

RELAY

Autumn 2018



ROMSEY

ROAD RUNNERS

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Cover Photo: Matt Hammerton at University Sports Ground.

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Note from the chair

Welcome to the autumn Relay magazine. Our membership is at an all-time high, so we must be doing something right.

Where has that summer gone? Braishfield routes are finished and we start the runs around the town once again.

Great to see so many of you competing for the club 5k Handicap trophy. The winner will be announced at the club AGM, awards and skittles social night on 16th November.

It will soon be time for all of you to get voting for your Romsey Road Runner of the year. The box will be out in October at club nights. This award can be for service to the club, aspects of running but not necessarily all about the running.

I personally really enjoyed the coaching session run by Ian Ralph during the summer. Whilst I haven't turned into superwoman (as I had dreamed about) it has made me think about my running style. It has helped especially when I am feeling tired towards the end of the run. Maybe not so much slouching, stand tall, lean forward, knees up and pump those arms. I should have done it 30 years ago.

Happy running

Cheers, **Karen**

Thank you

Just a quick few lines to say thank you to everyone who contributed to the Relay over the last two years: Sue and Mark Stileman, Karen Keane, Liz Slade, David Nixon, Penny Jennings, Ian Ralph, Dan and Becca Lurcock, Ben Sharman, Jo McKenzie, Ken West, Trevor Bond, Alice Lane, Tam Ryan, Lynda Brown, John Horton, Jo Blatherwick, Wendy Couper, Julie Shanker, Maria Hartley-Oinn, Moira Sankey, Keith Morris, Lee Harris, Abi Cooke and anyone else I could have forgotten. Your help is very much appreciated. Last but definitely not least our AMAZING Becky Tovey. It may not be obvious, but

Becky usually provides at least one third of what's in the newsletter, so a MASSIVE thank you Becky! This is my last newsletter for now, see you all at training, maybe even on time – **Dorota**

Running Blind

by Trevor Bond

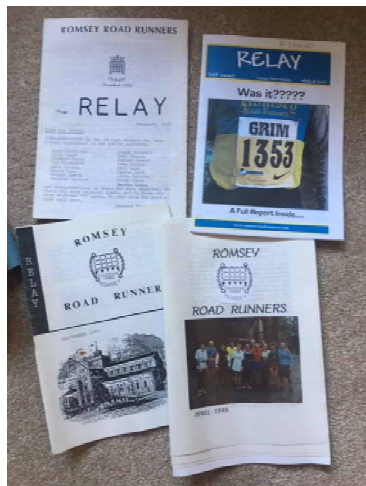
I have a delightful friend, Mark, who, in his earlier years, could see as well as you or me, but due to a genetic, degenerative disorder he is progressively losing his sight. Currently he can make out bright and dark and a little bit of detail but the prognosis is complete sight loss in the coming years.

Despite this inescapable situation Mark has done a couch to 5k and continues to run whenever he can, but of course he needs a guide runner. Although I have had no formal training Mark has told me what to do to assist him and I run with him on Monday mornings on the forest track through Ampfield Woods.

So what does it involve? The guide runner is connected to the blind person by a tether, usually about one foot long webbing with a loop for each hand. They run in time with and in anti phase to the blind person (my left; his right) so that our arms swing naturally in time. Instructions are brief and to the point (gentle curve to the left; walk; stop! kerb up/down in 3-2-1.) Generally looking ahead and giving warning of any reason not to continue running straight ahead. There is plenty of time to chat and it is a great opportunity for the guide dog to have a break from the harness and run free. I enjoy the once a week experience and I know Mark would be up for a weekly outing on Wednesdays. If anyone is interested in taking him please get in touch with Trevor for details.



Mark with his guide dog PJ who is excellent for walking but cannot be a guide runner; human needed!



Earlier editions of Relay

Winter kit

A quick reminder – for winter training please remember to wear hi-vis clothing and bring a head torch! If you need to get some, you might as well have a look at the club shop online or see our Kitmaster Daniel Lurcock, who aims to bring a selection of kit to each Monday evening training session. contact info with them whenever they run.

We have teamed up with 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...!



Romsey success at Hursley

Despite being without their first 3 finishers from the previous race Romsey Men's A team won again at the final race of the series at IBM Hursley. 5 men make up a team, and this is the 6th time in 9 races that they have been the best team. Not surprisingly they were convincing winners overall, the first time this has happened since the club first ran this series of summer cross-country races in 1987. The team on the night was Neil Jennings, Tom Bray, Alex Prinsep, Mark Stileman and Ben Olingschlaeger. In the men's individual competition, the best 6 scores to count, Romsey took the first 3 places, led by Matt Hammerton, with Neil Jennings 2nd, Tom Bray 3rd, and Alex Prinsep 19th. Matt Brown, Paul Cardy and Mark Stileman also made a big contribution to the overall success, with 4 others scoring once. This shows the strength in depth of the club. There were many other top 20 places in the older age groups. These were V40 Ian Winkworth 9th, John Quayle 19th; V50 Mark Stileman 3rd; V60- Nigel Hemsted 4th, Ray Webb 13th; V70 Derek Kelly 9th.

The ladies also ended the season in style by being the top team on the night (and overall 5th), thanks to Becky Tovey, Kirsty Jones and Becca Lurcock. Club captain Becky was 5th overall, Kirsty Jones 15th and regular runner Abi Cooke 21st.. In



V50 Liz Prinsep was 6th, Penny Jennings 12th, Alice Lane 18th; V60 Julia Abab 5, Linda Webb 10, Moira Sankey 15, Elaine Bond 16, Ruth Page 20.

Romsey Road Runners at the last race of the RR10 Series

ANNUAL GENERAL MEETING

AWARDS EVENING

SKITTLES

all in one night on

Friday 16th November 2018 at 7.00pm

Wellow Golf Club

Ryedown Lane, East Wellow, Romsey, SO51 6BD

£14.00 per head

Payable either online, by cheque to Romsey Road Runners or by cash

Order of events:

7.00pm – 7.15pm arrive

7.15pm AGM (non-members can have a drink at the bar while this takes place)

8.00pm Food

8.45pm Awards

9.30pm Skittles

10.45pm – 11.30pm Taxi Service home to Romsey/local area (at no extra cost)

**Please tell us your requirements on the next page and return to the Social Secretaries,
Liz Slade or David Nixon by Monday 29th October.**

The Parkrun experience – Part 1 Running

Dorota, Keith Morris, Moira Sankey, David Nixon

Following the successful finale of the Couch to 5k at Eastleigh Parkrun in June, with so many Romsey Road Runners providing support I couldn't help but wonder what our collective parkrun experience is. Which parkrun is the flattest, what is the furthest one done by a RRR member?

Moira Sankey has done just under 140 parkruns. Asked about her thoughts Moira says "I am a great fan of Parkrun for its ethos and inclusivity (if that's a real word!)" Her most northern parkrun is Perth (Scotland) and most southerly is Hagley Park, in Christchurch New Zealand.

Moira has a vague aspiration to try to do the alphabet parkruns, that is one from each letter of the alphabet, (there isn't an X or Z in UK). "So far I have only managed 9 letters! Moors Valley, and Winchester are local 'doable' ones Queen Elizabeth country Park slightly further, and hopefully soon an R for Romsey!" says Moira. Anyone else up for alphabet parkrun challenge?

Wendy Couper went to Ashton Court parkrun and set up their course record for the VW75-79 category. The course was a simple out and back, starting and finishing on the main service road 250m beyond the mansion, and following well made paths to a turning point close to the Ashton Court quarry.



