

RELAY

Summer 2018



ROMSEY

ROAD RUNNERS

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Cover Photo: Liz Slade running in the Relay Marathon, photo taken by Daniel Lurcock

Note from the chair

Welcome to the summer edition of relay.

What a glorious day we had for the beer race. Thank you to our beer race committee for all their hard work in making it such a special day for runners and supporters alike. The turnout of marshals and helpers was awesome. What a great team we make.

The couch to 5k is going really well this year with a great retention rate . Thanks to Sue Stileman for organising and her band of session leader helpers. I understand they have enjoyed meeting some of the club on their sessions. Thank you for making them feel welcome.

The Mayors mini marathon was another amazing event with three teams entered. Lots of money was raised for the Mayors charities and everyone had a lot of fun.

I am really looking forward to starting Ian Ralph's 4 week coaching programme. I am expecting him to change me into a new woman! After 30 years of bad running habits it may take more than 4 weeks . No pressure then Ian 😊.

As ever we have had some great race results from many club members. Well done all.

Happy running 🏃 🏃

Karen

On the Social Side

It was brilliant to see 50 people at our annual pasta party in April to say congratulations to those who had finished the Brighton Marathon and good luck to those running in the London and Southampton Marathons the following weekend.

As usual, the Sun Inn did us proud with the volume of lasagne, chilli bean curry and garlic bread provided to ensure no one went home hungry!

Special thanks must go to Lee Harris, assisted by Steve Geary and JB for a brilliant quiz which included a 'running session observation' round and a 'name the running shoe make' round. Having worked in

Up & Running for a while, Becky Tovey SMASHED the latter and ensured her team were worthy winners.

Chocolate prizes were shared round for dessert and a great evening was had by all.

--oOo--

The post beer race barbeque always goes down well and this year around 100 stayed on to enjoy a well-earned burger or hot dog, along with leftover beer and cakes, in the early June sunshine.

Thanks to Mark Adams for delivering the barbeque to the venue and to Martin Keane and Peter Slade for doing the cooking.

--oOo--

Thank you for all your support at the club's events. Next on the social calendar is the AGM/Awards/Skittles Evening on Friday 16 November 2018 at Wellow Golf Club. Further details will be out nearer the time but do make a note in your diaries now.

Liz Slade

Romsey Road Runners on a Winning Streak

– race information gathered by Daniel

Always popular with Romsey Road Runners is the Houghton 11km cross country run, a mainly off-road race with pretty good terrain, this year Romsey's **Neil Jennings** was first home winning the race in a great time of 42.36mins. **Alex Prinsep** was close finishing behind, 6th in 48.16mins,

Raymond Webb followed in 56.09mins, **Liz Prinsep** 1hr, **Penny Jennings** 1hr 02mins, **Gemma Quarendon** 1hr 04mins, **PO** 1hr 08mins, **Andy Cherrett** 1hr 09mins, **Liz Slade** 1hr 09mins, **Dorota Hatch** 1hr 10mins, **Derek Kelly** 1hr 13mins, **Linda Webb** 1hr 13mins and **Wendy Couper** in 1hr 40mins. Meanwhile the same



Marlborough



weekend, **Sue Stileman** was down in Dorset taking part in the Bad Cow Half Marathon finishing in a time of 2hrs 20mins and 29th overall.

The following weekend saw more trophies coming Romsey's way at the Marlborough 20mile, **Mark Stileman** was 3rd overall in a time of 2hrs 35mins followed by **Sue Sleath** in 2hrs 49mins and 2nd Lady overall. **Ian Winkworth** and **Abi Cooke** enjoyed the self-

navigating route finishing together in 3hrs 18mins. Elsewhere **Vytas Jakimavicius** ran the **Whitstable 10km** finishing in a great time of 42.09mins.



Harewood 10k

'**Maverick original**' 9km Dorset run on the 13th May finishing in 1hr 05mins and 1hr 21mins respectively. Whilst **Alice Lane** travelled a little further afield to run the "Race the Tide marathon" in Flete Estate, Mothecombe, Devon, comprising 29 miles of tough terrain and two estuaries to negotiate, Alice had an amazing run finishing in 6hrs 19mins 6th Lady and 1st in her age category. **Kirsty Jones** and **Andrew Archibald** ran the Lymington Lifeboat 10km, a beautiful course for a good cause, Kirsty finished in 46.14mins with Andrew close in 47.40mins.

The Grand Finale for Romsey Road Runners came at last Sunday **Broadlands Relay Marathon**. Returning for its sixth year and run entirely around the estate, teams of up to 10 each run 2 laps of the 1.3mile course making up the 26.2mile distance, with every penny going to charity it's popular with many local businesses supporting it. This year Romsey Road Runners entered 3 teams and much to our delight Romsey A team were this year's winners finishing in a course record of 2hrs 31mins. **Matt Brown, Neil Jennings, JB, Alex Prinsep, Christopher Brown, Daniel Lurcock, Lee Harris, Ian Winkworth, Matt Hammerton and Mark Stileman** were very proud to receive the trophy.



Romsey's B team weren't too far behind finishing in 3hrs 1min and 4th overall: **Sue Sleath, Richard Cross, WW, Mark Winkworth, Jo McKenzie, John Quayle, Ben Sharman, Cliff Reeves, Abi Cooke and Dave Gardner** were all delighted with their performance. Romsey's 3rd team finished in 3hrs 41mins and 53rd overall: **Linn Webb, Liz Slade, Julia Abab, Derek Kelly, Brenda Topliss, Anna Duignan, Karen Keane, Deborah Rees, Dorota Hatch and Liz Prinsep**. Finally, a big thank you to **Becky Tovey** for organising and **Oscar the Mascot!**

On the 19th May Romsey's **Ian Ralph** and **TR** made light work of the Centurion Running North Downs Way 50 miler. Starting in Farnham and picking up the North Downs trail through Guildford, the tough course incorporates numerous

sets of steps, the hardest being 274 up Boxhill at only the half way point! The trail continues on to Reigate Hill and finishes on the outskirts of London. Despite the hot sun and a total climb of 5,600ft the pair rose to the challenge with Ian not only smashing his first Ultra race in a fantastic time of 8 hours 27 mins placing him 15th overall, but enjoying it too. Tam also had a great run finishing in a time of 9 hours 4 mins and was rewarded by not only coming 3rd lady overall but by being presented her medal by the world record breaking ultra-runner, Mimi Anderson.

The following day **Dave Gardner** and Liz Prinsep took part in the Hook 10 mile race, a rather undulating course not made any easier by the hot weather again. However, Dave still managed a personal best finishing in 1 hour 13 mins with Liz not far behind in 1 hour 26 mins. **Sue Sleath** and **Brenda Topliss** stayed closer to home running the Hampshire road race, Netley 10km, Sue finished in 43.29 mins and Brenda in 52.35 mins.

Meanwhile, Romsey Road Runner **JG** used the Swashbuckler middle distance triathlon as training for his upcoming Iron Man UK, James finished the 1.2 mile swim, 56 mile bike ride and 13.1 mile run in 5 hours 21 mins.



Alice, Sue and Sue at Dorchester road marathon

On the 27th May **Sue Stileman** made her debut at the marathon distance completing the Dorchester road marathon in 4 hours 25 mins. This race runs through picturesque villages and Sue enjoyed her experience alongside two other Romsey runners; **Sue Sleath** who had a good run in the warm conditions finishing in 3 hours 55 mins, followed by **Alice Lane** in 4 hours 42 mins. Run in conjunction, the Casterbridge half marathon route takes in the beautiful Puddletown forest and joins the marathon route to finish the course. **Ian Winkworth** and **Liz Prinsep** enjoyed the race finishing in 1 hour 38 mins and 1 hour 59 mins respectively.

