

# RELAY

Spring 2019



# ROMSEY

ROAD RUNNERS

# Inside...

- 2 *Note from Chair*
- 2 *Note from Editor*
- 3 *Social Secretary*
- 3 *Membership*
- 7 *Award Winners*  
*Running*  
*Summaries*
- 12 *RR10 History*
- 15 *New York*  
*Marathon*
- 16 *Speed Endurance*  
*Sessions*
- 18 *Coach Nick and*  
*EA Club Run*
- 20 *Pentathlon Table*
- 22 *Results*
- 26 *Upcoming Races*
- 27 *Training Schedule*

Cover Photo: Badger Farm  
CC6.

## Note from the chair

Hello all. I know it seems ages ago but I do want to say thank you to past members of the committee and welcome our new recruits.

Thank you for all your hard work to departing committee members Abi- secretary, David- session leader rep, Dorota - newsletter, Tam - press and Liz - social. Welcome to Ian - session leader rep, Alice- secretary/ club welfare officer, Nigel- newsletter, Ian- press, Liz asst race secretary and Mark - social. We are so lucky to have such an enthusiastic group.

Wowzers, I hope that you all enjoyed the coached session by Nick from England Athletics as much as I did. I love it when the explanation of why we do things makes sense and encourages you to be the best you can. I can't wait for the next one.

The list will be out soon for the mayor's mini marathon in May. We aim to put in 3 teams of 10. Reserves are always needed in case people are injured or ill. It is such a great fun event. Even if you don't want to run, you are welcome to come and support. We hope to set up a couple of tents/ gazebos and have a group picnic during the event.

Happy running  
Cheers, Karen

## Note from the Editor

Apologies to those who have been waiting for the Winter 2019 edition of Relay. Publication was delayed so we've gone straight to our Spring edition. I was busy 'down under' having an extended holiday this winter. Now that I'm back I've taken on the role of newsletter editor.

Many thanks to Dorota for all her work on managing the newsletter over the past year, and for her help and guidance in handing over to me. Thanks also to Becky, Ken, Karen, Mark, Penny and the other contributors to this edition.

Please let me know if you have any suggestions for articles for future editions or for improvements to the newsletter

Nigel Hemsted

## ***Note from the Social Secretary***

Well this my first piece for the relay magazine as social secretary. The purpose of this is inform you that the annual pasta party has been booked for Tuesday 23<sup>rd</sup> April at the Sun Inn in Romsey in support of our Marathon entrants. The food is the same as previous years, catering for all (hopefully). Lee has kindly offered to do the quiz again this year, with a special prize for the winning team. The cost for this is £13.50 per head. More information will be available via flyers on club nights.

We are trying to get as many of you as possible to use the online booking system on the website this year as this seems to work well but if you prefer manual payment then you can do this via the flyers. If you can indicate food preference when you book that would be great just so I can liaise with the Sun Inn around quantities of food for the night. The main menu covers meat eaters as well as vegetarian and vegan options, any other food requirements then please let me know by 8<sup>th</sup> April.

I look forward to welcoming you on the night.

Happy Running

Mark Winkworth

## ***Membership***

by Secretary Penny Jennings

The club has had lots of new members since the Autumn newsletter bringing our total membership to 162

Our new members are: Carl Windebank, Angela May, Tim Parker, Maiga Winzenried, Thomas Wharton, Nicole Baptista, Hayleigh Frith, Maggie McDonald, Gareth Roberts and Sam Taylor all from Romsey. Alex Sutherland is from North Baddesley.

***Gareth Roberts*** - Hi everyone Penny has persuaded me to introduce myself.

Here goes, my name is Gareth and I am a shade over 40, I live in the centre of Romsey with my wife Sally and our Labrador Bracken. I am relatively new to regular running having played rugby for 25+ years (the last 10 of those here at Romsey). I decided to retire due to spending 80 minutes chasing round the pitch after younger players who were half my age and twice as keen! Once all of the

old injuries started to heal I fancied getting fitter and shedding some of the excess timber I seemed to have accumulated after stopping playing rugby - how that happened I don't know, it certainly wasn't all the cheese and wine or was it?

Anyway back to why I am running. I have managed to drag myself round a few 10km races here and there and tried to run with some friends but always found myself at the back or slowing friends down etc. and then earlier this year I had a bit of a health scare for which I am still under review for.



One of the pieces of advice was to do more exercise. I chose running and I was persuaded to enter the great south run with about a month's notice (I was hoping it would be sold out!). I took on the challenge and after a pretty short training schedule and two taster sessions of Romsey Road Runners I headed to Portsmouth alone because as the start date approached my running buddy had to pull out due to a broken wrist caused by what appears to have been drunken dancing! I made it round with out stopping although I desperately wanted to between miles 7&8 and finished in a time of 1:36:54. I was very happy with considering it was my first 10 mile race so I started with a PB!

I am now finding myself just popping out for a 7-8 mile runs 2/3 times a week which has really surprised me. It has however, helped me shift a whopping 32.5lb since the beginning of September! Who would have thought running without carrying all that would make you run quicker!?!?? :)

I am now looking at getting my pace up for longer periods of time and then entering a few 10km and 1/2 marathons next year maybe a marathon in 2020!

Thank you for such a warm welcome to the club.



**Tim Parker** - I've lived in Romsey most of my life and have been a keen runner since primary school! Although I've got some vaguely decent marathon times under my belt the arrival of my daughter (last March) more or less stopped my running in its tracks! I've joined the club to get back in to a regular pattern of running and to connect with like minded runners. And I'm already seeing the benefits! Even though I have aspirations to complete some long trail and fell races in the future, my primary goal at the moment is to regain form and strength up to half marathon distance. Thanks for all your support so far!

**Alex Sutherland** - Hello, I'm Alex. I grew up in Switzerland and have been in the UK for 20 years now. I've been running on and off for a few years now,

always around a 5km distance. I play golf competitively, and thought that running could help me with my stamina and concentration, so I did the Couch to 5km app on my phone, and surprisingly really enjoyed it.

A friend then suggested joining a running club rather than do the same route all the time. I went along with the Romsey Road Runners a couple of times and it was great, everyone is so friendly and encouraging. I'm right at the back of the pack, which is fine as running isn't my main sport, but it's a great atmosphere and I like discovering new places to run. My goal for next year is to be able to run 10km. I'm also a keen gardener (hence the photo).



