

# RELAY

Spring 2018



# ROMSEY

ROAD RUNNERS

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Cover Photo: Karen at Badger Farm CCG

## Note from the chair

Welcome to your spring edition of Romsey Road Runner Relay.

We have several new session leaders who have just passed their course. It's fantastic to have so many enthusiastic people willing to give up their time to help support the club. Please listen carefully to their guidance on club nights to make sure we all stay safe and have lots of fun training.

Come join us for the Mayors Mini marathon on Sunday 13th May. 10 members of the team run 2.6 miles each. We will pay for as many teams to run as there are Runners. See Becky for more details.

Our showcase beer race is coming up on 3rd June. Look out at club nights for sign up sheets for marshalling duties. There will also be a big call out for all you master chef cake bakers as our runners love a bit of homemade cake at the finish. Our beer race committee led by Mark Stileman will be providing more information nearer the time.

We are running another couch to 5k course starting in April. More news on this to follow from Sue Stileman.

Our summer evening league starts on Wednesday 18th April. All paid up members can take part and it's free. Please speak to one of us if you are not sure how it works.

Happy running, stay safe  
**Karen**

### Dates for your diaries

**Tuesday 17th April** – Pasta Party at The Sun Inn, Romsey, 7.00pm for 7.30pm sit down to eat. Cost £10.00 per head.

If you wish to come along and support our London Marathon and Southampton Half Marathon/Marathon entrants, please complete the form and hand it to David Nixon or Liz Slade by Thursday 12th April.



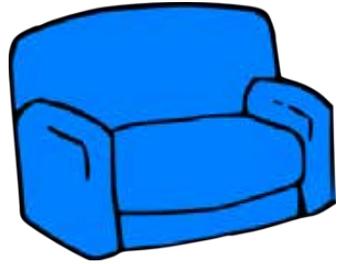
**Sunday 3rd June** – Post Beer Race BBQ for all marshals and their families on the recreation ground by Braishfield Village Hall, starting around 12:15. There is no charge for this event as a thank you to all who help on the day.

### ***Couch to 5k – Romsey Get Running!***

Our 2018 Couch to 5km (C25K) programme will be on Tuesdays 6.30-7.30pm at Hunts Farm sports centre, Timsbury. The first session is on April 24th.

This year, we're planning to celebrate our runners reaching their 5k goal at parkrun (probably Southampton, possibly Eastleigh), and it would be great to get as many RRR club members there as possible to help support our couch to 5k'ers and to run with them. We're also hoping to introduce them to the club by doing a Monday or Thursday session towards the end of their ten week course.

For more details go to <https://groups.runtogether.co.uk/RomseyGetRunning>



### ***Countdown to the 2018 Beer Race***



The Beer Race is RRR's big annual event - a 5-mile race, open to all, around the lanes of Braishfield village. It's been taking place every year since 1986, and has a really strong and loyal following. It's friendly, it's informal, it's in beautiful countryside, it's got the world's most supportive marshals and when you finish you get a pint of beer and a slice of home-made cake. What's not to like?

This year's race is at 10 o'clock on Sunday 3 June, and we - the race committee - need you to help make it a success. Each year the participants tell us how much they appreciate the warmth, friendliness and encouragement of all the Romsey crew, spanning all the jobs from car parking, registration, water stations and race marshalling to serving beer and cake.

Last year we trialled a 1km fun run after the main race, which was a huge success, and it will be back again this year by popular demand with a larger field. This year we've also booked the Romsey Ukelele Group to play on the finish field.

Please keep the date free so you can be part of this terrific event. We'll be asking for volunteers in the weeks ahead, and we'd love to have your help, whether this is your first time or whether you've been doing it for many years.

***Mark, Becky, Liz, Ken, Matt, Ian, Lynda***

## ICE tags – essential kit reminder

The club committee is **strongly recommending** that everyone carries emergency contact info with them whenever they run.

We have teamed up with [icetags.co.uk](http://icetags.co.uk) to offer you ICE tags at a very reasonable price, please see the **kit store page** for more details. ICE (In Case of Emergency) tags are small printed cards that are printed with your name and an emergency contact number. They can also detail any important medical conditions that you may have.

Even the best of us can slip or fall, near or far from home, and these tags could save your life – or at least ensure your loved ones can learn your fate quickly...!



## Notice from RR10 Committee

From this season all personal music players are banned from use in cross country events.

Since we operate under UKA rules, along with our permit, that rules out the use of any personal unit regardless of it's qualities. We might have to display that at the races.

Best regards  
**Malcolm**



## Christmas lights run 2017

On Monday 21 December Keith led a decent number of runners through Romsey on our annual Christmas lights run. Spirits were high as we weaved through the town centre taking in the festive atmosphere to finish with a traditional photo on Market Place



## ***Christmas Eve eve run***

Our Christmas Eve social run took place the day before, on Saturday 23 December on our Deerleap social run route. As usual, some family members came along and lovely mince pies, cakes and biscuits were shared at the end.



## ***Ashley Walk social run***

Our last social run of the year took off from Ashley Walk, which was arguably one of the most bombed areas of the UK – bombs such as ‘Tall Boy’, ‘Grand Slam’ and the famous ‘Bouncing Bomb’ were tested here creating craters, now visible filled with water across Ashley Plain. The picture was taken at the early stage of the route that turned out to be 10k distance! Plenty of westerly wind, hills, some mud and a clear stream.



## ***Send in your results, photos and articles!***

Every Monday Becky reminds us how awesome we all are and it is true! Please help Tam get the message out there by sending your results and photos to [results@romseyroadrunners.co.uk](mailto:results@romseyroadrunners.co.uk) And if you would like to add an article to the newsletter, a little note on a race you liked/signed up for or a nice recipe for Beer Race cake – please keep them coming to [newsletter@romseyroadrunners.co.uk](mailto:newsletter@romseyroadrunners.co.uk) Massive thanks to all those who keep contributing – Becky Tovey, Sue Stileman, Trevor Bond and David Nixon – the Relay would not be the same without you!