A quick look at Wendy's profile reveals she has done over 150 parkruns at Eastleigh, Southampton, Winchester, Whiteley, Salisbury, Ashton Court, Lee on the Solent, Fareham and Moors Valley, which to me as someone who's done only 18, all of them at Eastleigh, is mighty impressive.

Another rummage through Parkrun stats shows 57 of RRR club members have jointly completed 1579 runs at Eastleigh. The fastest on Eastleigh RRR record was Neil Jennings with 17:42.

Over the last few weeks our club was represented at Andover, Aylesbury, Bournemouth, Brockenhurst, Crewe, Daventry (between Rugby and Northampton), Eastleigh, East Coast Park (Singapore), Fareham, Victoria park(Glasgow), Harrogate, Moors Valley, Poole, Portrush (Northern Ireland), Sheffield Hallam, Southampton, Southsea, Southwick Country Park(near Bath) and Winchester.

Asked to write a few words Keith Morris says "Bournemouth is only the third Parkrun I've done after Brockenhurst and Eastleigh earlier in the year. It's by far the biggest of the three as there were 500 competitors on Saturday (22nd September)." The first part of the route is on quite a wide and long grassy area so the bunching isn't too bad at the start. The course is fairly flat with just a couple of very short inclines. The surface is mainly tarmac and hardcore although there are some grassy parts as well. There are a couple of tight bends but generally a very quick course.

It takes about 35 minutes from Romsey by car and is straight off the Wessex Way as you enter Bournemouth. Parking is ample and very close to the start. The website says there is a small charge for the carpark although Keith reports this was not in operation on 22nd September. A lot of runners also seem to park in the local roads. The facilities are very good as there are toilets and changing rooms available.

"As per the other two Parkruns I've done, Bournemouth Parkrun is fantastically well organised and new runners are given a very friendly introduction. It is also the only one I've done where they have pacers running." says Keith. There were pacers for every minute from 18 minutes to over 30 minutes and they were really easy to spot as they had a large number showing their time on their back. As always the marshals and pacers were very friendly and gave a lot of encouragement. There were also three marshals taking barcodes afterwards so this didn't take too long. "I enjoyed it and will certainly go back again at some point to see if I can beat my time."

David Nixon remembers his first park run was on 24 July 2010 at Lakeside Country Park, just south of Eastleigh. He set an age group record of 29m01 and was 69th of 97. He improved the record a week later, down to 28m32. The course included a tour of the lake and a few crossings of the miniature railway, which on one occasion was working, interestingly. The organisers later moved the run to Fleming Park.

In 2012 David ran once at Fleming Park (71st) and Southampton Common (66th) in PB of 27m23 when he paced his wife, Mary to her PB too. David ran again on the Common in 2015 where the numbers had increased a lot [from 200+ to 500+, it now goes up to 900 at times].

David reminisces "In 2017 the day before the Scottish 6 Days orienteering week we ran at Stonehaven near Aberdeen. This is a 3 lap course with a long steep hill each lap. I had to stop for 2 attacks of AF[had to google it: Atrial fibrillation], once going up the hill then at the bottom on the last lap as I was trying not to be last - I failed, apart from the backmarker who stayed with me." It's round playing fields, parkland & woods, not recommended for a PB.

David also ran at Fleming Park this year at the end of the C25K. He didn't have to explain park run to the cardiologist he saw earlier in the month (unlike the doctor he saw on his previous visit) as Dr Child has done the park run there too. A little later we ran Winchester, flat 2 laps round playing fields.

David is proud of his son, "You are unlikely to receive a reply from Mark, but he has won in Edinburgh and at Bushy Park, venue for the original park runs." Well done Mark! [Of course I had to look it up – last win 25/08/2018 with 16:15 at Edinburgh, PB remains 15:51!!]



Apart from the glorious end of the C25k we all had a chance to witness **Boaz running his 100th Parkrun** on Saturday 18th August at Eastleigh. He started Parkrun when he was 5 years old and has taken 4 years and 4 months to reach this goal! As fitting for the occasion, there was yummy cake at the end

Parkruns are fantastic, friendly events thanks to the generosity of volunteers who help it run smoothly. Every parkrunner is asked to volunteer 3 times a year. This might seem scary, but in reality most of what volunteers do is extremely simple and even if you make a mistake it really doesn't matter – that's why it's called a run, not a race.

Read more about volunteering in Part 2 in the winter issue of Relay and in the meantime please share your volunteering stories for the next write up – email newsletter@romseyroadrunners.co.uk or contact Dorota.

Membership

by Secretary Penny Jennings

The club has had lots of new members since the Summer newsletter and a great many of these have joined after completing the Couch to 5K Course.

Sally Greenwood is from Braishfield, Kate Snow from Whiteparish, Carole Ruppington and Stuart McInnes from West Wellow, Clare Somerton from Lockerley, Megan Jones from Rownhams and Steve March from Ampfield.

From Romsey are Chloe Harris, Alex Maydew, Joanna Puttick, Ali Fielder, Anne Goodwin, Sarah Osborne, Tim Young, Trudie Shutler, Chloe Hayter, Laura Stanley-Adams, Anne Coughlin, Michaela Damin, Donna Hutson, Rob Gowman, Liz Howes,

Steve Bullock, Alice Campbell and Seb Olingschlaeger. Mark Nixon has joined us again after a break.

Tim Young

Having completed the couch to 5k with Sue and Mark Stileman which we started in May I'm now on a 5-10k improver's course (also with Sue and Mark). My goal here is to be able to complete 10k, ideally in around 60 min mark

I'll also add that prior to taking up running again back in May I had a number of health issues including blood pressure, cholesterol and blood sugar along with carrying a little excess weight..... I'm very happy to say all of these are now under control and I am highly motivated to make sure they remain that way..

I would also like to say a huge thank you to both Sue and Mark for pushing myself and a few others through this challenge.





Liz Howes

Hi I am Liz and I have lived in Romsey for about 3 years. I am completely new to running. I have found you through the C25K course and never imagined I would end up joining the club at the end of it!

I am a life long couch potato with the occasional effort to do some exercise. I am certainly not your average running club member! I did my first 5k on 30th June. Since then I have been trying to complete 2-3 5k runs per week. I have currently got my 5k time down to 42:32. One day I would like to try running longer distances but for now I would just settle with being able to run 5k much closer to 35 minutes. I have a long way to go to on my running journey!

Ali Beaumont

New to Romsey, I'm still finding my feet. Feeling extremely unfit, tired and fat after a 2 year baby break, I joined Couch to 5k program with Sue. While doing this, Romsey Road Runners supported the program and encouraged us all as we progressed. As a result I decided to join the club.

Going out on the Monday night sessions in Braishfield has been amazing! There really is nothing better than running round the beautiful lanes on a warm (hot) summer's evening. We are so lucky to have such amazing places to run that are so close by. I have to say, some of the runs, especially around Mottisfont, have been breath taking. A special bonus of finding some awesome pubs close to where we live also means some of my rest days are now sorted too! I'm currently training for the 5-10k. As part of this I've done Park Runs in Eastleigh and Winchester. I have the NF5k coming up, then the Ageas 10 as the final 10k race to mark the end of the course.

I used to run and a great memory was the Paris half and I'd love to do something like this again! Like us all I have a busy lifestyle and it's easy to just want to relax in the evening but fitness is so important and this is the push I needed to get me out and back into it. I also suffer with heat induced head-aches so I do find it hard sometimes but again I do think the more I run the better these get.

I need other people to run with, as I have no willpower what so ever, so getting



to know people through these courses and the club has been great and I really appreciate the warm welcome and encouragement. Thank you.



