

Autumn Training Schedule 2019

Date	October	SL	Date	November	SL	Date	December	SL
Thu 3	Great Well Drive	Mark W	Mon 4	1/2: Abbotswood P2P 3/4: Haltenworth/Ind Estate	Mark W Alice	Mon 2	1/2: Abbotswood loops 3/4: Cupernham/Fishlake (rev)	Mark S Ian W
Mon 7	1/2: Campion Drive 3/4: Abbotswood loops	Ian R Dorota	Thu 7	Tempo run	Mark S	Thu 5	Tempo run	Richard
Thu 10	Tempo run	Mark S	Mon 11	1/2: Haltenworth/Ind Estate 3/4: Fishlake 2x2 (shortened)	Richard Ian W	Mon 9	1/2: Cup/Fishlake (rev) 3/4: Halt/Tadburn (rev)	Sue Deborah
Mon 14	1/2: Abbotswood loops 3/4: Cupernham/Fishlake	Richard Alice	Thu 14	Great Well Drive	Keith	Thu 12	1/2: Tadburn Road over/under 3/4: Cemetery Hills	Ian R Moir
Thu 17	Fishlake Meadows - threshold	Ian W	Mon 18	1/2: Baddesley 2x2 3/4: Campion Drive	Sue Deborah	Mon 16	1/2: Halt/Tadburn (rev) 3/4: Abbotswood P2P	Mark W Dorota
Mon 21	1/2: Cupernham/Fishlake 3/4: Haltenworth/Tadburn	Sue Keith	Thu 21	Fishlake Meadows - over/under	Ian R	Thu 19	Christmas lights run	Derek
Thu 24	1/2: Cemetery Hills 3/4: Tadburn Road - VO2 max	Ian R Moir	Mon 25	1/2: Campion Drive 3/4: Abbotswood loops	Mark W Dorota	Mon 23	1/2: Abbotswood P2P 3/4: Haltenworth/Ind Estate	Mark S Alice
Mon 28	1/2: Haltenworth/Tadburn 3/4: Abbotswood P2P	Mark S Deborah	Thu 28	Tadburn Road - VO2 max	Alice	Thu 26	NO CLUB	
Thu 31	Brook Way	Dorota				Mon 30	Harefield - Kenyan hills	Richard

RELAY

Autumn 2019



ROMSEY

ROAD RUNNERS

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Cover Photo: Fleming Park RR10.

Note from the chair

Hi everyone,

Wow what a summer. Lots of amazing people running some fantastic times, pushing their personal boundaries. Great to see so many new runners to the club, some from the couch to 5K, some moving in to the area and many returning to the sport after a spell away.

Well done to Dorota, Moira and James who ran a great C25K from April to June. They have continued to take some of them out on runs through the summer and include them into the club.

I would like to say a big thank you to our session leaders who give up their time to plan our sessions and keep us safe.

Please can you all think about taking on the role of race director for our beer race next June. Mark Stileman has decided after a long spell in role doing a fantastic job, its time to let someone else have a go. There is a fantastic spreadsheet set up with all the activities that are required. The committee is also very experienced. Perhaps 2 of you would like to do it together?

How proud we were of our amazing men's team at the RR10, some exceptional personal performances both male and female.(I won't say any more and steal Becky's thunder)

Don't forget our awards night / AGM on the 15th Nov at Wellow golf club. We try and send all Committee reports out early so you can prepare any questions so the AGM only takes approx 30 minutes, then we can get onto the social (eating and skittles).

Partners are more than welcome. There is a bar area where they can sit so they do not have to listen to the AGM.

During October the voting box will be coming to club so you the club members can vote for your Romsey Road Runner of the year. Last year's winner was Ian Ralph for his commitment to the training sessions / time spent taking coaching course as a

great ambassador for the club. As you can see this award isn't for the best runner it is for what they do for the club.

Wishing you all a happy injury free autumn.

Keep Running

Karen Xx

A message from the Social Secretary

Just to inform everyone that the AGM/Skittles evening has been booked for the 15th November at Wellow Golf Club. It's the same format as the last couple of years as this seems to work well. The AGM will start promptly at 7.30 with food to follow. There will be two courses, a main and sweet. Menu options and cost will be posted on the website in due course. This will be followed by a game of skittles.

On a separate note, I will be stepping down from the social secretary position after the AGM so if there is anyone interested in taking over then please have a chat with me about it.

