

# RELAY

Winter 2019



# ROMSEY

ROAD RUNNERS

# Inside...

- 2 *Note from Chair*
- 3 *From the Editor*
- 3 *Volunteers Required*
- 3 *C25k*
- 4 *Your Committee*
- 6 *AGM Awards Night*
- 7 *Club Captain's Report*
- 11 *London Marathon Disappointment*
- 12 *Training With Energy Systems*
- 15 *Running with Anna McNuff*
- 18 *Running your first Ultra*
- 20 *Ryfast Half Marathon*
- 21 *2019 Time Trial*
- 22 *Sue's Race Selection*
- 28 *Training Schedule*

**Cover Photo:** CC6 Fleming Park, credit Dave Nowik

# Note from the chair

I would like to wish you and your families a very happy Christmas and New Year. I hope 2020 brings you great results whatever your motivation.

Thank you to all of you who made the AGM/ awards/ skittles night. Hope you all had a good night. I know I did after a few G&Ts. Well done to all you superstar winners.

Thank you for all your thoughts on the club vote on whether to change the session from Monday to Tuesday. I know it was a very emotive subject for many. Thanks to Ian who explained the reasons with such clarity. In case anyone has missed it the majority wanted to remain on a Monday night.

I want to say a big thank you to outgoing committee members, Ken W-race secretary, Ian W- press, Mark W -social and of course Mark S for beer race director. We welcome new committee members Liz S - press, Dan- beer race director, Lee/ Steve - social and Nigel - race secretary (CC6/RR10) There may be another volunteer for Kit to be announced as Dan has website, kit and his new role. If there is anyone out there who would like to give Dan and the beer race committee extra pairs of hands then please let us know.

Happy running

Cheers Karen

## ***From the Editor***

I hope you all enjoy this winter edition of Relay. Hopefully you have received this before Xmas – something to read on a cold & wet afternoon perhaps !

A big thanks to all our contributors, including Keith Morris, Alice Lane, Geoff Horwood, Becky Tovey (as always !), Ian Ralph and Sue Stileman. Sue is always finding nice events for Mark and her, so I asked her to add her favourites to our race calendar. Hopefully there's something there for everyone, and I look forward to hearing about your results.

If you do have any ideas for articles for future editions, or general comments on the newsletter please get in touch !

Nigel Hemsted

## ***Volunteers Required - 19th Jan***

RRR are hosting the CC6 in January – 19<sup>th</sup> Jan at Kings Garn Gutter Inclosure (Stony Cross). This will be my first event as race director, having taken over the role from Ken West. Hopefully he'll be there as well to tell me where I'm going wrong!

We need volunteers for various roles – lots of marshals plus manning the finish etc.

Please sign up if you are available – there will be a sign up sheet at club nights, or alternatively drop me an email ([nigelhemsted@hotmail.com](mailto:nigelhemsted@hotmail.com)). Please wear boots as course will be muddy – you can enjoy watching the runners getting filthy !

In addition we need cake for the runners when they finish. Please let me know if you can help – a cake or a tray bake would be ideal.

Nigel Hemsted

## ***Couch to 5k 2020***

Do you know of anyone who wants to start running? Are you interested in supporting new runners on their C25k journey in 2020? Please watch this space - more details coming soon.

# Your Committee



Here's most of your committee, from the left

Becky Tovey – Team Captain

Nigel Hemsted – Run Director (CC6 / RR10) & Newsletter

Penny Jennings – Membership Secretary

Alice Lane – Secretary

Tam Ryan – Kit

Steve Geary – Social Secretary

Karen Keane – Chair

Liz Slade – Press Secretary



Ian Ralph  
– training  
coordinator



Dan Lurcock  
– Beer Race  
Director &  
website



Deb Rees –  
Treasurer



Lee Harris –  
Social Secretary  
(jointly with  
Steve)



# Membership

by Secretary Penny Jennings

The club has had lots of new members recently;

Jackie Pollard, Andy Hobson, Andy Sharvill, Sarah Rudall, Ruth Robinson, Freya Pearson, Alice Thomas and Lorna Clowes.

