

# RELAY

Summer 2019



# ROMSEY

ROAD RUNNERS

# Inside...

- 2 *Note from Chair*
- 3 *RR10 Janesmoor Pond/News Update*
- 5 *Beer Race*
- 7 *Membership*
- 11 *Message from Session Leaders*
- 12 *Broadlands Relay Marathon*
- 14 *RR10 League*
- 19 *Pentathlon Table*
- 21 *Results*
- 26 *Upcoming Races*
- 32 *Training Schedule*

# Note from the chair

I am writing this after our beer race. What a showcase event. I managed to talk to the chairman of Braishfield Village council who is thrilled that we hold it and that it brings the community together. The faces on the children's fun run are a joy to watch, bringing much cheering and laughter. I am proud that the cheering for Roger our last man in the main race was as loud as for the first runner in. Thank you all for your help. It was a great team effort.

What success we had in the Mayors Romsey relay marathon with 3 teams participating. Our voices were hoarse after shouting for our teams along the route. The A team successfully defended their winning title from last year. Each and everyone taking part gave an amazing performance with many beating their previous times.

Wow what a men's team we have for the RR10 Wednesday evening series that takes place from April to August each year. In our last race the men's teams were first and second. Surely that is a first. I need to shout about our Becky who is doing an amazing job with 2nd, 3rd and 4th positions so far. If you are new and would like to find out more about these evening races please come and ask. It is free for all paid up members of Romsey Road Runners. The only requirement is that you wear a club vest/ T shirt.

Have a great summer running.

Cheers Karen

# *RR10 Janesmoor Pond*

## *17th July*

Due to some changes in the RR10 league to accommodate the ever increasing numbers of participants at the RR10 races, from this year there is an increase in the number of RR10 venues and club drop out races. This means that Romsey Road Runners are hosting the RR10 at Janesmoor Pond on our own with no other support club. For this we will need a lot of Marshal and volunteers for Car Park duties on that evening.

The Forestry Commission are very concerned about car parking and have placed requirements on us to manage the car parking very well, especially avoiding any verge parking. So we can keep this venue for future races we need to take special care and avoid any potential disruption to the public and animals.

The race this year is to held on Wednesday evening the 17th July. There will be a marshal sign up sheet at club nights, but please drop me a mail to [kenaec@aol.com](mailto:kenaec@aol.com) if you can volunteer for this event. We will make this a social occasion and conclude the evening with a picnic (weather permitting).

Best Regards

Ken West

## *News Update*

It has been a fantastic few weeks for Romsey Road Runners with the London Marathon, Southampton Marathon Festival and the Romsey Relay Marathon this weekend. The results for the club have been nothing short of inspirational with the clubs performances going from strength to strength.

The London Marathon took place on the 28<sup>th</sup> April and Romsey were represented by 5 runners. Matt Hammerton beat his time from last year with a mind blowing 2hrs 41mins. He was followed home by James Battle (3hrs 5 mins) Becky Tovey (3 hrs 16mins) Sue Sleath (3hrs 22mins) and Alice Lane (4hrs 4mins).

Sunday 5<sup>th</sup> May saw the Southampton Marathon Festival with a full marathon, half marathon and a 10K race taking place. Romsey Road Runners were represented at all races and results were again just incredible. In the Marathon Neil Jennings finished 7<sup>th</sup> overall in 2:50:08 and James Wilson also finished in 4:42. The Half Marathon had 17 Romsey runners in it and highlights include Mark Stileman -1:22 - 16th overall, Alex Prinsep - 1:22 - 22nd overall, Amanda Hull - 1:27 - 2nd lady, Dave Gardner - 1:36 (PB) and Liz Prinsep - 1:43 - 1st in Age Group and a PB.

The 10k saw some strong performances as well with Jonny Williams - 44:46 (12th AG), Colin Williams 52:22, (10th AG), Trevor Bond - 58:54 – (17th AG), Ali Fielder - 1:02:34 (PB), Sarah Osborne - 1:03:45 and Sarah Gay - 1:11:43.



On the same day the Houghton 11K trail run also took place in the Test Valley village and there were more strong performances and winning performances from Jimmy Hunt - 42:14 winning overall and Hannah Shutt - 50:08 finishing as first lady.



Finally this weekend saw the Romsey Relay Marathon at Broadlands which Romsey Road Runners won last year with the clubs A team setting a new record of 2hrs 31mins. This year they went one better again by not only finishing in first place but smashing the course record by 7 mins and finishing in 2hrs 24mins.

An amazing performance from the A Team consisting of Matt Hammerton, Tim Parker, Mark Suddaby, Amanda Hull, Alex Prinsep, Matt Brown, Dan Lurcock, Neil Jennings, Mark Nixon and Ian Ralph.

Romsey Road Runners were also able to enter a Team B and Team C again with Team B finishing in 2hrs 51m (5<sup>th</sup> place) and Team C 3hrs 53m.



# 2019 Beer Race report



The first Sunday of June is Beer Race day! This is an annual event that has been taking place since 1987. It used to be a 10k, and it used to start from the Wheatsheaf, but as it's grown and matured it has settled into its now familiar 5-mile format and route.

It has become increasingly popular over recent years, reflecting the wider growth in running. Five years ago we were still accepting entries on the day; this year we sold out all 400 places in an astonishing two weeks. However, we've resisted increasing the field size, partly because we don't want to over-burden the logistics such as car parking and cake provision, but mainly because we don't want to lose the unique friendliness and atmosphere of this race.

Thankfully we didn't have a heatwave this year, but it was nonetheless a warm and humid day. The set-up action began from 7:30, and by 8:00 both the start and finish venues were humming with activity. The countdown to the 10 o'clock start seemed to whoosh by, and this year we achieved something new by starting the main race at 10:00:00 precisely!

The race itself passed off very successfully. Thankfully we had no incidents (well, one runner visited the medical tent with a tick bite, but I don't think that counts) and by 10:30 the first finishers were arriving. The first man, Stuart Holloway from Salisbury AC, finished in 27:01, and the first lady was Mia Hamblin, unaffiliated, who finished in an astonishing 5<sup>th</sup> place in 30:09.

Before long the finish field was full of happy faces enjoying their beer and cake. This year we used Matt Hammerton's mini-marquee as a shady area to collect

water at the finish and this worked really well. We also introduced souvenir pint glasses for the runners to take home, and these proved very popular.

The biggest cheer of the race went to Roger Barker, the 83-year old chap who finished in 1:32:18, just in time to collect our first-ever M80 award. And after the prizegiving it was time for the 1km fun run, now in its third year – it's become a very eagerly anticipated event in its own right. Romsey's own did themselves proud – the first boy was Boaz Lurcock (3:28) and first girl was Alice Snow (3:41 and 3<sup>rd</sup> overall). These are seriously impressive times!

Many thanks to everyone in the club for playing their part in another successful morning. We always have a few issues and excitements to deal with on the day, and we are ever hungry for feedback and spend time debating how to improve next year's race. For instance, this year we introduced a new water station at the Newport Road / Lime Kiln Lane junction which proved very popular but needs a bit of tweaking to reduce congestion next year. This year we also trialled a proper PA system and bought a set of walkie-talkies, both of which worked well.