Meanwhile **Becky Tovey** and **Emily Gordon** made the long journey up to Edinburgh to complete what is the UK's 2nd largest marathon. An all-encompassing route which runs through the heart of Edinburgh, with the iconic castle as a back drop, local sights are abundant. The race has a descent of almost 90m to the finish, it is believed not only to be the fastest UK marathon route, but also the world's. Both girls had a fantastic run breaking some bench mark times, Becky finished in 3 hours 29mins and Emily in 3 hours 59mins.

Romsey Road Runner, **Nigel Hemsted**, whilst on holiday in Scotland was tempted to enter a local 10km race 'Vale of Leven' on Saturday 2nd June. Nigel completed



Becky and Oscar cheering

the flat course in 44.33 and was 2nd in his age category. The following weekend, on the 8th June, twelve team mates travelled to Reading to take part in the Endure24 event.



Endure 24 participants

Considered to be the 'Glastonbury' for runners it is a 24-hour race consisting of a 5-mile loop around beautiful surroundings of Wasing Park, with all camping facilities available. Runners set off at midday on Saturday 8th June and run as many laps as they can in 24 hours. There are many options for different types of groups; solo, pairs, small and large teams. **Becky Tovey** and **TR** ran as a pair clocking up 29 laps in 23 hours 48 mins and 145 miles between them, winning them 1st place in the female pairs. **Abi Cooke** joined **Alex** and **Liz Prinsep**

to run as a small team completing 26 laps in 23 hours 48 mins. **Mark** and **Ian Winkworth** made another small team with Marc Nichols completing 25 laps in 24 hours 1 min. Finally, **Alice Lane**, **Jo McKenzie** and **Julie Shanker** put in a sterling performance, unfortunately Julie was forced to pull out on her first lap due to a knee injury meaning Alice and Jo had to carry on as a pair. The girls managed 17 laps in 22 hours 46 mins.

Meanwhile on Sunday 9th June, **Sue Sleath** travelled to East Sussex for the Weald 50km Ultra Trail Challenge which she completed in 5 hours 43 mins. The same day, **FH** took part in the internationally acclaimed event Man V Horse, an extremely popular race that has been taking place since 1980 in Llanwrtyd Wells, Wales. Runners quite literally race horses and their riders to the finish, Francesca completed the tough course in 5 hours 15 mins. On the Sunday of this weekend, **Mark** and **Sue Stileman** ran the Lacock 10km, Mark finished in 42.21 and 1st in age and Sue came in 53.30.

The following weekend, Saturday 16th June, saw **TR** complete the beautiful South Downs marathon in 4 hours 2 mins placing her 1st in her age group. **Kate Olingschlaeger** and **Ben Sharman** thoroughly enjoyed the half marathon with Kate finishing in 1 hour 56 mins and Ben in 2 hours. Sunday 17th saw the postponed Eastleigh 10km take place. The weather was perfect and eleven Romsey Road Runners put their training to the test and were not disappointed with some fantastic personal bests achieved. **Neil Jennings** just missed out dipping under 35 mins but still got a PB with an amazing time of 35.04, other times included **Alex Prinsep** 37.26 PB, **Mark Suddaby** 38.45 PB, **Ian Winkworth** 39.51 PB, **Rémi Francois** 40.28 PB, **Ray Webb** 46.41 PB, **Keith Morris** 47.01 PB, **Liz Prinsep** 49.01 PB, **Nikki Skeates** 58.41, **Linn Webb** 1.01 PB and **BW** 1.01.

Elsewhere **Mark Winkworth** and **James Wilson** opted for the Arlesford 10km with the pair finishing in 46.42 and 49.04 respectively. **Mark** and **Sue Stileman** ran the Cheltenham Challenge 10km, Mark finished 5th overall in 42.11, 1st in age and Sue finished in 58.53. Finally, to round off a series of tremendous results, **Kirsty Jones** won the Falkirk Race for life 5km in a fantastic time of 20.02.

April Marathons

The spring marathons began with Brighton on the 13th April. Three Romsey Road Runners took on the 26.2miles and each was delighted to achieve a new personal best. With near perfect weather conditions, first home was **Dave Gardner** in a time of 3hrs 33mins taking a big chunk off his previous pb time, hot on his heels was **Becky Tovey** finishing in 3hrs 34mins with **Joanne McKenzie** close behind in 4hrs 13mins.



The weather wasn't so kind the following weekend on the 22nd April when 30 Romsey Road Runners turned out to give their all in the scorching temperatures in both the **London Marathon** and the **Southampton marathon, half marathon and 10km**. The heat took its toll but everyone fought bravely on to the finish line. It was the 38th London marathon and **Matt Hammerton** started behind the elite men having earned a place on the championship start. Matt crossed the line in an amazing time of 2hrs 48mins with **Mark Stileman** following closely in a fantastic 3hrs 4mins. **Alice Lane** did a great job representing Romsey with the club place and finished in 4hrs 44mins and **Brenda Topliss** achieved 5hrs 23mins. Sadly, it wasn't to be for **Nigel Hemsted** who was carrying a calf injury, he flew round the first 15km only to have to make the brave decision to pull out just before the 20km mark when his calf got worse.

Meanwhile, in Southampton there were a few personal bests in the marathon, **Neil Jennings** was the 11th runner overall to cross the finish line in a fantastic time of 2hrs 56mins with **RF** completing his 2nd marathon in a time of 4hrs 2mins. In the half marathon **Alex Prinsep** finished in 1hr 30mins, **Jonny Williams** 1.39, **Penny Jennings** 1.55, **Keith Morris** 1.56, **Liz Prinsep** 1.58, **Cliff Reeves** 2.01, **Mark Winkworth** 2.01, **Annie Tomlinson** 2.03, **Liz Slade** 2.06, **Ian and Katy Winkworth** 2.16, **Anna Duignan** 2.17, **DN** 2.17 and **SS** in 2.30. In the 10km race, **Ray Webb** won his age category finishing in 48.17, other runners included **Franky Tripp** 52.40, **Trevor Bond** 56.45, **Colin Williams** 56.54, **Hannah Hunt** 57.52, **Lin Webb** 1.04, **HG1** 06 and **Wendy Couper** also winning her age category in 1hr 21mins. Well done to all!



London marathon 2018

By Mark Stileman

I was more nervous about this than race than any other that I can recall. It was my first road marathon in 12 years, I had ambitions for a good time, there was a full-on April heatwave after months of pretty dismal weather, oh and my left hip had been aching all week.

I arrived at the start line on Blackheath good and early. I had said goodbye to the lovely Mrs S at Charing Cross station, and it was an easy stroll up on to the wide open space. People were gathering from all directions and the atmosphere was crackling. In my wisdom I'd opted for a hair make-over. It was supposed to be green, aligning with my fundraising for the Woodland Trust, but turquoise was the best that Romsey could offer. Hmm... the consensus was that it was... well, possibly a bit blue?



No grey hair today

I was in a Good For Age enclosure which got funnelled to the front of the red start. I found myself about 5 metres back from the front line, surrounded by lean blokes. Hardly any ladies... curious. A guy I chatted with reckoned that the qualifying thresholds worked differently across the genders and most of the faster ladies were in the championship category.

A geordie bloke did a bit of compering. He told us that the Queen was opening the race, but she might be looking a little the worse for wear after a hard night partying (it had been her 92nd birthday the day before). Her Madge's input was a bit disappointing - just a screen clip of her at Windsor Castle bimbaling out to a table in the garden and pressing a button.

Right, we were off. Almost immediately there was a near pile-up as some guy fell over just past the start line. I tried to set a sensible pace

as went through the quiet roads around Greenwich Heath. I was aiming to keep to around 4:05 or 4:10 per km in the early stages, but I kept knocking out 3-something. It's just incredibly difficult to keep steady when all around you are moving ahead and the atmosphere is crackling.