Wanted: Beer Race Director

After five years of being part of the Romsey Beer Race team, I've decided that it's time to step aside for someone else to take it over.

I've really enjoyed the Race Director role, working with a great team to put on an event that is really loved by runners and is enthusiastically supported by the local community. I think it's really important that it stays vibrant and fresh, which is why I'm stepping down as race director.

It's a real gem of a race, built on a really simple formula – a small, friendly event in lovely countryside, no cheesy razzmatazz, low entry fee, enthusiastic support around the course and beer and home-made cake at the finish. And did I mention the free children's fun run? Honestly, does it get any better?

We're now looking for someone new to take on the role and bring their own personality to the event. 'What would I be letting myself in for?', I hear you cry. Well, here goes:

- Working with other organisations – this means making arrangements with our sponsors, local facilities (e.g. the village hall), chip timers, first aid providers, Test Valley Borough Council and Run Britain. The key bookings for 2 June 2020 are already done.
- Chairing the race committee meetings – this is where we get to work through decisions and allocate tasks. Meetings are invariably over a cup of tea or a pint, and are very sociable affairs.

- Shouting through a megaphone on race day – this is the really fun bit. Even better, you get to press the air horn.

I can promise that it's a really enjoyable and satisfying job, with much of the detail handled expertly by the wonderful committee team. I'll gladly provide support and advice as required in passing on the baton.

Could the next Beer Race director be you? If you're interested, please do come and have a chat.



RRR Report

September has seen Romsey Road Runners build on the successes of the summer with even more great performances from the team. The 1st September was the aptly named 'Beast' in Dorset. The Beast is a run over 12.5 miles 2000 ft of elevation and saw Mark Stileman once again put in a great performance to finish 6th overall and 1st in age group in a time of 1hr 35m. Sue Sleath also won her age group completing in 1hr 59m. Romsey ladies were first team home in the team event with the team consisting of Abi Cooke, Hannah Shutt and Sue Sleath. Also competing in The Beast were Tamatha Ryan (2.07), Alice Lane (2.36) and Sue Stileman (2.35). On the same day James Wilson ran the Bedford Half Marathon in a seasons best of 1hr 44m.

8th September also saw two major events happening in Dorset and the New Forest. First of all was the 'Crafty Fox' Marathon and half. The Marathon takes place over the rolling hills of Dorset and contains 2600 feet of climb over



its 26 mile course and this race saw Sue Stileman complete her 6th Marathon in an amazing time of 5hrs 25mins. The half marathon was no easier on the hills with 2000 ft of elevation over its 13 mile course. Susie Parker completed this in an excellent time of 2hrs 40 mins and the incredible Mark Stileman finished in 2hrs and 2mins.

It was also the New Forest Marathon and Half Marathon the same weekend and once again there were some absolutely amazing results. The Marathon was run by Alice Lane in an incredible time of 4hrs 36 Mins in what was her 33rd Marathon. Neil Jennings completed the Half Marathon in 1hr 16m finishing in 4th place overall with Alex Prinsep finishing not far behind in 19th place with a new PB of 1hr 21m. Other notable performances came from Dave Gardner (1.38), Liz Prinsep (1.40), Keith Morris (1.49) and Richard Cross (1.56).

Membership

by Secretary Penny Jennings

The club has lots of new members recently including 4 from the C25K group.

They are: Rachel Vincent, Matthew Billings, Jo-An Rhodes, Sue Jones, Carole and Bryan Ruppung, Dawn Pease, Tricia Hall and Sally Gard. Our total is now 154 members.

Sam Weston

Hi, I'm Sam! I took up running briefly during University (about 8 years ago) after encouragement from a friend, but got put off after a I got "runner's knee" a year in and hung up my running shoes. Last April at the Topsy Pig in Romsey on a Friday night, another friend somehow managed to convince me it was a good idea to go with him to Southampton parkrun the next morning. Now 43 parkruns and numerous other runs later, I'm very much hooked again!

I came to my first Romsey Road Runners session in late July and immediately felt very welcome. My initial reason for joining was a desire to learn how to run and train "properly" with people more experienced than myself. It's really nice to have a regular place to go and soak up the enthusiasm you all have for running, especially on those evenings when mine is a bit lacking. After a few short weeks of training with the club, I can already feel my running ambitions increasing from just getting my parkrun times down, to getting alongside some of the faster members of the club in the Results pages at the back of this magazine. See you all soon!