Many thanks to everyone on the race committee – that's Liz Slade, Becky Tovey, Ken West, Karen Keane, Matt Hammerton, Lynda Brown and Ian Ralph – for helping make this such a terrific event. I'm standing down as race director. I've had an absolute blast being part of this fantastic race for the last few years, but I'm also keen that it stays fresh and vibrant, and I think it's healthy that the top spot should rotate every so often. I'm very happy to support the next Beer Race director in getting started... could it be you?



# Membership

by Secretary Penny Jennings

Club Membership has grown steadily since the Spring newsletter bringing our total membership to 140

Our new members are: Lisa Reeves, Susanne Stehr, Ashley Stehr, Chris Stevens, Natasha Stevens, Steve Fielder, Hollie Johnson, Tom Wickens, Sarah Gay, Amy Spencer, Paul Pepper, Louise Holliday, Brian Minard, David Gordon, Rachel Vincent and Ella Prinsep

Here are some of their stories:

## Lisa Reeves

Hi I'm Lisa Reeves. I joined Romsey Road Runners in Nov 2018, after receiving an unexpected ballot place to London Marathon 2019 on my first attempt. Joining RRR helped break my fear of running outside (always been a treadmill runner). They also helped me push my pace, distance and find some different routes to run around Romsey -although I'm not a fan of the hills! I haven't been to the club for a few months as unfortunately at the end of Jan 2019, I broke my foot running. I reluctantly had to stop training and defer my marathon place until 2020. With the foot on the mend and slowly easing back in to running, I can hopefully start coming back to the training nights soon. It'll be strange meeting everyone in the daylight having run with most of you through the dark winter nights.



## Laura Kenyon



Hi I'm Laura, I grew up in Romsey and moved back for after I finished university. Both my parents run which encouraged me to start when I was at school and I then ended up being the cross country runner for my year group as no one else wanted to do it. Since I started running I've run a few half marathons and enjoy the Romsey 5 miles in January which I've completed most years since I was old enough to take part. I've also run two marathons my first one being London on my 21<sup>st</sup> birthday and then Southampton last year. The next event I have lined up is the Cider farm frolic which is a 12 hour lapped run which will be my first ultra. Aside from running I also enjoy Pilates which I do once a week as well.

I joined the Road Runners to try and improve my speed as although I have kept my training up since leaving my university club it's been difficult to push myself as much during interval sessions and I can definitely say I've been pushed during the sessions I've done with the club so far. I look forward to running and meeting more members and hopefully get faster over the next year.

### **Alex Wardall**

I'm Alex, and I moved to Romsey last Summer. I've been running since school, where I used to enjoy Athletics (though sprinting and short, not long distance!). Over the years I've enjoyed doing more trail and cross-country events as I love the outdoors, and have recently started to try competing in some trail races. I've joined the running club to get to know more people in the area, improve my running and get back on-top of my fitness



### **Louise Holliday**

Hi, I'm Louise and I live in Awbridge, near Romsey with my family which includes three teenage kids (help!) and dog, Bertie (star of picture). I first started running a couple of years ago when my elder daughter and I decided to do the Race for Life in Southampton. She then conked out with running, but I kept going and have done a couple of 10Ks, including Lordshill last year and Eastleigh this year. I would love to continue to build up my distance, and maybe my pace - I only seem to have one speed! I joined RRR last month and have really enjoyed the first few sessions I have been to and have learnt a lot. Many thanks to everyone I have met so far for being so welcoming, and see you soon!

### **Brian Minard**

Re-joining Romsey Road Runners after a number of years working in Winchester, and previously tri-club linked training.

Having a gap year last year, and now bringing back into life the things that have been enjoyed.



One month with the Club, and the unique passion in club members is observed. There is friendly rapport and acceptance of us newbies.

The main measure of my running is ten Great South runs completed.

Standard distance triathlons have also featured, and well as half and one full Ironman [Austria in 2011]. There has been early season training camps in recent years [Lanzarote].

This year is open to new possibilities and I'll be taking things as they come !



### **Sarah Gay**

I am a sporadic runner, signing up for a 10k or a half marathon, usually on New Year's Day in an attempt to get fit, not training enough and winging it on the day, thankful to hang up my trainers and no longer have to feel guilty for my lack of training commitment.

Wisdom of age may be slowly creeping up on me but this year (again on New Year's Day!!), I chose a slightly different challenge, the Red January run every day for Mind. No distance required... Just run.. every day...

It was so good not to feel any pressure to build up to a 10k and in fact I refused to enter one until I had been running for a few months as I just wanted to enjoy my

slow plods around Romsey.

I'm totally amazed that after living here for 17 years, I have never been to Ampfield woods before, or Lee Lane or Fishlake Meadows nature reserve...

My biggest battle is always in my head... And trying to fit running club into family life can be tricky... Although I find the flexibility to run at other times when I am dropping the boys at sports clubs is what I find works for me.

I may be at the back of the RRR runs, but the encouragement from everyone has been fantastic. I even got a mention in the latest RRR email of the ABP Southampton results!!

## **Amy Spencer**

I've always loved running and have been interested in running and athletics since I was a child.

My life is quite active as most of my days are spent gardening, so the structured nature of Romsey Road Runners is great... I can keep aware of my fitness without over doing it.

I've run a few half marathons over the past 10 years, with different results depending on the training leading up to them.

My main goals are to slowly improve my fitness whilst keeping good form and technique. Most importantly I hope to enjoy running as much as possible and all the social aspects that go with the club as well.



## **Steve Fielder**

I've been running with you all on a Monday for a few months now. It's been a great experience for me to train with people who are of such a high standard and who are so enthusiastic about running! It really has helped me improve my times.

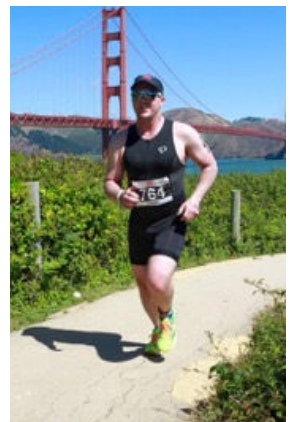
I've got a long way to go but I hope to join you at some of the competitive events this year at the 10k distance.

I started running 6 or 7 years ago after knee problems ended my incredibly low level football career. I really enjoy it but like most struggle to fit it in around work/home.

Overall I would really like to consistently run sub 50 min 10k. Any advice gratefully received.

## **Paul Pepper**

I have just moved back to Romsey having travelled around a lot as a Army Officer. I am loving being back in my home town. I run every other day but know I would benefit from more quality runs sessions, stop me getting slower! I enjoy the Romsey Parkrun, and the Great South Run a typical distance for me to aim for in a competition is probably a 10k. Look forward to seeing you all out, mostly on the Monday evenings session! Pic is me doing my last big event - Escape from Alcatraz Triathlon 2017.



