beforehand. <http://www.clarendon-marathon.co.uk>

**Blenheim Rotary 10k** (October). Around 200 charity and club runners split between the 10 and 5k. The route is on metalled estate roads through the park, woods and around the house, so road shoes are fine. A very pretty run with friendly competitors. A couple of hills along the way added to the interest (112m elevation). <http://www.rotary-ribi.org/clubs/page.php?PgID=569357&ClubID=1569>

**Breamore House 10k** (October). This year was the inaugural race with about 300 runners split between the 5 and 10ks. The 10k was a double lap. At 220m elevation it is one of the hillier races I've done, but it runs through some stunning



*Sue at Highclere finish*



countryside with amazing views, and the downhills made up for the ascents. Multi terrain so trail shoes are a must. Free tea and cake in the courtyard at the end was a nice touch. I really enjoyed it. <http://www.racenewforest.co.uk/running-races/breamore-5k-10k/>

*Sue and Anna at Breamore*

**Meon Valley Half** (November). The opposite to the commercial end of racing and about as good humoured a race as you'll find: friendly marshals, competent but down-to-earth organisation, cheerful fellow runners and a tremendous tough course through mud, hills, valleys and lanes along part of the South Downs Way. 250 runners, £20 entry fee, free soup and bread in the village hall Race HQ afterwards. I ran it with Poppy, our JR, who was second dog :o). 363m elevation. Cool medal and t-shirt. I LOVED this race. <https://secondwindrunning.co.uk/p/meon-valley>



*Meon Valley Half with Poppy, Nov 2017*

**Tadley 5m** (December). A proper, old fashioned, no messing about, nuts and bolts cross country. The start is a ten-minute jog from the parking. It's fast, furious and highly competitive, through woods and fields with a stream thrown in for good measure and lots of mud. A badger mug is your prize at the end. What's not to like? <http://tadleyrunners.co.uk/xmas-xc/>

## Upcoming CC6 Fixtures

For those of you who are new to the club, the CC6 series is a low-key, friendly league organised by local clubs to provide an excellent medium for off-road running and racing!!! Held between September and March, races take place monthly, on Sunday mornings at 09:30 am. Again, similar to the RR10 courses, distance are between 4-5 miles and the locations are similar.... Expect more mud.....trail shoes definitely recommended!!!! The dates below are provisional based on the landowner's agreement for each venue..... all dates will be confirmed in advance but watch this space just in case there are any minor alterations!

**Happy CC6'ing :0)**

Date	Venue	Host Clubs
17.09.2017	Fleming Park, Eastleigh	Eastleigh, Hedge End, Itchen Spitfires
1.10.2017	Whiteley	Stubbington, Netley
5.11.2017	Dibden Enclosure	Hardley
10.12.2017	Janesmoor Pond (Stoney Cross)	Lordshill, Wessex
7.1.2018	Badger Farm	Winchester, Southampton AC, Running Sisters
21.1.2018	<i>Kings Gard Enclosure (Stoney Cross)</i>	<i>Romsey, Halterworth, Southampton Tri</i>
18.2.2018	Dennywood	Totton
11.3.2018	Wilverley Plain	New Forest, Lymington Tri, Lymington Athletes

## CC6 Results: current tables

MEN					LADIES				
NAME	CAT	R1	R2	R3	NAME	CAT	R1	R2	R3
Neil Jennings	S	9		7	Penny Jennings	V50			64
James Cole	S				Julia Abab	V60	51		85
Alex Prinsep	S	19	17	21	Jo McKenzie	S			54
Christopher Brown	S	63	39	78	Liz Slade	V50	62	53	84
Daniel Lurcock	S	36	42	99	Elizabeth Princep	V40	40	24	42
Paul Whitaker	V50			138	Dorota Hatch	S			
Derek Kelly	V70		110	181	Marion Kelly	V50			
Ken West	V60				Karen Keane	V50	61	51	98
James Battle	S			12	Rebecca Lurcock	S	19		
Matt Brown	S		15	22	Emily Gordon	S	52		
Mark Suddaby	S			52	Becky Tovey	S	11	6	16
Mark Adams	V40	115			Alison Price	S			
Pete Hartley-Oinn	V40			108	Jo Blatherwick	S			
Greg Roulston	V50			160	Kirsty Robbins	S			
Jim Wright	V50				Hannah Semeraro	S			
Steve Edwards	V60				Katherine Airey	V40			
Richard Vie	V60			175	Maria Hartley-Oinn	V40			82
Ray Webb	V60			111	Deborah Rees	V40	72	64	
Keith Stone	V70				Ruth Page	V60			
Keith Morris	V40		91	139	Abi Cooke	S			37
					Lin Webb	V60			106

## **Hampshire Cross Country League**



On Saturday 14th October, the first Hampshire Cross Country League fixture of the season took place in Kings Park, Bournemouth. The course was fast and flat, which certainly suited Mark Stileman as he flew to a fantastic position in his first race of the series, just a day before winning the New Forest Stinger!!!