**Thomas Wharton** - Hi there. I moved to Romsey from West End, Southampton in September 2018 and with that also moved running clubs from the Itchen Spitfires! I love running and being part of a club both pushes you on further and also is great for meeting new people. When all goes to plan I usually run 3 or 4 times a week and I love to include a weekly Parkrun. My regular Parkrun is Southampton, but I'm getting familiar with Eastleigh and looking forward to a new local Romsey edition. My aim at the moment is to dip under 19 minutes.



I've done a couple of marathons, several half marathons and I really enjoyed the RR10's. As most races take place on Sundays, I unfortunately can't make many of them. I absolutely love my job, but as the Vicar of Romsey Abbey by default Sunday mornings are busy. Mind you, any races at Broadlands I think can count as work so I hope to see those of you who can make it at the 5 mile race on 27th Jan! Look forward to running with you all!

**Sam Taylor** - Hi, I'm Sam. I joined RRR in November, but have only managed to get to a few training evenings so far.

My running journey started off kind of by accident. A friend asked me a year ago to join her in the Romsey 5 in Jan 18 and I got the bug. I completed the Eastleigh 10K, Stockbridge 10K, Bournemouth 10K and the Great South South Run this year, along with frequenting the Southampton Parkruns. I have a new found passion for running, more out of enjoyment than a particular goal.

Frustratingly in the days after the GSR instead of resting, I did another 10K run and three hours of Jive class, and now my knee is suffering.....I am getting therapy on it and taking the recovery slow but I am hopeful that I will be able to complete the Romsey 5 again in Jan 19 - there is nothing more frustrating that a runner being told they can't run....



Aside from running, I have an 11 year old son and we currently live in Woodley. I am a project manager for a software house in Chandlers Ford, and my passions are socialising, travelling, snowboarding, swimming and cycling.....I also love a good Netflix binge!

I hope to meet more of you as the weeks go by and would like to say a special thank you to Penny Jennings, Alice Lane and Hayleigh Frith for welcoming me into the club.

**Maggie McDonald** - I have lived in Romsey for the past 5 years and I work as a specialist nurse based in Lyndhurst.

I have been running since 1986 when I ran my first half marathon, Reading Half, in its 4th year. I have run 1 or 2 half marathons each year most years since early 90s but have never joined a running club before. My times vary from 1hour 56 to 2 hours 20. I have 2 sons who both live in London and run regularly. My favourite run and best time achieved was the Berlin 25km race which I completed in 1999 and running into the 1936 Olympic stadium was incredible.



My younger son organises running events with a company based in London. I also enjoy cycling and yoga. My Job in NHS keeps me very busy and I find running and yoga help me to relax and stay sane.

I have joined RRR to meet other runners and my goal is to improve my running so that I can run a marathon in a reasonable time (less than 5 hours).

**Nicole Baptista** - I have only been running for 6 years. Entered many marathons in this time, including Ultra and Trail marathons. I was in a very small running group in Zimbabwe and all my marathons were in South Africa. Ran with a big group in South Africa too but I never toured with them.



**Carl Windebank** - Hi, my name is Carl Windebank I'm 18 years old and have lived in Romsey for my whole life. I enrolled into the Romsey Road Runners Club and have been running with the Club now for about three months I think. I'm not quite sure where abouts I am because I find myself as a really quick Group2 or a Group1 which is too slow???

I'm advancing into a Career in the British Army and to help me keep my weight down and my fitness up, outside of Club I attend a Military Prep College which helps me with Military Skills, Knowledge and we do our own Physical Training as well.

A massive sporting achievement of mine would be completing the Fan Dance Challenge, a 15mile course carrying a 40pound bag on my back while you get hunted over The Penny Fan in Wales. It took a total of 4 1/2 hours and can honestly say it has been the hardest physically challenging event I have ever done.

**Angela May** - I'm Angela May and I've lived in Romsey (Abbotswood) since 2012. Around that time I joined RRR for the first time. I really enjoyed it but unfortunately had to give up after a few months due to an ongoing injury. I then had two children in two years which limited my ability to run for quite a while! Now my youngest is two, it is a bit easier for me to carve out a little 'me time' and started running with the club again in September. My first training session was the Braishfield 5 km time trial and boy, was that a baptism of fire! I'd been building up my distance running around Abbotswood with my dog over several weeks and had got up to 5 km, but the TT was very challenging for me. But I did it (eventually) and it did not deter me! I try to run two or three times weekly, including one training night, and to do a race occasionally. I have done one 10 km recently and have signed up for the Romsey 5 in 2019. I have done quite a few 10 km races in the past including Newbury, Hursley and the Southsea Santa 10 k (that was an experience!) and also some sprint triathlons. These days I can't accomodate the multi-disciplinary training, so I'm sticking with the running! Looking forward to getting to know more people at RRR and continuing to improve my overall health and fitness.



## Award Winners Running Summaries

### **Matt Hammerton**

Matt's running speaks for itself, but this year not only was he **overall Winner of the Men's Individual RR10 League** with an AMAZING 2 wins, 3x 2nd places and 1x 3rd place.... (that's EVERY race in the top 3!!!)... Matt also was **part of that AMAZING winning RR10 team**, achieving something that has never been done in our club's history!!!



He SMASHED an AMAZING 2 championship qualification times for the London Marathon in November last year, with sub-1:15 minute finishes in both

**Bournemouth and Gosport Half's!!!** Matt also absolutely **SMASHED** the **London Marathon this year, with a 2:48** finish in tough conditions, right in the middle of the great heat wave of 2018!!! It's not been plain sailing for Matt who took a blow in September, breaking his collar bone which was a real set-back..... but in true Hammerton style, not letting this slow him down, Matt **BOUNCED** back and less than 2 months later absolutely **SMASHED** the **Clarendon half, WINNING** in a **FANTASTIC 1:23:12** to set him back on course for another **AWESOME** year!!!

## **Neil Jennings**

We have certainly become accustomed to this guy winning races and clocking **UNBELIEVABLY** fast times, and this year was certainly no different!!!