# A message from your session leaders

Henry Ford famously said, "if you always do what you've always done, you'll always get what you've always got".

Now there are two ways that you can read that statement, and there are probably equal numbers of us in the club that have read it each way. Neither is wrong, and neither is right – they're just different. And this is the challenge your session leader team have been grappling with for some time now.

Some in the club love what we've been doing on Mondays and Thursdays and are quite happy thank you, as it's been working well for years and provides us with exactly what we want. Whilst at the same time others have been eagerly pushing for change and more variety in training session that allows us as runners to progress.

So earlier this year we introduced some changes that, after much deliberation, we felt could address the desire for change whilst maintaining the core values and ethos of the club. We said at the time that we might not get it right first time, and we hold our hands up and admit that this was indeed the case. And we thank each of you that took the time and effort to provide feedback, and for doing so in such a positive and constructive way.

We introduced drills & warm-ups before each session (and will endeavour to do this wherever physically possible in the winter)

to develop our core running-form skills, get us properly warmed up before intense sessions and aid injury prevention.

We brought in more time-based sessions (as opposed to purely distance based) to allow us to target a variety of paces & energy systems across our schedule rather than just running flat out.

We started meeting at Braishfield rather than Woodley on a Monday to avoid large groups jogging out along Braishfield road and ensure we don't have too long a warm-up/cool-down that takes away from the quality of our main session.

There have been issues raised with all three of these, and in our last session leaders' meeting they were all shared and discussed.

The main outcome of which is to now start meeting at 6.30 at Braishfield to ensure we don't finish too late, and have secured use of the hall at Braishfield for a common & cohesive meeting point (as well as changing, storing kit and toilets).

We are also aware that some miss the predominantly interval-based training we were doing before, not everybody loves the drills, and some of our new sessions have been a little confusing first-time round. All of which we will be acting on in future training schedules.

I ask you all to continue to provide your thoughts, feedback and suggestions to the session leaders, and in turn I promise that we will continue to listen and adapt accordingly. We can't enact every individual comment passed our way but will continue to act in the interest of the club. And in the spirit of Mr Ford, we hope we will find the right balance in ensuring our club has a bright and prosperous future that honours its glorious past.

Thank for your patience!

Ian & the Romsey Road Runners Session Leader Team

## ***Broadlands Relay Marathon:***



WHAT A DAY!!! Sunday 12<sup>th</sup> May brought with it beautiful sunshine for what was another AMAZING Broadlands Relay Marathon ..... and what can be said except a MASSIVE WELL DONE to EVERYONE who took part!!!

It's a great format for a relay – each team consisting of 10 runners, who complete 2 1.3 mile laps around Broadlands Park before handing over the baton to the next runner, until the team

has successfully completed 26.2 miles!!! The relay is organised in aid of a number of local charities selected by the Rotary Club of Romsey, in what has become a massive local fundraising event. It's no secret – Romsey's Team A were out to win, to defend their title from 2018.... And not only did they achieve the victory, they also ABSOLUTELY SMASHED their course record from last year, taking another 7 minutes off their overall time to finish in an EPIC overall time of 2:24:14!!!

It was quite a spectacle as always and a wonderful sight to see EVERYONE run superbly, with Team B also finishing in a SUB-3 TIME, with an AMAZING 2:51:16!!! And not to be outdone were the AWESOME Team C, who were absolutely flying, and definitely the loudest cheerers as they lined the course cheering everyone on from start to finish!!! WHAT A PERFORMANCE from EVERYBODY!!!

As Karen said so well..... SO PROUD to be part of such a brilliant club!!! You will see by the results how many people managed to shave time of their result from last year!!! That is fantastic and testament to everyone's hard work, inspiring performances and of course to our dedicated coaches and session leaders for



pushing us on!!!

So a MASSIVE well done to everyone, a VERY well deserved victory from the A Team and AWESOME performances all round!!! Also, a MASSIVE cheers to the WONDERFUL support crew, Cliff and Nige for being fantastic team managers, Oscar, Digby and Keana for being the best canine supporters and of course to Karen and Martin for setting everything up and bagging us the BEST spot for cheering and spectating!!!

Here are those EPIC results!!!.....

<b>A TEAM</b>				
Leg	Name	(2018 time)	2019 Time	Pace min/km
1	Matt Hammerton	13:23	13:14	3:09
2	Tim Parker	-	14:05	3:21
3	Mark Suddaby	-	15:20	3:39
4	Amanda Hull	-	15:07	3:36
5	Alex Prinsep	15:01	14:41	3:29
6	Matt Brown	15:31	14:12	3:22
7	Dan Lurcock	15:37	15:05	3:35
8	Neil Jennings	13:52	14:04	3:21
9	Mark Nixon	-	13:18	3:10
10	Ian Ralph	-	15:13	3:37
<b>TOTAL</b>		2:31:04 CR	<b>2:24:14 CR!</b>	<b>3:26</b>

<b>B TEAM</b>				
Leg	Name	(2018 time)	2019 Time	Pace min/km
1	Christopher Brown	17:01	17:01	4:03
2	Nigel Hemsted	-	16:58	4:02
3	Kirsty Jones	-	17:15	4:06
4	Becca Lurcock	-	17:44	4:13
5	Ben Sharman	18:42	18:12	4:19
6	Mark Stileman	14:53	14:40	3:29
7	Ian Winkworth	15:29	17:11	4:05
8	Abi Cooke	17:54	17:54	4:15
9	Mark Winkworth	17:32	17:07	4:04
10	Wayne Windebank	18:21	17:19	4:07
<b>TOTAL</b>		3:01:28	<b>2:51:16!</b>	<b>4:04</b>

<b>C TEAM</b>				
Leg	Name	(2018 time)	2019 Time	Pace min/km
1	Derek Kelly	23:54	23:04	5:29
2	Liz Slade	21:27	20:49	4:57
3	Julia Abab	21:20	21:19	5:04
4	Karen Keane	22:21	22:46	5:24
5	Linn Webb	23:18	23:05	5:29
6	Moir Sankey	-	24:01	5:42
7	Julie Shanker	-	23:16	5:31
8	David Nixon	-	34:06	8:06
9	Anna Duignan	21:44	21:57	5:13
10	Penny Jennings	-	19:40	4:40
<b>TOTAL</b>		3:41:13	3:53:58!	5:33

## **RR10 League 2019..... E.P.I.C!!!!!!...**

Our favourite summer off-road league kicked off on the 17<sup>th</sup> April, with a fantastic event at the Royal Victoria Country Park, over a challenging but enjoyable 3-lapped affair around the grounds of the park. What a season opener too, with 4 of our Romsey men's team coming away with top 10 finishes, Tom Bray with a brilliant 2<sup>nd</sup> place closely followed by Neil in 6<sup>th</sup> and a fantastic return to racing for Jimmy who finished 7<sup>th</sup> in his first race back in the league for 2 seasons, followed by Matt in 8<sup>th</sup> place!!! Brilliant running!!!