If cross country is your thing then you're in luck! Whilst there are no more races left in 2017, the 2018 season kicks off with Prospect Park in Reading, another relatively mildly undulating course, following the usual format with men running 10k, and ladies the 6k distance. Races follow a set format with the Ladies race beginning at 13:35 and the Men's race a little later at 14:30.



If this sounds like something you'd be interested in, there are a few criteria the organisers require us to meet in order to be able to run:

1. Club colours must be worn - no problem! If you'd like to run and don't yet have a vest, speak to Dan the race kit man!!!
2. Runners must be first claim or bonified second claim to run for their club and must only represent one club in any 1 season
3. Runners must be affiliated to England Athletics

Here are the remaining 2 fixtures of the season..... Happy Cross Countrying!!!!!!

**Saturday 13 January 2018 - Prospect Park, Reading**

**Saturday 10 February 2018 - Aldershot**

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## ***Pentathlon: current tables***

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, 5miles, 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 accurate, but still great fun and brilliant training!!! Here are how the tables stand so far ..... let me know if you think anything is missing!!!

<b>Men's Table</b>	<b>5k</b>	<b>5mile</b>	<b>10k</b>	<b>10mile</b>	<b>half</b>	<b>full</b>
Alex Prinsep				01:07:16	01:26:44	
Ben Sharman					01:47:50	
Bob Gould*					02:43:14	
Cliff Reeves					01:55:09	
Dave Gardner				01:11:36	01:37:10	
Ian Ralph						03:30:53
Ian Winkworth			00:59:04	01:13:11	01:33:10	
James Battle						03:15:50
Jim Wright					01:43:23	
Keith Morris					01:51:21	
Mark Adams				01:58:58		
Mark Stileman			00:38:58	01:08:06	01:32:18	03:15:03
Mark Suddaby						
Mark Winkworth				01:15:46	01:38:05	
Matt Hammerton					01:14:14	03:02:45
Neil Jennings					01:26:27	03:13:21
Remi Francois					01:34:15	
Richard Cross*					01:45:39	
Trevor Bond*	00:23:24					
<b>Ladies Table</b>	<b>5k</b>	<b>5mile</b>	<b>10k</b>	<b>10mile</b>	<b>half</b>	<b>full</b>
Alice Lane					01:53:51	04:16:17
Anna Duignan*		00:56:05			02:00:51	
Becky Tovey					01:38:04	
Brenda Topliss*						04:44:10
Caroline Crump					02:37:26	
Elizabeth Prinsep				01:24:40	01:46:58	
Jo Blatherwick					01:54:13	
Jo McKenzie				01:36:48		
Julie Shanker					01:52:47	
Karen Pethick				01:53:56		
Penny Jennings*				01:31:45	02:08:36	
Sue Sleath*					01:42:25	03:45:11
Sue Stileman		00:49:38	00:53:42		02:17:15	
Tam Ryan						04:17:10

# Results Round-up

## OCTOBER

### Clarendon Marathon

Matthew Hammerton - 03:02:45,  
3rd place!!!

Neil Jennings - 03:13:21, 5th place!!!

Mark Stileman, - 03:15:03, 6th place,  
1st V50!!!

17th - Ian Ralph - 03:30:53, 17th place

1st! - Sue Sleath - 03:45:11, 1st place!!!

10th (1st V45) - Tam - 04:17:10, 9th  
place, 1st V45!!!

### Clarendon Half Marathon

Penny Jennings - 02:08:36

Sue Stileman - 02:20:08

Bob Gold - 02:43:14

### Salisbury Half

Dave Gardner - 1:37:10, PB!!!

Mark Winkworth - 1:44:21, PB!!!

Ian Winkworth - 1:45:37

Jo Blatherwick - 1:54:13, PB!!!

Ben Sharman - 2:00:51

Alice Lane - 2:41:21

(ran round with friend)

### Great Scottish Run (Glasgow Half)

Anna Duignan - 2:05:00, 5th AG!!!

### Bournemouth Running Festival:

#### 5k

Trevor Bond - 23:24, PB!!! 3rd AG!!!

#### 10k

Elaine Bond - 1:14:43

#### Half Marathon

Matt Hammerton - 1:14:14, 6th

Overall!!! 1st AG!!! Championship

Qualifying Time for London

Marathon!!!

Remi Francois, 01:34:15, PB!!!

Richard Cross - 1:45:40

Keith Morris - 1:51:21, PB!!!

#### Marathon

James Battle - 3:15:50, PB (1st Mara)!!!