Rachel Vincent

Hi everyone, I'm Rachel and I joined RRR in May this year. As awful as this will sound to a group of passionate runners, I feel I should be honest by saying I've never really liked running (bear with me here...). I swore blind after completing the Eastleigh 10k back in 2008 that I'd never run again, as having to turn down cake at the finish line due to turning a certain shade of green felt like a very strong signal that it wasn't the sport for me. Yet that all changed last September when a friend and I decided over a glass of wine that we'd start running together in an attempt to get fit and to tackle the Eastleigh 10k again. Now, here I am a year on and I can honestly say I really enjoy running!

I've done a number of races this year, ranging from the Romsey 5 to the New Forest 10 miler, and I enjoy taking part in Parkruns too. I've joined RRR as I'm keen to meet others that enjoy running and to learn new skills that will help me improve my overall running technique and ability. Everyone has been so friendly and welcoming since I joined, and the sessions I've attended so far have been great too. I look forward to becoming a more regular member of the group over the coming months.

Matthew Billings

"I've been running off and on for the last 15 years or so, but really got the bug a couple of years back when a colleague persuaded me to run the Bournemouth Marathon with them - I loved the training and the race and have been running regularly since.

Next year I have a place in the London Marathon and will probably run the Bath Half as a warm up. I also have signed up to Man-vs-Coast in June (a mix of trail running and coastering around Lands End).

When I am not running I try to spend time cycling, swimming or riding horses."



Sally Gard

I am new to regular running and by joining the running club I hope to get fitter, spurred on by the encouragement of others, by doing it more frequently.

Jo-an Rhodes

I started running/jogging (which I used to think was sooo boring!) in my early 40's to help give me respite when I had a relatively young family but very poorly parents. I then recognised how good running made you feel and how supportive the running world is! I had a break for a couple of years but in that time my daughter has started running too and encouraged me to continue and we signed up for the royal parks 1/2 marathon in October in aid of pancreatic cancer. I panicked thinking I was not fit enough to do this (having run it 5 years ago for the Hampshire air ambulance then saw the ad for 'couch to 5 k' with Romsey roadrunners and thought I would join and it may give me confidence to recommence my running journey in a new area (as moved here 2 years ago and have not had the confidence to join) and the rest is history as Dorota, Moira and James were amazing and encouraging to us all over 10 weeks and am now a full fledged member and so enjoyed meeting so many lovely members who are incredibly encouraging. Thank you! Am loving being part of such a supportive club!



Sue Jones



“Hi, I’m Sue and I’m a ‘graduate’ of the 2019 couch to 5k. Huge thanks to Dorota, Moira and James for encouraging and cajoling us through our 10 weeks and their support since. This was my first running experience and four months since I started I’m still running regularly and even enjoying it (most of the time!). My main sport is skiing, but you may have noticed a lack of ski slopes in Romsey, so I’m aiming to keep running to improve my fitness ready for the

Winter. I really appreciate the friendliness and support of everyone in the club. I know I run slowly but no-one else ever makes me feel as if I do.”

Tricia Hall

Hi, I’m Tricia, I’ve joined Romsey Road Runners after setting myself the challenge of running the London half marathon in March, I am always in awe of those that can run, hence my challenge, I am found in the gym most mornings but you would never find me on the treadmill, I am finding it quite hard to be self-motivated and feel coming along and joining in on the sessions is what I need, not quite sure I’m enjoying the running as yet but feel really pleased with myself when I’ve finished the session, apparently It will come ;) Everyone has been friendly, welcoming and encouraging so thank you to all and hopefully soon I’ll be running with a smile and shouting catch me if you can.



Race Recovery

To help us all learn more from each other the session leaders have decided to include a 'discussion topic' as part of our quarterly meetings. The idea is to take things that members of the club think is important, read up on it, debate it and share this back with the rest of the club. And of course, implement any great ideas that pop-up along the way.

The first topic is recovery, and in particular post-race recovery, and was suggested by Abi Cooke. If you have a subject or question you would like us to debate next time, just let one of us know.

So, to start off what do we mean by recovery?

Our cosy fireside chat in the Wheatsheaf started with a brief discussion around what recovery really is. And we came up with three types of recovery:

1. Taking a recovery between efforts within a single session so you can run harder in each effort;
2. Recovery days within your training-plan to allow for adaptation and stave off fatigue/injury;
3. Post-race recovery to allow both body and mind to recoup after pushing yourself fast/long before starting to train for the next race.