Sarah Osborne

I've tried running before, and cycling but more recently have become increasingly keen on walking/ mountain trekking so when Sue Stileman approached me about signing up to the clubs C25K I was initially hesitant about how I'd fit in long walks as well as time for runs. I thought I'd give it a go.. Well, after one evening I was convinced this running lark was for me. How different it felt running alongside others (I'd only ever tried it on my own!). Five months on and I'm still plodding away. I've achieved a couple of run badges- our C25K graduation at park run and a 5k (medal!) event.. next plan is to build up to 10K by the end of the year. 2019 brings me to 50 years old so I'm sure I'll want another 'event' booked in for that year..! All credit for these achievements and new addiction must go to the marvellous Sue Stileman. She is our C25K hero- everyone agreed. Such a special lady, so talented at empowering nearly all the starters to graduate with 5k. She really does know how to work magic...

Seb Olingschlaeger

Hey, I'm Seb. I have been running regularly for the past 3 years as part of my uni's athletics club, competing in the Gwent XC league. Over the past year, I have been trying to take my running more seriously, competing my first two 10km races. Currently I am mainly Bristol based, going into my final year of my degree. This means I am likely to be sporadic in appearances other than around holiday periods when I am back at home in Romsey!



I have been meaning to join Romsey Road Runners, but have finally committed this summer, following my sister (Kate), in joining. The clubs friendly atmosphere has been welcoming for me, and I enjoyed the chance to take part in the last RR10 race at Hursley.

While I have not signed up to any up coming races, I hope to have an injury free x-country season, and improve both my 5km & 10km times."

Alice Campbell

Hi I'm Alice, I have been running for quite a few years but haven't done that much racing. I ran the London marathon in 2010 and a couple of 10km races since then, my aim for next year is to do a half marathon and possibly a triathlon. I mostly enjoy running with my dogs, I have just got a new labrador puppy who I am hoping will be a good running buddy!



Stuart McInnes

I entered the Stockholm marathon in 2004 to give me something else to focus on during University Finals and have been doing it on and off ever since. I've run London twice, Paris once and the 2013 Marathon des Sables. I moved into triathlon soon after this and have been lucky to do GB age group races a few times. I decided to join as I think it will be nice to be part of a local club and could really do with better runners helping to drag down my 5 and 10k times!

Steve Bullock

I've always been active but never particularly competitive and hence decided for a major milestone birthday to run a marathon - and failed!! Desire was no match for injuries, inconsistency and no training buddies..... by chance in June 2014 I came across a flyer for a local (Geelong, Victoria, Aus) charity who offered a training plan, consistency and training buddies - I jumped at the opportunity - and so started my association with River's Gift - a charity whose goal was, through active research, to understand the cause of AIDS. I ran the Melbourne marathon in 3.56 in October 2014 and over the following 12 months ran 4 more marathons and took up triathlon racing - as a way of forcing myself to learn to swim! I'm in Romsey now on an adhoc basis whilst keeping an eye on my parents and preparing for the World Championship IM70.3 race in Port Elizabeth, South Africa. Which I completed in 4 hours 58 minutes - an IM70.3 PB. Next major race is a 56k hilly and hot ultra marathon in Melbourne and supporting my athletes with a number of road and trail events that they have in 2018. It's been lovely training with the RomseyRoadRunners over summer and I look forward to the occasional catch-up. :)



RR10 Results: *Overall standings (team & individual)*

Romsey Road Runners officially rule!!! The men's team have ABSOLUTELY SMASHED it this year, TOPPING THE LEAGUE TABLE to win for the FIRST TIME in Romsey Road Runner history!!! Here's David with some background and stats!!!.....

Matt Hammerton.... 1st!!!

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

Ladies Team.... 5th!!!

RR10 Results: *final tables*

RR10 Results – 2018											
Men		Race Position									
Name	Cat	Race 1	Race 2	Race 3	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Race 11
Alex Prinsep		14	21	25	23	29	30	-	20	26	14
Andrew Archibald	V50	147		143				-	97	120	165
Ben Sharman				141	170		156	-	103	113	132
Christopher Brown		61	70	65	95	86	76	-	71	88	62
Cliff Reeves	V40		184					-			218
Daniel Lurcock		47	55	223			62	-	32	42	37
Dave Gardner	V40			91	100	108	88	-			
Derek Kelly	V70	253		229	262	244	223	-		216	285
Dylan Needham		245	218	211				-			
Ian Winkworth	V40	46	45	44	48	45	60	-			54
James Cole										51	
John Horton	V50				177			-			
John Quayle	V40	114	101		119	93		-	79		109
Keith Morris	V40	186	154	146	179	184	159	-		151	182
Mark Nixon										4	
Mark Stileman	V50					52	50	-	30	34	26
Mark Suddaby		53	41	41	30	40	46	-		47	
Mark Winkworth		29	117	116		136	127	-		117	138
Matt Brown				27	37	19	23	-	7	22	
Matt Hammerton			2	1		1	3	-	2	2	
Neil Jennings		2	3	5	1	4	7	-	8	7	2
Nigel Hemsted	V60	72		77			99	-	74	91	99
Paul Cardy						2	4	-	3	3	
Paul Davies	V60										234
Paul Whitaker	V50		127			161		-			
Peter Hartley-Oinn	V50		145	166		160		-		134	
Ray Webb	V60	131	142	156	252	170	150	-	104	126	153
Remi Francois			73	69	85	62	71	-	54		68
Seb Olingschlaeger											33
Steve Edwards	V60		114	107	156	120		-			
Tom Bray		6		7	2	3	6	-		11	3
Trevor Bond	V60		199	197	222		212	-			253
Vytas Jakimavicius		69						-			
Wayne Windebank	V40							-	73		100

RR10 Results – 2018											
Ladies		Race Position									
Name	Cat	Race 1	Race 2	Race 3	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Race 11
Abi Cooke		21	28	17	34	24		-			34
Alice Lane	V50		72	93	87	85	76	-			77
Anna Duignan	V60	128	119		132	134		-	61	94	102
Becca Lurcock					37	39	37	-		20	14
Becky Tovey		12	7	9	23	14	21	-	6	5	3
Debbie Ferre											126
Debbie Hallett	V50	47	47	46		60		-			
Deborah Rees					167	184	142	-		136	
Dorota Hatch			86					-			
Elaine Bond	V60		175	155	176		173	-			197
Elizabeth Prinsep	V50	77	65	50	48	44	49	-	23	45	43
Emily Gordon			50		118			-		47	
Francesca Hough	V40									85	
Gemma Quarendon	V40		52					-			
Hannah Richardson			58	58		66		-			
Hannah Semeraro			16	13	25	25		-			
Jo McKenzie		87	46	42	46		60	-	36	46	
Julia Abab	V60	92	84	77	107	106	90	-	52	89	97
Karen Keane	V50	109	99	105	142	118	102	-	58	107	
Kirsty Jones		23	23	15	32	23	29	-	18	23	10
Lesley Stone	V60			157				-			189
Liz Slade	V50	106	90	89	111	99		-			91
Linda Webb	V60	149	137	115	153	163	126	-	78		148
Maria Hartley-Oinn	V40		104	101	123	105		-		93	103
Moiria Sankey	V60	172			173			-	97	138	159
Penny Jennings	V50	63	68	73	84	80	71	-	41	76	65
Ruth Page	V60								84	124	157
Sarah Savage	V50				163			-			
Sue Stileman	V40	156	73	82		97		-		81	86
Susie Parker	V40										68

CC6 Series, 2018/19 ...