## Andy Sharvill

We moved to Romsey 4 years ago, and for most of that time I've been procrastinating over joining the club. Gaining a place in next year's London marathon has been the catalyst for me to finally do it!

Pre children I used to run a few events every year, not particularly seriously and not particularly well, but with a few years away from it and this being my first marathon I wanted to be shown how to train properly, plus keep my motivation up over the winter months.

My first experiences of the club have been really positive and I was made to feel very welcome, so thank you all.

Outside of the running I play football every week, and try and juggle the things I want to do, such as watching the team from the blue end of the M27 and getting out on my bike, with the demands of having two young children.



## Freya Pearson



Hi I'm Freya and I've been running on and off for about 8 years which is the perfect antidote to my day (and night) job as an intensive care doctor looking after premature and sick babies. This year has been a great running year in lots of ways, I completed 5k, 10k, half marathon and then almost completely finished myself off running the New Forest Marathon. After that, I felt like I never wanted to run again and I'm hoping that joining the RRR will help bring my running mojo back. Thank you for such a warm welcome.



## **Sarah Rudall**

Hi, I'm Sarah!

I have been running on and off for 15 years having previously run up to half marathon distance. I then pretty much stopped for a number of years whilst I had my two children. They are now 7 and 5 so it was time to put my trainers back on! As part of losing weight I completed the Eastleigh 10K in 2018 in a PB of 58 minutes.

My friend Ruth and I joined the Romsey Roadrunners in October as a way of being able to carry on running through the winter as we live in the villages without street lighting! Our first session was completed in torrential rain and we thought if we can do it in this then we can cope with anything! Fast forward 2 weeks and I discovered that I had secured a place in the London Marathon 2020 through the ballot, success after 10 years of trying! So now I definitely need those regular sessions to form part of my training plan alongside my long weekend training runs. Any hints and tips gratefully received from all you friendly running experts! I plan to do a half and a 20 mile race as part of my training.

I have felt very welcomed by the Roadrunners and in particular groups 3 and 4 who have all been very encouraging and full of useful advice and look forward to running with you all in the run up to April.

## **AGM & Awards Night**

The major awards at this year's AGM and awards night were

### **Chairman's Award**

– Mark Stileman, as recognition of his work as Beer Race director over the last few years.

### **Romsey Road Runner**

(as voted by club members) – Becky Tovey, for her enthusiasm and encouragement to all at training and club races.





**Sally Sillence Award**, for most improved runner of the year – Liz Prinsep, for a series of fabulous runs including representing England at the recent Yorkshire marathon.



**Training Hero**, for the person who has excelled in training throughout the year – Andrew Archibald who has given 100% in training consistently throughout the year, embraced the new sessions and drills with a great attitude and is always quick to lend a hand to new members and help guide them through our training nights.

Winner of the club **Time Trial Handicap**, for the person who has bettered their handicap by the largest margin in our final Time Trial – Lyn Lawrence.

## **Club Captain's Report**

Becky Tovey

So here we are, winter edition and a chance to reflect on what has been a FANTASTIC year for the club!!! There have been so many amazing performances this year, it is impossible to pick out any one particular highlight, but one thing that always stands out - whether it be in the hall before training, during a session or on the start line of a race - is the awesome energy, positivity and encouragement that you all bring to the club! It is so inspirational watching such fantastic performances, but even more amazing than that is the friendship and comradery you all share with each other!!!

This year's RR10 series was just one example of this amazing atmosphere!!! 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!!!

This year's Pentathlon competition perfectly illustrates just how impressive you all are!!!..... it was such a great season with countless PBs, age group victories and amazing racing!!! This year's men's table was particularly tight, and came right down to the wire!!! A MASSIVE congratulations to this year's winners....