Based on Abi's suggestion we focussed on the post-race element of recovery, but as you will see all three elements are intertwined in our discussion.

The group felt that within our club, as with any other running club, there can be an element of peer pressure to train hard and keep things up after a race. If there is a lack of information or advice to the contrary, then newer or inexperienced runners might look on this model as the one to follow.

So, as session leaders and coaches we felt we have a clear role to play here to help members of the club increase their knowledge, provide clear ways to recover in-and-around our sessions and offer reassurance to follow a better route to recovery.

Okay, so recovery is important, but why exactly?

Within any training plan we need to build in recovery days and recovery periods. Why, because the benefit of training doesn't come during the session itself, but in the period following that as the body adapts to the stresses you've put it under and rebuilds stronger – this process is called supercompensation. If you don't allow for this recovery period, then you aren't allowing your body to adapt. Put simply, if we don't recover we don't get the benefit.

If we want to improve as runners, we must allow our bodies to adapt. This is especially the case after a race where we will (most likely) have pushed ourselves to our maximum. If we race hard one day and then train hard again the next, we're not getting the benefit, at best. At worst, we're actually starting to hurt ourselves and set ourselves up for 'detraining' or even injury.

Some of you may have read the book "80/20" by Matt Fitzgerald who extols

the benefits of training slower to run faster. As well as suggesting that 80% of running should be slow and steady, he also promotes the use of recovery runs as a crucial part of training, not a pause or rest from it.

Whilst some amongst us had read the book and some even follow what Matt has to say, the counter argument made was that while this approach may work for some, as with most things, it can often depend on the individual. This highlights one of the key problems with recovery, particularly in a club like ours. We see what one person does and think 'well I've got to do what they do'. But like many aspects of running, it's very individual and the key is learning how to listen to our bodies and how it reacts - but that takes a lot of time and experience.

Right, now I know I need to recover how do I go about it?

One of the key points everybody round the table was keen to make was that recovery didn't necessarily mean not running. Whilst in many cases the day after a race really should almost certainly be a non-run day, the length of time away from running and the profile of the recovery depends very much on the individuals age, how long they've been training for, general fitness and, of course the nature of the race itself.

However, recovery should definitely mean a period of reduced running in terms of intensity, duration, and to a lesser extent frequency. It can also include the use of increased cross-training; walking, cycling, swimming, etc to make up for the reduction in running.

So, what does that mean for us as a club that trains on a Monday, the day after many people may have raced? Or even a Thursday night after an RR10?

Ideally we should consider not coming to club the day after a race, particularly if it's been a high-intensity or endurance event. But we must remember that our club is one about socialising as much as it is running, so we know people still like to come along. However, that doesn't mean we couldn't drop down a group to run slower the day or even week after a race. In fact, we felt this very act of removing the peer pressure by changing who you run with on a post-race club night could help a lot.

Okay, so that's the next day, but how long should you recover for?

This is a very difficult question to answer, and there are many variables that impact the length of recovery so we can only talk about very rough guidelines here. But making a reference to another book, in Sage Rountree's "The Athlete's Guide to Recovery" she has developed a table of suggested recovery periods depending on your type of race and finishing time.

Whilst a 5km race or an RR10/CC6 might only need a few days recovery, as we step up into the 10km, half-marathon, marathon or even ultra the length of time needed to put both our mind and body straight increases.

So, as an example, if you race a marathon and complete it in 4 hours, Sage suggests a recovery period between 16 and 24 days. Remember, that doesn't mean no running, merely not returning to full training for the

next race until after this period and using this period to slowly build back up to where your training was before. How many of us can put our hands up and say our post-recovery plans are in that ballpark?

Okay, so what does this mean for us as a club?

I hope you've found this summary of our chat useful. But as well as filling the coffers of a local publican we wanted this chat to mean something for the club. So, along the way we agreed on a few tangible actions that we hope you'll all find useful:

1. Ian and Becca are going to publish a basic guide to race recovery for 5km, 10km, half marathon, marathon and ultra distances for our website
2. Also look out for a description of each of our training session types (i.e. intervals, tempos, threshold, etc.) on the website; explaining why we run each session, the training benefits they offer and how to fit them into your training plan around the appropriate recovery
3. On training nights your session leaders are going to take it upon themselves to suggest/offer alternatives to those of us that may have run on the Sunday or Wednesday before; recovery run, drop down a group, shorten the session, lower the intensity, etc.