**Neil SMASHED** the **New Forest Stinger Half** last year in **2nd place**, and then came back this year to **WIN** the **5 mile event** in an **AWESOME 35:35!!!** He crossed the line at the **George Skeats 8miles** in a **fantastic 2nd place**, clocked an **AWESOME Southampton PR 5k PB, of 17:29** and achieved the **UNBELIEVABLE** again this year in the **Southampton Marathon, crossing the line in an AMAZING 2:56:32** in the heat!!! The trophy cabinet had yet another shelf installed when he **WON** the **Houghton trail 11k**, and set another **FANTASTIC 10k PB at Eastleigh, 35:04!!!**



Neil absolutely **BREEZED** through another **Clarendon marathon this year in an AMAZING 3:22:47**, and to further demonstrate his love of all things off-road, ran **9x RR10's this year and came in the top 10 in every one!!!** This was an **AWESOME** season and he contributed **MASSIVELY** to the mens team winning that overall team title!!! Neil was also a **massively valuable part of the winning Broadlands Relay Marathon Team!!!**

Neil absolutely **BREEZED** through another **Clarendon marathon this year in an AMAZING 3:22:47**, and to further demonstrate his love of all things off-road, ran **9x RR10's this year and came in the top 10 in every one!!!** This was an **AWESOME** season and he contributed **MASSIVELY** to the mens team winning that overall team title!!! Neil was also a **massively valuable part of the winning Broadlands Relay Marathon Team!!!**



## **Christopher Brown**

Christopher has had a **FANTASTIC 2017/18 season**, pulling off another **AMAZING RR10 season**, with **consistently high finishing positions** in the top 60 or 70 and making it to **every single race of the season!!!**

Christopher was also in the **victorious Broadlands Relay Marathon team**, contributing **massively** to their big win with an **AMAZING time over the 2.6 miles of 17 minutes!!!** But the big race for Christopher is on Sunday in the **Gosport Half Marathon**, where not only will he absolutely **SMASH** the distance, he will also be **raising money for 2 really special causes on the way round**, so if you would like to support Christopher in his cause feel free to donate this evening!!!



## **Mark Stileman**

This guy needs a bigger trophy cabinet because we don't see any evidence of him slowing down any time soon!!! Mark has yet again absolutely **STORMED** his way to some **AMAZING** victories this year in some **UNBELIEVABLE** times!!! The season really kicked off with an **AWESOME** time of **3:15** and an



**age group win in the Clarendon Marathon last October!!!** That was followed only a few weeks later with an **OUTRIGHT WIN** in the **New Forest Stinger 10...** something which he was tantalisingly close to repeating **this year with a FANTASTIC 2nd place!!!** Mark went on to win a further **10 Age Group trophies, 2 outright wins, 3x 2nd places and 4x 3rd places this year** and again achieved an **AWESOME GFA place in London with an EPIC 3:04:26 in the blistering heat!!!** Not only this, but Mark was also an integral part of that **winning Broadlands Marathon Relay team, clocking a superb sub-15 2.6 miles** to help the team to victory - something he knows all about!!!



## **Liz Prinsep**

What can we say about this lady, she is **HARD AS NAILS!!!** Think of a challenge and Liz has taken it on... and absolutely **SMASHED** it!!! She has run **3x 50k ultras this year, one of which was followed THE NEXT DAY with a 4th in age category BLINDER at the Wyvern 10k!!!** The Final 50k of the season saw her take **2nd lady in an awesome 6:24 in the 32 mile Hangman Ultra on the Test Way!!!** Liz has run **2 half marathon PB's, 2x 10k PB's and has set a new 5k PB this year as well!!!!** Not only that, but she has also taken on and conquered **2 triathlons, walked 100km in one hit and absolutely SMASHED the 3 peaks challenge in just over 20 hours this summer!!!** Liz was **8th lady in this year's Southampton 10k** with an **AWESOME** time, and took part, along with Penny, Christopher, Alex and Neil, in **every single RR10 this season**, showing her fantastic competitive spirit and a real talent for off road running!!!

There have been so many highlights for this lady this year, but one of the biggest has to have come a few weeks ago, where Liz took on and **ABSOLUTELY SMASHED** the **Dublin marathon**, in an **AWESOME Good For Age** time of **3:46:21!!!**

## **Mark Winkworth**

**Salisbury Half 1:44:21, PB!! Great South, 1:15:46, PB!!! Gosport Half 1:38:05, PB!!!** This guy started off the year with an absolute bang, setting personal record

after record, as well as completing the **Dark Valley Half** in a **BRILLIANT** time to finish **4th in AG!!!** Mark took on the legendary **Berlin Marathon**, finishing again with a **MASSIVE PB** to cross the line in **4:07!!!**

Mark has also smashed some **BRILLIANT** off-road races this year, with amazing finishes in the **RR10** league and a **fantastic performance** at both the **mile of miles**, coming very close to a **sub-6 minute mile** and the **Broadlands Relay Marathon**, with an **AWESOME** performance over

**2.6 miles** to clock **17:32** and help his team to a **BRILLIANT 4th place overall!!!!** But most of all, Mark is valued so much as a **much - loved session leader**, who always brings a smile to people's faces with encouragement and laughter!!! He brings so much fun to the sessions and, **soon to be social secretary**, we can't wait to see what tricks he has up his sleeve for next year's pasta party!!!



### **Alex Prinsep**

Alex's season has gone from strength to strength, with Personal Best times coming out of his ears and some **FANTASTIC** results as he proves himself to be a true all-rounder, absolutely **SMASHING 2 triathlons** this season, **walking 100km** in one hit and, with Liz, **SMASHING the 3peaks challenge** in just over **20 hours!!!** Alex kicked off the season with an **AWESOME 1:07 PB** in the **Great South** last **October**, which he went on to **ANHIALATE** even further this **October** in the same race, finishing in an **UNBELIEVABLE 1:02:43!!!** In fact, Alex took part in **2 half**

**marathons** and **PB'd** in both to finish with an **outstanding 1:22!!!!** He ran **7x 10k's** and **PB'd** in **3** of those, finishing the season with a **36:32 Ageas Bowl!!!!** He took part in **3x 10 milers** and again **PB'd** at every one, got a **PB** over **5 miles** in **Overton** and finally, **SMASHED** the legendary **18 minute barrier** with an **AWESOME 17:36 5km** in **Poole!!!!** With another **FANTASTIC** off-road season as well, making it to every single **RR10** of the series and finishing with an **AWESOME top 30 position** at each event, it really has been an **UNBELEIVABLE** year!!!

### **Sue Stileman**

Sue has been a real adventurer this year, taking part in some **AWESOME** trail running and **ABSOLUTELY SMASHING** some **AMAZING PB's** on the road to boot!!! She has taken on some really challenging terrain, to complete, among others, the notorious **Meon Valley Half**, **Bad Cow Half**, **Serpent Trail Half**, **Snowdonia Trail 10k**, **Dorset Invader Half** and **Beachy Head 10k!!!!** An another **AMAZING** achievement for Sue came when she **SMASHED** the **Dorchester marathon**



in an **AWESOME PB** time of 4:25:03!!! All this and Sue still found time to **set up** and lead a **HUGELY** successful couch to 5k programme this summer, where she inspired, motivated and encouraged so many local people to take up the sport that she is so passionate about and so good at!!!