Results to date:

Ladies	R1	R2
Abi Cooke		15
Becky Tovey		6
Debra Ferré	70	67
Deborah Rees	78	
Elizabeth Princep		30
Jo McKenzie		41
Karen Keane	66	
Kirsty Jones		22
Lin Webb	71	
Penny Jennings	52	
Becca Lurcock	20	18
Ruth Page	72	



Men	R1	R2
Alex Prinsep		8
Christopher Brown	43	29
Daniel Lurcock	26	30
Derek Kelly	116	
James Battle		9
Ken West		113
Mark Suddaby		45
Neil Jennings	2	
Paul Whitaker	89	
Ray Webb	73	
Tom Bray	4	43
Wayne Windebank	49	46





Upcoming CC6 Fixtures:

Date	Venue	Host Club
25/11/18	Dibden Inclosure	Hardley
9/12/18	Janesmoor Pond (Stoney Cross)	Lordshill, Wessex
6/1/19	Badger Farm	Winchester, Southampton AC, Solent Running Sisters
20/1/19	Kings Garn Gutter	Romsey, Halterworth, Southampton Tri
17/2/19	Denny Wood	Totton
10/3/19	Wilverley	New Forest, Lymington Athletes, Lymington Tri

Hampshire Cross Country League, 2018/19

This year, we are once again affiliated to the Hampshire Cross Country League, consisting of 5 saturday races which take place in various venues across the county (and in some cases, beyond!). They are held once a month from October to February and are fantastic fun!!! The league is open to ALL ages and abilities and we REALLY would encourage anyone who likes a bit of off-road, muddy, good old fashioned cross country racing to come along and give them a bash!!! To take part the only stipulations are that you are an affiliated club member wearing a club vest and are a member of EA. All races follow the same timetable and format. Ladies race over 6km, starting at 13:35pm and men race over 10km, starting at 14:30pm

If you like the sound of the league and think you might like to take part in one or more of the races in the series, just contact Becky at captain@romseyroadrunners.co.uk, with your name and EA number. This doesn't commit you to turning up by any means, it just makes life easier for the league secretary if they know your details beforehand should you come and race :0)

Here are those fantastic results from the first race in Bournemouth on 13th October!!!...

Race 1 – Kings Park, Bournemouth

Name	Position	Time	Points
Senior Women (6km)			
Becca Lurcock	170	00:28:57	20
Senior Men (10km)			
Dan Lurcock	107	00:40:30	20

Upcoming HXCL Fixtures:

Date	Venue
Saturday 10 th November	Wellesley Woodlands, Aldershot
Saturday 1 st December	Popham Airfield, Basingstoke
Saturday 12 th January	Prospect Park, Reading
Saturday 9 th February	TBA

This year we are trialling an intra-club system that was used in previous years, to encourage participation on more cross country and local races.... We are combining the CC6 series with the Hampshire Cross Country League series to determine our Winter Cross Country Award winner for 2018/19.

Here is how the scoring looks...

The first club finisher scores 10 points, the second scores 9, down to the 10th scoring 1; if there are more than 10 members running they also score 1. Scores are separate for ladies and men. Scores stand for both CC6 and HCCL races, with best 4 of 7 CC6 races counting and all 5 HCCL races counting, making 9 possible scores for the season.

Pentathlon Final Table!

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!!! We have just entered a new Pentathlon season, so get those races booked and those times coming in!!!

Men's Table	5k	5mile	10k	10mile	half	full
Alex Prinsep	00:17:36	00:30:36	00:36:32	01:05:24	01:22:39	
Andrew Archibald	00:24:12		00:47:40			
Ben Sharman	00:22:38		00:47:23		01:47:50	04:14:12
Bob Gould*					02:43:14	
Christopher Brown	00:19:49					
Cliff Reeves	00:23:28	00:38:54	00:52:12		01:55:09	
Colin Williams			00:56:54			
Daniel Lurcock	00:19:43				01:33:29	
Dave Gardner				01:11:36	01:37:10	03:33:41
Derek Kelly	00:30:00		01:15:30			
Dylan Needham					02:17:45	
Ian Ralph						03:30:53
Ian Winkworth	00:19:20	00:31:14	00:39:51	01:07:54	01:33:10	04:36:35
James Battle	00:18:18					03:15:50
James Cole			00:40:39		01:34:11	
James Groves		00:31:35				
James Wilson	00:23:36	00:36:16	00:49:04			
Jim Wright					01:43:23	
Jonny Williams					01:39:45	
Keith Morris	00:22:32	00:37:19	00:47:01	01:19:25	01:48:44	
Mark Adams				01:58:58		
Mark Nixon	00:16:15					
Mark Stileman	00:18:13	00:30:20	00:37:39	01:01:56	01:32:18	03:04:26
Mark Suddaby	00:19:19		00:38:45			
Mark Winkworth	00:21:51		00:46:42	01:15:46	01:38:05	04:07:50
Matt Brown	00:17:11		00:35:53			
Matt Hammerton					01:14:14	02:48:56
Neil Jennings	00:17:24		00:35:04		01:26:27	02:56:32
Nigel Hemsted	00:21:32	00:33:29	00:44:26			
Paul Davies	00:26:18				02:05:38	
Paul Whitaker*		00:36:18	00:47:58			
Pete Hartley-Oinn			01:05:25			
Ray Webb*	00:22:26	00:36:20	00:46:41			
Remi Francois	00:19:37		00:40:28		01:33:26	04:02:42
Richard Cross*					01:45:39	
RV*			01:03:37			
Steve Cleeves			00:42:07			
Steve Edwards*						
Steve Geary	00:25:12					
Steve March	00:23:31					
Stuart Pinch	00:23:41					
Tom Bray	00:17:45					
Trevor Bond*	00:23:24		00:56:46			
Vytas Jakimavicius	00:20:25		00:41:22			
Wayne Windebank	00:21:18					

Ladies Table	5k	5mile	10k	10mile	half	full
Abi Cooke						04:32:50
Ali Fielder			01:01:48			
Alice Lane	00:26:18		00:49:25		01:53:51	04:16:17
Amanda Hull	00:20:21		00:40:10			
Angela May	00:32:43					
Anna Duignan*		00:56:05	00:53:45		01:56:11	
Annie Tomlinson					01:59:08	
Becca Lurcock	00:23:05					
Becky Tovey	00:21:08		00:41:21		01:36:49	03:29:13
Brenda Topliss*	00:26:00	00:44:33	00:50:42		02:24:05	04:44:10
Bridget Wells			01:01:32			
Caroline Crump					02:37:26	
Debbie Ferre	00:29:21					
Elizabeth Prinsep	00:23:27	00:39:35	00:47:37	01:24:21	01:46:58	
Emily Gordon						03:59:09
Francesca Hough						05:21:22
Franky Tripp	00:26:11		00:52:04			
Hannah Hunt			00:57:52			
Hannah Semeraro	00:21:29		00:41:33	01:31:03		
Heidi Godfrey			01:06:49			
Jill Baker		00:48:20				
Jo Blatherwick			00:52:00		01:54:13	
Jo McKenzie				01:36:48		04:13:01
Jo Puttick			01:06:07			
Julia Abab	00:28:21		01:03:52			
Julie Shanker		00:40:21			01:52:47	
Karen Keane			01:07:37			
Karen Pethick				01:53:56		
Kate Olingschlaeger					01:56:09	
Kirsty Jones	00:22:50		00:46:14			
Laura Mottram	00:25:22					
Lin Webb*	00:36:18	00:46:25	00:56:53			
Liz Slade	00:28:07		00:54:25		02:01:19	
Lynn Lawrence		00:56:54				
Maria Hartley-Oinn			01:16:19			
Nikki Skeats			00:58:41			
Penny Jennings*	00:25:41			01:31:45	01:55:26	
Ruth Page	00:31:32		01:16:00			
Sarah Savage		00:50:55			02:30:04	
Sarah White		00:41:03				
Shelly Provan		00:41:27				
Sue Sleath*		00:35:22	00:43:29		01:42:25	03:45:11
Sue Stileman		00:43:13	00:53:30	01:31:25	01:54:35	04:25:03
Susie Parker	00:25:56				02:06:35	
Tam Ryan	00:25:12					03:58:00
Wendy Couper	00:40:02		01:21:53			