Alice Lane - 4:52:08

### New Forest Stinger:

#### 5 mile

Sue Stileman - 2nd V40 - 00:49:38

Anna Duignan - 2nd V60 - 00:56:05

#### 10 mile

Mark Stileman - 1st Overall - 01:08:06

Penny Jennings - 01:31:45

Joanna McKenzie - 01:36:48

Mark Adams - 01:58:58

#### Half

Neil Jennings - 2nd - 01:26:27

Sue Sleath - 1st Lady (7th Overall)

- 01:42:25

Jim Wright - 8th - 01:43:23

### Great Western Run (Exeter Half)

Liz Prinsep - 1:54:34, 12th V50, PB!!!

### Blenheim Palace 10k

Mark Stileman - 38:58

Sue Stileman - 53:42

### Great South Run (10 miles)

Alex Prinsep - 1:07:16, PB!!!

Dave Gardner - 1:11:36, PB!!!

Ian Winkworth - 1:13:11, PB!!!

Mark Winkworth - 1:15:46, PB!!!

Liz Prinsep - 1:24:40, PB!!!

Karen Pethick - 1:53:56, PB!!!

### Abingdon Marathon

Alice Lane - 4:16:17, PB!!!

Brenda Topliss - 4:44:10

### Beachy Head Marathon

Sue Sleath - 4:04

Tam Ryan - 4:21

### The Stickler

Mark Stileman - 1:14:06, 1st V50!!!

Jim Wright - 1:26:58

Abi Cooke - 1:29:01

Julie Shanker - 1:48:59

Alice Lane - 1:52:04

Paul Whitaker - 1:54:09

## **NOVEMBER**

### **Meon Valley Half Marathon**

Mark Stileman – 1:32:18, 1st V50!!!

Sue Stileman – 2:17:15

### **Dark Valley Half Marathon**

Ian Winkworth – 1:44:45, 8th V45!!!

Mark Winkworth – 1:48:53, 4th V50!!!

### **Gosport Half Marathon**

Matt Hammerton - 1:14:50, another  
championship time for London!!!

Alex Prinsep - 1:26:44, PB!!!

Ian Winkworth - 1:33:10, PB!!!

Mark Winkworth - 1:38:05, PB!!!

Dave Gardner - 1:43:06

Richard Cross - 1:45:39

Liz Prinsep - 1:46:58, PB!!!

Ben Sharman - 1:47:50, PB!!!

Alice lane - 1:53:51

Caroline Crump - 2:37:26, PB!!!

### **Downton Half Marathon**

Cliff Reeves - 1:55:09, PB!!!

### **AVR Wiltshire Half Marathon**

Julie Shanker - 1:52:47, PB!!!

### **Avebury 8 miles (9.2 miles really!)**

Mark Stileman - 1:00:39, 4th male, 1st  
V50!!!

Sue Stileman - 1:38:43

## ***Tam Conquers Centurion Grand Slam!!!***

A little over 2 months ago, we were celebrating with Tam as she completed the 3rd of 4 Grand Slam Races as part of Centurion Running's 50mile Ultra Running Series! And this November, on a cold, crisp winter's morning, Tam began the fourth and final leg of this epic grand slam journey!!! What a finale it was, set in the historic and picturesque Wendover Woods, taking in the challenging terrain of the Northern Chilterns, where the highest point of the hill range reaches 267m!!! And didn't that show!!! With the race consisting of 5 x 10-mile loops, the total ascent for the 50-mile distance hit a staggering 9500ft in elevation – almost double that of the other races in the series, on the South Downs, North Downs and Southern Chilterns!!!

The Slam began in early April with the South Downs Way 50, from Worthing to Eastbourne. The route saw runners climb from Worthing to Chanctonbury Ring, onto the final 44 miles of the South Downs Way, finishing with a gruelling lap around the track at Eastbourne! For this race Tam was joined by fellow club-runners Stewart Liesenham and Nick Day, all finishing with fantastic times in an awesome feat of endurance running!

Next on the schedule in mid-May was the North Downs Way 50 – another point-to-point run, this time negotiating the Surrey Hills from Farnham on the Western side of the Downs, to the outskirts of London via the infamous Box and Reigate hills!!! Again Tam demonstrated exceptional endurance and a true talent for distance running, clocking a superb time on an extremely tough course full of steep climbs and descents, despite finishing with blisters the size of tennis balls on her feet!!!!

Mid-September took Tam to the Southern Chilterns for the 3rd race of the season, the CW50, and Tam made such light work of this one!!! A single loop,

starting and finishing in Goring on Thames and climbing 5600ft over the 50-mile route through the Chiltern countryside, travelling through Bix and ascending the steep route directly past the Cobstone Windmill, before continuing to the highest point on the course at Christmas Common and joining the Ridgeway, before turning home for Goring. It really was awe-inspiring to see Tam finish with such strength and grace, proving why she is made for the toughest of challenges!!!