### ***Ian Ralph***

It is difficult to put into words how much time, energy and commitment this guy has devoted to the club over the years, and as our **FIRST EVER COACH** it is no coincidence that this year has been such a successful one for the club in terms of performance!!! But he is no stranger to EPIC performances himself..... this year saw Ian complete his **first Ultra**, back in May at the **North Downs Way 50!!!** And in true Ralphy style **HE ABSOLUTELY SMASHED** it in an **AWESOME** time of **8:27:47** to come **8th overall!!!** Ian really has done **SO MUCH** for the club as an **AMAZING** session leader, session co-ordinator and now **COACH RALPH!!!** He has had an **AMAZING** impact since qualifying earlier this year, setting up **2 FANTASTICLY** popular and successful coaching courses, motivating, inspiring and encouraging all of us to get out there, run, train, achieve our goals and above all **HAVE FUN!!!** He **ALWAYS** has a smile on his face and such a positive attitude towards helping others to enjoy the sport he so clearly loves!!!



### ***Winning Broadlands Relay Marathon Team:***



ROMSEY ROAD RUNNERS A: "Hammer it home"!!!				
<b>TEAM TIME: 2:31:04 – 1<sup>st</sup> place!!!</b>		Lap 1	Lap 2	Leg Time
1	MATT BROWN	7:19	8:13	15:31
2	NEIL JENNINGS	6:58	6:54	13:52
3	JAMES BATTLE	7:16	7:27	14:42
4	ALEX PRINSEP	7:23	7:38	15:01
5	CHRISTOPHER BROWN	8:19	8:43	17:01
6	DANIEL LURCOCK	7:51	7:47	15:37
7	LEE HARRIS	7:37	8:01	15:37
8	IAN WINKWORTH	7:40	7:49	15:29
9	MATT HAMMERTON	6:41	6:43	13:23
10	MARK STILEMAN	7:27	7:26	14:53

# THE HISTORY OF THE RR10 RACE SERIES

**Words by Malcolm Price, edited by Ken West**

The original roots of the early RR10 (RR6 as it was started), are not hard to find. Once we saw the first jogging boom of 1981 - 82 onwards, which resulted in jogging clubs being formed all over the United Kingdom, the Solent area being a very active participant of this growth. These clubs were completely separate from the existing track / road clubs that enjoyed their own established competitions - track racing in the summer with road and cross country throughout the winter. These existing clubs had a full 12 months season, without any easy room for newcomers.

Once we had the backdrop of the first ever London Marathon in April 1981 (fully televised on BBC). This was followed not long after by the Southampton Marathon and Half Marathon as well as The Sunday Times Great Fun Run. The thirst of all this new breed of runners was whetted enough to create a groundswell of desire to generate some level of competition for these new clubs, especially during the Summer months. Facilitated by Southampton Leisure Services, a meeting of interested clubs was called and Southampton Road Runners, Hardley Runners and New Forest Runners were the most active in their support for this start up League. A friendly race series on Wednesday evening during the

summer - all on local roads, with the exception of the Common. They were swiftly joined by Wessex Road Runners, IBM Hursley and Lordshill Road Runners and rules of engagement were loosely agreed. Drop out clubs, distances, venues and timetable, but no track clubs were invited.

The first 4 races in the series are believed to have been run in Summer 1983, with The Common, Wilverley and IBM Hursley among the host courses. There are no results records from this time but it is estimated that between 60 and 80 runners took part. The League soon grew from 6 clubs up to 9 with the introduction of Romsey Road Runners, Totton and Eastleigh Running Club with venues including Braishfield, Woodlands and Deerleap being added to the programme. Once road restrictions were introduced by the police, then all events had to be moved off road - hence why the title RR10 (Road Running10) became inaccurate. In 1990 Southampton City AC (as a track club) were admitted, while in 1993 both Team Solent and the Southampton Running Sisters joined, enabling the series to stage 10 races through the Summer and have smaller clubs sharing hosting duties. In order to compress the 10 races into the calendar and not suffer from fading light in late August as well as catering for any shift workers who might miss out on the entire race series, the

League introduced one back to back Wednesday race at half way.

In 2000 Winchester and District AC were invited to join the League and swiftly absorbed as full members, while in 2006 Stubbington Green applied and were welcomed aboard on a restricted number basis for the first 2 years. This restriction was removed in 2009. In 2010 Southampton Runners and Team Solent merged to remove one club from the list, but Halterworth Harriers applied to join to redress the club score also replacing IBM who withdrew in 2008 but continuing to host the final race of the series. Hedge End Running Club joined the group for the 2013 season and quickly became a big participant with their new and growing club. The final member of the RR10 joined in 2016, when Itchen Spitfires applied and were welcomed in after much debate how the League was going to continue without outgrowing the majority of their venues. The answer came with an eleventh event and

an interesting matrix that involved every club dropping out completely from one race, apart from their own hosting event. This move did result in a flattening off of the numbers at each venue, a trend that has been dramatically overturned during the 2018 season so far, where every race has set new records for their venue.

As the League developed, so too did legislation involved with UKA so that a permit to race off road, plus full medical cover, including defibrillator and operator, became an integral part of the race organisers duties. At the core of the standards are the ethos that started the League. Friendly races for all club runners over varied courses and distances between 4 and 5 miles, no rewards for winners (hence why we resist sponsors) and the desire to welcome all clubs that qualify for the League if at all possible.

Going forward, the League has many challenges to be met. Not least of these is the desire to keep numbers at each race under control, in particular



cars in the New Forest, where our venues are balanced on a knife edge. Memories of the Foot and Mouth Outbreak of 2001 are now fading fast but it highlighted the urgent need to prepare other courses that are suitable for our use, in case of such an eventuality. That very thing happened to us in June 2017 when Marwell Zoo decided that they did not want us using their car park and adjacent woods, with only two weeks prior notice. A substitute venue was scrambled out of the situation but only after a lot of back pedaling to achieve the requirement.