After about 5k I forgot to even think about my left side, which was good news. Past the Cutty Sark, over Tower Bridge and past the halfway point and all was well. The crowd energy was wonderful and having my name on my shirt made a huge difference... the only drawback was that I was having to wave a lot to acknowledge the continual shouts of support.

It all started getting a bit fuzzy in the Isle of Dogs. I became aware of my legs - specifically my quads - starting to become weary and achy, and the heat was starting to tell. I was drinking plenty and pouring water over me, but I could feel fatigue starting to make itself known. It must have been at around 30k when the end felt a long way off and my fingers started to tingle; not a great sign.



Mile 22, suffering

I saw Becky and Julie from RRR in the crowd, which gave me a lift. But I was slowing down quite considerably now. Through the City, and on to the Embankment. I could see Big Ben, wrapped in scaffolding, but I was hurting quite a lot now and both my hands were tingling.

On, on, the crowds raucously supportive, the sunlight dazzling and the heat everywhere. The Palace of Westminster, Birdcage Walk and Buck Pal... I don't remember much of it. It was all heat and light and noise and pain. I could see the finish and tried to accelerate but couldn't, and then it was over and I was being given medals and bags of stuff.

I could barely walk, but it was a sod of a long way past all the kit lorries in the Mall and then past Horseguards Parade to the tree with the big S on it. I flopped on the grass. Shortly afterwards Mrs S and Finn arrived (they'd been watching from the Embankment) and they hauled me to my feet for some sweaty photos.

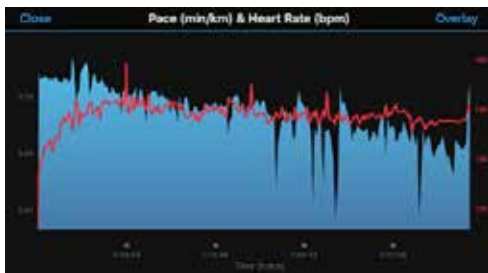
3:04:26... 11 minutes off **my target time**, 5 and a half minutes off my hot weather contingency target. But I was pleased enough with getting around intact on the hottest London marathon ever, all limbs intact, without blowing up. **My Garmin stats** tell their own story of how I slowed down drastically throughout the race.

At the finish, finished



My fabulous, wonderful support crew

But never mind all that. It had been an extraordinary, exhilarating day out in a city wreathed in sunshine and buzzing with excitement and goodwill. It had been immensely worthwhile.



Pace in blue, heart rate in red

2018 Beer Race – another scorcher!

By Mark Stileman

photos: Ben Sharman



Does the sun always shine on the Beer Race? It feels that way!

Just a few days earlier, rain was causing a headache. We had had 35mm of rain on Tuesday and a further 15mm was forecast for Thursday. Would the car park field be saturated and unusable? The second deluge never happened, the weather stabilised, and the scene was set for the 32nd Beer Race.

There is always something very special about the crackle of energy in the air at 7:30 on race day morning. The set-up team arrive, kit gets unpacked and the Braishfield recreation field gets transformed. This year it was a sparklingly clear morning and by 8:30 the whole area was humming with activity and anticipation. Meanwhile, down at the starting area runners were starting to arrive and the registration tent was opening for business.

The atmosphere in the start field was tremendous, with lots of runners chatting and limbering up in the sunshine. With 10 minutes to go I was anxiously watching the queue for the loos, but this year we seemed to have got our portaloo sums right, and everyone was on the start line for a 10am start. I managed to fluff the air horn (having been looking forward to this moment all week), but the race was now underway.



Runners at the starting field

Over at the recreation ground, the anticipation started to build as the fastest runners came through on the first lap, serenaded by the ukulele singers. The heat was really starting to ramp up now, and as the competitors



Fastest runners leading the lap

came through the finish line it was apparent that they'd been working really hard, and some were the worse for wear. Thankfully, no medical treatment was required.

There was a wonderful buzz in the finish field, as runners, friends and families enjoyed Flack Manor beer, RRR cake and sunshine.

Who needs medals or t-shirts? After the prize-giving (this year it was Keith Stone, our founder

member, giving the prizes) it was time for the fun run! Only in its second year, this already feels like an established feature. It generated a lot of noise and excitement, and some cracking performances.

The race committee – that's me, Liz Slade, Becky Tovey and Ken West for the 5-mile race and Matt Hammerton, Ian Ralph and Lynda Brown for the fun run – have a lot of fun working through plans for the day in the preceding months, and we're all immensely grateful for your enthusiasm and hard work to make



Ukulele band



Keith Stone presenting awards with Mark Stileman and Liz Slade in the background

it happen in practice. It's really rewarding that this event is so popular (this year we sold out of places in just over a month) and so well supported by the local community.

We're looking forward to more sunshine at the 2019 Beer Race!

MEMBERSHIP

by Secretary Penny Jennings

The club now has 124 members with the following new people: Stuart Pinch, Tom Bray, Paul Davies, Susie Parker, Sue Sylvester and Kirsty Jones from Romsey, Gemma Quarendon from Braishfield and Debbie Hallett from Redlynch



Debbie Hallett

I started running whilst watching my daughters at the athletics track in Southampton helping out with some of the group sessions on their longer runs, then decided I would like to run longer distances and joined Southampton running club, with which I ran many XC & road races.

2008 I wanted to try something different 'Triathlon' which I have competed at all distances including an ironman. I ran the Paris marathon in 2009 which gave me a good for age qualifying time for London, I have also competed for GB age group team in triathlon & duathlon in some lovely destinations.

In recent years I have ran many 10k's, half marathons & The Portsmouth Coastal marathon last year, I have enjoyed running over the longer distances and would like to focus on this in the future.

I have joined Romsey RR to be part of a local running club again, looking to build back my speed & being part of a friendly club.

Gemma Quarendon

Hello, I'm Gemma. I took up running as a way to get fitter after having my little boy 5 years ago. Since then I've run intermittently but never really got over the need to drag myself out of the house to go for a run stage! Then I went for a few runs with Dorota and she suggested I join Romsey Road Runners. A year after our first chat and I decided to join – I haven't looked back! I recently completed my first RR10 and the Houghton 11km trail run (before starting at Romsey I would not have felt able to even consider running this). Everyone is so welcoming and encouraging - I'm so pleased I plucked up the courage to join.



Paul Davies

I have been running for five years now. But I live abroad and therefore haven't run here before except on my hols when I am in Romsey to visit my family. I usually run 4 half marathons a year and these are usually trail half marathons as I prefer running across country - or in my case on beaches and mountains. I live in Rio de Janeiro, Brazil, where most half and full marathons start at 7h and it is already 27°C!

I am not really interested in a quick pace, but enough to get me across the finishing line feeling great about myself.

Unfortunately I had to stop running for four months due to a production of kidney stones and have just started again, two weeks ago when I went along to Romsey Runners for the first time. So really pleased to get back to running and of course and meeting new people.

I have included a picture of me in my favorite habitat.... trail running.



Kirsty Jones



I moved down to Romsey from Scotland nearly 2 years ago for work. I have done a few 10ks and one half marathon but I gave up running between 2015-2017 to focus on uni work and starting my career. I started training again in January 2018 and joined the club in April. I joined the club to make friends, better my 10k time and train to do another half marathon.

Tom Bray

Hi, I'm Tom and I'm an orienteer. If you don't know what that is, it's a great sport that combines off-road running with exploring the great outdoors.

I've joined RRR after enjoying the off-road racing at Eastleigh parkrun and wanting to do more XC racing. Also I'm looking forward to meeting other enthusiastic runners!

I had a long period away with injury, but after surgery 6 years ago I've gradually increased my running back to regular racing again, which I appreciate all the more for being away. I coach in the British junior orienteering squad, so most of my training these days is about being able to keep up with them.

I look forward to meeting you at a training session soon.