And so to the final race of the series and it was a toughie, with ascents that were so steep runners were almost on hands and knees at points, just to reach the summit!!! To say it was a challenging course is undercooking it, in fact 6 of the top 12 runners in the race had pulled out by lap 3 of 5!!! It was a gruelling course and therefore even more awe-inspiring to see Tam conquer the course with such strength, resilience and determination!!! By the end of lap 4, the sun had started to set and the temperature had dropped to a cool degree!!! But Tam was consistently strong, and seemed at this point to have memorised the ups and downs of the course, making for a swift final lap and an astoundingly quick finish!!! We knew it was Tam approaching (no, it wasn't the third lung – we couldn't really hear her at this point).... But all the other head torches were looking down.... Tam's was firmly fixed on the finish and she wasn't sparing a second, with what seemed like a sprint for the line (quite a feat after 50 miles!), to complete an AMAZING display of ultra-running class!!!

The magnitude of this achievement is clear and the pride we felt being able to watch Tam cross the line was awesome!!! I mean, it would definitely be interesting to know if anyone else has completed a grand slam of 50-mile ultra's in their first season of ultra-running!!! Not only this, but as Ian Winkworth pointed out, by completing the Grand Slam, Tam has also managed to run the equivalent of just 2600ft short of Mount Everest in 4 races!!!! So in true Tam style, she has ABSOLUTELY SMASHED her debut year of ultra-running, but it is even more exciting to hear what is in store for next year!!! So to the person who never does things by halves..... or even full's..... (now it's ultra's).... MASSIVE Congratulations Tam, you are an absolute legend with a medal the size of a dinner plate to prove it!!! BRING ON 2018!!!

### ***Tam's Grand Slam Stats!!!.....***

Race	Time	Elevation	Overall Rank	Gender Position	Category position	U T M B points
South Downs Way 50	09:25:26	Elevation: 5700ft (1750m)	115	14	8	U T M B points: 4
North Downs Way 50	10:18:08	Elevation: 5600ft (1700m)	98	14	7	U T M B points: 4
Chiltern Wonderland 50	09:41:13	Elevation: 5600ft (1700m)	48	6	3	U T M B points: 4
Wendover Woods 50	11:13:47	Elevation: 9500ft (2900m)		11	5	U T M B points: 3
GRAND SLAM	40:38:34	26400 ft.				

## Centurion Grand Slam



### *Alice, Julie and Jim – Ultra-Debut!!!!*

The organisers call it a tough trail runners paradise and it certainly is!!! From the off, you can see why Lulworth acts as a so-called “staircase” to this part of the Jurassic Coast!!! The epic rock arch of Durdle Dore formed the backdrop of this amazing race, which started at the foot of Hambury Tout, climbing straight out of Lulworth Cove in Dorset. Alice and Julie chose this amazing course as their debut ultra-running challenge and if this performance was anything to go by, it should be the first of many!!!

Part of Endurance Life’s stunning Coastal Trail series, the ultra-course was just one of many races to be held that day – and Romsey were out in force!!! Ultra-runners Alice and Julie, accompanied by Alice’s cocker spaniel Jim, were up with the sunrise and first to set off, followed on the hour by Remi in the marathon!!! Heading West, runners immediately scaled the first of several steep up and down sections of the South West Coastal path, following the same route that Mark would later be steaming to an amazing 10k 2nd place on, in what Sue called one of the closest finishes she had ever seen! The epic race-off could be seen in full view as spectators watched the runners descending full steam ahead on the steep

downhill leg of Hambury Tout and back into Lulworth to the 10k finish, where the dream team of Anna and Wendy would also pick up age group victories in the 10k race!!!

At this point, ultra-runners Alice and Julie and marathoner Remi, would head East along the stony beach to the steps at the foot of the cliffs, where a steep climb would take them back onto the South West Coastal path for the second loop which formed the half marathon course. Alex and Liz were in fine form to be setting off in their toughest half marathon yet!!! (Half marathon in the loosest possible sense of course, since it was actually a total of 16.1 miles!!!) This section headed over yet more steep ups and downs, climbing over 3550ft, out towards Tyneham to Kimmeridge and back via an inland loop to the same section of coastal path for the return leg West, back to Lulworth. Here Alex would speed across the half marathon finish for a fantastic top-40 position, in an AWESOME time of 2:45!!!! Remi would also finish his epic marathon course here, in a FANTASTIC time of 6:29, covering over 4900ft of climbing over the route!!! So back to Lulworth for the ultra-runners, where Alice and Julie would finally say goodbye to companion Jim who was to join the support crew, as the pair headed out for the final section of their race back up Hambury Tout!!! Head torches on and obligatory sunset photograph taken in acknowledgement of the beautiful surroundings, the AMAZING pair set off for their final test, the same lap of 10k that Mark, Anna and Wendy had scaled earlier on, heading West over Durdle Dore and covering an AWESOME 1117ft of climbing!!! The pair were UNBELIEVABLE, with smiles on their faces the whole way round, and EPIC performances to finish their 33.3 mile ultra over a total of more than 5780ft of ascent, in an amazing time of 9hrs, 20minutes and 39 seconds!!! It really was an INCREDIBLE performance from everyone, out on a tough but spectacular course, so here are those amazing performances again in black & white!!!.....