Pentathlon Mens Winner: Neil Jennings  
Pentathlon Ladies Winner: Amanda Hull  
Pentathlon Vets Winner: Mark Stileman  
Winter Award Mens Winner: Dan Lurcock  
Winter Award Ladies Winner: Becca Lurcock  
Summer Award Mens Winner: Mark Nixon  
Summer Award Ladies Winner: Elizabeth Prinsep

AMAZING effort all round well done guys, keep up the good work.... Which won't be hard, because there are so many exciting things to look forward to this season.... here are just a few!!!.....

### **CC6 League 2019-2020:**

For those of you who are new to the club, 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 RR10s 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 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

## **Hampshire Cross Country League 2019/20:**

The league runs from October to February and comprises five fixtures in Hampshire and neighbouring counties. The races are a great opportunity to run on some classic cross country courses, they are fun, fast, furious and full of mud, so a fantastic sharpener for the CC6 series and a great way to test your speed and strength over something slightly different!!!

The format for all of these fixtures is the same as last year... races are held on a Saturday afternoon, with the ladies race (6km in length) starting at 13:35 and the men's race (10km in length) at 14:30.

### **Here are the dates for your diary...**

Race 1 - 12/10/19 - King's Park, Bournemouth

Race 2 - 9/11/19 - Sparsholt College, Winchester

Race 3 - 30/11/19 - Wellesley Woods, Aldershot

Race 4 - 11/01/20 - Prospect Park, Reading

Race 5 - 8/2/20 - Popham Airfield, Basingstoke

If you are interested in taking part, just let me know as I need to send a spreadsheet of all potential runners to the organisers prior to each event :0) This doesn't by any means commit you to turning up, it just saves the HCCL committee time when it comes to processing the results after each race :0)

**The Hampshire Road Race League....** These races are all great for bagging fast times for this year's Pentathlon!!!..... Here are the upcoming dates for your diary!!!..... get in there quick though, they tend to sell out fast!!!

Gosport Half - 17 Nov 2019

Victory 5 - 1 Dec 2019

Stubbington 10 km - 12 Jan 2020

Ryde 10 mile - 2 Feb 2020

Salisbury 10 mile - 29 Mar 2020

Alton 10 mile - 3 May 2020

Netley 10 km - 17 May 2020

Alresford 10km - 21 June 2020

Lordshill 10 km - 28 June 2020

So I just want to say a MASSIVE thank you, thanks for making our club such a magical and inspiring place to be!!! It's been an AWESOME season and I can't WAIT to see what the rest of this year and then 2020 has in store for everyone, what a team, what a sport, what a club!!! Happy racing and don't forget to keep those race results coming in at [results@romseyroadrunners.co.uk](mailto:results@romseyroadrunners.co.uk)!!!

# London Marathon Disappointment

I have attached two letters from the London marathon dated December 1990. As a bit of light humour for everyone's perusal (my date of acceptance to London marathon April 1991 and 1992!).

I would say that these moments were one of the most disappointing times of my life. If you think rejection letters are disappointing please read these letter attachments

I must say that once I'd got over the initial shock of the second letter. The Reebok rain suit and entry into the following years London Marathon went some way to easing my shock and disappointment.

On a positive note it did spur me on to eventually go and complete the New York marathon but I'll never forget the day the 2nd letter dropped through my letter box

Regards - Geoff Horwood

*"Dear Runner*

*I am delighted to tell you that you were successful in the recent ballot, held for those runners who were unsuccessful in their application for entry into the 1991 ADT London Marathon, but who donated their entry fee. Not only do you now have an entry for our Marathon, but you were one of the five people selected to go to the New York Marathon in 1991. We will write to you with full details of this trip in May/June, but your prize includes your air travel from London; your hotel room (but not food) and free entry in the New York Marathon. Congratulations.*

*In the near future, you will receive an acceptance card for the 1991 ADT London Marathon, and there is no need for you to take any further action.*

*I send my best wishes for Christmas and the New Year.*

*Yours sincerely"*

*"Dear Geoffrey*

*We have just handled over 50,000 entries for the 1991 ADT London Marathon. Our last job, in the process of dealing with all these entries, was the lottery for those who had been rejected, but had bequeathed their entry fees. Five lucky people were to win a trip to the New York City Marathon and another 100 were to be accepted for London 1991.*