# Meet your session leaders

On training nights the club is split into groups based on running pace. Session leaders are there to provide a safe and enjoyable running experience for runners of all abilities. They provide a structured training schedule to improve speed, stamina and strength, and are on hand on club nights to help out those new to running or those looking for some advice & guidance. They have also recently done a first aid outdoors course to be able to choose the best course of action in an emergency.

But who are they? We had an influx of new session leaders over the last few months, time to put some names to faces!



## Becca

Returning to running from a recent injury, Becca is also involved in coaching young runners in Winchester!



## Deborah

Deborah runs with groups 3 & 4, tackles club finances and is great at session leading!



## Dorota

Running gives me the sense of freedom I would like to share with anyone who cares to listen. I run with groups 3&4

burn some midnight oil every quarter to put this newsletter together.



## Ian R

Ian is currently finishing his coaching qualification, was heavily involved in our first C25k course and the introduction of the Beer Race Fun Run.



## Ian W

Ian qualified as a session leader in February. He runs with group 1&2.



## Mark W

Mark qualified as a session leader in February. He runs with group 1&2.

**Mark S**

Mark has so many hats – he organises our signature Beer Race, the C25k course and provides session leading support.

Not to mention winning top positions for the club in races almost every fortnight.

**Matt H**

Matt is the one who started our C25k course and was the driving force behind the Beer Race Fun Run.

**Richard**

I'm Richard and I qualified as a session leader in February. I'm injured at the moment but looking forward to leading some sessions this spring.

**Sue S**

Sue has run many races, quite a few marathons and is now able to contribute to club development also as a running leader. Sue runs with group 1&2.

**Sue St**

Sue completed her leadership in running course in order to lead our C25k course together with Mark. She has

taken up running not so long ago, but with intense passion.

**David N**

Joined the club in 1986, since then I have won 1 road race trophy, had 2 broken bones from falling at CC6 / RR10, held 3 different committee posts (previously fixtures and membership, currently session leader rep), won 4 club awards and had 5 heart operations.

**Alice**

One of our long distance runners, She runs with groups 1&2.

**Keith**

RRR founding member, Keith is an experienced session leader and provides sprint training support on track.

# Membership

by Penny Jennings

The club has the following new members since the Winter newsletter; James Wilson, Kate Olingschlaeger, Geoff Horwood and Franky Tripp from Romsey, Gabby Corey from North Baddesley and Oliver Wilkinson from Timsbury.

## Geoff Horwood

I have lived in Romsey for three years now having moved with my wife and son from Hillingdon Middlesex. This will be our third year in Romsey and I have finally got round to joining Romsey Road Runners!



Although I have only recently joined the club I am enjoying the weekly running sessions and the encouragement given by all.

I have always had a passion for running competing in many half and full marathons notably the London and New York Marathons. (many years ago!). Unfortunately work commitments and a taste of the good life saw a decline in my running.

My aim this year is to complete a half marathon and improve my pace and times. I look forward at some stage to meet you all in person.

## Kate Olingschaelger

I have lived in Romsey for most of my life and I have been running for years, mostly as a way of keeping my fitness for hockey (my main sport) up. I thought I would join RRR to focus my training and vary the routes I run and to meet new people who share similar interests. I have done many Park Runs, competed in a half marathon and the great South Run last year.

I would like to keep this momentum up and do more races this year and going forward!



## Franky Tripp



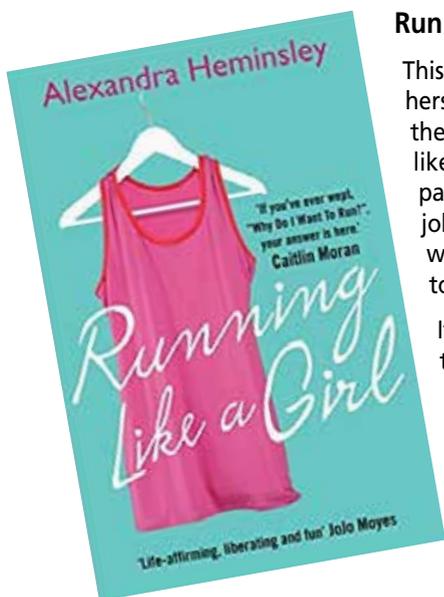
I recently moved back to Romsey from Norwich and decided I should finally join a running club (something I've been meaning to do for the last few years!) I joined the RRR because I wanted to push myself to run faster, improve my times and meet other like-minded people. I really enjoy running 10km races but I would like to eventually run a marathon. My aim for 2018 is to improve my 10km time and perhaps enter another half marathon.

# Looking for something to read?

Sue Stileman

As the popularity of running spreads, so does publishing on the subject. There are some great books out there, from the more technical ones to the engaging personal tales of running achievement.

Here are five I've enjoyed.



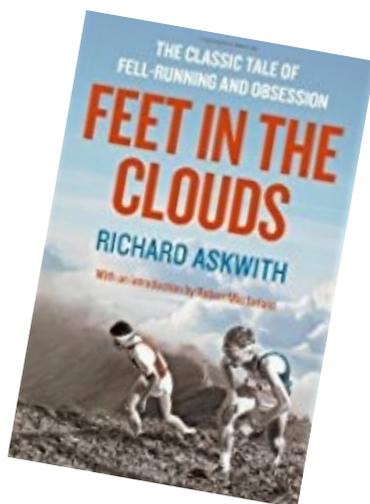
## Running Like A Girl, Alexandra Heminsley

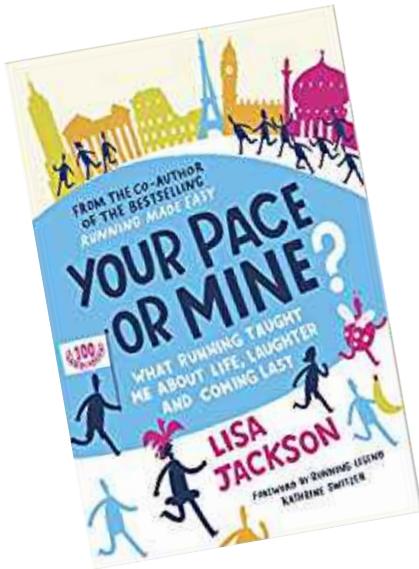
This is the story of how non-runner Hemo persuaded herself to train for and run the London marathon, and then keep on running afterwards. She tackles subjects like what kit to wear, being intimidated buying her first pair of trainers, looking for a sports bra that did the job, dealing with injury, tackling diet and the times when she found running really hard and just wanted to stop.