### **Endurance Life Dorset CTS:**

#### **10k, 1175 feet of climbing!!!**

Mark Stileman - 00:48:32, 2nd overall, 1st in age group!!!

Anna Duignan - 1:20:34, 1st in age group!!!

Wendy Couper - 1:40:39, 2nd in age group!!!

#### **Half Marathon, 16.1 miles, 3559 feet of climbing!!!**

Alex Prinsep - 2:45:26, top 40 overall out of over 450 runners!!!

Liz Prinsep - 3:52:02, 6th in age group!!!

#### **Marathon, 27.2 miles, 4910 feet of climbing!!!**

Remi Francois - 6:29:16!!!

#### **Ultra-Marathon, 33.3 miles, 5786 feet of climbing!!!**

Alice Lane & Jim - 9:20:39, 2nd in age group!!!

Julie Shanker - 9:20:39, 4th in age group!!!

Endurance Life CTS Dorset: Ultra, Marathon, Half Marathon & 10k, 2.12.2017



# The Clarendon

If you are looking for a marathon which is off road, picturesque and challenging then this is the race to try. The route takes you from Salisbury to Winchester along the ancient Clarendon Way with a few extra turns here and there to make up a full 26.2 miles. More than 90% is off road, with the trail following country tracks and paths - many of which have not changed since being travelled by the



ancient Kings and Queens of England.

In addition to the full marathon distance there is also a half marathon event and a mini run of just 5 miles is the recent addition. If you get a team of 4 together you can run the course in a relay.

The Clarendon Marathon is a big deal – Mark Stileman says.

This year was his



7th Clarendon and the most sociable one so far with Mark, Ian Ralph, Matt Hammerton, Neil Jennings, Tam Ryan, Sue Sleath all doing the marathon, while Sue Stileman and Penny Jennings were headed off to Broughton for the start of the Half.

‘One of the pleasures of this race is re-familiarising yourself with the route after a year has gone by’- says Mark. ‘The countryside was tremendous, and there were some really exciting muddy sections.’

Mark recalls he was grateful he and Sue had recced the final mile the evening before, so as we went into that last section and he knew what to expect. He remembers pushing up the final hill as fast as possible, trying to hold it together on the final approach and falling to the ground at the finishing line.

He says - My final score was 3:15:03, 6th place, after Matt and Neil respectively. A glorious race but it had been really tough and I felt beaten up for the rest of the day. A day to remember, for sure

On the day after the race Penny commented:

*Clarendon Half is probably the toughest race that I do, but one of my favourites because the course is very varied and mostly off road. The water and food stations are really plentiful and the Winchester and Salisbury Rotary clubs that organise it do a fantastic job at the road crossings and raise lots of money for local charities. Everyone gets jumbled up because there are marathon runners, half marathon runners, relay teams and a five mile run, so it is very friendly.*

*Hope to run tonight and just pleased that Neil is actually walking OK today.*

Mark Stileman wrote a blog post about the race (available at <http://mudswatandhills.blogspot.co.uk/2017/10/clarendon-marathon-2017.html>) and



collected some comments from other RRR participants:

*Ian Ralph said: I was in pieces on Sunday evening, but in a weird way I think session leading on Monday night did me the world of good. It was painful doing it (and an interesting lesson in being overtaken and lapped on those hill loops), but I felt so much better afterwards.*



*Looking back at my data I think my strategy of a paced first half to finish stronger backfired. Last time I went full gas for the first half and then clung on in the last sections. This time I took it steady in the first held but still struggled through that last 10km. I think it's such a tough finish it's just a natural leveller. Next time its going to be 'go hard and hobble home' :-)*



Neil commented: *Still surprised I could even get close to you over that distance after being beaten in the parkrun the week before.*

*Followed the 'forget about pace and relax' strategy, ended up quite happy until the last 3-4 miles which still weren't awful. Looked at the pace a few times in the first mile to settle in, but then never again to the line.*



*Much much more pleasant than my first marathon experience, of 'hold a certain pace, till you no longer can'.*

Matt Hammerton said it as it is: *Certainly a tough race - I had to walk several sections in the last 4 miles. Hoping for a slightly easier race at Bournemouth Half!*

If you are thinking of signing up, online bookings for the Clarendon Marathon 2018 are now open at

<http://www.clarendon-marathon.co.uk/register-form>.