Stuart Pinch

I am 41 years old and I live in Abbotswood with my partner Laura, I'll be 42 in July. I have 3 children from a previous relationship, 2 girls (9 and 8) and a boy (6). As you can see from the picture I work for BT Openreach. I have worked for them for about 7 months, before that I was at the Met Office.

I enjoy running and cycling, either on or off road. I have been running for about 5 years and I regularly run Parkrun in Southampton. My current PB for 5k at Parkrun is 22:49.

Susie Parker

I started running last summer when I found it difficult to fit in my usual exercise classes into work and family life. Friends and family had been extolling the virtues of running for some time - saying how flexible it was as well as rewarding and challenging - so rather than not exercise at all, I donned my trainers and headed out. Within weeks, I'd been bitten by the bug and signed up for the Southampton Common 10km on the 17th December 2017. A few Winchester Park Runs helped focus me as well as my 6 year old son coming out on his bike with me (the runs I did with him are still some of my fastest as I tried to keep up with him!). I had no idea how I'd do but thought if nothing else, I'd have achieved something fantastic. I was delighted to do it in 54 minutes and before I knew it, I'd signed up to the Southampton ABP 10km in April. I did it in 52 minutes and decided at that point that a half marathon was my next goal. So, I'm signed up to the New Forest and Bournemouth Half Marathons later this year. I would love to think that one day I'd be lucky enough (and fit enough!) to run some of the World Marathon Majors.



Sue Sylvester



We have recently moved to the Romsey area from Winchester. I was hoping that Romsey might be a bit flatter for running than Winchester, but I am not sure that this is the case.

I have been running for many years, including 2 marathons (London 1987 and Toronto 2011). I was training for the Edinburgh Marathon last year, which I was running for the charity 'Toilet Twinning', but I got injured just 5 weeks before so was unable to run or wear the outfit (pictured) I had planned.

I have joined the running club to join with local runners and learn some new running routes in this lovely area and hopefully stay injury free for long enough to give my outfit an airing at a future marathon!

RR10 Results: current overall standings (team & individual)

Romsey Road Runners officially rule!!! Neil lies 1st in the table after 6 races with a race 5 victory!!! The men's team lying in joint 1st place overall and the ladies team in 4th!!! AND the BIG news of the season so far..... On the 20th June at Manor Farm, we had a clean sweep of 1st – 4th, with the mens A team scoring just 29 points overall, as all 5 finished in the top 20!!! So MASSIVE respect to Matt Hammerton (1st), Paul Cardy (2nd), Tom Brady (3rd), Neil Jennings (4th) and Matt Brown (19th), for bringing the mens team to the top of the table!!! With AMAZING turnouts from the club all season so far, it really is so inspiring to see so many members taking part, you are all AMAZING!!! Keep up the fantastic work!!!!...

Men's result from Manor Farm.... AMAZING!!!

			R1	R2	R3	R4	R5	R6
Matt HAMMERTON	Romsey		-	2	1	-	-	1
Paul CARDY	Romsey		-	-	-	-	-	2
Tom BRAY	Romsey		6	-	7	-	2	3
Neil JENNINGS	Romsey		2	5	5	-	1	4
Matt BROWN	Romsey		29	-	27	-	37	19



Neil Jennings.... 1st!!!

		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	Best 5					Total	Position	
Neil JENNINGS	Romsey	2	5	5	dro	1	4	-	-	org	-	-	1	2	4	5	5	-	17	1

Mens Team..... joint 1st!!!

		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	TOTAL
1=	Stubbington Green Runners	1	2	1	2	2	2						10
1=	Romsey Road Runners	2	1	3	dro	3	1						10
3	Southampton Athletic Club	org	3	7	1	dro	3						14
4	Winchester and District AC	7	dro	2	4	1	4						18
5	Hedge End Running Club	6	5	dro	6	4	org						21

Ladies Team.... 4th!!!

		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	TOTAL
1	Winchester and District AC	1	dro	1	2	1	1						6
2	Stubbington Green Runners	2	1	2	1	2	2						10
3	Hedge End Running Club	4	4	dro	4	3	org						15
4	Romsey Road Runners	5	5	4	dro	9	6						29
5	Totton Runners	9	org	5	6	7	5						32

Race 9, 18/7/18..... Janesmoor Pond.... Our Race.... Calling all marshals!!!

We are marshalling at Janesmoor Pond on 18th July, and welcome as much help as possible from all our wonderful members to make this a fantastic race for everyone to run!!! If you are able to marshal, please email Ken West, at kenaec@aol.com, or sign up on club nights :0)

RR10 Results: current tables

RR10 Results – 2018						
Men		Position number				
Name	Cat	Race 1	Race 2	Race 3	Race 5	Race 6
Alex Prinsep		14	21	25	23	29
Andrew Archibald	V50	147		143		
Ben Sharman				141	170	
Christopher Brown		61	70	65	95	86
Cliff Reeves	V40		184			
Daniel Lurcock		47	55	223		
Dave Gardner	V40			91	100	108
Derek Kelly	V70	253		229	262	244
DN		245	218	211		
Ian Winkworth	V40	46	45	44	48	45
John Horton	V50				177	
John Quayle	V40	114	101		119	93
Keith Morris	V40	186	154	146	179	184
Mark Stileman	V50					52
Mark Suddaby		53	41	41	30	40
Mark Winkworth		29	117	116		136
Matt Brown				27	37	19
Matt Hammerton			2	1		1
Neil Jennings		2	3	5	1	4
Nigel Hemsted	V60	72		77		
Paul Cardy						2
PW	V50		127			161
Peter Hartley-Oinn	V50		145	166		160
Ray Webb	V60	131	142	156	252	170
Remi Francois			73	69	85	62
Steve Edwards	V60		114	107	156	120
Tom Bray		6		7	2	3
Trevor Bond	V60		199	197	222	
Vytas Jakimavicius		69				

Romsey Road Runners - RR10 Results – 16th May 2018

Ladies		Position number				
Name	Cat	Race 1	Race 2	Race 3	Race 5	Race 6
Abi Cooke		21	28	17	34	24
Alice Lane	V50		72	93	87	85
Anna Duignan	V60	128	119		132	134
Becca Lurcock					37	39
Becky Tovey		12	7	9	23	14
Debbie Hallett	V50	47	47	46		60
Deborah Rees					167	184
Dorota Hatch			86			
Elaine Bond	V60		175	155	176	
Elizabeth Prinsep	V50	77	65	50	48	44
Emily Gordon			50		118	
Gemma Quarendon	V40		52			
Hannah Richardson			58	58		66
Hannah Semeraro			16	13	25	25
Jo McKenzie		87	46	42	46	
Julia Abab	V60	92	84	77	107	106
Karen Keane	V50	109	99	105	142	118
Kirsty Jones		23	23	15	32	23
Lesley Stone	V60			157		
Linda Webb	V60	149	137	115	153	163
Liz Slade	V50	106	90	89	111	99
Maria Hartley-Oinn	V40		104	101	123	105
Moir Sankey	V60	172			173	
Penny Jennings	V50	63	68	73	84	80
SS	V50				163	
Sue Stileman		156	73	82		97

Upcoming RR10 Fixtures:

Date	Venue	Time	Host Clubs	Drop Out Club(s)
18/04/18	Royal Victoria Country Park	7:00pm	Southampton AC / Itchen Spitfires	Halterworth
2/5/18	Stoney Cross	7:15pm	Totton	Eastleigh / Winchester
16/5/18	Wilverley, Sway	7:30pm	New Forest	Hedge End
30/5/18	Blackfield Rec	7:30pm	Hardley	<i>Romsey</i>
6/6/18	Fleming Park	7:30pm	Running Sisters / Halterworth	Southampton AC / Itchen Spitfires
20/6/18	Manor Farm Country Park	7:30pm	Hedge End	New Forest
4/7/18	Wide Lane, Eastleigh	7:30pm	Eastleigh	Hardley / Wessex
11/7/18	Whiteley	7:30pm	Stubbington	Lordshill
18/7/18	Janesmoor Pond, Stoney Cross	7:30pm	<i>Wessex RR / Romsey RR</i>	Running Sisters / Stubbington
1/8/18	Itchen Valley Country Park	7:15pm	Lordshill	Totton
15/8/18	IBM Hursley	7:15pm	Winchester	none

Happy RR10'ing :0)

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 theya re looking GOOD!!!