Of particular interest for the Pentathlon Table standings may be the Hampshire Road Race League, an annual series of road races for all runners from participating clubs in the County of Hampshire, on the central south coast of England. The races vary in distance, from 5k to half marathon, but are all accredited distances run on fast, usually fairly flat, road courses. Races are open to both club and non-club runners, but only clubs that are affiliated can score in the team standings for the Hampshire Road Race League. A complete team consists of 4 runners for men and 3 for ladies. Race Points are the way the team's positions are decided in each race. So in the case of the men, by adding up the finishing positions of the 4 runners, relative to all league clubs. An

incomplete team which has one runner short (ie 3 men or 2 ladies) may still score, with the missing runner's score being substituted by the position after the last same sex runner in the race. If a club has no runners or more than 1 short of a team they are considered a "no show" for that race, and will score one worse than if they had been last team in the league, with race score set to 10 points over the last finishing club team in that league. It would be awesome if we could get as many teams entered as possible this year to start challenging for league scores, so get out your diaries and get entering, you may be pleasantly surprised at how good the pentathlon table looks after a few of these fasties!!!....

Date	Race
18/11/18	Gosport Half Marathon
2/12/18	Victory 5 mile
13/1/19	Stubbington 10k
3/2/19	Ryde 10 mile
17/3/19	Fleet Half Marathon
14/4/19	Salisbury 10 mile
12/5/19	Alton 10 mile
19/5/19	Netley 10k
16/6/19	Alresford 10k
30/6/19	Lordshill 10k

Results Round-up.....

7/7/18

Charmouth Challenge

Wendy Couper – 2:29:14

Serpent Trail 50k

Abi Cooke – 6:22:35

Ian Winkworth – 6:22:26

Liz Prinsep – 6:50:24

Alice Lane – 7:15:14

Serpent Trail Half

Mark Stileman – 1:41:42, 1st place!!!

Sue Stileman – 2:20:21

8/7/18

Wyvern 10k

Alex Prinsep – 38:14

Mark Suddaby – 40:15

Matt Brown – 40:47

Liz Prinsep – 53:28, 4th AG!

15/7/19

Snowdonia Trail Half

Mark Stileman – 2:22, 3rd AG!

Snowdonia Trail 10k

Sue Stileman – 1:14:53

Ironman UK!

James Groves – 11:30:41

26/7/18

Serpentine 5k

Nigel Hemsted – 22:04

27/7/18

Midnight Marathon

Sue Sleath – 5:04:53



28/7/18

Fort William Marathon

Ian Winkworth – 3:34

Dorset Invader Half

Mark Stileman – 1:49:43, 3rd!

Sue Stileman – 2:42:47, 1st AG!

11/8/18

Thames Meander Marathon

Sue Stileman – 4:11:11

12/8/18

Salisbury 54321 21k

Mark Stileman – 1:31:48, 3rd!

Anna Duignan – 2:16:24, 2nd AG!

Brenda Topliss – 2:24:05, 3rd AG!

Salisbury 54321 33k

Liz Slade – 3:48:54, 1st AG!

Salisbury 54321 50k

Tam Ryan – 5:24:02, 1st AG!

12/8/18

Bridport Jurassic Coast Half

Becky Tovey – 1:59:51

Alice Lane – 2:42:22

18/8/18

Hangman Ultra (50k)

Ian Winkworth – 5:15, 8th!

Liz Prinsep – 6:24, 2nd lady!

19/8/18

Dorset Dawdle 50k

Abi Cooke & Tam Ryan – 7:15

2/9/18

Overton 5 miles

Alex Prinsep - 30:04, PB!

Sue Sleath - 35:22, 2nd AG!

Liz Prinsep - 42:21, 12th AG!

Sue Stileman - 43:13, PB!

Brenda Topliss - 44:33, 3rd AG!

Ironman 70.3 ISUZU (70.3 World Champs!)

Steve Bullock - 4:57:58 (Swim 35:54;
Bike 2:35:46; Run 1:39:04)

Chiltern Wonderland 50mile ULTRA

Tam Ryan - 9:10:41, 5th lady, 1st AG!



Abi Cooke - 9:50:40, 10th lady, 4th AG!

Eaton Dorney Triathlons

Liz Prinsep - 1:56, sprint triathlon debut

Alex Prinsep - 2:38, olympic distance

HURSLEY 10k

Mark Stileman - 39:04, 7th overall, 2nd AG!

Nigel Hemsted - 46:25, 1st AG!

Paul Whitaker - 47:58

Sue Sleath - 49:18, 1st AG

Alice Lane - 54:47

Sue Stileman - 55:35

Goodwood 20miles

Liz Slade - 3;15:35, 2nd AG!

Annie Tomlinson - 3:18:43

Berlin Marathon

Ian Winkworth - 3:27:05, PB!

Mark Winkworth - 4:07:50, PB!

30/09/18

Great Scottish Run (Glasgow half Marathon):

Anna Duignan - 1:56:11, 1st AG!

Windsor Half Marathon:

Annie Tomlinson - 1:59:08

Liz Slade - 2:02:25

Ageas Bowl 10k:

Matt Brown - 35:53

Alex Prinsep - 36:32, PB!

Mark Stileman - 37:39, 3rd AG!

Amanda Hull - 40:10, 3rd lady!!!

Mark Suddaby - 40:16

Ian Winkworth - 40:39

Vytas Jakimavicius - 41:22

Hannah Semeraro - 41:33, PB!

Liz Prinsep - 47:37, PB!

Alice Lane - 49:25

Lin Webb - 56:53, PB, 4th AG!

Ray Webb - 57:06



Rob Gowman - 1:01:33

Ali Fielder - 1:01:48

Jo Puttick - 1:06:07, PB!

7/10/18

Clarendon Marathon

Neil Jennings - 3:22:47, 10th overall

Stewart Liesnham - 4:11:22

Cliff Reeves - 4:43:53

Clarendon Half

Matt Hammerton - 1:23:12, 1st Place!!!

Rob Webb - 1:40:00, 16th

Remi Francois - 1:41:06, 19th

Nigel Hemsted - 1:46:44, 2nd AG!

Hannah Shutt - 1:47:32, 4th LADY!!!

Annie Tomlinson - 2:07:07

Heidi Godfrey - 2:07:52

Penny Jennings - 2:09:15

Liz Slade - 2:11:11

Clarendon 5 mile:

Wendy Couper - 1:11:23, 1st AG!



Clarendon Relay Marathon

"Us and Him" (Anna Duignan, Karen Keane, Julia Abab & Derek Kelly) - 4:27:38

Oxford Half Marathon:

Vytas Jakimavicius - 1:42:57

Bournemouth Half Marathon

Susie James - 1:55:01, PB!

Chester Metric Marathon

Mark Stileman - 1:46:36, 1st AG!