Growing the League yet again under its current format will not be possible. Parking and runners safety are both high on the agenda and we are reaching breaking point at

several venues. Any new members will almost certainly necessitate a complete change into something like an East and West League format. By halving the present numbers it might well be practical to reopen some of the venues that we used in the early years. (A full list of those venues at the end) Where does the RR10 race series go next is the challenge? The results service that has so successfully been provided for almost 25 years will one day soon need a successor. Is to be a Parkrun type with bar code registration and the transfer of equipment and numbers between organising clubs a solution? This will have dramatic cost implications if adopted.

Finally a list of venues that have been used to date:

Victoria Country Park	Ashurst (Happy Cheese)	Wilverley	Worthy Down
Kings Garn - Stoney Cross	Longdown Inclosure	Manor Farm	West Wood, Netley
Cadland Estate	IBA Crawley	Janesmore Pond	Fairthorne Manor
University Fields	Marwell Zoo	Whiteley Woods	Woodlands
Itchen Valley	Braishfield	Dibden Inclosure	Gang Warily
IBM Hursley	Fawley Enclosure	Farley Mount	The Rose Bowl at West End
Stoke Park	Lordswood	Deerleap	Fleming Park

## **New York Marathon**

A work colleague (Steve) had been working his way through the marathon majors and planned to complete the set at New York. I thought it would be great to be there with him. I was able to get a place through GFA qualification – for New York you can use a half marathon time as well as a marathon time.

The race start was at 1000, but the start is on Staten Island and I had to catch the ferry at 0615, so was up at about 0430. In compensation there were beautiful views from the ferry of the Manhattan skyline at sunrise. There are 50,000 starters and so the start is a complicated affair with 3 starts and 3 waves. I was towards the back of the first wave and so was off just after 10.

The start of the race is over the Verrazano Narrows bridge – a large suspension bridge which spans the entry to New York harbour. The first mile was uphill and encouraged a steady start – but then the 2<sup>nd</sup> mile was downhill and time to get up to race pace.

The first part of the race was through Brooklyn, with good support and a great atmosphere. A personal highlight was a quick hug from my wife at mile 9 ! I was enjoying the atmosphere and chatting to other runners – there were plenty of other runners from the UK. The race progressed into Queens and then into Manhattan, and up 1<sup>st</sup> Avenue to the Bronx – this section was about straight for about 5 miles, and with the road being 8 lanes wide the support was sometimes some way away.

Eventually we turned back into Manhattan. I was starting to struggle from mile 20 and had to dig in. We eventually entered Central Park for the last 2 miles and then finally reached the finish line. My initial reaction was never again – but when I saw Steve's medal for completing the 6 majors this was maybe. I've now entered Chicago 2019 with the aim of completing my own set in Tokyo 2020 !



# Speed Endurance Sessions: The Return

Back in September Becca, Mark and I got another group of 10 eager athletes together for another round of our 'speed endurance' coached sessions. This is the second time we have run these sessions, and we made a few tweaks this time round thanks to the feedback from the guys who took part the first time round. Namely we extended it from 4 to 6 sessions to give us more time for progression of technique and have added a catch-up session 6 weeks later to see how people have been getting on by themselves.

The aim of the sessions remained the same however; to introduce the basics of running, starting from the head and working our way down to the toes. We are all physically unique, so shouldn't all run the same. However, there are some basic elements of running form that if tweaked in the right direction can make a big difference in efficiency, speed and injury prevention.

1. Posture: how to open the whole body for better breathing and running form
2. Arm-drive: optimising arm movements for balance and to help maximise our leg drive
3. High-knees: a basic element, but crucial to extending our leg stride
4. Triple-extension: Getting the best drive off our back-leg for stride and speed
5. Foot strike: If we get all the above right a nice mid/front foot strike should come naturally!

We keep the group to a maximum of ten to allow for personal observation and feedback so that each runner can work on their own specific areas. In 6 weeks we can't change the world but can try and find one or two things that each runner can pinpoint to work on over time. After all, it's only through repetition of the drills and practice over time that changes in form become permanent.

Each session has the same basic format; a warm-up run to Abbotswood (the best replacement for a floodlit running track we could find in Romsey!), running drills focussing on that week's area of running form and then a short session of sprints/efforts to put it into practice.

But the best way for me to let you know what these sessions are all about is to let the guys who took part tell you what they got out of it...:

*"I had been wanting to improve my running technique & style for some time and when I found out that RRR were running their own course I was keen to take part. Ian Mark & Becca put us all at ease from the very start of the course. Even with such a wide range of running abilities attending, those of us who were slower or took longer to catch on to a particular drill were not made to feel self-conscious. In fact, it was a fantastic opportunity for club members from the different running ability groups to meet & get to know each other. My running*



*style has already started to improve, and I plan to continue to incorporate the many drills & techniques the coaches provided so that by next season I will hopefully be achieving some pbs!" (Debby)*

*"I had never received any kind of coaching on running technique and basically just concentrated on putting one foot in front of the other and surviving to the end of the run, but I thought if I actually had some "form" my running may become more efficient and even improve. The sessions certainly make you think of form, from head position, arm movements and of course (more difficult in my opinion) the leg movements. Of course, there is no miracle each individual has to work on what has been taught and it takes time for those changes to become automatic. The sessions are really great, having someone give feedback is invaluable" (Moira)*

*"I found the sessions on arm drive and forward lean particularly helpful as they are aspects of running I had not previously thought about. Now, when I start to get tired in a race or whilst training I remember 'pocket to socket' and to let myself fall forward and I instantly notice my form improve and my speed increase. I'd recommend the course to anyone who is keen to learn more about becoming a more efficient runner!" (Hannah)*

We'd like to say a big thank you to Tam, Lynda, Debby, Liz, Emma, Joanna, Amanda, Moira, Susie & Hannah for all their enthusiasm and energy throughout the sessions!

We're very lucky to be receiving a visiting coach for a series of England Athletics 'Club Runs' in Feb and March, so we're planning to hold our next block of coached sessions in the early summer when we return to the Mountbatten Track. Watch this space for details, dates and how to sign-up!

In the meantime, please come and talk to your club coaching team about any running form or training related queries – let's face it, we just LOVE talking about running!

**Ian, Becca and Mark**

## **Coach Nick and the EA Club Run** Ian Ralph

A big thank you to all of you that came and got involved in our recent flying visits from (top coach) Nick Anderson through England Athletics' Club Run initiative. For those attending I'm sure you'll agree it gave us lots to think about, provided three thoroughly enjoyable club nights and has left us pointing onwards and upwards as runners as well as a club as a whole.