The entry fee includes the use of buses, all entrants will be given a medal and a tshirt when they cross the finish line. You can add a few more quid to order your special Clarendon mug or a massage at the end of the race!

Early bookings are much appreciated by the organisers as this helps with forecasting how many tshirts and medals to order etc. So after all the recommendations I signed up for the half next year – can't wait!

***Dorota Koschmidder-Hatch***

# Upcoming Races

## DECEMBER 2017

- Sunday 10th 11am **Chilly Hilly 10 mile XC**  
<https://www.eventbrite.co.uk/e/chilly-hilly-10-mile-xc-tickets-32332377010?aff=es2>  
A race to warm you up this winter, a 10 mile cross country run taking in some of the most spectacular views and hills the West Wight has to offer. If you enjoyed our Needles XC Half Marathon, you won't want to miss this!
- Saturday 16th 8:30am **Bovington Marathon**, West Wight Sports and Community Centre, Moa Place, Freshwater , PO40 9XH  
<http://www.whitestarrunning.co.uk/racePages/racePage-Bovington.php>  
Marathon and half marathon starting and finishing at the world famous Tank Museum Bovington, Dorset. Hilly, muddy, cold, wet ... oh and tanks! ... what more do you want?
- Sunday 17th 10:00am **Bovington Half Marathon**,  
Tank Museum Bovington, Wareham, BH20 6JG  
<http://www.whitestarrunning.co.uk/racePages/racePage-Bovington.php>  
Hilly, muddy, cold, wet... Lovestation(obviously), smashing goody bags and there will also be a discount for entry into the Tank Museum for you and the family for all finishers.
- Sunday 17th 9:00am **Portsmouth Coastal Waterside Marathon**,  
Tank Museum Bovington, Wareham, BH20 6JG  
<http://www.fitprorob.biz/portsmouth-coastal-waterside-marathon-2015/>  
Full Marathon running from South Parade Pier to the end of the Hayling Billy Line and return. A unique multi terrain marathon with some fantastic views across Langstone Harbour. The flattest marathon for sure. Available distances: 50K Ultra, Marathon or Half Marathon. All in aid of the RNLI.
- Sunday 17th 11:00am **Southampton Common 10k**, Southampton Common, SO15 7NN  
<https://www.eventrac.co.uk/race-course-map/southampton-common-10k-10km-26-11-2017-11-00>  
CHIP TIMED\*Course Record :Men: 34.04, Woman: 41.56\*Course: 2 laps around Southampton Common\*T-shirts and Medals for all

finishers and trophies for the top 3 runners.\*Toilets and baggage drop\*UK Athletics Affiliated event\*Terrain: Pathway\*Results published on MCC Promotions.com 72hrs after the event\*Ample parking\*Charity: Action for Blind People\*On day registration

Sunday 31st 10:00am **Twixmas 10k, Butlers Lands Farm**, Mortimer, Berkshire RG7 2AG  
<https://racebest.com/races/twixmas-10k>  
A flat and fast, out and back run along the shoreline at Portchester and the Fareham Creek Trail with lovely views across the creek.

## JANUARY 2018

Saturday 6th 11am **Somerley Winter Run**, Somerley House, Ringwood, Dorset, BH24 3PL  
<https://www.runnersworld.co.uk/event/view/somerley-winter-run>  
The 10km run will start at 11.00am and the fun run will follow at 11.20am. On-the-day registrations will close at 9.30am. All finishers will receive a medal and a goody bag on the day, plus an online personalised certificate.  
To register for the run, the fees applied are:  
10km £22; 2km Fun Run £9

Sunday 28th 9.30 am **Romsey 5**, Broadlands  
<http://offbeat-events.com/event/romsey-5-mile-run/>  
The Romsey 5 Mile Run is set within the grounds of The Broadlands Estate, once the home of The Earl Mountbatten of Burma. The surface is mainly tarmac with a short distance of smooth hardcore. The course is 2.5 laps of the estate making it one of the flattest 5 mile races in the county and as such attracts athletes from further a field looking for a PB time. This running event is also perfect for first timers just starting out.