It's told with humour and pathos and will be likely to inspire you to aim higher and further. She doesn't take herself too seriously, but there were some sections of the book where I felt she drifted too far into negativity - I got a bit tired reading about the "I'll never be able to finish this" moments. Overall, it's a great book that will make you smile and it did give me an insight into what training for and running your first marathon at the non-speedy end of things feels like.

## Feet In The Clouds, Richard Askwith

Probably the definitive fell-running book. I read it years ago and writing about it now makes me want to read it again. Feet in the Clouds should be read by everyone who loves running off roads. It's an insightful, beautifully written account of one man's season of running in the Fells, culminating in his attempt to complete the Bob Graham Round- 42 peaks in the Lakes in 24 hours.





## Your Pace Or Mine? Lisa Jackson

This is a great book written by a woman who is very down to earth and has a huge sense of humour, and

who doesn't care a whit for race times.

It's sub-heading is 'what running taught me about life, laughter and coming last' and each chapter tackles a new bit of learning (one of them is 'what running taught me about nudity' when she runs in a naked 5k race. Say no more).

But don't let this light-hearted approach fool you: she's also a tough endurance runner who's completed Comrades more than once and is now a member of the Hundred Marathon Club. At one point, she was running a marathon a fortnight. I loved her take on life and racing. She's a refreshing, honest and engaging writer who will have you setting your limits higher and snorting out loud at some of the funny observations/

moments she experiences along the way. The foreword is by Katherine Switzer, the first woman to run Boston.

## Keep on Running, Phil Hewitt

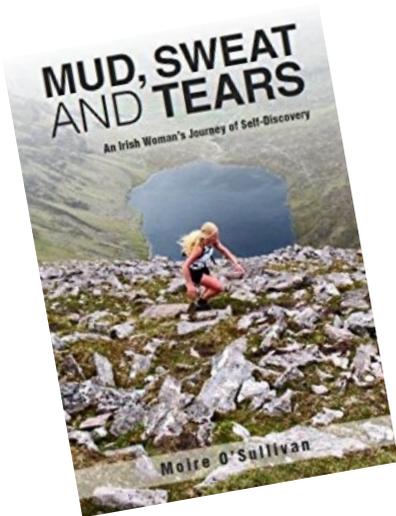
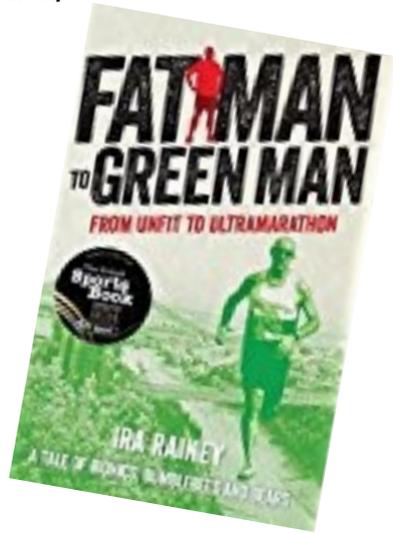
Phil is a local runner (Bishop's Waltham). Each chapter is based around a marathon he's run, the training, the problems he encountered, how he overcame them, how he felt and what race day itself was like. It's also an honest look at marathon running from the perspective of someone who is chasing ever faster PBs. I enjoyed it, but one criticism is that he is a little bit dismissive of anyone who is running less than a marathon distance. There are quite a lot of race stats in the book, which I found interesting, and although he's primarily a road runner he does throw in a few off road/ trail marathons too, including the Clarendon. Worth a read.



## **Fatman to Greenman, from unfit to ultramarathon, Ira Rainey**

This is a great book. Ira is very honest and down to earth and writes with humour throughout. He talks candidly about his lack of fitness at the start of the challenge (although he had been a runner for a long time he was a drinking, eating and, by his own admission, over-weight runner). This is the story of how he trained for his first ultra, the 46 mile Greenman around Bristol. It contains lots of detail on the training runs, a bit of science thrown in (he gets his VO2 max measured) and the aches and pains he experienced and overcame along the way, as well as the day of the Greenman Ultra run itself.

It's a very accessible book, full of characters from his local running club and work colleagues and it mentions lots of races in the South, many of which some of us will have run. In fact, it was down to Ira that I booked us into the Bath Skyline series this winter. If you're considering running an ultra you could do worse than read this book. And if you're not and you read it, be warned: you may end up wanting to!



## **Mud, Sweat and Tears, Moire O'Sullivan**

This is the story of one woman's solo attempt to run the Wicklow Round, 100km over 26 of Ireland's remotest mountain peaks. It charts her progress from novice mountain runner learning to navigate and run up mountains, through adventure races where she learns to kayak and abseil, on to her first attempt at the Round, which ends after 22 hours when she collapses 2 summits from finishing. A year later she returns, becoming the first ever person to complete the challenge. This is one tough lady.