And if you'd like to talk to somebody about recovery in more detail and how to build this into your training plan, then just come and ask one of your friendly RRR coaches; Becca, Becky and Ian.

How to start a Parkrun

If you look up "How to start a new parkrun" on the parkrun wiki, it suggests that it should take 3 to 6 months. Mountbatten School parkrun took rather longer than that to get off the ground! I know that Netley Abbey took weeks but, having gone through the process, I'd be amazed if many manage it in less than a year!

There are three main areas that need to be sorted before a parkrun can start. You need a venue, £3000 of start-up funding and a core team. Make that four areas; there's an awful lot of paper work to complete as well!

I always knew that the venue was going to be the trickiest bit, so that's where I started. I tentatively mentioned my vision of a parkrun in Romsey to a few friends on the core team at Southampton and found out that I wasn't the first person to wish to do this.



I discovered that a couple of locations had already been approached unsuccessfully but found it difficult to get exact details. I therefore sent out emails to all the obvious locations around the town again, but to no avail. The emails seemed to be ignored entirely, or passed from person to person until they dropped into a black hole which was extremely frustrating.

Then in May 2017, after seeing him at the Romsey Relay Marathon, I got in touch with our then town mayor, John Parker, as I thought he might have some contacts that we could use to convince one of the possible sites that a parkrun would be good for the town. Despite his efforts (and he did try hard!) our venue of choice finally gave us a resounding No. However, it was through John that I was put in touch with Kerry at TVBC, who seemed as keen for a parkrun in Romsey as I was. Again, we explored a number of venues, but there seemed to be problems with all of them. And then, a chance conversation between Kerry and David at Mountbatten in early 2018 finally started the ball rolling. I discovered that Mountbatten had an overgrown cross-country course around the boundary of the school site. Mountbatten were willing to let it be used on a Saturday morning and TVBC were willing to provide the cash to clear it, so from this point on, I was in no doubt that we would finally get our parkrun. Things did get put on hold for a while when, on holiday in Sicily last Easter, Mike very inconveniently had a cardiac arrest. He's fine now, but it did rather consume our lives for a couple of months.

With more things to do now, I knew that I couldn't manage it on my own so started developing my core team by roping Mike in to liaise with Mountbatten, TVBC and Gareth Jones at Southampton parkrun (the man with the measuring wheel) about the course, moving on to attempting to sort the fundraising. I never had any doubts that I would be able to raise the cash. However, I was surprised by how much work it took. I spent most of my summer holidays sending emails and chasing up leads for the required funding. In the end, though, it seemed to be like moving a super-tanker – it takes ages to get it going, then you can't stop it! By early September we had the required pledges and could move on to the final stage.

While we waited for parkrun UK to find all the money that we knew had been donated (It appears that they changed bank accounts during the time we were fundraising but no-one told us!!) we continued to get the paper work in order and I began to focus on the core team of Run Directors that we would need. In the end, getting this core team together was the easiest bit thanks to the wonderful public spirited people at RRRs. I sent out an email to RRRs and, pretty quickly, had enough people who were more than happy to take on the role (as well as a number of others who, while not wanting to be an RD, were happy to be regular volunteers). We all spent some time shadowing Run Directors at Southampton and our parkrun ambassador, Gil, came to Romsey to teach us all how to use the computer system that processes the results. The money having finally been tracked down, we were given a date, the kit arrived and were ready to roll. Our first event was at the beginning of March.

As I write this, we have now run 22 events and all seems to be going pretty smoothly. We are getting attendance figures of between 120 and 180 most weeks which is a lot smaller than other local events but suits the venue and I think makes the event feel more friendly. If you haven't tried us yet, please do! All you have to do is register and turn up. But, #DFYB.

RR10 Round Up!!!

Standing on the RR10 start line this season and looking around made me so proud to be a member of our club and so lucky to have access to such a cool series of events!!! The excited chatter, the friendly banter between clubs and the fantastic RRR turnout all season long, which led to such a strong and consistent performance from the whole team!!! You really are all awesome!!! With AMAZING wins from the Men's team, Mark Nixon for bagging the men's overall and Matt Hammerton and Mark Stileman who won their respective age categories, an UNBELIEVABLE 5 Romsey men in the top 6 of the table, an AWESOME turnout all summer long and an AMAZING team spirit.... This was yet another example of what makes our club so epic!!! So a MASSIVE well done to EVERYONE who took part this year, and with no further ado, here are your results for the 2019 season!!!!...