Next up for us was Wilverley!!!!.... It's a fantastic course, approximately 8km long with a lovely mixture of grass track, mud, single track and hills!!! It was fun, technical and even included a fallen tree to vault for those who were feeling particularly athletic!!! And I think the men's team were feeling particularly athletic, with another 4 fantastic top 10 finishes for Romsey, Matt Hammerton taking home the win closely followed by Mark in 2<sup>nd</sup> and Tom Bray in 4<sup>th</sup>!!! And if we thought that was good, next up for us was something quite spectacular, even the results secretary for the league commented that in RR10 history a spread of results like those produced by the Romsey A and B teams in Blackfield on the 29<sup>th</sup> May had NEVER been seen before!!!!..... Lets just let the results speak for themselves.....

### **RR10 Race 5 – Blackfield – Romsey Men:**

Pete Baksh		1
Mark Nixon		2
Matt Hammerton	V40	3
Tom Bray		4
Neil Jennings		5
Jimmy Hunt		7
Tim Parker		12
Alex Prinsep		15
Matt Brown		21
Dan Lurcock		36
James Groves		44
Thomas Wharton	V40	53
Christopher Brown		65
Dave Gardner	V40	81
Nigel Hemsted	V60	86
Andrew Archibald	V50	125
Steve Edwards	V60	128
Mark Winkworth	V50	131

And with superb results from the next 2 races as well in Fleming Park and Ampfield, it has already been quite a season!!! Fleming Park saw Mark Nixon return to a Romsey vest and his first victory in an RR10 as a Romsey Road Runner!!! In fact, here's a statistic for you - in 3 of the 5 Races we have competed in so far, a Romsey vest has crossed the line in first place!!! It's no wonder then that the team tables look like this!!!.....



#### Men's team:

		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	TOTAL
1	Romsey Road Runners	2	dro	1	1	1	1	dro						6
2	Stubbington Green Runners	1	1	dro	3	2	2	2						11
3	Lordshill Runners	3	dro	2	4	3	3	1						16
4	Hedge End Running Club	4	4	3	5	dro	5	org						21
5	Southampton Athletic Club	dro	2	4	6	org	8	6						26
6=	Winchester and District AC	9	3	7	dro	4	4	4						31
6=	Romsey Road Runners (B)	12	dro	6	2	5	6	dro						31

#### Ladies team:

		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	TOTAL
1	Winchester and District AC	3	1	3	dro	1	1	1						10
2	Lordshill Runners	2	dro	2	1	3	2	3						13
3	Stubbington Green Runners	1	2	dro	2	2	5	2						14
4	Romsey Road Runners	7	dro	4	7	5	4	dro						27

But the RR10's are not just about winning or celebrating success, in fact for us the main aim is to develop technique, skill and confidence over different types of terrain to make us stronger, more adaptable but also above all, to help us enjoy our running injury free!!! The main draw is however, that they are SO MUCH FUN!!! And for that reason the number one thing we are celebrating this year

is the AMAZING turnout we have had so far from the club at all of the events!!! It's so great to see so many new Romsey Road Runners getting involved, so a MASSIVE kudos to Sue Sylvester, Louise Holliday, Amy Spencer, Alex Wardall, Tim Parker and Thomas Wharton who have made RR10 debuts this year and run superbly well!!! Also, a MASSIVE well done yet again to the mighty Penny Jennings for topping the table for the number of races run since the start of the league in 1995, with a WHOPPING 204 races completed so far!!! WELL DONE EVERYONE, YOU'RE ALL AMAZING!!!

Check out the RR10 results so far for 2019...

<b>Men</b>	<b>Race: 1</b>	<b>2</b>	<b>4</b>	<b>5</b>	<b>6</b>
<i>Alex Prinsep</i>	18	30	15	17	20
<i>Andrew Archibald</i>	148	135	125		
<i>Ben Sharman</i>		125		160	156
<i>Christopher Brown</i>	74	86	65	75	108
<i>Dan Lurcock</i>			36	36	53
<i>Dave Gardner</i>		74	81		91
<i>Derek Kelly</i>		217		265	250
<i>James Battle</i>		17			
<i>James Cole</i>					55
<i>James Groves</i>		64	44		
<i>Jimmy Hunt</i>	7	11	7	8	5
<i>Mark Nixon</i>		2	2	1	
<i>Mark Stileman</i>	24	20		28	24
<i>Mark Suddaby</i>		54		41	
<i>Mark Winkworth</i>	96	93	131		158
<i>Matt Brown</i>	8	13	21	11	22
<i>Matt Hammerton</i>		1	3		2
<i>Neil Jennings</i>	6	6	5	3	6
<i>Nigel Hemsted</i>		76	86	117	98
<i>Pete Baksh</i>			1		3
<i>Richard Cross</i>		176			185
<i>Steve Edwards</i>	135	121	128		
<i>Thomas Wharton</i>			53	76	
<i>Tim Parker</i>	16		12	12	15
<i>Tom Bray</i>	2	4	4	2	4
<i>Wayne Windebank</i>	75				111



<b>Ladies</b>	<b>Race: 1</b>	<b>2</b>	<b>4</b>	<b>5</b>	<b>6</b>
<i>Abi Cooke</i>		19	26	33	43
<i>Alex Wardhall</i>	85				
<i>Alice Lane</i>		54	51	67	58
<i>Amy Spencer</i>					95
<i>Anna Duignan</i>		113	98		
<i>Becca Lurcock</i>	30		25	31	33
<i>Becky Tovey</i>	2	3	4	4	1
<i>Deborah Rees</i>	216				
<i>Em Gordon</i>				54	54
<i>Hannah Semeraro</i>		7		14	11
<i>Jo Mackenzie</i>	104				
<i>Julia Abab</i>	106	88	79	108	89
<i>Karen Keane</i>	138	119	99	128	104
<i>Kirsty Jones</i>	22	17		28	25
<i>Lin Webb</i>	161	130	121	153	125
<i>Liz Prinsep</i>	56	44	31	41	41
<i>Liz Slade</i>	116		80	106	91
<i>Louise Holliday</i>				145	
<i>Maria Hartley-Oinn</i>					109
<i>Moira Sankey</i>					162
<i>Penny Jennings</i>	81	73	62	85	76
<i>Sue Sylvester</i>		96		121	101



So with 4 races remaining there are still plenty of chances to get out there and enjoy the off road madness!!! Also, don't forget to put the 17<sup>th</sup> July in your diary – Ken is looking for as many volunteers as possible to help out with our host race at Janesmoor Pond!!! I definitely recommend coming along and getting involved - it's so much fun and a great opportunity to give back to the league and watch other people do the sweating!!!