# Results Round-up.....

10.12.17:

## **Tadley Christmas 10k:**

Mark Stileman – 39:13, 5th overall,  
1st AG

16.12.17:

## **Bovington Marathon:**

Francesca Hough – 5:29:07, 11th AG

17.2.17:

## **Bovington Half Marathon:**

Mark Stileman – 1:54:37,

4th overall, 1st AG

Mark Winkworth – 2:37:22, 14th AG

Ian Winkworth – 2:37:23, 15th AG

## **Southampton 10k:**

Alex Prinsep – 38:58, 8th overall

Liz Prinsep – 48:22, 8th lady

Liz Slade – 54:25

## **Portsmouth Coastal Trail Marathon:**

Tam Ryan – 03:58:16

Becky Tovey – 03:58:16

31.12.17:

## **Jolly Holly Jog:**

Richard Vie – 1:03:37

## **Gut Buster 10 Miles:**

Mark Stileman – 1:11:41, 8th overall,  
1st AG

28.12.17:

## **Winter Cross 50k:**

Liz Prinsep – 6:22:18, PB

Winter Cross 45 miles:

Stuart Liesenham – 8:02:20

14:1:18:

## **Stubbington 10k:**

Alex Prinsep – 38:31, PB

Liz Prinsep – 50:27, PB

14:1:18:

## **George Skeats Stockbridge 8 miles:**

Neil Jennings – 2nd overall

Mark Stileman – 3rd overall

Paul Whitaker

Penny Jennings

Julia Abab

Liz Slade

Dorota Hatch

Karen Keane

28.1.18:

## **Romsey 5 Miles:**

Mark Stileman - 30:20, 6th AG

Alex Prinsep - 30:36, 11th AG

Ian Winkworth - 31:14, 9th AG

James Groves - 31:35

Nigel Hemsted - 33:29, 2nd AG

Paul Whitaker - 36:18, 5th AG

James Wilson - 36:16, 5th AG

Ray Webb - 36:20, 7th AG

Keith Morris - 37:19

Cliff Reeves - 38:54

Liz Prinsep - 39:55, 6th AG

Julie Shanker - 40:21

Sarah White - 41:03

Shelly Provan - 41:27

Sue Stileman - 43:28

Lin Webb - 46:25, 9th AG

Jill Baker - 48:22

Sarah Savage - 50:55

Lynne Lawrence - 56:54

3.2.18:

## **South Devon CTS Marathon:**

Francesca Hough – 7:15:24, 3rd AG

11.2.18:

## **Bramley 20 miles:**

Nigel Hemsted – 2:29:36

17.2.18:

## **Maverick South Downs Way:**

13k: Anna Duignan - 1:46:17

8k: Wendy Couper - 1:23:09

24.2.18:

**Northumberland CTS Ultra:**

Alice Lane - 7:32:55, 3rd AG

25.2.18:

**Winchester 10k –**

Alex Prinsep - 38:36

Ben Sharman - 47:23

Steve Cleeves - 42:07

Paul Whitaker - 48:25, 4th AG

Liz Prinsep - 51:41, 8th AG

Sue Stileman - 55:32

**LDWA New Forest Challenge –**

**26 (28) miles:**

Sue Sleath - 5:38

Tam Ryan - 5:39

9.3.18:

**Jerusalem Marathon:**

Ben Sharman - 4:14:12

10.3.18:

**Maverick Inov8 Original Middle**

**Distance Trail Race (13k):**

Dorota Hatch - 1:21:42

**Larmer Tree 10 miles:**

Hannah Semeraro - 1:31:03, 10th lady

**Larmer Tree 1/2 marathon:**

Mark Stileman - 1:40:05, 2nd overall

Sue Sleath - 1:56:27, 2nd lady

**Dark Larmer:**

Ian Winkworth - 1:05:26, 9th, 1st AG

Sunday 11th March

**Larmer Tree Marathon:**

Abi Cooke - 5:16:45, 2nd AG

Francesca Hough – 5:21:22, 10th AG

**Imber Ultra Marathon (33 miles):**

Tam Ryan - 5:23:57, 2nd lady

## *CC6 Results: current tables*

A massive well done to all who have taken part in a fantastic CC6 season! The results speak for themselves, with both teams achieving top 10 positions, and the Men smashing an awesome 4th overall! A special mention goes out to the amazing Derek Kelly who, despite having been injured for most of the winter season, has still managed to come away with 2nd in age category overall, giving him a fantastic Romsey Podium! Also, a massive well done to our runners who got in the top 20 in the overall standings: Neil Jennings was 5th, Becky Tovey came in 9th and Alex Prinsep was 15th!!! The RRR men were 4th overall and the Ladies 10th. WELL DONE EVERYONE, BRING ON THE RR10'S!!!



MEN									
NAME	CAT	R1	R2	R3	R4	R5	R6	R7	R8
Alex Prinsep	S	19	17	21	16	36	-	20	16
Christopher Brown	S	63	39	78	88	81	-	69	53
Daniel Lurcock	S	36	42	99	61	51	-		
Derek Kelly	V70		110	181	135	186	-	163	
Greg Roulston	V50			160	118		-		
James Battle	S			12	15		-		
Keith Morris	V40		91	139		135	-		80
Mark Adams	V40	115					-		
Mark Stileman	V50					8	-	12	14
Mark Suddaby	S			52			-		
Matt Brown	S		15	22		6	-		
Neil Jennings	S	9		7	14	7	-	13	3
Nigel Hemsted	V60					92	-		
Paul Whitaker	V50			138			-		
Pete Hartley-Oinn	V40			108			-		
Ray Webb	V60			111		122	-	96	
Remi Francois	S				44		-		
Richard Vie	V60			175	129	167	-	153	
Steve Edwards	V60					101	-		



**LADIES**

<b>NAME</b>	<b>CAT</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>R7</b>	<b>R8</b>
Abi Cooke	S			37			-		
Alice Lane	V50					49	-		
Becky Tovey	S	11	6	16	6	4	-		12
Deborah Rees	V40	72	64				-		
Dorota Hatch	S				59	67	-		
Elizabeth Princep	V40	40	24	42	31	38	-	29	38
Emily Gordon	S	52					-		
Hannah Semeraro	S					22	-		
Jo McKenzie	S			54			-		26
Julia Abab	V60	51		85	56	65	-	50	44
Karen Keane	V60	61	51	98		76	-	63	53
Lin Webb	V60			106		99	-	76	58
Liz Slade	V50	62	53	84		72	-	60	52
Maria Hartley-Oinn	V60			82		64	-		
Penny Jennings	V50			64	55	54	-	41	43
Rebecca Lurcock	S	19					-		
Ruth Page	V70						-	92	66
Sue Sleath	V50					89	-		
Sue Stileman	S								49

# PASTA PARTY

We are pleased to announce that our annual Pasta Party has been booked for Tuesday 17th April 2018 at The Sun Inn (Winchester Road, Romsey SO51 7JG) at 7pm for 7.30pm sit down to eat. (Parking available behind the pub.)