Mens RR10 2019	1	2	3	4	5	6	7	8	9	League position
Alex Prinsep	18	30	15	17	20	20	22	31		20
Andrew Archibald	148	135	125					138		313
Ben Sharman		125		160	156					373
Christopher Brown	74	86	65	75	108	94		111	185	91
Dan Lurcock			36	36	53			46	58	257
Dave Gardner		74	81		91	76	67	82	106	95
Derek Kelly		217		265	250	250	168	226	269	243
James Battle		17								514
James Cole					55	45	24			346
James Groves		64	44							427
Jimmy Hunt	7	11	7	8	5		6	9	8	6
Keith Morris						174	111	174	202	324
Mark Adams							79	71	78	358
Mark Nixon		2	2	1		1	1	1	3	1
Mark Stileman	24	20		28	24	22	15	24	18	23
Mark Suddaby		54		41						421
Mark Winkworth	96	93	131		158					310
Matt Brown	8	13	21	11	22	12	8	10	7	12
Matt Hammerton		1	3		2	4		5		2

Mens RR10 2019	1	2	3	4	5	6	7	8	9	League position
Neil Jennings	6	6	5	3	6	5	5	6	6	4
Nigel Hemsted		76	86	117	98	107		92	137	108
Paul Burnage						160	117			461
Paul Cardy								4		502
Pete Baksh			1		3					404
Ray Webb						191	147	195	216	330
Richard Cross		176			185					461
Steve Edwards	135	121	128			140		163		278
Thomas Wharton			53	76						429
Tim Parker	16		12	12	15	13	9	15	15	14
Tom Bray	2	4	4	2	4			8	13	3
Tom Wickens									134	578
Wayne Windebank	75				111	111		83	124	115

Ladies RR10 2019	1	2	3	4	5	6	7	8	9	League position
Abi Cooke		19	26	33	43					205
Alex Wardhall	85									426
Alice Lane		54	51	67	58	57	51			57
Amy Spencer					95				80	342
Anna Duignan		113	98						131	274
Becca Lurcock	30		25	31	33			3		203
Becky Tovey	2	3	4	4	1	5	1		3	3
Deborah Rees	216									510
Dorota Hatch									153	497
Ella Prinsep									74	432
Em Gordon				54	54		41	35	55	169
Hannah Semeraro		7		14	11			7	8	9
Jo McKenzie	104								116	345
Julia Abab	106	88	79	108	89	99		78	105	85
Karen Keane	138	119	99	128	104		81	93	122	103
Kirsty Jones	22	17		28	25		15	18	19	17
Lin Webb	161	130	121	153	125	117	87	97	160	119
Liz Prinsep	56	44	31	41	41	36	24	25	26	30
Liz Slade	116		80	106	91	93	71	64	106	87
Louise Holliday				145						363
Maria Hartley-Oinn					109					468
Moira Sankey					162			120		378

Ladies RR10 2019	1	2	3	4	5	6	7	8	9	League position
Penny Jennings	81	73	62	85	76		52	57	69	69
Sue Sylvester		96		121	101	79	72	65	117	94
Tam Ryan						41	23			318
Trisha Hall									153	494

Keep up the great work, you have made me a very proud team captain :0)

WINNERS!!!...

Men's team	Men	M40	M50
Romsey	Mark Nixon (Romsey)	Matt Hammerton (Romsey)	Mark Stileman (Romsey)

CC6 League 2019-2020:



The CC6 series is the winter version of the RR10 league, a series of races which take place in various venues from September to March, all off road and all between 4-5 miles in length!

Unlike the RR10's though, the CC6 series is held on a Sunday morning (roughly once a month), at 09:30 oh yeah and the courses tend to have a little more mud!!! All you need to take part is your trusty RRR vest..... although a good pair of trail shoes helps too!!!

These races are GREAT fun, all inclusive and most importantly, FANTASTIC training!!! Off road running and racing are key additions to any varied programme, helping to promote strength, stability and spatial awareness as well

as technical and tactical ability. But the best part about this kind of running is that it is SO MUCH FUN!!! So come along, get involved and see for yourselves, let's get a everyone out there!!!

Here are some key points....