Sunday 28th  
no runners to start before 9.15 am **Stonehenge Stomp**, Amesbury Sports Centre, Holders Road, Amesbury, Wiltshire SP4 7NT  
[https://www.ldwa.org.uk/challenge\\_events/show\\_event.php?eventid=19044](https://www.ldwa.org.uk/challenge_events/show_event.php?eventid=19044)  
The popular Stonehenge Stomp is a long-distance walk that welcomes runners and dog-walkers, too.  
Distances: 25, 18.8, 12.5 or 6.3ml. all to finish by 17.00

## FEBRUARY

Sunday 4th 9:30am **Chichester Priory 10k Race**, Goodwood Motor Circuit  
<http://www.chichester10k.com/home.html>  
If you don't mind travelling a bit further afield, this is a long running popular event. After undulating through the country, there is a fast downhill finish into the town centre.

Sunday 11th 10:30am **Bramley 20/10 Road Race**, Bramley Primary School RG26 5AH  
[http://readingroadrunners.org/wp-content/uploads/2017/09/bramley2010\\_2018.pdf](http://readingroadrunners.org/wp-content/uploads/2017/09/bramley2010_2018.pdf)  
Bramley Village is located ten miles from Reading on the Hampshire/Berkshire border. The race is two all road, relatively flat ten mile loops from Bramley, out past Stratfield Saye, towards Mortimer, then back round to Bramley and out again.

Sunday 25th 9:00am **Brighton Half Marathon 2018**, Brighton  
<http://www.brightonhalfmarathon.com/>  
The 2018 Brighton Half Marathon will be a special day as we celebrate the 28th anniversary of the race.

## MARCH

Sunday 4th 8:45am **River Thames Spring Half Marathon**, Walton Bridge, Walton-on-Thames, Surrey, KT12 1BT  
<http://www.riverthamesrunning.co.uk/spring/race-day.html>  
The course has been accurately measured and holds a certificate of course accuracy. It is a flat, mixed terrain course over public roads, with a 6 mile section on a good surface tow-path along the River Thames.

Sunday 4th 10.30am **Oakhaven Spring Half Marathon**, Brockenhurst  
<http://oakhavenhalf.co.uk/>  
The 2018 event will run over our well established course which has been greeted enthusiastically by runners in previous events including the highly successful series of John Austin Half Marathons. It is a scenic off road course, entirely traffic free running through the beautiful New Forest.

Saturday 17th 9.00am **Windsor & Eton Half Marathon**, Eton College, Rowing Centre, Dorney Lake, Windsor, SL4 6QP  
<http://www.f3events.co.uk/>  
If you want to get a personal best Half Marathon this should be the one - it is the flattest course in the UK! The race takes place on very flat, smooth tarmac roads and paths - completely traffic free, comprising of 4.5 loops of scenic Dorney Lake. Chip timing will be in operation for accurate splits and finish times. The race provides the perfect - and fastest - half marathon in preparation for the 2017 London Marathon.

Sunday 18th 11:10am **Hendy Eastleigh 10k**, Eastleigh  
<https://www.runbritain.com/RaceDetail.aspx?eventid=75bc06c85e5f&raceid=7fb90bcc5e6f&returnlink=https://www.runbritain.com/>  
Well known local road race.

## APRIL

- Saturday 14th 10:00am **The General Trail 10k or 20k**, Winchester, Hampshire, SO21 1HW  
<https://www.runnersworld.co.uk/event/view/the-general-trail-10k-102853>  
Set amongst ancient woodland, areas of scientific interest, undulating terrain and spectacular views this course will offer everything you'll need it to be whether you're a novice runner or a pro. T Shirt & Medal for all. Free to spectate and park
- Wednesday TBC **RR10 – Victoria Country Park**, Royal Victoria Country Park  
<http://rr10.org.uk/>  
The RR10 league is a series of races organised by running clubs in south-west Hampshire for their members. The races are held on Wednesday evenings during the spring and summer. Entry is free. All of the races are 4-5 miles off-road. The standard of runners varies from 5-minute milers to 12+ minute milers so, however fast you are, there will always be someone to run with.
- Sunday TBC **Houghton 11K Trail Run 2017**, Village Hall, 1 Stevens Drive, Houghton, Stockbridge (SO20 6LP)  
<http://www.houghton-trail-event.org.uk>  
Mainly off-road with pretty good terrain and only a couple of areas where it gets a bit rutted. This run is in a beautiful setting with a stunning section of bluebells around 6Km. Being a little longer than the standard 10K run, this attracts middle and long distance runners as well as fun runners and walkers. The run joins the Test Way around 8/9Km and The Clarendon Way at around 10Km.
- Sunday 22nd 9am **ABP Southampton 10k, Half and Marathon**,  
10am Southampton Guildhall (SO15)  
<http://www.abpsouthamptonhalf.co.uk>  
All races start and finish in the heart of Southampton's city centre with the run course passing iconic local landmarks including Bargate, QE2 Anchor and St Mary's Stadium. Sure to be the race highlight will be running both the ascent and more popularly the descent over the Itchen bridge, which will be closed exclusively for this unique event.
- Sunday 22nd **London Virgin Money Marathon**  
One of the Abbott World Marathon Majors beside Tokyo, Boston, Berlin, Chicago and New York.  
Also the largest annual one day fundraising event in the world.