RR10 upcoming races:

Date	Start time	Venue
<b>3<sup>rd</sup> July</b>	<b>7:30pm</b>	<b>University Fields, Eastleigh</b>
<b>10<sup>th</sup> July</b>	<b>7:30pm</b>	<b>Whiteley, Fareham</b>
<b>17<sup>th</sup> July</b>	<b>7:30pm</b>	<b>Janesmoor Pond - ORGANISING</b>
<b>31<sup>st</sup> July</b>	<b>7pm</b>	<b>Itchen Valley Country Park</b>
<b>14<sup>th</sup> August</b>	<b>7pm</b>	<b>IBM Hursley Park</b>

Just had to include this picture of our team manager's reaction to winning at Ampfield Woods!



# Pentathlon Table

## Pentathlon: Men

Name	5k	5 mile	10k	10 mile	Half	Mara
Alex P	0:17:36	0:29:18	0:36:32	1:02:43	1:22:06	
Andrew A		0:37:09	0:46:53		1:46:08	
Ben S			0:46:29		1:49:10	5:08:48
Chris L					2:02:25	
Christopher B					1:41:01	
Cliff R	0:23:28	0:37:22	0:46:53	1:26:47	1:44:47	4:43:53
Colin W			0:52:22			
Daniel L	0:19:54				1:33:29	
Dave G					1:36:11	
Derek K		0:46:22	1:09:11			
Gareth R			0:49:30		1:50:42	
Geoff H			1:00:45			
Ian R	0:19:17					3:49:06
Ian W		0:33:51	0:40:39		1:34:08	3:27:05
James B		0:36:15	0:37:40			3:05:05
James C		0:30:34			1:26:41	
James W		0:38:05	0:46:15			4:42:58
Jimmy H			0:35:56			
John Q		0:35:01	0:43:00	1:16:32		
Jonny W			0:44:46			
Keith M	0:22:32	0:37:26	0:45:56	1:20:15	1:48:44	
Ken W			0:57:00			
Mark S	0:19:06	0:29:48	0:37:22	1:03:20	1:20:18	
Mark W						3:49:48
Matt B	0:17:11	0:28:56	0:35:53	0:59:24		
Matt H					1:23:12	2:41:41
Neil J	0:18:21	0:28:18	0:35:18			2:50:08
Nigel H	0:21:42	0:34:41	0:43:33	1:15:29	1:35:29	3:35:42
Paul W		0:38:52	0:47:58			
Peter H			0:53:28			
Ray W		0:46:02	0:57:06			
Remi F	0:19:37				1:29:28	6:24:55
Richard C		0:41:44	0:50:48		1:54:01	
Richard V		0:51:43				
Rob G			1:01:33		2:30:10	
Steve E					1:45:08	
Stuart P			0:47:33			
Tim P		0:29:38				
Tim Y		0:55:25				
Tom B	0:17:45					
Trevor B			0:58:54			
Vytas J			0:41:22		1:42:57	
Wayne W						4:25:51

# Pentathlon Table

## Pentathlon: Ladies

Name	5k	5 mile	10k	10 mile	Half	Mara
Abigail C	0:21:31			1:22:35		4:24:44
Alex W					2:27:37	
Ali F			1:01:48			
Alice C			0:54:35			
Alice L	0:24:44	0:38:21	0:49:25		1:42:54	3:58:31
Amanda H		0:31:52	0:38:55	1:06:57	1:27:54	
Anna D		0:44:50	1:00:00		1:56:11	
Becca L	0:23:05	0:34:30				
Becky T	0:19:05	0:32:40	0:40:16	1:10:13	1:25:35	3:16:31
Brenda T		0:43:23	0:53:16			5:00:35
Bridget W		0:49:57				
Debbie H		0:41:56				
Dorota K		0:47:17		1:46:10	1:55:07	
Elizabeth P		0:38:50	0:46:42	1:20:00	1:43:55	3:37:38
Emily G		0:39:15		1:19:14		
Hannah S		0:32:14	0:41:33		1:47:32	
Heidi G					2:07:52	
Jo B			0:52:13			
Jo M		0:39:48			1:59:22	
Julia A		0:43:53	1:09:11			
Julie S						6:25:01
Karen K		0:44:52	1:09:11			
Kate O		0:38:56			1:58:02	
Kirsty J					1:41:45	
Laura M		0:41:29				
Lin W		0:46:01	0:56:53		2:17:23	
Liz S			0:54:35		2:01:19	4:23:54
Maria H			0:55:04			
Nicole B			0:54:17			
Nikki S		0:49:57				
Penny J		0:40:31		1:36:32	1:52:52	
Samantha T		0:41:44	0:50:21			
Sarah O			1:03:45			
Sarah S			1:11:43	2:15:32		
Sue SI		0:35:07	0:49:18			3:22:51
Sue St		0:40:15	0:49:34	1:26:54	1:52:52	4:09:33
Wendy C	0:40:05	1:11:23	1:49:24			



# Results

## January

### **Plymouth January Jaunt 10k**

Matt Brown - 0:36:11

### **Tadworth 10 miles**

Mark Stileman - 1:03:20, 1<sup>st</sup> AG!