The league:

- Races are roughly once monthly between September and March
- All races start at 09:30am
- Each course is approximately 4- 5 miles off road.
- Each club is involved in hosting a race, which they are not allowed to compete in.

The rules:

- Runners must wear club colours
- Runners must be a minimum of 15 years old
- Headphones are not allowed

The scoring:

- Teams consist of 4 men and 3 women. The results will be recorded to show separate scores for men and women after each race, but at the end of the series the winner's trophy will be awarded to the club with the highest aggregated scores. The method of scoring will be by placing.
- Raffle tickets are given to runners at the end of each race to identify their finishing positions.
- The Final TEAM Result at end of season will be determined by best 7 out of 8 races.
- The Final individual results will be determined by best 4 out of 8 races.

The fixtures:

Date	Venue	Host Clubs
1st September 2019	Fleming Park, Eastleigh	Eastleigh, Hedge End & Itchen Spitfires
13th October 2019	Manor Farm	Stubbington & Netley
24th November 2019	Dibden Inclosure	Hardley
8th December 2019	Janesmoor Pond (Stoney Cross)	Lordshill & Wessex
5th January 2020	Badger Farm	Winchester, Southampton AC & Running Sisters
19th January 2020	Kings Garn Gutter	Romsey, Halterworth & Southampton Tri
16th February 2020	Ashurst Campsite	Totton
8th March 2020	Wilverley	New Forest, Lymington Tri & Lymington Athletes

Pentathlon 2018/19

So here we are, just one month to go in this year's annual Pentathlon competition..... and the table is looking STRONG!!! There is still plenty of time to get your remaining distances in, all you need is 5 of the 6 distances to qualify for a chance to win the coveted Pentathlon trophy!!! And don't forget there are 3 trophies up for grabs – Men's, Ladies and Vets!!!

The competition runs between October 1st and September 30th each year. The idea of publishing this table in the newsletter throughout the year is to allow people to be able to identify if any of their race results are missing for the season.... So please let me know if you can't find your best result for each distance in the table (since October 2018).... Just email me at results@romseyroadrunners.co.uk and I will get them added!!!

Here are your results for the 2018/19 season so far....

Mens Pentathlon	5 km	5 mile	10 km	10 mile	Half marathon	Marathon
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	0:41:17		1:26:41	
James W		0:38:05	0:46:15		1:44:42	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			
Lee R			0:57:31			
Mark A					1:47:39	
Mark S	0:19:06	0:29:48	0:37:22	1:03:20	1:20:18	3:25:44
Mark W						3:49:48
Matt B	0:16:46	0:28:56	0:35:53	0:59:24		3:38:37
Matt H					1:23:12	2:41:41
Neil J	0:18:21	0:28:18	0:35:18	0:58:33		2:50:08
Nigel H		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			

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	1:29:04	1:54:01	
Richard V		0:51:43				
Rob G			1:01:33		2:30:10	
Steve E				1:20:07	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

Ladies Pentathlon	5 km	5 mile	10 km	10 mile	Half marathon	Marathon
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	3:54:04
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	0:18:34	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		1:26:40	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 Sleath		0:35:07	0:49:18	1:15:35		3:22:51
Sue Stileman		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, July – September 2019

July

Serpent Trail 50k

Liz Prinsep - 6:12:44

Charmouth Challenge

Mark Stileman - 59:00 9th, 1st AG

Sue Stileman - 1:38:00

New Forest 10miles

Neil Jennings - 58:33 7th PB

Sue Sleath - 1:15:35 1st AG

Stephen Edwards - 1:20:07 10th AG

Penny Jennings - 1:26:40 8th AG

Richard Cross - 1:29:04

Susie Parker - 1:30:10

Abbots Ann Trail Run 10k

Alice Lane - 54:32

Snowdonia Trail Marathon

Mark Stileman - 4:47:06 1st AG

Sue Sleath - 5:46:09 4th AG

Sue Stileman - 7:09:34

Run Norwich 10k

Nigel Hemsted - 45:27 9th AG

Lakeside 5k

Matt Brown - 16:46 3rd PB !

Becky Tovey - 18:34 1st PB !

Piggy Plod

Mark Stileman - 45:47 1st !

Sue Stileman - 1:05:28

August

Salisbury 54321

50k

Sue Stileman - 6:03:30

Matthew Billings - 4:39:13

33k

Nigel Hemsted - 3:20:14 2nd AG

21k

Mark Stileman - 1:29:52 3rd, 1st AG !