There'll be a set menu, at a special price of just £10.00 per head (drinks, desserts and coffee can be ordered and paid for separately on the night).

If you wish to come along and support our London Marathon and Southampton Half Marathon/Marathon entrants, please complete the form below and hand it to David Nixon or Liz Slade by Thursday 12th April – along with payment details (cheques made payable to Romsey Road Runners/online payments to our bank account. Please let us know if you have any special dietary requirements.

## MENU

Beef lasagne

Mild Bean Chilli with Rice  
(suitable for gluten free and lactose intolerant)

Garlic bread

Green Salad

Please let us know if you have any other dietary requirements (the pub is very accommodating)



.....  
NAME/S:.....

Please reserve me/us ..... place(s) at the RRR Pasta Party at The Sun Inn on Tuesday 17th April 2018.

Special dietary requirements: .....

.....

I/we have enclosed cash/cheque for (made payable to 'Romsey Road Runners')/paid online:

£ .....

# Pentathlon tables

Men's Table	5k	5mile	10k	10mile	half	full
Alex Prinsep	00:18:35	00:30:36	00:38:31	01:07:16	01:26:44	
Ben Sharman			00:47:23		01:47:50	04:14:12
Bob Gould					02:43:14	
Cliff Reeves		00:38:54	00:52:12		01:55:09	
Dave Gardner				01:11:36	01:37:10	
Ian Ralph						03:30:53
Ian Winkworth		00:31:14	00:59:04	01:13:11	01:33:10	
James Battle						03:15:50
James Groves		00:31:35				
Jim Wright					01:43:23	
Keith Morris		00:37:19			01:51:21	
Mark Adams				01:58:58		
Mark Stileman		00:30:20	00:38:54	01:08:06	01:32:18	03:15:03
Mark Winkworth				01:15:46	01:38:05	
Matt Hammerton					01:14:14	03:02:45
Neil Jennings					01:26:27	03:13:21
Paul Whitaker		00:36:18	00:48:25			
Ray Webb	00:22:26	00:36:20				
Remi Francois					01:34:15	
Richard Cross					01:45:39	
Richard Vie			01:03:37			
Steve Cleeves			00:42:07			
Trevor Bond	00:23:24					

Ladies Table	5k	5mile	10k	10mile	half	full
Abi Cooke						05:16:45
Alice Lane					01:53:51	04:16:17
Anna Duignan		00:56:05			02:00:51	
Becky Tovey					01:38:04	03:58:00
Brenda Topliss			00:55:24			04:44:10
Caroline Crump					02:37:26	
Elizabeth Prinsep	00:24:59	00:39:35	00:48:22	01:24:40	01:46:58	
Elizabeth Slade			00:54:25			
Francesca Hough						05:21:22
Hannah Semeraro				01:31:03		
Jill Baker		00:48:20				
Jo Blatherwick					01:54:13	
Jo McKenzie				01:36:48		
Julie Shanker		00:40:21			01:52:47	
Karen Pethick				01:53:56		
Lin Webb		00:46:25				
Lynn Lawrence		00:56:54				
Penny Jennings				01:31:45	02:08:36	
Sue Sleath					01:42:25	03:45:11
Sue Stileman		00:43:28	00:53:42		02:17:15	
Tam Ryan						03:58:00

## George Skeates Stockbridge Run

This year's Stockbridge run greeted us with dry and clear 5 degrees and no wind to speak of. My first time running the 8-mile race, I was pretty excited to arrive at the Town Hall and meet a whole pack of Romsey Road Runners, who support the event every year

Ruth and David Page, who were doing the 3 mile fun run this year and were the ones who I have to thank for getting me to sign up were remembering how in the past years contestants were told their race numbers and were supposed to prepare the sheet themselves. You can imagine this spurred quite some creativity among the running crowd.

10 am came and went, hanging about by the exit of the Town Hall I listened to Penny and Neil talking about their past George Skeates races. Penny was saying this is a lovely low key event and that this year the cyclists will be going before the runners and we will be called out before the whistle blows. Neil said one time he was still in the conference room when he spotted the runners taking off.

Luckily he caught up the 15m or so very soon.

Whoever I talked to spoke highly of the event, but I have been warned the first mile contains the most of the uphill stretches of the route. They were right – having taken off all together I soon saw the backs of Julia, Penny and Liz. Of course Mark and Neil were somewhere far in the lead, as it turned out they got to the finish 3rd and 2nd respectively.

Not sure how to pace myself, as this was the first long-ish run in quite a while for me, I was glad to see Karen was going at my pace, so decided to stick with her.

The route led us through the lovely countryside, weaving in and out of fields neighbouring rural lanes. There were zigzagging paths through some shrubbery, muddy fields, narrow tracks and a fun slalom in a young wood. All finished with a downhill straight to the Stockbridge Town Hall, where young marshals handed out water. Coffee, tea and cake were available in the hall to enjoy while the last runners have arrived and a winner's number was picked out from a hat, followed by raffle results.

A very enjoyable morning, certainly one to repeat next year!

### **Dorota**



# Jerusalem Marathon



Ben travelled East for the Jerusalem Marathon on Friday 9th March. He absolutely smashed it in an epic time of 4:14:12, on a course which boasted a staggering 631m of climbing! Started by the legendary Haile Gebrselassie, it was a remarkable achievement and one which has left Ben pondering his next challenge... I think I heard murmurs of Senegal!!! Well done mate, you are an absolute LEGEND, we are very proud!!!