### **Dark Moors 10 miles**

Cliff Reeves – 1:26:47, 11<sup>th</sup> AG

### **Swanage 10k**

Mark Stileman – 37:26, 1<sup>st</sup> AG

Sue Stileman – 51:33, 1<sup>st</sup> AG

### **Stubbington 10k**

Matt Brown – 36:45

Alex Prinsep – 37:28

Elizabeth Prinsep – 48:03, 12<sup>th</sup> AG

Brenda Topliss – 53:16, 1<sup>st</sup> AG

Maria Hartley-Oinn – 55:04

Sarah Osborne – 1:07:20

### **Gloucester Marathon**

Alice Lane – 3:54:04, 2<sup>nd</sup> AG, PB

### **Romsey 5 miles**

Neil Jennings – 28:18, 5<sup>th</sup>, PB

Matt Brown – 28:56, 9<sup>th</sup>, PB

Alex Prinsep – 29:18, 11<sup>th</sup>, PB

Tim Parker – 29:38, PB

Mark Stileman – 29:48, 1<sup>st</sup> AG

James Cole – 30:34, PB

Amanda Hull – 31:52, 2<sup>nd</sup> lady

Hannah Semeraro – 32:14, 3<sup>rd</sup> lady, PB

Becky Tovey – 32:40, PB

Thomas Wharton – 33:09, PB

Ian Winkworth – 33:51

Becca Lurcock – 34:30, PB

John Quayle, 35:01

Andrew Archibald – 37:09

Cliff Reeves – 37:22, PB

Keith Morris – 37:26

James Wilson – 38:05, PB

Alice Lane – 38:21, 3<sup>rd</sup> AG, PB

Elizabeth Prinsep – 38:50, PB

Paul Whitaker – 38:52

Susie Parker – 38:58, PB

Kate Olingschlaeger – 38:56, PB

Em Gordon - 39:15

Jo Mackenzie – 39:48

Sue Stileman – 40:15, PB

Penny Jennings – 40:31

Sam Taylor – 41:44, PB

Laura Mottram – 41:29, PB

Richard Cross – 41:44, PB

Debbie Hallett – 51:56

Julia Abab – 43:53

Karen Keane – 44:52

Anna Duignan – 44:50

Linn Webb – 46:01

Ray Webb – 46:02

Derek Kelly – 46:22

Angela May – 46:41

Dorota Hatch – 47:17

Bridget Wells – 49:57

Nikki Skeats – 49:57

Richard Vie – 51:43

Moira Sankey – 52:04

Tim Young – 55:25

## February

### **CTS Devon – Half Marathon (16 miles!)**

Mark Stileman – 1:54:55, 1<sup>st</sup> AG

CTS Devon – 10k

Sue Stileman – 1:21:53, 2<sup>nd</sup> AG

### **Ryde 10 miles**

Liz Prinsep – 1:24:18

### **Wild Night Dark 10 miles**

Elizabeth Prinsep – 1:59:59, 2<sup>nd</sup> AG

### **Portland Coastal Trail Marathon**

Ian Ralph – 3:49:06, 4<sup>th</sup>, 2<sup>nd</sup> AG

### **Lytchett Manor 10 miles**

Keith Morris – 1:20:15

Sue Stileman – 1:26:54

### **QE Olympic Park Half Marathon**

Annie Tomlinson – 1:53:51

Liz Slade – 2:02:05

### **Winchester 10k**

Matt Brown – 36:40, 9<sup>th</sup> Mark Stileman – 37:22

Alex Prinsep – 37:25

Mark Suddaby – 40:36

Vytas Jakimavicius – 42:18

Ben Sharman – 46:29

Liz Prinsep – 47:02

Keith Morris – 48:30

Jo Blatherwick – 52:13

Liz Slade – 54:35

### **CTS Northumberland**

Becky Tovey – 3:49:02

Alice Lane – 5:09:51

Julie Shanker – 6:25:01

### **Bramley 10 miles**

Nigel Hemsted – 1:15:29

### **Bramley 20 miles**

James Battle – 2:17:51

### **Tokyo Marathon**

Brenda Topliss – 5:00:35

## **March**

### **Larmer Tree Marathon**

Abi Cooke – 4:24:44, 6<sup>th</sup> lady, 2<sup>nd</sup> AG

Ben Sharman – 5:08:48

### **Larmer Tree Half Marathon**

Penny Overy – 2:49:33

### **Dark Larmer**

Pete Hartley-Oinn – 1:13:16, 1<sup>st</sup> AG

Maria Hartley-Oinn – 1:24:07, 1<sup>st</sup> AG

### **The Grizzly**

Mark Stileman – 2:39:57, 1<sup>st</sup> AG

Sue Sleath – 3:03:02

Hannah Semeraro – 3:19:36

Tam Ryan – 3:36:01

### **CTS Sussex Marathon**

Alice Lane – 5:18:08, 2<sup>nd</sup> AG

### **Fleet Half**

Liz Prinsep – 1:44:28, PB

### **Reading Half**

James Cole – 1:26:41, PB

Nigel Hemsted – 1:38:57

### **Bath Half**

Mark Stileman - 1:20:18

Sue Stileman – 1:53:21

### **Eastleigh 10k**

Neil Jennings 0:35:18

Matt Brown 0:35:59

Alex Prinsep 0:36:41

James Battle 0:37:40

Amanda Hull 0:38:55 9<sup>th</sup> lady, 2<sup>nd</sup> AG, PB

Mark Suddaby 0:39:37

Becky Tovey 0:40:16 PB

John Quayle 0:43:00 PB

Nigel Hemsted 0:43:33 PB

Keith Morris 0:45:56 PB

James Wilson 0:46:15

Elizabeth Prinsep 0:46:42 PB

Cliff Reeves 0:46:53 PB

Andrew Archibald 0:46:53

Ben Sharman 0:47:26

Stuart Pinch 0:47:33 PB

Gareth Roberts 0:49:30

Alice Lane 0:49:33

Sue Stileman 0:49:46 PB

Samantha Taylor 0:50:21 PB

Richard Cross\* 0:50:48

Nicole Baptista 0:54:17 PB

Lin Webb\* 0:58:02 PB

### **Wickham 10k**

Mark Stileman 0:39:43 1st  
Sue Stileman 0:51:33 2<sup>nd</sup> lady  
Peter Hartley-Oinn\* 0:53:28  
Susie Parker 0:55:11  
Maria Hartley-Oinn 0:59:34

### **Wickham 20k**

Richard Cross – 1:57:34, 6<sup>th</sup> Wickham 20 miles  
Mark Winkworth – 2:50:54  
Liz Prinsep – 2:56:10

### **Queen Elizabeth Spring Half Marathon**

Hannah Semeraro – 1:46:53, 2<sup>nd</sup> lady

### **Cranleigh 21 miles**

James Battle – 2:19:53

## **April**

### **South Downs Way 50!**

Ian Ralph – 7:37:00

### **Devizes half Marathon**

Sue Stileman – 1:52:52

### **Coombe Gibbet to Overton 16 miles**

Mark Stileman 1:44:37 4th  
Tom Bray 1:50:14 8th  
Becky Tovey 1:56:33

### **Manchester Marathon**

Alice Lane 3:58:31

### **Brighton Marathon**

Elizabeth Prinsep – 3:37:38, PB

### **CTS Pembrokeshire Half Marathon (16 miles!)**

Hannah Semeraro 2:21:36 10<sup>th</sup> lady

### **Averio 10k, Portugal**

Mark Suddaby 0:42:36

### **Corsham 10k**

Mark Stileman 0:37:24  
Sue Stileman 0:49:34

### **London Marathon**

Matt Hammerton 2:41:41  
James Battle 3:05:05  
Becky Tovey 3:16:31  
Sue Sleath\* 3:22:51  
Alice Lane 4:04:03

### **Stirling Half Marathon**

Kirsty Jones 1:41:45 PB

## **May**

### **The Fox Marathon**

Wayne Windebank 4:25:51

### **Fordingbridge Fire Station 10k**

Jimmy Hunt 0:35:56, 2<sup>nd</sup>

### **Southampton Marathon**

Neil Jennings 2:50:08  
James Wilson 4:42:58

### **Southampton Half Marathon**

Mark Stileman 1:21:36  
Alex Prinsep 1:22:06  
Amanda Hull 1:27:54  
Dave Gardner 1:36:11  
Dave Gordon 1:43:52  
Elizabeth Prinsep 1:43:55  
Steve Edwards\* 1:45:08  
Andrew Archibald 1:46:08  
Ben Sharman 1:50:45  
Gareth Roberts 1:50:42  
Penny Jennings\* 1:52:52  
Alice Lane 1:53:28  
Richard Cross\* 1:54:01  
Penny Overy 2:06:28  
Sue Stileman 2:08:54  
Lin Webb\* 2:17:23  
Rob Gowman 2:30:10

## Southampton 10k

Jonny Williams 0:44:46  
Colin Williams\* 0:52:22  
Trevor Bond\* 0:58:54  
Ali Fielder 1:02:34  
Sarah Osborne 1:03:45  
Sarah Savage 1:11:43