*Alas, the newest member of our staff who was handling our word processor, sent the same letter to all 105 of you – the letter which said that you had won a trip to New York, whereas you should have got the one confirming your entry into the 1991 London Marathon.*

*We apologise most profusely for this error, and we would like to do something – a Christmas present – to alleviate your disappointment.*

*So we confirm that you have been accepted for London on April 21<sup>st</sup> 1991, and your acceptance envelope will be posted to you within a few days. We would also like to offer you a guaranteed place in the 1992 London Marathon which you can either use yourself, or give as a gift to a friend. You will receive a letter about this in June 1991.*

*And then the Christmas present.*

*Olympus Sport have kindly agreed to provide you, free of charge, a Rain Suit for men or a Shell Suit for the ladies, which we would hope to get to you before Christmas. All we need is a letter from you, by return (or a phone call) giving us your height and chest measurement.*

*We hope that the suit will keep you warm while training for London on April 21<sup>st</sup> 1991 and it will come with our profound apologies for the mistake. We have vowed to sign each letter individually, and not leave it to the word processor!*

*Yours sincerely”*

## ***Training by feel rather than pace***

Ian Ralph

I'm sure you'll have noticed a few new sessions sneaking into our training schedule over the past 6 months. So I thought it might be worth taking a step back and reflecting on why we've introduced these sessions and how they fit into our overall training.

Whilst running is essentially a very simple sport it actually takes a lot for our bodies to get us from point A to point B. It all starts in our Central Nervous System with our brain telling the rest of our body to run. And once our brain's told our muscles when and how to run, they need to have the strength to do what we've asked of them, and to do this we need to provide them with energy.

So whilst running drills train our brains on the best way to run, and our strength and conditioning exercises develop our muscles to get us moving, our running session need to train our energy system in the best possible way to keep us moving along – and we don't just have one of these, but three.

1. The alactic system provides immediate and short-term energy for explosive movements of up to about 10 seconds – i.e. sprint starts on track nights, jumping fallen logs at an RR10 and sudden bursts of acceleration at the end of a race to beat somebody to the line
2. The lactic system provides short-term energy lasting of up to about 2-3 minutes – i.e. short/fast intervals on a winter's night or 400m laps of the track in the summer
3. The aerobic system provides long-term energy which, when fuelled correctly, can keep us going well over the 3-minute mark in to the realms of long-distance running – i.e. the majority of our RRR training

As mid/long/ultra distance runners we rely on all three of these energy systems, often working in tandem to deliver us from the start to the finish line, and it's important we train them all. And to do this we need to vary the intensity we train at.

Whilst the most reliable way to know how hard we are working our energy system(s) is via our heart rate, it's not the only one. For those of you with a HR monitor in your watch you can measure the % of your maximum heart rate\*. But for those without we can simply give ourselves a mark out of 10 for our relative perceived effort (RPE), or simply use the talk-test (i.e. how much can I talk whilst I'm running).

\* I wouldn't recommend using the common formula for calculating your maximum HR (e.g.  $220 - \text{age}$ ) as this is based on a population average and as the awesome runners that we are, our own max-HR is likely to be above this estimate. Instead I would suggest using a proper fitness test to calculate it so you know you are measuring your HR zones correctly (check out <https://www.brianmac.co.uk/hrm2.htm>).

The important thing to note here is that whichever of these three methods you use, they are all relative to your own maximum and nobody else's. So our sessions that are time-based and focussed on a single training zone mean we should all putting in the same level of effort and gaining the same training benefit.

Stripping it down to the basics, there are 5 training zones and each of these work a different intensity level of these energy systems. In our training we need to ensure we are ticking them all off and doing so in the right proportions depending on what we're training for.

Rather than go into loads of detail I've tried to summarise these zones and how our training session fit in to them in the following table. Take a look and have a think about whether you are getting the right balance of training intensities for your goals.

If you want more information on each of our sessions and what they offer then check out the Session Guide on our website (<https://www.romseyroadrunners.co.uk/training/sessions-guide/>) and watch out for a new Recovery Guide which should be appearing on there soon.