## Larmer Tree race

Kicked off with a fantastic performance by Hannah Semararo in the WSR Larmer Tree 10 miles, finishing in a brilliant 1:31:03, to come 10th lady on a really challenging course!!! I think the general consensus for the day was lots of hills and lots of mud, but that didn't put Hannah off, or Mark Stileman and Sue Sleath for that matter, who followed in the Larmer Tree Half later that day!!! Mark finished in a fantastic 2nd place overall, with an awesome time of 1:40:05!!! A few minutes later, Sue crossed the line in an amazing 1:56:27, to claim 2nd lady!!!! BRILLIANT!!!



# Imber Ultra Marathon

Tam absolutely bossed the Imber Ultra Marathon on Sunday 10th March, over a super challenging course covering a total of 33 miles! Tam flew across the line in an unbelievable time of 5:23:57, looking super strong and bagging another awesome Romsey podium finish as 2nd lady!!!



## *The good thing about experience is you can pass it on*

This is an article on my experiences over many years of road running, trail runs and to a lesser extent 45 years of my main sport, orienteering. There is advice especially for newcomers and those hoping to run a 10 mile or half marathon race. Although I am not a running coach I have been an orienteering coach since 1992. 4 of the juniors I coached went on to perform at a very high level, one came 8th in the London Olympics 5000 and 10000m, another won the European Junior Orienteering Champs and later ran in the World Champs twice, a third has competed at the World Mountain Bike Champs and a fourth won the European Mountain Running champs. The last 3 are former members of this club.

Newer members will know me as the man who collects your forms and money for social events, as an occasional session leader when he isn't ill / in hospital and a slow runner. Older members will recall I was an avid supporter of RR10s since 1987, and until I retired early and started orienteering on Wednesdays had run more than anyone else in the club, only stopping after having to go to hospital at a race last year. But in the early years of the club I wasn't that bad a runner. Apart from 5 miles all my PBs were when I was aged 42 to 46.

My records of races is 5km – 4 races, PB 19.48; 5 miles -2 races, PB 36.21; 10km- 38 races, PB 39.51, and still under 46 minutes at 61 when i won the over 60 class at Lordshill; 10 miles-14 races, PB 67.55; half marathon-15 races, PB 88.53; marathon -7 races, PB 203.55.

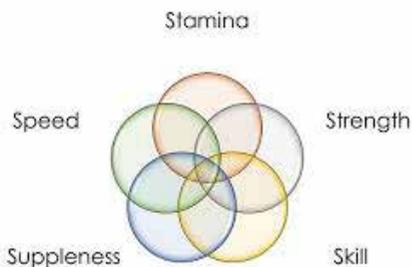
I found that training regularly once or twice a week with the club, some of Ray Masters' runs from Farley Mount plus orienteering most weekends, meant I didn't have to do extra training for a 10km. Nor did I for the first 6 marathons but for my PB in London I did a lot more. For 10 miles and half marathons I did a bit

more but found by experience that some careful thought on preparation and the race itself paid off. I will say that it is best to find what works for you on training runs, not races!

First of all have a target (and write it down), be it improve your Braishfield time trial time, finish top half in an RR10 or CC6, do your first 10 mile or half marathon.

Because of family and work commitments I would only plan training in detail for 2 weeks ahead However i had a general plan for 3 months but often didn't stick to it. Plan in easy and hard days and weeks. Vary where you run, ideally away from traffic. Virtually all my training was off-road in places like Spearywell, Ampfield Woods or the New Forest.

Keep a training diary to record where you ran, how far, and your time That was my New Year's resolution for 1981 (sorry, non-veterans) and I still have all my records. I think nearly all of you will do that on a computer! I just used a different coloured pen for different types of exercises.



Do cross-training. Mine was circuit training but cycling and swimming are ideal.

Most sports require the 5Ss for success. They are strength, speed, stamina, suppleness, skill. It is better to work a bit on all of them – the marginal gains principle – rather than your best or weakest. I'm sure Ian Ralph will be a great asset in that respect.

For the longer races gradually increase your long training run to a bit longer than your expected race time BUT don't set yourself a target time the first time you run a particular distance, just be pleased to finish so you won't be disappointed if you don't beat it.. You then have a target for next time.

Don't let wet or windy or cold weather stop you from training, it might be like that on race day. One of our sons says there is no such thing as bad weather, only inadequate clothing. When he was in Sweden for a year he would wear lots of layers and 2 hats and pairs of gloves.

If you have an injury or illness don't rush the recovery. Rest then build back up gradually. I found using the services of a physio or chiropractor speeded up the recovery. Doing suppleness exercises will help, and you feel you are doing something right.

I hope this is some use to some of you.

**David Nixon**

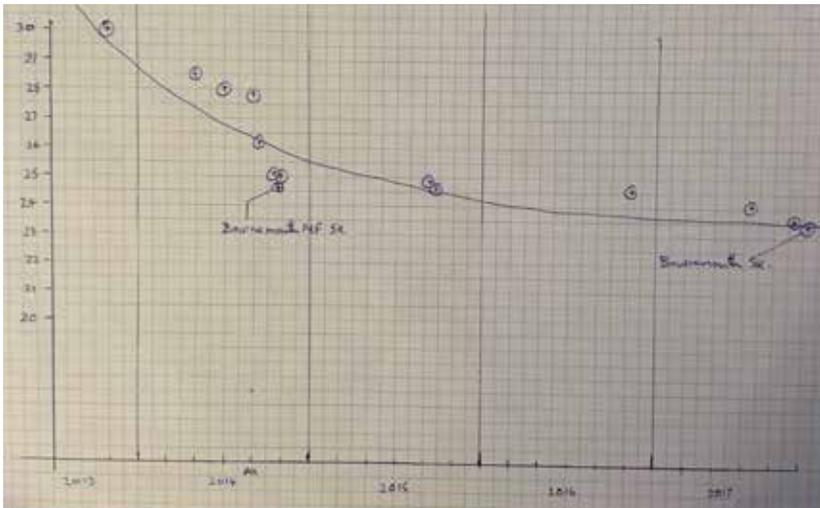
# Age Versus Performance

I was 63 when I started running. An enthusiastic invitation to Parkrun from my daughter saw me parade the tracks of Southampton Common in an old pair of shorts and worn out trainers. 40 minutes later I had caught the bug! "I'm sure I can do that faster" and so I did.