### **So what's the EA Club Run all about?**

EA have a clear goal in mind with their [Club Run](#) initiative...

*"The England Athletics' Club Run programme is a free initiative specifically aimed at supporting road running clubs to support runners, leaders and coaches in working towards improved performance at a specific event or race distance. Since launching two years ago the programme has supported over 100 clubs up and down the country involving over 5,000 club runners, over 800 club leaders and coaches and a team of around 40 experienced coach deliverers".*

And you can now add Romsey Road Runners to this list!

### **What did we do with our three sessions?**

For those that weren't there, Nick ran three sessions for us across February and March. Session one was a threshold session round Abbotswood estate with warm-up and form drills followed by 5 x 5-min intervals run at '3-word conversational' pace. The

aim being to train the body at the zone at which we should be able to sustain our speed over a reasonable distance/time. Nick talked to us about the importance of doing these sorts of sessions on a regular basis to get our bodies used to working in this zone and, over time, being able to run quicker without running harder.

The second session was focused at VO2-max, or that pace above our Threshold where we can no longer hold any sort of conversation, and should be out of breath at the end of it. This took the form of 6 x 3-minute efforts; 90s out along one of the Abbotswood paths and 90s back, with a relatively short recovery. Those in attendance on a cold Feb evening can testify to the steam coming off all our bodies, proving just how much harder we were working than the previous session. Nick positioned this sort of session as 'the icing on the cake' that should be done as we get closer to race day for those key 5km, 10km, RR10 and CC6 races.

The third and final session was a talk at Woodley Hall from Nick about the importance of the three key elements of performance running – TRAINING, RECOVERY and NUTRITION. Over the course of 2.5 hours (and a lot of pizza) Nick took us through his theories on these three elements, backing them up with personal experiences as well as data and case studies. I for one went home with my head swimming with information that I am already beginning to make sense of and think about how I can apply it to my own training.

### **So what are we going to do now?**

As the EA mission for these club runs

explains, the aim is not only to inform and assist runners but to up-skill run leaders amongst the clubs. And your very own session leader team have already met to discuss how we might be able to apply some of these principles Nick has brought to us in our own training, as well as build in the great feedback many of you have sent us since these visits started.

Our Spring training schedule will be out soon and hopefully you will this come to bear. But we are very aware that whenever you try anything new,

some things will work and some might not, so please let us know what you think and if necessary we can try something different next time.

And a big thank you to everybody who made this happen; Karen for kick-starting the whole thing, Becky for writing our application, the session leaders for helping to plan and of course Mark and Liz for sorting out the pizzas.

Here's to even better training, recovery and nutrition for us all...

## **Beer Race 2019 - Sunday 2nd June**

For those of you who are new to RRR, this is our big annual event – a public 5-mile race around the lanes of Braishfield.

The first Beer Race was held in 1985, and used to be a 10k course. In recent years, demand for places has grown, and this year we sold all 400 entries in just 2 weeks. However, we have resisted the temptation to increase the field size, partly so we can manage logistics like parking, but mainly because we want to keep this as a small, friendly local race.

The deal is really simple – run 5 miles and get a pint of beer and a slice of home-made cake at the finish. We're very fortunate to have Flack Manor as our key sponsors, and RRRs bake the cakes. We're also sponsored by Up and Running, who provide some of the prizes, and A-Plant, who are lending us traffic cones.

Once the 5-mile race is finished, it's time for the hugely popular 1km fun run, which takes place in and around the Braishfield recreation ground. This is free to enter for children between 4 and 14. All the marshals line the course and cheer the runners around the course.

This year we're trialling souvenir pint glasses to all runners, as we try to eliminate single-use plastic, alongside compostable water cups. We're also trialling a new medical response provider, and by popular demand we're bringing back the Romsey Ukulele Group.

We need your help to make this a success! The Beer Race can only happen with support from club members. So, please do save 2 June in your calendars and drop Becky Tovey ([beto.snow360@gmail.com](mailto:beto.snow360@gmail.com)) a line offering your help. And did I mention that we all get a barbeque at the end?

**Mark Stileman and the race committee – Liz Slade, Ken West, Karen Keane, Becky Tovey, Lynda Brown, Ian Ralph, Matt Hammerton**

# Pentathlon Table

## Pentathlon: Ladies

Name	5k	5mile	10k	10mile	Half	Mara
Abigail C				1:22:35		
Ali F			1:01:48			
Alice C			0:54:35			
Alice L	0:24:44		0:49:25		1:52:25	4:00:17
Amanda H			0:40:10	1:06:57		
Anna D		0:57:28	1:00:00		1:56:11	
Becca L	0:23:05	0:44:21				
Becky T			0:41:21	1:10:13	1:33:51	6:24:55
Brenda T		0:43:23				5:28:00
Dorota K				1:46:10		
Elizabeth P		0:38:59	0:47:37	1:20:00	1:48:04	3:46:21
Emily G				1:19:14		
Hannah S			0:41:33		1:47:32	
Heidi G					2:07:52	
Jo M					1:59:22	
Kate O					1:58:02	
Lin W			0:56:53			
Liz S					2:01:19	4:23:54
Penny J				1:36:32	2:09:15	
Susie P			0:49:39			
Sarah S				2:15:32		
Sue S		0:35:07	0:49:18		1:54:35	
Wendy C	0:40:05	1:11:23	1:49:24			

## Pentathlon: Men

Name	5k	5mile	10k	10mile	Half	Mara
Alex P	0:17:36	0:30:02	0:36:32	1:02:43	1:22:39	
Mark S			0:37:39	1:05:25	2:30:07	3:25:44
Matt B	0:17:11		0:35:53	0:59:24		
Neil J	0:18:21	0:35:35				3:22:47
Ian W			0:40:39		1:34:08	3:27:05
Remi F	0:19:37				1:29:28	6:24:55
Nigel H			0:46:25		1:35:29	3:35:42
Keith M	0:22:32			1:25:09	1:48:44	
Cliff R	0:23:28				1:44:47	4:43:53
Daniel L	0:19:54				1:33:29	
Vytas J			0:41:22		1:42:57	
Matt H					1:23:12	
Tom B	0:17:45					
James B		0:36:15				
John Q				1:16:32		
Mark W						4:07:50
James C					1:34:11	
Paul W			0:47:58			
Christopher B					1:41:01	
Ray W			0:57:06			
Dave G					1:41:46	
Rob G			1:01:33			
Ben S					1:49:10	