Men's Table	5k	5mile	10k	10mile	half	full
Alex Prinsep	00:18:01	00:30:36	00:37:26	01:05:24	01:26:44	
Andrew Archibald			00:47:40			
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	
Colin Williams			00:56:54			
Dave Gardner				01:11:36	01:37:10	03:33:41
Derek Kelly			01:15:30			
DN					02:17:45	
Ian Ralph						03:30:53
Ian Winkworth		00:31:14	00:39:51	01:07:54	01:33:10	04:36:35
JB						03:15:50
James Cole			00:40:39			
JG		00:31:35				
James Wilson		00:36:16	00:49:04			
Jim Wright					01:43:23	
Jonny Williams					01:39:45	
Keith Morris	00:24:12	00:37:19	00:47:01	01:19:25	01:51:21	
Mark Adams				01:58:58		
Mark Stileman	00:18:13	00:30:20	00:38:54	01:01:56	01:32:18	03:04:26
Mark Suddaby	00:19:19		00:38:45			
Mark Winkworth			00:46:42	01:15:46	01:38:05	
Matt Hammerton					01:14:14	02:48:56
Neil Jennings	00:17:29		00:35:04		01:26:27	02:56:32
Nigel Hemsted		00:33:29	00:44:26			
PW*		00:36:18	00:48:23			
Pete Hartley-Oinn			01:05:25			
Ray Webb*	00:22:26	00:36:20	00:46:41			
Remi Francois			00:40:28		01:34:15	04:02:42
Richard Cross*					01:45:39	
RV*			01:03:37			
Steve Cleeves			00:42:07			
Trevor Bond*	00:23:24		00:56:46			
Vytas Jakimavicius			00:41:40			

Ladies Table	5k	5mile	10k	10mile	half	full
Abi Cooke						04:32:50
Alice Lane			01:06:09		01:53:51	04:16:17
Amanda Hull			00:42:29			
Anna Duignan*		00:56:05	00:53:45		02:00:51	
Becky Tovey			00:44:47		01:38:04	03:29:13
Brenda Topliss*			00:50:42			04:44:10
Bridget Wells			01:01:32			
Caroline Crump					02:37:26	
Elizabeth Prinsep	00:23:27	00:39:35	00:48:47	01:24:21	01:46:58	
Emily Gordon						03:59:09
FH						05:21:22
Franky Tripp			00:52:40			
Hannah Hunt			00:57:52			
Hannah Semeraro				01:31:03		
HG			01:06:49			
Jill Baker		00:48:20				
JB			00:52:00		01:54:13	
Jo McKenzie				01:36:48		04:13:01
Julia Abab			01:03:52			
Julie Shanker		00:40:21			01:52:47	
Karen Keane			01:07:37			
Karen Pethick				01:53:56		
Kirsty Jones			00:46:14			
Kate Olingschlaeger					01:56:09	
Lin Webb*	00:28:07	00:46:25	01:01:07			
Liz Slade			00:54:25		02:06:55	
Lynn Lawrence		00:56:54				
Maria Hartley-Oinn			01:16:19			
Nikki Skeats			00:58:41			
Penny Jennings*				01:31:45	02:08:36	
Ruth Slade			01:16:00		02:30:04	
SS		00:50:55				
Sarah White		00:41:03				
Shelly Provan		00:41:27				
Sue Sleath*			00:43:29		01:42:25	03:45:11
Sue Stileman		00:43:28	00:53:30	01:31:25	02:17:15	04:25:03
TR						03:58:00
Wendy Couper	00:42:09		01:21:53			

Results Round-up.....

9.3.18

Jerusalem Marathon

Ben Sharman – 4:14:12

10.3.18

Maverick Inov8 13k

Dorota Hatch – 1:21:42

Larmer Tree 10 miles

Hannah Semeraro – 1:31:03, 10th lady

Larmer Tree Half Marathon

Mark Stileman – 1:40:05, 2nd

Sue Sleath – 1:56:27, 2nd lady

Dark Larmer Tree 8 miles

Ian Winkworth – 1:05:26, 9th, 1st AG

11.3.18

Larmer Tree Marathon

Abi Cooke – 5:16:45, 2nd AG

FH – 5:21:22

Imber 33 mile Ultra

TR – 5:23:57, 2nd lady

SL – 5:31:36

17.3.18

CTS Sussex 10k

Anna Duignan – 1:38:53, 2nd AG

Wendy Couper – 2:04:57, 4th AG

CTS Sussex 34.2 mile Ultra

Alice Lane – 8:01:17, 1st AG

18.3.18

The Grizzly 10

Hannah Semeraro – 1:31:28

John Horton – 1:44:49

25.3.18

Hundred Acres 5k

Sue Stileman – 25:00, 2nd lady

Hundred Acres Half Marathon

Mark Stileman – 1:23:00, 2nd

Cranleigh 21 miles

Dave Gardner – 2:45:00

Jo Mackenzie – 3:06:00

Becky Tovey – 3:06:00

2.4.18

West Wight 3 Hills 8 miles

Sue Sleath – 1:04:30, 2nd lady

7.4.18

South Downs Way 50 miles

Abi Cooke – 9:50:26

Salisbury 10 miles

Mark Stileman – 1:01:56, 4th AG

Alex Prinsep 1:05:24, PB

Ian Winkworth – 1:07:54, PB

Keith Morris – 1:19:25, PB

Liz Prinsep – 1:24:21

Sue Stileman – 1:33:25

16.4.18

Brighton Marathon

Dave Gardner – 3:33:41

Becky Tovey – 3:34:24

Jo Mackenzie – 4:13:01

22.4.18

Southampton Marathon

Neil Jennings – 2:56:32

Remi Francois – 4:02:42

Southampton Half Marathon

Alex Prinsep – 1:30:20

Jonny Williams – 1:39:45

Penny Jennings – 1:55:26

Keith Morris – 1:56:58

Liz Prinsep – 1:58:32

Cliff Reeves – 2:01:23

Mark Winkworth – 2:01:43

AT – 2:03:44

Liz Slade – 2:06:55

Ian Winkworth – 2:16:12

Anna Duignan – 2:17:00

DN – 2:17:45

SS – 2:30:04

Southampton 10k

Ray Webb – 48:17

Franky Tripp – 52:40

Trevor Bond – 56:46

Colin Williams – 56:54

Hannah Hunt – 57:52

Lin Webb – 1:04:20

HG – 1:06:49

Wendy Couper – 1:21:53

London Marathon

Matt Hammerton – 2:48:56

Mark Stileman – 3:04:26

Alice Lane – 4:44:26

Brenda Topliss – 5:23:36

30.4.18

Houghton 11k

Neil Jennings – 42:36, 1st
Alex Prinsep – 48:16, 6th, 3rd AG
Ray Webb – 56:09, 2nd AG
Liz Prinsep – 1:00:11, 3rd AG
Penny Jennings – 1:02:54
Gemma Quarendon – 1:04:43
PO – 1:08:50

Andy Cherrett – 1:09:19
Liz Slade - 1:09:27
Dorota Hatch – 1:10:35
Derek Kelly – 1:13:41, 2nd AG
Lin Webb – 1:13:45, 3rd AG
Wendy Couper – 1:40:05, 1st AG

Bad Cow Half Marathon

Sues Stileman – 2:20:13

7.5.18

Marlborough 20 miles

Mark Stileman – 2:35:10, 3rd
Sue Sleath – 2:49:46, 2nd lady
Abi Cooke – 3:18:03
Ian Winkworth – 3:18:03