## Hurstbourne Tarrant 5

Sue Sleath\* 0:39:34

## Houghton 11k

Jimmy Hunt 0:42:14 1<sup>st</sup>  
Hannah Semeraro 0:50:08 1<sup>st</sup>  
lady  
Mark Adams 1:05:07  
Liz Slade 1:06:02  
Sue Sylvester 1:06:25  
Julia Abab\* 1:07:12  
Kate Snow 1:08:01  
Karen Keane\* 1:11:02  
Derek Kelly\* 1:13:34  
Anna Duignan\* 1:14:01  
Wendy Couper\* 1:43:30

## Hellstone Half Marathon

Alex Wardall 2:27:37

## Harewood Forest 10k

Mark Stileman 0:40:09 4<sup>th</sup> place  
Thomas Wharton 0:43:57  
Sue Stileman 0:54:54 6<sup>th</sup> lady  
Alice Lane 0:57:21  
Derek Kelly\* 1:09:11  
Anna Duignan\* 1:09:11  
Karen Keane\* 1:09:11  
Julia Abab\* 1:09:11  
Liz Slade 1:09:11

## Harewood Forest 5k

Wendy Couper\* 0:41:06 1<sup>st</sup> AG

## Liverpool marathon

Mark Winkworth – 3:49:48

## June

### Marlborough Downs Challenge 35 miles

Sue Sleath\* 5:23:53 1<sup>st</sup> AG  
Alice Lane 7:37:09

### Maverick Dorset 7k

Anna Duignan\* 1:01:39  
Wendy Couper\* 1:20:20

### Alton 10 miles

Elizabeth Prinsep 1:21:44

### Lymington 10k

Andrew Archibald 0:47:15  
Geoff Horwood 1:00:45

### Yeovil Marathon

Sue Stileman 4:09:33 PB

### Race the Tide Ultra (33 miles)

Alice Lane 6:10:52

### Alresford 10k

Elizabeth Prinsep 0:48:25

### Chichester Centurion Country 5 mile

Nigel Hemsted 0:34:41 2<sup>nd</sup> AG

### Cheriton Trail Race

Mark Stileman 1:15:37 5<sup>th</sup>, 1<sup>st</sup> AG  
Sue Stileman 2:01:29  
Mark Winkworth

### Sydling Hill 11k

Mark Stileman 45:36 1<sup>st</sup> !  
Sue Stileman 1:05:17 8<sup>th</sup> Lady, 3<sup>rd</sup>  
AG !

### Race to the King Ultra (53 miles)

Elizabeth Prinsep 11:56:39

### Banana Triathlon Eton Dorney

### Jumbo Banana (Olympic Distance)

Alex Prinsep 2:30:37, 1<sup>st</sup> AG!

James Wilson 2:55:40  
Cliff Reeves 2:59:30

### **Whole Banana (Sprint Distance)**

Jo McKenzie 2:36:15

### **Banana Fritter (Super Sprint Distance)**

Liz Prinsep 1:29:19, 3rd  
AG!

### **Banana Duathlon**

Wayne Windebank 1:15:00  
Julie Shanker 1:41:59, 1st  
AG!

### **Lordshill 10k:**

Alex Prinsep 40:23  
Nigel Hemsted 44:49 7th AG!  
Liz Prinsep 47:49, 4th  
AG!  
Richard Cross 50:36  
Brenda Topliss 55:49, 1st AG!  
Lee Ransom 56:40, PB!

### **Littledown Marathon**

Matt Brown 3:38:37,  
10th overall, 5th AG, PB (marathon  
debut)!!!

### **Martello Half Marathon**

Mark Stileman 1:25:43 3<sup>rd</sup> !  
Sue Stileman 2:01:35



# Upcoming Races

## JULY 2019

- Sunday 14th 10:00am **Wyvern 10k**  
Wyvern Technology College, Hampshire  
<https://southernrunningguide.com/race.php/wyvern-10k>
- Wednesday 17th 7:30pm **RR10 Race 10**  
Janesmoor Pond, Stoney Cross  
<http://rr10.org.uk/>  
Romsey Road Runners to organise. Please consider volunteering!
- Sunday 28<sup>th</sup> **Porchester Castle 10km**  
<https://ruralrunningevents.com/event/portchester-castle-10k>  
A multi lap 10k around the grounds of Portchester Castle and the local countryside.
- Wednesday 31st 7:00pm **RR10 Race 11**  
Itchen Valley Country Park  
<http://rr10.org.uk/>

## AUGUST 2019

- Wednesday 14th 7:00pm **RR10 Race 12**  
IBM Hursley Park  
<http://rr10.org.uk/>
- Sunday 11th **Salisbury 5-4-3-2-1 trail runs**  
<http://salisbury54321.com/index.html>  
The Salisbury 5-4-3-2-1 walk, or trail is an event suited to all the family, with a choice of distances from 5km to the more demanding 42k/Marathon, or even a 50k Ultra Marathon. The routes will be over footpaths, bridleways and quiet country roads in the Salisbury Wessex area. the walk/trail runs will take you past a variety of sites of historical and scientific interest and through country estates not usually open to the general public.
- Sunday 18th **Wickham 10k**  
Mill Lane, outside Wickham Centre  
<https://ruralrunningevents.com/event/wickham-10k-road-race-cx>  
Run on the improved 2018 course, the Wickham 10k starts on the northern outskirts of the village. Starting in Mill Lane, outside the Community Hall, with plenty of parking, toilets and a bag drop. The route is hilly and all on road

# SEPTEMBER 2019

Sunday 1st

## **Meon Valley Trailblazer**

<https://ruralrunningevents.com/event/meon-valley-trailblazer>

The meon valley trailblazer is running all three of the Meon Valley Express races consecutively

10:30 **The Beast**

Corfe Common, West Street, Corfe Castle, Dorset

<https://pooleac.co.uk/club-events/the-beast/>

The Beast is just that, a beast of race. The 12(ish) mile 'undulating' course starts on Corfe Castle Common before heading out towards Worth Matravers and then on to the coastal path. The course then heads back towards Corfe with only a few 'minor' hills.

14.00pm **Overton 5**

<http://www.overtonharriers.org.uk/club-races/overton-5/> Overton

Recreation Centre, Overton, Bridge Street, Overton, Hampshire RG25 3HD

This chip-timed, single lap, 5-mile undulating course on quiet roads is the start of 2019/2020 Hampshire Road Race League.

Saturday 7th

## **Awbridge Fun Run**

Friendly village race, 2k (suitable for children) and 6k trail race. Registration opens at 1030.

Sunday 8th

9:00am **New Forest Marathon**

New Park Showground, Brockenhurst, Hampshire, SO42 7QH

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

6 race options for 2019: Marathon, Half Marathon, 10k, 5k, Junior 1k and 200m Race, and Woodland Walk.

All routes wind through the heart of the New Forest National Park. The multi-terrain courses offer some of the most scenic running experiences with a blend of forest enclosures, open roads, far reaching views and the famous New Forest ponies.