### Cross Country Award: Ladies

<i>Name</i>	HCCL: Bournemouth	HCCL: Aldershot	HCCL: Basingstoke	CC6: Fleming Park, Eastleigh	CC6: Whiteley	CC6: Dibden Inclosure	<b>CCA score</b>
Becca L	10	10	10	10	8	9	<b>57</b>
Elizabeth P		9	9		6	8	<b>32</b>
Becky T					10	10	<b>20</b>
Penny J				9		6	<b>15</b>
Jo M					5	7	<b>12</b>
Karen K				8		3	<b>11</b>
Debra F				7	4		<b>11</b>
Abigail C					9		<b>9</b>
Lin W				6		2	<b>8</b>
Alice L		8					<b>8</b>
Kirsty J					7		<b>7</b>
Ruth P				5			<b>5</b>
Julia A						5	<b>5</b>
Liz S						4	<b>4</b>
Deborah R				4			<b>4</b>

### Cross Country Award: Men

<i>Name</i>	HCCL: Bournemouth	HCCL: Aldershot	HCCL: Basingstoke	CC6: Fleming Park, Eastleigh	CC6: Whiteley	CC6: Dibden Inclosure	<b>CCA score</b>
Daniel L	10	9	8	8	7	5	<b>47</b>
Alex P		10	9		10	7	<b>36</b>
Neil J			10	10		9	<b>29</b>
James B					9	8	<b>17</b>
Christopher B				7	8	2	<b>17</b>
Tom B				9	6		<b>15</b>
Wayne W				6	4		<b>10</b>
Matt B						10	<b>10</b>
Mark S					5	4	<b>9</b>
Ray W				5		1	<b>6</b>
James C						6	<b>6</b>
Paul W				4			<b>4</b>
Derek K				3		1	<b>4</b>
Vytas J						3	<b>3</b>
Ken W					3		<b>3</b>
Keith M						1	<b>1</b>
Carl W						1	<b>1</b>

## ***Remaining Hampshire Road Race League Fixtures:***

14 Apr 2019	Salisbury 10 mile,	ENTRIES OPEN
12 May 2019	Alton 10 mile,	ENTRIES OPEN
19 May 2019	Netley 10km,	ENTRIES OPEN
16 Jun 2019	Alresford 10km,	ENTRIES OPEN
30 Jun 2019	Lordshill 10km,	ENTRIES OPEN

## ***Results, September – December 2018***

14/10/18

### **Studland Stampede**

Sue Sleath – 1:03:20, 11<sup>th</sup> lady, 4<sup>th</sup> AG!

Julia Abab – 1:20:45, 7<sup>th</sup> AG!

Derek Kelly – 1:20:45, 2<sup>nd</sup> AG!

21/10/18

### **Amsterdam Marathon**

Alice Lane – 4:00:17, PB

### **Great South Run**

Matt Brown – 59:24, PB

Alex Prinsep – 1:02:43, PB

Amanda Hull – 1:06:57

Becky Tovey – 1:10:13, PB

John Quayle – 1:16:32, PB

Em Gordon – 1:19:14, PB

Liz Prinsep – 1:20:00, PB

Keith Morris – 1:25:09

Moira Sankey – 1:43:15

Dorota Hatch – 1:46:10

28/10/18

### **Braemore 5k**

Wendy Couper – 40:05, 1<sup>st</sup> AG!

Braemore 10k

Alice Campbell – 54:35, 3<sup>rd</sup> AG!

Anna Duignan – 1:00:00, 3<sup>rd</sup> AG!

### **Beachy Head 10k**

Sue Stileman – 1:02:35

Beachy Head Marathon

Mark Stileman - 3:25:44, 2<sup>nd</sup> AG!

### **Dublin Marathon**

Liz Prinsep – 3:46:21, PB

4/11/18

**Oakhaven Half Marathon**

Alice Lane – 1:53:07, 1<sup>st</sup> AG!

Jo Mackenzie – 1:59:22

**Hayling 10 miles**

Liz Prinsep – 1:24:39, 10<sup>th</sup> AG!

**New Forest Stinger 6 miles**

Neil Jennings – 35:35, 1<sup>st</sup>!

James Battle – 36:15, 2<sup>nd</sup>!

Mark Suddaby – 39:59, 5<sup>th</sup>!

Becca Lurcck – 49:21, 1<sup>st</sup> lady!

Sue Stileman – 51:36, 4<sup>th</sup> AG!

Anna Duignan – 57:28, 2<sup>nd</sup> AG!

Wendy Couper – 1:16:35, 5<sup>th</sup> AG!

**New Forest Stinger 10 miles**

Mark Stileman – 1:05:25, 2<sup>nd</sup>, 1<sup>st</sup> AG!

Becky Tovey – 1:15:45

Abi Cooke – 1:22:35

Penny Jennings – 1:36:32

**NEW YORK MARATHON!**

Nigel Hemsted – 3:35:42, GFA!

Liz Slade – 4:23:54, PB, GFA!

Annie Tomlinson – 4:23:55

11/11/18

**Remembrance Sunday 10k**

Mark Stileman – 39:30, 1<sup>st</sup>!

Sue Stileman – 57:58

18/11/18

**Broadway Marathon**

Mark Stileman – 3:36:06, 5<sup>th</sup>!

**Tempo Winter Series 10k**

Sue Stileman – 57:12, 1<sup>st</sup> AG!

**Gosport Half Marathon**

Alex Prinsep – 1:22:51

Remi Francois – 1:29:28, PB

Becky Tovey – 1:33:51, PB

Ian Winkworth – 1:34:08

Nigel Hemsted – 1:35:29, PB

Hannah Semeraro – 1:39:27

Christopher Brown – 1:41:01, PB

Dave Gardner – 1:41:46

Cliff Reeves – 1:44:47, PB

Ben Sharman – 1:47:55

Liz Prinsep – 1:48:49

Alice Lane – 1:52:31

Keith Morris – 1:53:29

25/11/18

**Downton Half Marathon**

Alice Lane – 1:52:25



**Avebury 8(9 miles)**

Mark Stileman – 59:08, 3<sup>rd</sup>!

Sue Stileman – 1:22:34

1/12/18

**Dorset CTS 10k**

Sue Stileman – 1:17:55, 5<sup>th</sup> AG!

Anna Duignan – 1:21:51, 1<sup>st</sup> AG!

Wendy Couper – 1:49:24, 1<sup>st</sup> AG!

**Dorset CTS Half Marathon**

Matt Hammerton – 2:19:41, 3<sup>rd</sup>!