Harewood Forest 10k

Sue Stileman with Poppy! – 1:01:20
Julia Abab – 1:03:52
Alice Lane – 1:06:09
Liz Slade – 1:06:37
Karen Keane – 1:07:37
Anna Duignan – 1:13:13
Derek Kelly – 1:15:30
Ruth Page – 1:16:00

Harewood Forest 5k

Wendy Couper – 43:57

12.5.18

Maverick Inov8 Dorset 9k

Anna Duignan – 1:05:59
Wendy Couper – 1:21:20

13.5.18

Race The Tide 29 mile Ultra

Alice Lane – 6:19:37

Lymington 10k

Kirsty Jones – 46:14
Andrew Archibald – 47:40

19.5.18

North Downs Way 50 mile Ultra

Ian Ralph – 8:27:47 15th, 8th AG
TR – 9:04:26, 3rd lady, 2nd AG

20.5.18

Hook 10 miles

Dave Gardner – 1:13:26
Liz Prinsep – 1:26:25

Netley 10k

Sue Sleath – 43:29, 2nd AG
Brenda Topliss – 52:35, 4th AG

27.5.18

Dorchester Marathon

Sue Sleath – 3:55:59, 2nd AG
Sue Stileman – 4:25:03
Alice Lane – 4:42:04

Casterbridge Half Marathon

Ian Winkworth – 1:38:21
Liz Prinsep – 1:59:42, 7th AG

Edinburgh Marathon

Becky Tovey – 3:29:13
Emily Gordon – 3:59:09

2.6.18

Vale of Levan 10k

Nigel Hemsted – 44:33, 2nd AG

3.6.18

VENTOUXMAN!!!

Debbie Hallett – 8:07:06, 2nd AG

11.6.18

Lacock 10k

Mark Stileman – 42:21, 1st AG
Sue Stileman – 53:30, 7th AG

Weymouth 10k

James Cole – 40:39, 1st place!!!

Man Vs Horse

FH – 5:15:38

11.6.18

Copythorne 10k

Anna Duignan – 53:45

16.6.18

Falkirk Race for Life 5k...

Kirsty Jones - 20:02, 1ST PLACE

South Downs Way Half Marathon...

Kate Olingschlaeger - 1:56:09
Ben Sharman - 2:00:13

South Downs Marathon...

TR - 4:02:38, 1st AG

17.6.18

Alresford 10k...

Mark Winkworth - 46:42
James Wilson - 49:04

Race reports

by Becky

South Downs Way, 7th April 2018



On April 7th, Abi Cooke embarked on her debut 50 mile event, the first of Centurion Running's Grand Slam races, the South Downs Way 50! It was bright, breezy and buzzing on the start line in Worthing! Abi was excited as she anticipated the start of the race she had been working towards for the best part of a year, since she was unable to take part in the same race in 2017 due to injury.

She was so unbelievably strong as she made her way along the first 6 miles of chalk footpath and bridleway, before joining the SDW route at Chanctonbury Ring and on to the first crew point, 15 miles in, at Devils Dyke! It was an awesome sight to see a smiling, comfortable Abi climb her way up the grassy field towards us, where she lingered only for a few minutes to take on some water and casually pop a blister! This did not hold her back in the least, as she stormed the next section of the race, so much so that we nearly missed her at the next crew point, Clayton Windmills!

Still smiling and running strong at 36 miles, Abi continued to make amazing progress and completely smashed the final 15 miles to the finish at Eastbourne, to make one last effort – a 400m sprint around the athletics track at the Sports Park towards the finish!!! In fine form and showing her class, Abi absolutely annihilated her sub-10 hour target, finishing in an epic 9 hours and 50 minutes, demonstrating unbelievable strength, determination and ability over an extremely challenging course, covering an epic 5700ft of climbing!!!

North Downs Way, 19th May 2018

On 28th April, Ian and Tam took to the North Down's Way, for what was to be Ian's debut ultra race and Tam's 5th 50 mile event! Both looked so strong as they completed the 50 mile route along the North Downs Way National Trail from Farnham in Surrey to Knockholt Pound on the outskirts of the Big Smoke!

Our first sighting of the pair came and went quickly at the first crew station in Shalford Park, Guilford. 10 miles in and both were running with ease, only





minutes apart! With a small water top up and a few nibbles of their choice snacks, the two wasted no time in setting off for the next checkpoint at 21 miles on Ranmore Common. Here, whilst others were starting to feel the effect of the rising temperatures, both

Ian and Tam looked comfortable and were full of smiles as they continued on to the most infamous part of the course and the steepest climb of the race – Box Hill!!!

Still looking strong and within 20 minutes of each other, it was at the top of the climb that news came that Tam was in 3rd place in the ladies race.... And Ian had made his way from top 20, to 17th place overall!!! Without wanting to pile on any pressure, we kept it quiet as first Ian and then Tam approached, but were bubbling with excitement to see how amazing they both looked at this the half way stage, after an epic climb!!!

The temperature was rising still and people were dropping like flies, but Ian and Tam were not only still running strong, they were racing strong!!! The pair made their way down the other side of Box Hill and back up to Reigate Hill, on through Merstham to Oxted and absolutely flew a further 8 miles to Knockholt Pound and the 50 mile finish, which actually turned out to be a 52-mile finish.... But this didn't bother our 2 Ultra Champions!!!

After an incredible finish, Ian had climbed the ranks even further, to confirm a 15th place overall, completing the race in an amazing 8:27:47, closely followed by Tam in an awesome 9:04:26 to secure 3rd lady!!! The results were outstanding and speak for themselves, not only did they both absolutely fly round the course, which was no mean feat given the 5600ft of climbing involved, they both looked so strong whilst racing at the top end of the field, both finishing with amazing times and positions!!! A fantastic day out and an amazing performance from both. Our Romsey Ultra team is fast growing and achieving amazing things, well done guys!!!



Ultra team is fast growing and achieving amazing things, well done guys!!!

Eastleigh 10k, 11th June 2018 - PB Central!!!

Never have we seen so many personal bests on one results sheet.... Surely!!! 11th June brought with it the one and only Eastleigh 10k, a fast, competitive course and part of the Hampshire Road Race League! And it was certainly a race worth waiting for, having been rescheduled following the great spring snowfall of 2018!!! Some benchmark times were broken with Alex dipping into the low



37's, Mark Suddaby breaking 39 comfortably and Ian Winkworth breaking 40, whilst Liz PB'd with a sub-50 10k.....comfortably!!! Ray and Linn Webb BOTH came home with FANSTASTIC personal bests as well, with Ray winning 3rd in age category!!! In fact, there were an EPIC 9 PB's that day..... a SMASHING turnout for Romsey and a great day for some seriously well-earned smiles at the finish line!!! WELL DONE ALL!!!

Sydling Bell Hill Race and Giants Head Marathon, 23rd June 2018

On 23rd June, 3 of our ultra-running hardcore, Tam, Abi and Ian, made their way West for this notoriously tough off-road marathon, one of White Star Running's finest!!! Starting in the picturesque Dorset village of Sydling St. Nicholas, this amazingly hilly course runs through the Sydling and Cerne valleys and round and under the famous Cerne Giant, the ancient naked figure sculpted into the white chalk hillside above Cerne Abbas.



The route covers an UNBELIEVABLE 3626 feet, in elevation, that is 1105m of climbing!!! The trio however, revelled in it's difficulty and seemed to make light work of this incredibly tough course on a mighty hot day!!! Tam, Abi and Ian were simply unstoppable as they made their way through the field to complete the 27 miles in AWESOME times!!! It was a fantastic display of endurance running from the whole trio, as Tam and Abi STORMED home for 1st and 2nd lady!!! All 3 finished in the top 25 overall, Tam coming 10th overall in the race and Ian winning 2nd in age category!!!