Race Reports:

July 15th Ironman UK, Bolton!

James did something AMAZING this summer..... he became an Ironman!!!

Groves, James	GBR	80	457	498	01:33:48	05:28:50	04:09:21	11:30:41	2740
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The moment James Groves signed up for Ironman UK it was evident he meant business! He was on the case.... He trained like an absolute pro, hours spent on the turbo, swimming at the crack of dawn and running off the bike, James was determined to give this everything he had and enjoy it at the same time!!! And he did just that!!! On the weekend of July 15th, at 6am on a barmy hot summers day up in Bolton, James prepared, with around 200 others, to embark on what is billed as one of the toughest Ironman courses around!

James' strength and stamina were tested from the off, with a 2.4mile swim at Pennington Flash, which James made light work of, finishing in the unbelievable time of 1:33:48 despite dealing with debilitating cramps! You wouldn't know it though as fresh-as-a-daisy Groves embarked on leg 2, and what a leg it would be, out on his bike in the Lancashire countryside!

The iconic bike course took athletes up the famous Sheep House climb, a 4km Tour-esque ascent which rises to an elevation of 327m, at an average gradient of 5%! If that sounds like enough climbing for one day, think again – with not one but two chances to test yourself against this beast!!! But not before Hunters Hill, a short but steep climb designed to completely empty the legs of any remaining glycogen before heading out for the second lap of Sheep house! Those that are in the know will be aware that a time that starts with a "5 hours and" is reserved for the very best.... Needless to say, James ABSOLUTELY SMASHED IT on the bike, time-trialling himself over testing ascents, technical descents and steaming hot tarmac to finish in an EPIC time of 5 hours and 28 minutes, and on to the run!!!

James really showed his strength, character and determination in this event, as he began the final discipline in high spirits, still smiling and still strong!!! And it showed!!!! He bravely took on the hilly course with the intention of not just smashing it, but enjoying the process!!! By the look of his face in all of the photos he certainly succeeded!!! James was grinning from ear to ear and absolutely NAILED the marathon course in an UNBELIEVABLE time of 4:09:21, finishing in the top 80 in his division overall and with an AWESOME total time of 11 hours, 30 minutes and 41 seconds to become an Ironman for the first time!!! What a journey and what an achievement!!!! Ironman Groves, you are an ABSOLUTE LEGEND!!!!



October 14th A100 Ultra

Well it's happened, it's true, we have a centurion in our club..... but not the kind that gets a letter from the queen (although I personally think she should), no, we have the kind that JUST COMPLETED A 100 MILE ULTRA RUN, and OH MY WORD what an EPIC achievement it was!!! So a MASSIVE congratulations to the one, the only, Tam Ryan, who on the 14th October 2018, took on and succeeded with absolute grit, epic determination and unbelievable strength, her first 100 miler, Centurion running's Autumn 100!!!



Set in the beautiful village of Goring, the unique course takes runners on a series of 4 different 25 mile out and back spurs, using sections of both the Ridgeway and Thames Path National Trails. From the start, Tam proved why she really is made for challenges like these!!! She absolutely FLEW round the first two 25 mile sections of the course, firstly out through Wallingford to Whitenham along the Thames Path, where she reached the turnaround point at 12.5 miles, first in age category!!! In fact, Tam made light work of this whole initial 25mile spur, completing the leg back to Goring in a similarly swift time to reach the centre spot, a quarter of the race done, in a fantastic time of 4hours 5minutes and in 7th position overall out of the ladies!!!

The second leg was just as impressive, taking just over 5 hours to run from Goring out along the Ridgeway to North Stoke and out to Swyncombe, before turning back and retracing her steps home to Goring to the start of Leg 3, crossing the halfway point in a total time of 9:18:59 and still leading her age group!!!

Leg 3 was where stuff got tough.... Tam had developed a worsening pain in her groin which meant although she was absolutely SMASHING it time-wise, her leg was really starting to seize and argue with her!! BUT Tam had a secret weapon in the form of fellow Romsey Ultra queen, Abi Cooke for company on this leg!!! So it was dark, it was wet and she was over 50 miles in, but with a friendly

face alongside her, like a true champion, Tam didn't let the pain affect her determination and pushed on to complete the 3rd leg in what was still a fantastic 6 hours 36 minutes!!!

It was done... there was NO WAY this race was going to beat her now, she had got to the last leg and had just 25 miles to go (a measley marathon!) queue an additional hurdle to overcome... the weather started to worsen.... who am I kidding?!! It well and truly kicked off!!! It had been raining on and off all night, and started to get really heavy at points during leg 3, but the effects really kicked in at 87.5 miles, when the pace was forced to slow and the rain kept coming!!!

At this point the groin had worsened to where it was literally not possible for Tam to lift her leg up without physically propelling it forward with her hands!!! But there were just 12.5 miles to go and the end was within touching distance... there was nothing for it, Tam would stay strong and carry on!!! I don't think I have ever seen such an amazing feat of endurance! Tam was utterly unbelievable to have been able to fight through the pain and the driving rain, the hypothermia and the darkness to prove why she is a true ultra-runner, crossing that finish line to achieve one of the most unfathomable feats in running!!! Tam, you are a true champion and an absolute legend, and we can't WAIT to see what is in store next!!! Well done centurion!!!

Couch to 5K 2018

Sue Stileman

This Spring saw the return of the Club's Couch to 5k programme (C25K), a nine-week NHS course that begins with a run/walk approach, three times a week, and builds slowly up to thirty continuous minutes of running by week nine. It was my first experience as co-ordinator; I volunteered because the benefits of running to mental, physical and emotional health are huge and I wanted to help people access them.

I made some changes from the previous year by moving the training from Mountbatten School to Hunts Farm, introducing parkrun as the final 5k venue and bringing in Guest Speakers – RRR members – to inspire and motivate the group by talking about their running experiences. Forty-seven people signed up for the course and we also had a waiting list - a testament to the popularity of C25K.

Many of the group had never run before and several hadn't done any exercise for years so almost everyone in week one doubted they'd be able to do it. But C25K has been carefully worked out and it progresses in such a way that everyone does do it. By week nine they had transformed into people who could sustain thirty minutes of continuous running.

A course that caters for such a large number of people has to respond to a wide range of abilities and needs. One lady joined to help her teenage granddaughter get fit. Bad knees meant she wasn't able to run the whole way so we supplied a tail walker to keep her company and encouraged her to adopt a run/ walk approach to the training. In this way, she was able to complete



the course with everyone else. She was thrilled to do her 5k at Eastleigh parkrun and told me afterwards that the course had had a positive impact on her mental health and helped her return to regular exercise, something she hadn't done for years.

We worked hard to keep the group physically together during the training sessions. I didn't want anyone to feel excluded or left behind. This was a challenge with so many runners of mixed pace and I owe a debt of gratitude to Richard Cross, who supplied a very loud whistle with the suggestion that the lead runner use it to turn the group at the half-way point so everyone was brought back together. It worked well, but little did I know how much



everyone held on to hearing that whistle blow because it meant they could stop running! The resulting group identity fed into a WhatsApp group which the runners developed to organise their homework runs and to offer support and encouragement to one another outside the club-led sessions.