10:30 am **Stockbridge 10k and Fun Run**

Stockbridge Primary School, Old London Rd,

Stockbridge Hampshire SO20 6EJ

<http://stockbridge10k.webeden.co.uk/> The route is one lap over rural roads and byways with two short loops near the Start. All runners must keep right on the roads and give way to traffic. Each KM will be marked. One

water station will be available on route at about half way at the top of Cow Drove hill, and water will be available at the finish

TBC Sunday 8th 9:00am

### **CC6 Race 1**

Fleming park Fleming Park, Eastleigh, Hampshire, UK <http://www.cc6.co.uk/>

Sunday 15th 10.30am

### **12 fun run Hursley multi-terrain 10k**

John Keble School in Hursley

<https://www.hursley10k.co.uk/>

A unique multi-terrain course, run over the private Home Farm estate. Start and Finish at John Keble School in Hursley. The famous Hursley 10k BBQ with burgers plus tea, coffee, cake stall will be available.

Sunday 22nd 10am

### **Winchester Half Marathon**

Winchester Guildhall

<http://winchesterhalf.co.uk/event-info/on-the-day/>

Enjoy a scenic run through Winchester and its countryside.

10am

### **Solent Half Marathon**

Gang Warily Recreation Centre, Newlands Road, Blackfield, Hampshire, SO45 1GA

<http://www.hardleyrunners.co.uk/SolentHalf.html>

It is a friendly race with up to 500 entries and a lovely course winding through the New Forest around Exbury and along the Solent shore at Lepe.

TBC Sunday 29th 9:00am

### **CC6 Race 2**

Whitely

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

## **OCTOBER 2019**

Sunday 6<sup>th</sup>

### **Clarendon Marathon, Half, Relay and 5 miles**

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

A favourite with a number of our club runners, with a variety of distances to suit all. Mostly trails through beautiful countryside, starting from Salisbury (marathon & relay), Broughton (half) and Farley Mount (5 miles), all finishing at Kings' School Winchester.

Sunday 6th 9.45am

### **Portsmouth RNLI 10K Race**

<http://www.fitprorob.biz/10km-runs/> RNLI 10K

fun run along Southsea seafront. All in aid of the RNLI, who will be on hand with fantastic support and outstanding refreshments.

10am

### **Bournemouth Marathon**

[http://www.run-bmf.com/?marathon\\_eventinfo](http://www.run-bmf.com/?marathon_eventinfo)  
Popular event with many distance options available. Flat course ideal for PB attempts!

Sunday 20th

10am

### **Great South Run**

Clarence Esplanade, Southsea  
<https://www.greatrun.org/great-south-run/event-info>  
Probably the best known 10 mile race in the UK. Flat and fast course good for a PB, but save your energy for those last two miles along the coast!

## **NOVEMBER 2019**

TBC Sunday 3rd 9:00am

### **CC6 Race 3**

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

9.30am

### **Hayling 10**

Community Centre, Hayling Park PO11 0H  
<http://www.athleticevents.co.uk/page4.html>  
The Hayling 10 is a fast, flat 10 mile road race that winds its way around the roads at the southern tip of Hayling Island.

10 am

### **The New Forest Stinger**

Ocknell Campsite  
<https://www.tottonrunningclub.co.uk/stinger>  
A scenic 5 or 10 mile run through the beautiful new Forest National Park. Perfect for those that enjoy multi terrain including forest trails, woodland and open heathland, Start time is 10am from Ocknell Campsite (TBC)

Sunday 9th

10am

### **Remembrance Day 10k & 5k (CX)**

<https://ruralrunningevents.com/event/remembrance-day-10k-5k-cx>  
This event, takes in some of the areas most stunning views, over Portsmouth and the Solent beyond. Run on closed roads, through country lanes and along part of the top of Portsdown Hill, the race will feature chip timing.

Sunday 17th 10am **Gosport Half Marathon**  
Bay House School, 18 Gomer Lane, Alverstoke, Gosport, Hampshire PO12 2QP  
<http://www.gosporthalf.org/>  
The route starts and finishes at Browndown Rd, then has two laps which go all the way along the Seafront at Lee-on-the-Solent. The outward leg is mainly run on cycle-paths and pavement, the return leg goes along the Esplanade. The course is flat save for two short ramps along the Esplanade.

## DECEMBER 2019

Sunday 1st **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.

TBC Sunday 9th 9:00am **CC6 Race 4**  
Janesmoor Pond Stoney Cross  
UK <http://www.cc6.co.uk/>

Sunday 30th 10:30 **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.

## JANUARY 2020

Sunday 26th 0900 **Romsey 5 mile**  
<https://romsey5.co.uk/>  
Another club favourite, fast and flat course round the Broadlands estate





# Summer Training Schedule 2019

	July	Coach	August	Coach	September	Coach
<b>Mon 1</b>	Braishfield: From Wheatsheaf (Intervals - 4 or 5 x 1km)	Richard	Track: Zones 1 to 4	Deborah	<b>Mon 2</b> Club Handicap (5km TT)	Keith Ian R
<b>Thu 4</b>	Track: Timed Intervals	Mark W	Braishfield: From Wheatsheaf (Intervals - 4 or 5 x 1km)	Mark S	<b>Thu 5</b> Lee Lane	Mark S Sue
<b>Mon 8</b>	Braishfield: Rudd Lane Triangle (Hill intervals - 30min)	Sue	Track: Timed Intervals	Richard	<b>Mon 9</b> 1/2 Straight Mile (Pyramid) 3/4 Crampmoor (Hill intervals - 30min)	Becca Richard
<b>Thu 11</b>	Track: 40/20	Ian W	Braishfield: 5km Time Trial	Dorota Ian R	<b>Thu 12</b> Mill Lane	Dorota
<b>Mon 15</b>	Braishfield: 5km Time Trial	Alice Keith	Track: 40/20	Ian W	<b>Mon 16</b> 1/2 Crampmoor (Hill intervals - 30min) 3/4 Straight Mile (Pyramid)	Mark W Alice
<b>Thu 18</b>	Track: Congruent 500m	Dorota	Braishfield: Rudd Lane Triangle (Hill intervals - 30min)	Becca	<b>Thu 19</b> Lee Lane	Mark S Richard
<b>Mon 22</b>	Braishfield: Kiln Lane (VO2: 5 or 6 x 3min)	Deborah	Track: Congruent 500m	Keith	<b>Mon 23</b> 1/2 Cupernham Fishlake (Intervals) 3/4 Harefield Infinity Loop (hills)	Ian W Keith
<b>Thu 25</b>	Track: Out and Back	Mark W	NO CLUB - BANK HOLIDAY		<b>Thu 26</b> Fishlake Meadows (15 x 1min over/under threshold)	Sue
<b>Mon 29</b>	Braishfield: Wheatsheaf loop (Threshold - 4 or 5 x 5min)	Becca	Track: Out and Back	Alice	<b>Mon 30</b> 1/2 Harefield Infinity Loop (hills) 3/4 Cupernham Fishlake (Intervals)	Becca Deborah