The trio were joined at the finish (beside the beer tent actually!!!) by Pete and Maria who took part in the EPIC Sydling Bell Hill Race!!! This was no ordinary 10k, run alongside the Giants Head Marathon, it was 11km of up and down with some seriously punishing elevation which, when conquered, rewarded them with some outstanding views!!! After an epic descent to the finish, the HO's both crossed the line with fantastic times to wrap up another EPIC outing for the Romsey Road Runners, WELL DONE GUYS!!!



Grizzly 2018



By the time you read this, it's probably 20 degrees outside and you've been running in shorts and vest for weeks/months. But there was a day not so very long ago, Sunday 18 March, when the south of England almost came to a standstill due to a rapid and deep fall of snow the previous evening. Dozens of races that day were suddenly cancelled or postponed, including Eastleigh 10k and Reading Half-marathon, affecting thousands of runners.

But not the Grizzly. Oh no, it takes more than a mere 6" of snow to prevent one of the longest-standing and toughest races in the south to tell runners not to come. Admittedly, concessions to the weather were made so the classic 20-miler was cut and everyone ran the 9 mile Cub route. This made sure marshalls weren't standing around for hours but the route definitely isn't a doddle: it starts with a half-mile of shingle beach before heading into the hills – and they're big hills, some downhill through flint-strewn mud, others with interminable flights of steps. Chuck in below-zero temperatures and an easterly blizzard blowing throughout and the challenge became an adventure!

Although several Romsey Road Runners had entered the Grizzly or Cub, unfortunately only two of us made it to the start; we'd stayed in Seaton the

previous night and the others coming from Romsey couldn't get there on the morning because snow had closed the A35 near Dorchester. Hannah Semeraro and I met at the start, both of us dressed in various degrees of thermal and waterproof layers. I didn't see her again after she disappeared into the whiteness of the wilderness. I ran with my daughter Alice until I pulled a muscle after seven miles and she pushed on, leaving me to hobble past the free beer stall at eight miles (which unbelievably had two customers!) and back to the welcoming finish.

About 1300 people completed the race, about half the usual number for the two races. Hannah finished in 1.31, I came in at 1.44.



All of us there will always remember this epic day, but most of us will be looking forward to the usual March conditions in next year's race so we don't have to wear our sub-Arctic clothing again!

John Horton

Photo credits: www.photo-fit.net

Ultra-running: top tips for going the distance

By Dorota, Ian, Tam, Abi, Alice and Derek

Currently my distance of choice is somewhere between 10k and 10miles, but I've always been interested in how the hell it is even possible to run a distance longer than marathon, finish and want to do it again. So, I thought I'd talk to some of those in the club that have done just this and ask them for their tips and hints. Here's the collective wisdom from Derek (from conversation at the Pasta Party) as well as Tam, Ian, Abi and Alice (via an enlightening email exchange); 8 tips for training, and 8 tips for the race itself.

Training and preparing for such a long distance:

1. **Train for the terrain:** If the race is off-road, then train off-road. If the race is hilly, then train on hills. Learn to love the trail and the unpredictability of the terrain, the variety is what keeps it interesting. But always be mindful of your footing as well – particularly towards the latter miles when you're tiring - this is very different from road running.
2. **Double-up:** You don't need to run any further on your long runs than marathon training, but you need to do it twice in a day or at least two days in a row to get used to the time on your feet and running on tired legs.
3. **Slow it down:** In an ultra you'll be running a lot slower than you normally do in shorter races, so practice this in your training with long-runs with a target pace. You do NOT want to go off too fast at the start of something this long.
4. **Yummy Yoga:** Form and flexibility (as well as a bit of strength work) are key as you tire over long distances, so build in regular flexibility sessions into your training to help with form and injury prevention in the later stages
5. **Get plenty of sleep:** All the miles can be very tiring especially in the peak training weeks. Abi recommends: *"Look after yourself and don't burn the candle at both ends, plenty of sleep and good food!"*
6. **Know your enemy:** We all know a reccie of the course can help, but with minimal marshals over long distances and periods of not seeing another runner means taking a wrong turn is likely and could add painful miles. Take the time to run the course if you can, or at least part of it.
7. **Find a friend:** If you're finding all the miles hard, recruit running friends to go with you and make training more fun. A bit of company and friendly chit-chat can help those miles tick by.
8. **Embrace the low points:** A really bad training run where everything goes wrong & you're really battling mentally & physically to keep going is what will help you on race day. It's all character building to make your mind better equipped to cope when the going gets tough. Things rarely go to plan, learn to roll with it.

Which brings us on to race day:

1. **Pack sensibly:** You need to carry a lot of stuff with you're on an ultra. Ian learnt that whatever you pack in your backpack – particularly clothes you may want to change into - needs to be in a dry-bag, otherwise you'll find it's all rather soggy with sweat when you go to put it on.
2. **Have a strategy and stick to it:** Have a clear race strategy for clothing, fuelling and hydration, and make sure you practise these on your long-runs so nothing comes as a surprise. One size doesn't fit all, so try out different bits of kit and various types of food & hydration so you know what works and what doesn't. Get used to running with your hydration vest so it becomes like a second skin, make sure you do it up with the right tension otherwise you'll chaff. Try not to get too fazed by what others are doing - it can create doubts, knock your confidence & make you question yourself! *"Stick to your guns. Stay positive & confident in what you're doing is right for you. That's all that matters"*, says Tam.
3. **Do not be afraid to run/walk it:** Play the long game – after the first 20 miles you still need to be feeling fresh for whatever is to come. Don't use up too many reserves early on if you want to be running, or at least walking over the finish line, rather than crawling.
4. **Be one with your ultra:** Mental strength is as important as physical strength. As hippy as it sounds, think about your reasons for doing such a big challenge and come up with some mantras that you can use on the day if things get tough. Alice says sometimes she finds herself chanting some sort of mantra and practising mindful breathing.
5. **Play with the distance:** Make the distance manageable so that you can cope with it, otherwise it might overwhelm and drag you down. *"Break it into bite size chunks, run to the next aid station & take stock. It's only a number!"* says Tam. Time will play tricks on you. Run to finish not for a time or negative thoughts can creep in. But... be aware of cut off times for various checkpoints so you can work your race around that.
6. **Little and often:** Eat often to keep the blood flow to your stomach or it will shut down & you'll struggle to keep anything down. Flat Coke is a big ultra-fuel, don't gulp it down though – sip it, some even dilute it with water. Taking salt tablets regularly throughout the event can allay cramping and nausea. Stomach issues can be a big problem in the latter stages. As Tam says, *"Acquaint yourself with a bush and carry a bit of tissue paper."* Oh, the glamour!!
7. **Have fun:** It may sound crazy, but smile and laugh on your way round - it releases endorphins. Make new friends, cut yourself some slack, and enjoy the experience. Remember, you (or most of us anyway) are doing it because you love it, not because you're in it to win it.
8. **Listen to Tam:** Tam is full of experience and only too keen to share it with anybody who will listen. Take advantage of this valuable resource. Ian says *"I frequently heard voices in my head during my first attempt at this ultra-thing, and it was always Tam's 😊"*

Upcoming Races

JULY 2018

- Sunday 1st 10:30am **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 Buffalikess 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/>
- Sunday 19th **Wickham 10k**
Mill Lane, outside Wickham Centre
<https://ruralrunningevents.com/event/wickham-10k>
A new race on the calendar for 2017 is the Wickham 10k. Starting in Mill Lane, outside the Wickham Centre, the course takes runners out on a tour of the country lanes and closed roads, out to Swanmore, before heading back to Wickham via Mislingford.