Forty of the forty-seven who enrolled on the course completed it, with many of them doing so at Eastleigh parkrun on a hot day at the end of June. Lots of RRR members came out to support them. It was thanks to Club members volunteering their time that we were able to host a course with such high attendance numbers and I'd like to say a big thank you to my husband Mark who helped at all of the sessions, to Richard C, Ian W, Matt H, Dorota, Deborah, Becca and Sue who helped lead the sessions, and to Alice, Ian R, Bex, Liz, Gemma, Brenda, Trevor, Elaine, Tom, Abi, Mark W, Moira, Sarah, Nigel, Pete, Maria, Karen, Penny, Neil and Dan who came along to either inspire at the sessions or help out at parkrun (apologies if I've missed anyone off this list, but please know all the help was appreciated).

One measure of the success of C25K is how many finish it. Another, arguably more important, is how many continue to run afterwards. We worked hard to give them the skills to become independent runners and the majority of them have carried on. Many joined RRR. Several came to the Gosport 5k summer series with Mark and me in early July where they earned their first race medals. Some

did Race for Life and others the New Forest 5k. A number have become regular parkrunners, one is taking part in the Great South Run and another is training for a half marathon. The WhatsApp group continues to thrive, providing support and encouragement and meeting for regular runs.

Some of the C25K group went on to a 5-10k course with me. Helped by Mark, Sue, Alice, Pete, Maria and friends from OS Runners, they reached their 10k goal at the end of the nine-week course and are now focused on their first competitive run over the distance, the Ageas 10k. The course led to the formation of the Hampshire Hares, an informal running group which provides fun, social runs through the countryside and training support for individual running goals.

A lot of good has come out of RRR's C25K. Here are the thoughts of some of those who took part in it.

Graham Gowman - "As you get older, you begin to think "I wonder if I could do that?" Sometimes the "that" is achievable and sometimes it isn't. I have never been a runner, never been a sportsman, but I have always been active and no broken bones. When it was suggested by Trevor Bond that I might be interested in C25K I found myself saying "yes" without being wholly aware how far 5K was. I did know what a couch was.



The first evening at Timsbury was a baptism of fire, I honestly cannot remember the last time I had run for one, two, or three minutes, and judging by the whooping when we did three minutes I guess some of the others couldn't remember either.

The group format worked very well for me, and we progressed together, the highlights being when I ran for ten minutes and then for twenty minutes. In truth, my expectation was quite low, I even wondered if I could actually run!!



Well, now I know that I can run, I know I prefer running in a group, and that I can run 5K, so a result. I am still running around Tadburn and Abbotswood in the mornings and I am timing myself, and making small improvements.

Having come quite late to running I have no great expectations, but if I hold together I will do another 5K."

Liz Howes - "I turned up at the C25K course terrified, not knowing anyone and assuming I would be the most unfit person there! Within a few minutes, I realised I was standing in a field full of people all thinking the same! By the end of the warm up I was exhausted and I still had to run for 1.5 minutes - how was I going to do this??

It soon became apparent that I was one of the slower runners, but we all fell into our paces and started running with similar paced runners and were able to encourage each other. I'm not going to lie, I was frustrated looking at the faster runners who were far off in the distance but Sue kept reminding us that speed didn't matter and at least we were doing it. There were moments where I was yelling at myself (inside my head!) to keep going, willing for that damn whistle to blow to tell me I could stop running!

As the weeks went by the runs got longer and more terrifying. Sue told us to trust the program and keep at it, so I did - each week I turned up, still got exhausted by the warm up and still cursed my way round, still never signing

up for more than one session at a time because I really thought I would stop going when it got too hard. But suddenly I was nine sessions down the line and we were heading off to our first parkrun.

I felt sick. Until then the most we had run was 30 minutes. An amazing achievement for me but I also knew that I was only covering about 3k in that time. How could I run for 50 minutes???

Saturday 30th June. D Day. "Just" 3 laps, "just" a small hill and lots of very sporty looking people around me! Off we went, with the help and support of some lovely Romsey Road Runners to encourage us. Lap 1 – OK. Lap 2 – tiring. Do I really need to do a third lap? Would anyone know if I went through the finish line now?! But suddenly an angel in the form of a Romsey Road Runner appeared beside me and asked if he could run with me. He did that last lap with me and encouraged me all the way. I can't remember who he was because I was too



busy trying to put one foot in front of the other, but thank you, mystery club member!

My first park run was 50:48. I don't know how I did it. But I know that it would not have been possible without joining Sue and the C25K course. The power of that group and the support of Romsey Road Runner members has been amazing. I have met an amazing group of people and I know we are all there to encourage each other on our ongoing journey. And my current 5k time - an amazing 42:32!"



Sarah Osborne - "I'm going to be 50 soon and had made a list of 50 things to do before I'm 50. #34 Sign up to a C25K course

#49 enter a race... So, in April my journey began. As I arrived for my first C25K session I could feel how special this was going to be for me. One hour later and I can honestly say I was hooked! Of course, not on running (yet!) but the feeling of a 'group activity'. As those who know me already know I do like to chat so over the next few weeks these sessions were a highlight of my week- seems strange to be a highlight whilst also being painful! Of course, the biggest and most thrilling highlight was graduating at the parkrun a few weeks later. WOW what a feeling, so much support from total strangers (I'd never experienced that before). So, what came next? Well, a Gosport 5k series race (my first ever medal!) and signing up to join the running club. Throughout the summer, I've kept up my running as well as training for a charity marathon trek (yes, only walking but a long distance!). So, to sum up how I feel right now: motivated, energised, happiest I've ever been, fit, healthy and most importantly 'hooked' on running - I'm wondering, can I officially call myself a runner yet?!"



32nd GEORGE SKEATES CROSS-COUNTRY CHARITY - FUN EVENT – STOCKBRIDGE

Day /Date SUNDAY 13 JANUARY 2019
Time: 09:30 for start at –10:00 (or soonest thereafter)Ⓢ
Venue: The Town Hall, Stockbridge High Street, Hampshire, SO20 6HE
51.114324, -1.494148

ENTER EARLY to save money and to help avoid delays on the day.

Please send one entry form per entrant completed in FULL with **clearly legible** characters, **signature** & **payment** to: XC Event, 154 BOTLEY ROAD, ROMSEY, SO51 5SW

Payment by cheque payable to "George Skeates Fund" or on-line to sort code 30-90-21 & account 00483178 - add your surname as the reference

Receipts & numbers allocated will be returned by email so please print clearly.

The long course comprises approximately 8 miles of grassy, rutted and muddy tracks linked with sections of farmae. Expect tough & slippery going with risk of punctures for cyclists. The short course is ~3 miles on road & track (flat). Course directions by Day-Glo arrows.

Please be prepared to display a number allocated at the event.

ADVANCE Entries: Adults - £12.00 Children/Unemployed/Oppressed - £5.00

On Day Entries: Adults - £15.00 Children - £6.00

- Cyclists should wear helmets.
- Green Cross Code must be adhered to.
- Refreshments & Raffle available in the Town Hall.
- Please arrive in good time.
- Please park your vehicle considerately.
- Additional sponsorship & donations are welcomed.
- Volunteers to help are asked to make themselves known well prior to the event
- Enquiries to jebcrossman@gmail.com

If you enter on the day please complete the entry form in advance and if possible tender exact payment.

Retain this section for your information

Please complete in CAPITALS using **CLEARLY LEGIBLE** letters; return this section together with payment.
* mandatory field

*Full Name: _____

*Address: _____

*Post Code: _____

Tel: _____

Please print your e-mail address clearly so it can be read easily

* e-mail (CAPS): _____

Please X if you received this event notice by email

*CIRCLE as appropriate:

Short Ride	Short Run
Long Ride	Long Run
Short Walk	Long Walk

Leave box empty
N° _____

I agree to indemnify the organisers, agents, officials, the landowners and any person connected with this event from any liability whatsoever resulting in personal injury (fatal or otherwise), loss, damage or expense.