Mark Stileman – 2:30:07, 6<sup>th</sup>!

Keith Morris – 4:49:31

**Dorset CTS Marathon**

Remi Francois – 6:24:55

Becky Tovey – 6:24:55

Alice Lane – 6:46:19, 2<sup>nd</sup> AG!

**Burrator Noir 10k**

Matt Brown – 36:42, 1<sup>st</sup>!!!

2/12/18

**Victory 5 miles**

Alex Prinsep – 31:25

Liz Prinsep – 38:59, PB

Sue Stileman – 41:47

Brenda Topliss – 44:01, 1<sup>st</sup> AG!

**Southampton 10k**

Susie Parker – 49:39, PB

27/12/2018

**Winter Cross Ultra – 45 miles**

Stuart Liesnham – 7:48:37

Liz Prinsep – 8:23:49, 3<sup>rd</sup> lady, 1<sup>st</sup> AG!

Winter Cross Ultra – 50k

Becky Tovey – 4:40:17

Alice Lane – 5:57:30, 2<sup>nd</sup> AG!

# Upcoming Races

## MARCH 2019

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.

## APRIL 2019

Thursday 7th

### Devizes half marathon

<https://www.runbritain.com/RaceDetail.aspx?eventid=75bb0ccf5e6b&raceid=79ba0bc95962> undulating roads...

7th April

<http://www.overtonharriers.org.uk/club-races/combe-gibbet/> Combe Gibbet is also on, a 16 mile off road point-to-point run (I have an entry for it which I can't use so if anyone wants to do it please let me know. The race usually sells out mid-feb so not one to hang around on if you're thinking about doing it):

Monday 22nd

### The West Wight Three Hills

<http://www.rydeharriers.co.uk/west-wight-3-hills/>

8 miles up and down the lovely hills and cliffs of the Isle of Wight

## MAY 2019

Sunday 5th

### 5<sup>th</sup> Houghton Trail Run

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

11k trail run, popular with club runners last year

Monday 27th

### Vitality London 10k

<https://www.vitalitylondon10000.co.uk/>

## JULY 2019

Sunday 14<sup>th</sup>

### The Snowdonia Trail Marathon, Half and 10k

<https://alwaysaimhigh-events.com/snowdonia-trail-marathon/welcome-snowdonia-trail-marathon-2019>

Monster hills (even on the 10k) but fantastic, awe-inspiring scenery

## AUGUST 2019

Sunday 11th

### **Bridport Jurassic Coast half and 10k a fell race**

<https://www.fullonsport.com/event/bridport-jurassic-coast-run-half-marathon-2019/profile>

Sunday 11<sup>th</sup>

### **Salisbury 54321**

## OCTOBER 2019

Sunday 6<sup>th</sup>

### **Clarendon Marathon, Half Marathon, Mini and Relay.**

<https://www.clarendon-marathon.co.uk/>

A personal favourite of your new editor, and always well supported by RRR. A lovely run, mainly on trails.

Sunday 13th

### **Gold Hill 10k**

<https://www.goldhill10k.co.uk/>

The clue is in the name, so if hills aren't your thing this is probably not one for you...):

Saturday 26th

### **Beachy Head marathon and 10k**

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

I did the 10k last year and Mark did the marathon and we both loved the courses- lots of hills, amazing scenery and the final km is more or less downhill, so definitely worth making the effort to get down to Eastbourne for this one.

## NOVEMBER 2019

Sunday 24th

### **Avebury8 Nine**

<http://www.marlboroughrunningclub.org.uk/races/avebury-8>

A nine mile, proper, old-fashioned, inexpensive, muddy, lumpy, hilly cross country which will get you one of the local White Horse Pottery mugs at the end and usually supports the Wiltshire air ambulance, so a great cause too.

# Spring Training Schedule 2019

April	Coach	May	Coach	June	Coach
<b>Mon 1</b>	1/2 Straight Mile (Pyramid) 3/4 Crampmoor (Hill intervals – 30min)	<b>Thu 2</b> Track: 40/20	Mark S	<b>Mon 3</b> Braishfield: Ruod Lane Triangle (Hill Intervals – 30min)	Ian W
<b>Thu 4</b>	Tadburn Road (Threshold)	<b>Mon 6</b> NO CLUB: BANK HOLIDAY		<b>Thu 6</b> Track: 40/20* Coached Session (Triple-Extension)	Alice Ian R/ Becca/ Mark S
<b>Mon 8</b>	1/2 Crampmoor (Hill intervals – 30min) 3/4 Abbotswood (Threshold – 4 or 5 x 5min)	<b>Thu 9</b> Track: Congruent 500m	Keith	<b>Mon 10</b> Braishfield: Klin Lane (VO2: 5 or 6 x 3min)	Sue
<b>Thu 11</b>	Lee Lane (Intervals)	<b>Mon 13</b> Braishfield: From Wheatsheaf (Intervals - 4 or 5 x 1km)	Sue	<b>Thu 13</b> Track: Out and Back * Coached Session (Foot Strike)	Richard Ian R/ Becca/ Mark S
<b>Mon 15</b>	1/2 Abbotswood (Threshold) 3/4 Straight Mile (Pyramid)	<b>Thu 16</b> Track: Out and Back Coached Group (Posture)	Mark W Ian R/ Becca/ Mark S	<b>Mon 17</b> Braishfield: 5km Time Trial	Deborah Dorota
<b>Thu 18</b>	Lee Lane (Intervals)	<b>Mon 20</b> Braishfield – Beer Race Recce	Mark S	<b>Thu 20</b> Track: Congruent 500m* Coached Session (Recap)	Mark W Ian R/ Becca/ Mark S
<b>Mon 22</b>	NO CLUB: EASTER MONDAY	<b>Thu 23</b> Track: Zones 1 to 4* Coached Session (Arm-drive)	Richard Ian R/ Becca/ Mark S	<b>Mon 24</b> Braishfield: Wheatsheaf loop (Threshold - 4 or 5 x 5min)	Ian W
<b>Thu 25</b>	Track: Timed Intervals	<b>Mon 27</b> NO CLUB: BANK HOLIDAY		<b>Thu 27</b> Track: Zones 1 to 4	Keith
<b>Mon 29</b>	Braishfield: Wheatsheaf loop (Threshold - 4 or 5 x 5min)	<b>Thu 30</b> Track: Timed Intervals* Coached Session (High Knees)	Keith Ian R/ Becca/ Mark S		