Mark Adams - 1:47:39 4th AG

Lakeside 5k

Matt Brown - 16:47

Alex Prinsep - 17:51

September

Bedford Half Marathon

James Wilson - 1:44:42

The Beast

Mark Stileman - 1:35:36 6th, 1st M50

Hannah Shutt - 1:52:55 4th

Sue Sleath - 1:59:46 1st AG

Abi Cooke - 2:05:43

Tam Ryan - 2:07:02

Sue Stileman - 2:35:30

Alice Lane - 2:36:15

RRR Ladies team 1st place ! (Hannah, Sue Sleath & Abi)

Crafty Fox Marathon

Sue Stileman - 5:32:00 4th AG

Craft Fox Half Marathon

Mark Stileman - 2:02:16 1st AG

Mark Adams - 2:11:11 4th AG

Susie Parker - 2:40:36 4th AG

New Forest Marathon

Alice Lane - 4:36:42

New Forest Half Marathon

Neil Jennings - 1:16:23 4th

Alex Prinsep - 1:21:49

James Battle - 1:23:50

Dave Gardner - 1:38:40

Liz Prinsep - 1:40:26 1st AG !

Gareth Roberts - 1:45:54

Keith Morris - 1:49:14

Richard Cross - 1:57:13

Nicole Baptista - 2:02:55

Samantha Taylor - 2:10:15

Langham 10k

Amy Spencer - 54:17

Hursley 10k

Tom Bray - 37:44 4th
Mark Stileman - 38:28 6th, 1st AG
Matthew Brown - 38:54 7th
Mark Adams - 45:04 5th AG
Sue Sleath - 47:26 1st AG
Amy Spencer - 56:38
Em Gordon - 56:43
Dawn Pease - 1:22:51

Solent Half Marathon

Becky Tovey - 1:25:55 2nd PB !
Mark Stileman - 1:25:56 4th AG
Dan Lurcock - 1:34:04
Nigel Hemsted - 1:39:42 4th AG
Liz Prinsep - 1:40:31 2nd AG PB !
Sue Stileman - 1:49:41 6th AG PB !
Mark Winkworth - 1:50:22
Amy Spencer - 1:58:46 PB!
Brenda Topliss - 2:17:09 1st AG
Lin Webb - 2:23:19 5th AG

Winchester Half Marathon

Mark Adams - 1:35:22 7th AG
Gareth Roberts - 1:47:55
Alice Lane - 1:56:00 6th AG
Hollie Johnson - 2:03:05
Robert Gold - 2:22:47

Upcoming Races

OCTOBER 2019

Sunday 6th

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

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

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.gosporhalf.org/>
The route starts and finishes at Browndown Rd, then has two laps which go all the way along the Seafront at Lee-on-the-Solent. The outward leg is mainly run on cycle-paths and pavement, the return leg goes along the Esplanade. The course is flat save for two short ramps along the Esplanade

Sunday 24th 9:30am **CC6 Race 3 - Dibden Inclosure**
<http://www.cc6.co.uk/>

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.

Sunday 1st **100 Victory 5 Mile Road Race**
Portsmouth
<https://www.nice-work.org.uk/races/Victory5Mile>

Sunday 8th 9:30am **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 5th 0930 **CC6 Race 5**
Badger Farm Winchester
<http://www.cc6.co.uk/>
- Sunday 12th 10.00 **Stubbington 10k**
Fareham
<http://www.stubbingtongreenrunners.net/>
- Sunday 26th 09.00 **Romsey 5 mile**
<https://romsey5.co.uk/>
Another club favourite, fast and flat course round the Broadlands estate

FEBRUARY 2020

- Sunday 16th 09.30 **CC6 Race 7**
Ashurst Campsite Ashurst
<http://www.cc6.co.uk/>
- Sunday 23rd 08.30 **Winchester 10k**
<http://www.winchester10km.co.uk/>

MARCH 2020

- Sunday 8th 0930 **CC6 Race 8**
Wilverley <http://www.cc6.co.uk/>
- Sunday 15th 1030 **Fleet Half Marathon**
<http://fleethalfmarathon.com/>
- Sunday 29th 0900 **Wickham 20**
<https://www.eventrac.co.uk/race-course-map/wickham-20-wickham-20-31-03-2019-00-00>