*Signed: _____
(parent/guardian must sign for a minor)

Enclosed: £ _____

For the organisers

Name: _____

Received the sum of: £ _____

Upcoming Races

NOVEMBER 2018

Saturday 10th 10am

Remembrance 5k & 10k

<https://ruralrunningevents.com/event/remembrance-day>
10k-5k Run on closed roads, through country lanes and along part of the top of Portsdown Hill, the race will feature chip timing. Some of the proceeds from the Remembrance 10k will go to Service charities..

Saturday 17th

Windsor & Eton Autumn Classic Half Marathon

Eton College, Rowing Centre, Dorney Lake, Windsor, SL4 6QP
<https://www.f3events.co.uk/events/windsor-eton-autumn-classic-half-marathon-am-start-201811-1159>

The race takes place on very flat, smooth tarmac roads and paths - completely traffic free, comprising of 4.5 loops of scenic Dorney Lake.

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

Sunday 25th 9:30am

CC6 Race 3

Dibden Inclosure

UK <http://www.cc6.co.uk/>

10 am

Downton Half Marathon

The Borough, Downton

<http://www.racenewforest.co.uk/running-races/downton-half-marathon/>

All on-road (nb road open to traffic) on fairly quiet country lanes. Very scenic route, a few hills but not too demanding!

DECEMBER 2018

Saturday 1st 10 am

GRIM Challenge

Aldershot, Hampshire GU11 2HL

<http://www.grimchallenge.co.uk/original-event-info/#menu>

GRIM is the UK's biggest and best off-road challenge. Held over the Army's vehicle testing tracks, you encounter a trails, hills, mud, a lot of water, moguls, a sand dune, logs, railway tracks, cammo nets and a bog so expect it to be interesting!

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.

11am **Victory 5 Mile**

Lakeside North Harbour, Portsmouth, PO3 6EN

www.portsmouthathletic.co.uk/

A 5 Mile Road Race, now in its 72nd year run over a flat. fast and virtually traffic free 2 lap course.

Sunday 9th 9:30am **CC6 Race 4**

Janesmoor Pond Janesmoor Pond, Stoney Cross

<http://www.cc6.co.uk/>

Sunday 30th 10am **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.

10am **The Gut Buster**

Butlers Lands Farm, Mortimer, Reading, RG7 2AG

<http://www.thegutbuster.co.uk/>

The 8th outing for this legendary mudfest, either 10 miles or 10k.

JANUARY 2019

Sunday 6th 9:30am **CC6 Race 5**

Badger Farm

Winchester <http://www.cc6.co.uk/>

Sunday 10th 10:00am **Stubbington 10k**

Stubbington, Fareham, Hampshire, PO14 2PP

<http://www.stubbingtongreenrunners.net/>

10k road race with a separate childrens fun run.

Sunday 13th 10am **George Skeates cross country**

Stockbridge

Long route is approx. 8 miles of grassy, rutted and muddy tracks linked with sections of tarmac starting off with a long hill, short route is 3 miles of road and track with no hills.

Sunday 20th 9:30am **CC6 Race 6**

Kings Garn, Stoney Cross

<http://www.cc6.co.uk/>

Sunday 27th 8-10:30am **Stonhenge Stomp**

Amesbury Sports Centre, Holders Road, Amesbury, Wiltshire SP4 7NT

https://www.ldwa.org.uk/challenge_events/show_event.php?event_id=20743

An event popular with RRR with 40k, 30k, 20k or 10k options. The course takes us on a circular route on bridleways, footpaths and minor roads, with views of the famous World Heritage monument. 31st Stonehenge Stomp, now organised by CoSARC (City of Salisbury Athletics & Running Club) in association with Amesbury Walkers. The event is a long distance walk that welcomes runners and dog-walkers.

FEBRUARY 2019

Sunday 17th 9:30am

CC6 Race 7

Dennywood, New Forest

<http://www.cc6.co.uk/>

Sunday 24th 9am

Grand Brighton Half Marathon

Brighton

<https://www.brightonhalfmarathon.com/>

A sell out race with a beautiful seafront course, amazing crowd support and a flat course.

8.45am

TBC Winchester 10k

<https://winchester10k.co.uk/>

Road race 1 lap route starting outside Winchester Guildhall in The Broadway, heading up the High St before going out towards the village of Kingsworthy. The return leg passes through Headbourne Worthy and back towards Winchester before finishing at The City of Winchester Football Club ground.

MARCH 2019

Sunday 10th 9:30am

CC6 Race 8

Wilverley, New Forest

<http://www.cc6.co.uk/>

Sunday 17th

Bath Half

<https://bathhalf.co.uk>

The Bath Half Marathon is a fast, flat course striding both sides of the river Avon and avoiding all hills surrounding the city, entirely traffic free with full road closures throughout.

Sunday 25th 9:30am
and
10:30

Queen Elizabeth Spring Marathon & Half

Queen Elizabeth Country Park, PO8 0QE

<https://secondwindrunning.co.uk/p/qe-spring>

Run along well kept trails that even after the long winter should be nicely runnable. There are some hilly challenges that will take you on journey of over 500 metres of elevation gain over that half-marathon loop. The race is mostly off-road, with short stretch of tarmac between the country park and "Head Down". Take your time if you wish, but please be finished by 4:30PM.

Autumn Training Schedule 2018

Date	October	SL	Date	November	SL	Date	December	SL
Mon 1	1/2: Campion Drive 3/4: Abbotswood loop	Mark W Deborah	Thu 1	Tempo run	Mark W	Mon 3	1/2: Cup/Fishlake (rev) 3/4: Halt/Tadburn (rev)	Becca Mark S
Thu 4	Industrial Estate	Becca	Mon 5	1/2: Halterworth/Ind Estate 3/4: Fishlake 2x2 (shortened)	Mark S Alice	Thu 6	1/2: Cemetery Hills 3/4: Tadburn Road	Keith David
Mon 8	1/2: Abbotswood loop 3/4: Cupemham/Fishlake	Richard Alice	Thu 8	Brook Way	Sue	Mon 10	1/2: Halt/Tadburn (rev) 3/4: Harefield	Sue Alice
Thu 11	1/2: Tadburn Road 3/4: Cemetery Hills	David Sue	Mon 12	1/2: Baddesley 2x2 3/4: Campion Drive	Ian R David	Thu 13	Fishlake Meadows	Ian R
Mon 15	1/2: Cupemham/Fishlake 3/4: Halterworth/Tadburn	Ian W Dorota	Thu 15	Great Well Drive	Dorota	Mon 17	1/2: Harefield 3/4: Halterworth/Ind Estate	Ian W Dorota
Thu 18	1/2: Cemetery Hills 3/4: Tadburn Road	Ian W David	Mon 19	1/2: Campion Drive 3/4: Abbotswood loop	Ian W Alice	Thu 20	Christmas lights run	Derek
Mon 22	1/2: Halterworth/Tadburn 3/4: Abbotswood P2P	Mark W Deborah	Thu 22	Industrial Estate	Richard	Mon 24	NO CLUB	
Thu 25	Fishlake Meadows	Mark S	Mon 26	1/2: Abbotswood loop 3/4: Cupemham/Fishlake (rev)	Mark W Deborah	Thu 27	Mystery xmas special!	Ian R
Mon 29	1/2: Abbotswood P2P 3/4: Halterworth/Ind Estate	Alice Keith	Thu 29	1/2: Tadburn Road 3/4: Cemetery Hills	Sue Mark S	Mon 31	NO CLUB	