Although it is not everybody's cup of tea, Parkrun is however a wonderful source of statistics so even although I did runs at various places, the times were all accessible and despite the difference in courses my times were all for 5k and were consistently coming down. But at the same time I was getting older so what effect was that going to have?

A Google search and a bit of reading later and it seemed that as we age beyond our peak (late 20s - only a distant memory) we tend to go about 1 second per Km slower. But I was on the up, as a result of training and improved fitness and the help gained from RRR sessions. So the big question was, when was the crossover going to occur when however hard I tried, the years were going to curtail my performance?

The answer seems to be not yet, but only whilst personal incentive and motivation keep me improving fitness and skill benefits. It is unlikely that unless I put in considerable effort over some months that I will beat my 23:24 at the wonderfully flat Bournemouth (BMF) 5k seafront run last Autumn at the age of nearly 67.



Conclusion? You are never too old to put in a special effort for a particular race and do really well - but one day father time will catch up with you!

**Trevor Bond**

# Upcoming Races

## APRIL 2018

- Monday 2nd 12 **West Wight 3 Hills Race**  
West Wight Sports Centre, Freshwater, PO40 9XH  
<http://www.rydeharriers.co.uk/races/west-wight-3-hills/>  
The course is an undulating/hilly very scenic single lap of 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. A bottle of local beer is your prize at the end and the boat trip there and back adds to the sense of adventure.
- Sunday 8th 9am **Eastleigh 10k**  
10am **Salisbury 10 mile**
- Saturday 14th 10am **The General Trail 10k/20k**  
Alresford Rd, Winchester, Hampshire, SO21 1HW  
<https://www.toughenoughraces.co.uk/>  
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 18th 7pm **RR1 Royal Victoria Country Park**  
<http://rr10.org.uk/>
- Sunday 22nd **ABP Southampton 10k, Half and Marathon**  
Southampton Guildhall (SO15 )  
<http://www.abpsouthamptonhalf.co.uk/>  
The exciting route involves the best to see of Southampton and some undulating hills keeps it a tough but exciting course for all abilities of runners.As a real treat for the event, the Itchen Bridge will be closed and all distances take you over and back across the bridge. At the top of the bridge almost 100ft up, you get a stunning view of the entire city, right up the river, across the commercial centre and then out to sea towards the Isle of Wight.
- London Marathon**  
Greenwich, London  
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. The route of this iconic race starts at Greenwich and ends in front of Buckingham Palace.
- Saturday 28th **Hurstbourne 5**  
Hurstbourne Tarrant, Hampshire, SP110AX  
<http://www.houghton-trail-event.org.uk>

A challenging five mile 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. The course is completely off-road, taking in rural footpaths, woodland tracks and a couple of "undulations".

Sunday 29th

### **Houghton 11k Trail Run**

Village Hall, 1 Stevens Drove, Houghton  
Stockbridge, SO20 6LP

<http://www.houghton-trail-event.org.uk>

Low-key mainly off-road run rated as non-competitive. The terrain is pretty good, only a couple of areas where it gets a bit rutted. The beautiful route with a stunning section of bluebells around 6km joins the Test Way around 8/9km and The Clarendon Way at around 10km.

## **MAY 2018**

Wednesday 2nd 7:15pm

### **RR2 Stoney Cross**

<http://rr10.org.uk/>

Monday 7th 10am

### **Harewood Forest 10K**

Wherwell Playing Fields, Longparish Road  
Wherwell, SP11 7JP

<https://www.wherwellschoolpta.co.uk/harewood-forest-run>

Beautiful 10km run in the heart of Hampshire's second largest ancient woodland. 5km route also available.

Sunday 13th 10:30am

### **Alton Ten**

Eggars School, London Road, Alton, GU34 4EQ

[https://www.activetrainingworld.co.uk/events/2018/05/13/alton\\_10](https://www.activetrainingworld.co.uk/events/2018/05/13/alton_10)

The first mile is through Holybourne village, then runs through undulating countryside and village lanes to finish back at the Eggars School

10am

### **Lymington Lifeboat 10k**

Woodside Park, Ridgeway Lane, Lymington SO41 8FP

<http://www.frsystems.co.uk/lymington-10k/>

The course follows country lanes and the flat coastal path along the sea wall with fantastic views across the Solent to the Isle of Wight. Coastal winds provide a challenge for runners during the waterfront section of the course.

Wednesday 16th 7:30pm

### **RR3 Wilverley, Sway**

<http://rr10.org.uk/>

Sunday 27th 8:30/  
9:30am

### **Dorchester Marathon & Casterbridge Half**

<http://dorchestermarathon.co.uk/>

Run on closed roads through parts of historic Dorchester, picturesque villages and the glorious Dorset countryside.

Wednesday 30th 7:30pm **RR4 Recreation Ground, Blackfield**  
<http://rr10.org.uk/>  
Romsey Road Runners Drop Out race.

## JUNE 2018

Sunday 3rd 10am **Romsey 5 Mile Beer Race**  
Braishfield  
<http://www.romseyroadrunners.co.uk/beer-race/>  
Popular 5 mile road race organised and marshalled by Romsey Road Runners with 1km fun run for 4-14 year olds. Please consider volunteering!

Wednesday 6th 7:30pm **RR5 Fleming Park**  
<http://rr10.org.uk/>

Saturday 16th 9/10/  
10:30am **South Downs Marathon, Half and 10k**  
Queen Elizabeth Country Park, nr Petersfield  
<https://www.resultsbase.net/event/4165>

Sunday 17th 9/10am **Hampshire Hoppit Marathon and Half**  
<http://hampshiretrailmarathon.co.uk/>  
Both are trail races, i.e. predominantly off-road. Routes will be clearly marked & marshalled, including local sections of famous long distance footpaths, the Wayfarers Walk and (for the marathon) the Harrow Way. Both are scenic single-lap courses starting and ending at Kingsclere, reaching some of the highest points in Hampshire with views across the county.