SEPTEMBER 2018

- Sunday 2nd 10:30 am **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 2nd	14.00pm	Overton 5 http://www.overtonharriers.org.uk/club-races/overton-5/ Overton Recreation Centre, Overton, Bridge Street, Overton, Hampshire RG25 3HD This 5 mile road race is the start of 2018/2019 Hampshire Road Race League. The course remains unchanged from 2017 and is on fully closed roads.
Sunday 9th	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.
	10:30 am	Stockbridge 10k and Fun Run Stockbridge Primary School, Old London Rd, Stockbridge Hampshire SO20 6EJ – http://stockbridge10k.webeden.co.uk/ The route is one lap over rural roads and byways with two short loops near the Start. All runners must keep right on the roads and give way to traffic. Each KM will be marked. One water station will be available on route at about half way at the top of Cow Drove hill, and water will be available at the finish
Sunday 16th	10:00am	Meon Valley Express 10K TBC, Wickham, Hampshire, UK https://www.timeoutdoors.com/Events/Running/Meon-Valley-Express-10K Whether is be the Half Marathon, the 10k or the 5k, it is a flat and fast, out and back course, run along the disused Fareham to Alton railway line, from Wickham out towards Corhampton and back.
Sunday 16th	10.30am	12 fun run Hursley multi-terrain 10k John Keble School in Hursley https://www.hursley10k.co.uk/ A unique multi-terrain course, run over the private Home Farm estate. Start and Finish at John Keble School in Hursley. The famous Hursley 10k BBQ with burgers plus tea, coffee, cake stall will be available.
TBC Sunday 16th	9:00am	CC6 Race 1 - Fleming park Fleming Park, Eastleigh, Hampshire, UK http://www.cc6.co.uk/
Sunday 23rd	10am	Winchester Half Marathon Winchester Guildhall http://winchesterhalf.co.uk/event-info/on-the-day/ Enjoy a scenic run through Winchester and its countryside.

Sunday 23rd	10am	Solent Half Marathon Gang Warily Recreation Centre, Newlands Road, Blackfield, Hampshire, SO45 1GA http://www.hardleyrunners.co.uk/SolentHalf.html It is a friendly race with up to 500 entries and a lovely course winding through the New Forest around Exbury and along the Solent shore at Lepe.
TBC Sunday 30th	9:00am	CC6 Race 2 - Whitely Whitely, UK – http://www.cc6.co.uk/

OCTOBER 2018

Sunday 7th	9.45am	Portsmouth RNLI 10K Race http://www.fitprorob.biz/10km-runs/ RNLI 10K fun run along Southsea seafront. All in aid of the RNLI, who will be on hand with fantastic support and outstanding refreshments.
	10am	Bournemouth Marathon http://www.run-bmf.com/?marathon_eventinfo Popular event with many distance options available. Flat course ideal for PB attempts!
Sunday 14th	10:30 am	Bacon Roll Run 5k and 10k Wicor Recreation Ground in Portchester https://ruralrunningevents.com/event/bacon-roll-run/ What could be better than to finish a race and be handed a medal as you cross the line, together with a freshly cooked bacon roll! The races start at Wicor Recreation Ground in Portchester and take in an out and back course with a short second lap, along part of the Portchester Foreshore and Fareham Creek.
Sunday 21st	10am	Great South Run Clarence Esplanade, Southsea https://www.greatrun.org/great-south-run/event-info Probably the best known 10 mile race in the UK. Flat and fast course good for a PB, but save your energy for those last two miles along the coast!
Friday 26th		Ghostoberfest Lakeside North Harbour http://www.fitprorob.biz/ghostoberfest/ Oktoberfest returns to meet her evil ghostly twin sister! Watch the sparks fly as you track your way around the evil ghostly 5 mile course!
Sunday 28th	10am	Breamore 10k and 5k Breamore http://www.racenewforest.co.uk/running-races/breamore-5k-10k/ 1 lap (5k) or 2 lap (10k) trail run course over undulating & possibly muddy terrain! There is also a Partners Race for relay teams each

member running a 5k lap. Hot drink and cake available for all runners at the finish!

NOVEMBER 2018

- TBC Sunday 4th 9:00am **CC6 Race 3 - Dibden Inclosure**
Dibden Inclosure, UK
<http://www.cc6.co.uk/>
- 9.30am **Hayling 10**
Community Centre, Hayling Park PO11 0H
<http://www.athleticevents.co.uk/page4.html>
The Hayling 10 is a fast, flat 10 mile road race that winds its way around the roads at the southern tip of Hayling Island.
- 10 am **The New Forest Stinger**
Ocknell Campsite
<https://www.tottonrunningclub.co.uk/stinger>
A scenic 5 or 10 mile run through the beautiful new Forest National Park. Perfect for those that enjoy multi terrain including forest trails, woodland and open heathland, Start time is 10am from Ocknell Campsite (TBC)
- Sunday 18th 10am **Gosport Half Marathon**
Bay House School, 18 Gomer Lane, Alverstoke, Gosport, Hampshire PO12 2QP
<http://www.gosporthalf.org/>
The route starts and finishes at Browndown Rd, then has two laps which go all the way along the Seafront at Lee-on-the-Solent. The outward leg is mainly run on cycle-paths and pavement, the return leg goes along the Esplanade. The course is flat save for two short ramps along the Esplanade

DECEMBER 2018

- Sunday 2nd **Southampton Common 10km**
Cemetery Road, off The Avenue, Southampton (SO15 7NN)
<https://mccpromotions.com/event/southampton-common-10k>
The runners complete a 2 lap run around Southampton Common.
- Sunday 30th **Twixmas 10k**
Wicor Recreation Ground, Fareham, PO16 9JD
<https://www.eventrac.co.uk/race-course-map/twixmas-10k-2018-twixmas-10k-30-12-2018-10-00>
A flat and fast, out and back run along the shoreline at Portchester and the Fareham Creek Trail with lovely views across the creek.

Summer Training Schedule 2018

Ian Ralph	Mark Stileman	Alice Lane	Sue Sleath	Ian Winkworth	Mark Winkworth			
Becca Lurcock	Richard Cross	Deborah Rees	David Nixon	Keith Stone	Dorota Koschmidder-Hatch			
Day	July	Lead	Day	August	Lead	Day	September	Lead
Mon 2	Braishfield B1: 4x 1k (Opp. Wheatsheaf)	Alice Sue	Thu 2	TRACK: Pyramid IND	Keith	Mon 3	CLUB HANDICAP (5k TT)	Richard Sue
Thu 5	TRACK: Out & Back	Ian W	Mon 6	Braishfield B2: 5x 1k (Wheatsheaf)	Richard Mark S	Thu 6	LEE LANE	Becca Mark S
Mon 9	Braishfield B2: 5x 1k (Wheatsheaf)	Richard Mark S	Thu 9	TRACK: Pyramid groups of 3	Deborah	Mon 10	1/2: Crampmoor 3/4: Straight Mile	Ian W Alice
Thu 12	TRACK: Timed Intervals	Dorota	Mon 13	Braishfield B3: 4x 1k (Farm)	Alice Mark W	Thu 13	LEE LANE	Mark W Dorota
Mon 16	Braishfield B3: 4x 1k (Farm)	Deborah Mark W	Thu 16	TRACK: 40/20	Keith	Mon 17	1/2: Straight Mile 3/4: Crampmoor	Deborah David
Thu 19	TRACK: 400 Pairs	Keith	Mon 20	Braishfield B4: 5k TT	Ian W Mark S	Thu 20	LEE LANE	Ian W Richard
Mon 23	Braishfield B4: 5k TT	Sue (David) Dorota	Thu 23	TRACK: Out & Back	David	Mon 24	1/2: Abbotswood 3/4: Campion Drive Hills	Alice Mark S
Thu 26	TRACK: 400 groups of 3	Ian W	Mon 27	NO CLUB – BANK HOLIDAY		Thu 27	Mill Lane	Dorota Sue
Mon 30	Braishfield B1: 4x 1k (Opp. Wheatsheaf)	Deborah Mark W	Thu 30	TRACK: 400 IND	Mark W			