Saturday 28th 11:00am **Hurstbourne 5 Multi-Terrain Race**, Church Street, Hurstbourne Tarrant, Hampshire, SP110AX  
<https://www.hurstbourne5.org.uk/community/hurstbourne-5-10412/about-us>  
9th running of this challenging off-road race in the heart of the beautiful North Wessex Downs, starting in the village of Hurstbourne Tarrant and following part of the Test Way through woods and farmland. Technical T-shirt for all advanced entries.

Sunday TBC **Fordingbridge Fire Station 10K**, Fordingbridge Fire Station , Fordingbridge, Hampshire, SP6 1JN  
<https://www.runnersworld.co.uk/event/view/fordingbridge-fire-station-10k-101298>  
A pretty run through nice, scenic surroundings. An enjoyable and welcoming event for runners of all standards. Come along and enjoy the friendly Fordingbridge atmosphere and join the large number of regulars that has grown over our 20 years of running this event.

## MAY

TBC **Harewood Forest 10km fun run**, Wherwell Playing Fields, Longparish Road, Wherwell, Hampshire SP11 7JP  
<http://www.harewoodforest10k.co.uk/raceinfo.html>  
This is a beautiful 10km run in the heart of Hampshire's second largest ancient woodland. And there is a 5km route too!

Wednesday TBC **RR10 – Stoney Cross**, Stoney Cross  
<http://rr10.org.uk/>  
The RR10 league is a series of races organised by running clubs in south-west Hampshire for their members. The races are held on Wednesday evenings during the spring and summer. Entry is free. All of the races are 4-5 miles off-road. The standard of runners varies from 5-minute milers to 12+ minute milers so, however fast you are, there will always be someone to run with. This is a drop out race for Romsey Road Runners.

Sunday 13th 10:30am **Alton Ten**, Eggars School, London Road, Alton, Hampshire (GU34 4EQ)  
[https://www.activetrainingworld.co.uk/event\\_booking?event=4365&cust=new](https://www.activetrainingworld.co.uk/event_booking?event=4365&cust=new)  
This 10 mile road race organised by Alton Runners and Alton Lions is part of the Hampshire Road Race League. The race. Starts at London Road near Treallors College. The first mile is through Holybourne village and then the route runs through a circuit of undulating countryside and picturesque Hampshire village lanes to finish back at the Eggars School.

# TRAINING SCHEDULE

## WINTER 2017

December	Session	SL	January	Session	SL	February	Session	SL
Monday 4th	Cupernham/ Fishlake reverse	Mark	Monday 1st	NEW YEARS DAY	No session	Thursday 1 <sup>st</sup>	Tadburn rd	David
	Hlaterworth/ Abbey park	Jo						
Thursday 8th	Cemetery Hill	Deborah	Thursday 4th	Fishlake Meadows	Dorota	Monday 5 <sup>th</sup>	Campion drive	Deborah
							Cupernham/ Fishlake (rev)	Jo
Monday 11th	Halterworth/Abbey Park	Mark	Monday 8 <sup>th</sup>	Harefield	Matt	Thursday 8 <sup>th</sup>	Brook way	Sue
	Cupernham/ Fishlake	Alice		Fishlake 2 x 2	Jo			
Thursday 14 <sup>th</sup>	Tadburn Rd	Becca	Thursday 11 <sup>th</sup>	Great Well drive	Alice	Mon 12 <sup>th</sup>	Cupernham/ Fishlake	Becca
							Halterworth/ Abbey park	Alice
Monday 18th	Fishlake 2x2	Ian	Monday 15 <sup>th</sup>	Baddesley 2 x 2	Sue	Thurs 15 <sup>th</sup>	Mystery Route	Dorota
	Harefield	David		Halterworth Tadburn	Deborah			
Thursday 21st	Christmas Lights run	Keith	Thursday 18 <sup>th</sup>	Tempo run	Ian	Monday 19 <sup>th</sup>	Halterworth/ Abbey park	Ian
							Harefield	Keith
Monday 25th	CHRISTMAS DAY	No session	Monday 22nd	Halterworth/ Tadburn	Mark	Thursday 22 <sup>nd</sup>	Fishlake meadows	Dorota
				Abbotswood	David			
Thursday 28th	Brook Way	Mark	Thurs 25th	Cemetery Hills	Becca	Monday 26th	Fishlake 2 x 2	Matt
							Halterworth/ Tadburn	Jo
			Monday 29th	Abbotswood	Matt			
				Campion Dri	Keith			