Wednesday 20th 7:30pm **RR6 Manor Farm Country Park**  
<http://rr10.org.uk/>

Sunday 24th 9:30am **Lordshill 10k**  
<http://www.lordshillroadrunners.org.uk/lordshill-10k/>  
Both are trail races, i.e. predominantly off-road. Routes will be clearly marked & marshalled, including local sections of famous long distance footpaths, the Wayfarers Walk and (for the marathon) the Harrow Way. Both are scenic single-lap courses starting and ending at Kingsclere, reaching some of the highest points in Hampshire with views across the county.

## JULY 2018

Sunday 1st **Summer Plod Marathon and 10m**  
Clanfield Scout Hut, Little Hyden Lane, Clanfield, Waterlooville, PO8 0RU  
<http://runevents.org/event/summer-plod>  
Run mostly on bridleways and public footpaths the cross-country course for runners and walkers boasts fantastic views of the beautiful Meon Valley and across to the Isle of Wight.

- Wednesday 4th 7:30pm **RR7 University Sports Ground, Wide Lane, Eastleigh**  
<http://rr10.org.uk/>
- Wednesday 11th 7:30pm **RR8 Whitley**  
<http://rr10.org.uk/>
- Wednesday 18th 7:30pm **RR9 Janesmoor Pond, Stoney Cross**  
<http://rr10.org.uk/>  
 Romsey Road Runners to organise RR9 jointly with Wessex RR.  
 Please consider volunteering!
- 28-29th **Dorset Invader Marathon and Half**  
 East Farm, Winterbourne Kingston,  
 Blandford Forum, DT11 9AW  
<http://whitestarrunning.co.uk/dorset-invader/>  
 The marathon is hilly 95% trail. The half is a big loop, there  
 will be aid stations on the way round and the Lovestation  
 will return. Dorset goody bag, with East Farm jam and Roman  
 Buffalikes for all runners.

## AUGUST 2018

- Wednesday 1st 7:15pm **RR10 Itchen Valley Country Park**  
<http://rr10.org.uk/>
- Wednesday 15th 7:15pm **RR11 IBM Hursley Park**  
<http://rr10.org.uk/>

## SEPTEMBER 2018

- Saturday 2nd 10:30am **The Beast**  
 Corfe Common, West Street, Corfe Castle, Dorset  
<https://pooleac.co.uk/club-events/the-beast/>  
 The Beast is just that, a beast of race. The 12(ish) mile  
 'undulating' course starts on Corfe Castle Common before  
 heading out towards Worth Matravers and then on to the  
 coastal path. The course then heads back towards Corfe with  
 only a few 'minor' hills.
- Sunday 10th 9:00am **New Forest Marathon**  
 New Park Showground, Brockenhurst, Hampshire, SO42 7QH  
<http://www.newforestmarathon.co.uk/>  
 7 race options for 2018: Marathon, Half Marathon, 10k, 5k,  
 Junior 1k and 200m Race, Team Challenge and Woodland  
 Walk. All routes wind through the heart of the New Forest  
 National Park. The multi-terrain courses offer some of the  
 most scenic running experiences with a blend of forest  
 enclosures, open roads, far reaching views and the famous  
 New Forest ponies.

# Spring Training Schedule 2018

Day	March	Lead	Day	April	Lead	Day	May	Lead	Day	June	Lead
Thu 1	Tempo Run	Deborah	Mon 2	NO CLUB EASTER MONDAY		Thu 3	TRACK: Pyramid IND	Keith	Mon 4	Braishfield B1: 4x 1k (Opp. Wheatsheaf)	Alice Richard
Mon 5	1/2: Campion Drive Hills 3/4: Abbotswood	Sue Mark S	Thu 5	Lee Lane	Mark W Ian R	Mon 7	NO CLUB - BANK HOLIDAY		Thu 7	TRACK: Mile of Miles	Sue
Thu 8	Great Well Drive	Ian R	Mon 9	1/2: Crampmoor 3/4: Straight Mile	Ian W David	Thu 10	TRACK: 40 / 20	Dorota	Mon 11	Braishfield B2: 5x 1k (Wheatsheaf)	Deborah Dorota
Mon 12	1/2: Abbotswood 3/4: Campion Drive Hills	Ian W David	Thu 12	Lee Lane	Richard Sue	Mon 14	Braishfield B2: 5x 1k (Wheatsheaf)	Sue Alice	Thu 14	TRACK: Pyramid IND	Keith
Thu 15	Tadburn Road 1&2 Cemetery Hill 3&4	Mark W Keith	Mon 16	1/2: Straight Mile 3/4: Crampmoor	Mark W Mark S	Thu 17	TRACK: 400 Pairs	Mark W	Mon 18	Braishfield B3: 4x 1k (Farm)	Mark S Ian W
Mon 19	1/2: Cupernham/Fish. 3/4: Haltenworth Ind.	Sue Dorota	Thu 19	Lee Lane	Ian R Dorota	Mon 21	Braishfield B4: 5k TT	Mark S Richard	Thu 21	TRACK: Mile of Miles	Mark W
Thu 22	Cemetery Hill 1&2 Tadburn Road 3&4	Becca Richard	Mon 23	1/2: Crampmoor 3/4: Straight Mile	Alice Richard	Thu 24	TRACK: Out & Back	Ian W	Mon 25	Braishfield B4: 5k TT	Becca Deborah
Mon 26	1/2: Haltenworth Ind. 3/4: Cupernham/Fish.	Ian R Alice	Thu 26	TRACK: 400m IND	Becca	Mon 28	NO CLUB - BANK HOLIDAY		Thu 28	TRACK: 40 / 20	David
Thu 29	Brook Way	Deborah	Mon 30	Braishfield B1: 4x 1k (Opp. Wheatsheaf)	Mark S Deborah	Thu 31	TRACK: 400 IND	Becca			

Speed Endurance Training – 4 weeks	
Thu 14	June Ian R
Thu 21	June Ian R
Thu 28	June Ian R
Thu 5	July Ian R

Sprint Training – 3 weeks	
Thu 29	March Keith
Thu 5	April Keith
Thu 12	April Keith