<b>Training Zone</b>	<b>% of Max HR</b>	<b>RPE</b>	<b>Talk Test</b>	<b>Training Effect</b>	<b>Our Sessions</b>
1: Recovery	50-60%	1-2	Able to gas away comfortably	Boost general health, weight loss and aid recovery after races and intense sessions	Recovery run Jog out/back to sessions
2: Endurance	60-70%	3-4	Able to hold a basic conversation	Improves basic aerobic endurance and our ability to burn fat	Your weekend long run or social run
3: Tempo	70-80%	5-6	Just about possible to respond to if spoken to	Develops our aerobic capacity, allowing us to sustain those all-important race distance speeds	NB Tempo run 2 x 2 miles Intervals (longer ones) Kenyan Hills
4: Threshold	80-90%	7-8	Can mutter the odd broken word at a push	Improves the upper capacity of our aerobic system so we can nudge up the next PB target	Threshold Over-Under Intervals (shorter ones) Hills sessions
5: Maximum	90-100%	9-10	No way I'm saying anything to anybody	Improves the maximum speed we can run at for the all-important sprint finish	VO2 Max Short track efforts

# *Running with Anna McNuff as 'a dead bride'*

**Alice Lane**

Google Anna McNuff and you will find a description of 'an adventurer, speaker and mischief maker who gets her kicks from exploring the world through long human powered (and slightly bonkers) journeys.!' Her recent 'Bonkers journey' has been to run the distance of 100 marathons (2,620 miles) through Britain – completely barefoot. The journey started in June of this year starting in the Shetland islands and finishing in London on 17 November.

For fans of Anna McNuff, such as myself, Becky and Em who have avidly read Anna's fantastic book: 'The Pants of Perspective' an autobiographical account of her 3,000-kilometre-long run along New Zealand's Te Araroa Trail, an opportunity to run with her was too good an opportunity to miss.

This is how it came about: me following Anna's journey on Instagram discovered that during half term specifically on October 31<sup>st</sup>, she would be running from Poole to Lymington. A distance of 22 miles. Anyone who wanted to was invited to run with Anna meeting at the RNLI lifeboat museum in Poole at 10 am. The only pre requisite was to run in Fancy Dress (being Halloween) as Anna herself would be rising to the occasion.

I instantly contacted Em who had been so inspired by her New Zealand exploits in 'Pants of Perspective' that she had herself visited and fallen in love with the country, planning an extended visit next year. Em was over the moon to have the opportunity to meet Anna and join her on the run. Fortuitously on that day she would be in the Poole area and yes she just happened to have a very fetching Halloween outfit to run in! Next stop, Becky. 'Mate that would be AMAZING !!!!!!!' I'll book that day off work!' So there would be three of us who were willing to go at a moment's notice. But the hardest aspect of the whole adventure would be, logistics. Getting ourselves to Poole would be easy enough but how could we get back if we ran to Lymington ...? For these sort of fixes, we called in our faithful 'getaway driver' Julie! Who was in true 'Julie style' willing and able to step in when required.

The plan was that Becky and I would drive to Poole railway station, drop my daughter off who was off to meet a friend in Basingstoke, collect Em from the train and then drive to the meeting point, the RNLI lifeboat station situated along the harbor- Anna had just returned the previous day from running around the Island of Jersey the day before. Julie would then take over the driving seat and meet us at the end of the run in Lymington some hours later. (yes she's a saint!)

We arrived at the meeting point on a cold and drizzly day and met up with the other runners also clad in Halloween dress up making an eclectic interesting mix ranging from myself as a dead bride, Becky as a sort of dystopian zombie character and Em as a glamorous vampire! We were surrounded by zombie children, skeletons and a lobster! And then Anna arrived also dressed up in Halloween clobber with a white face and thrilled that her running crew for the day had also entered into the spirit of the occasion.



There followed a surreal group amble along the sea front, (which was easier for Anna's feet) through Bournemouth and Southsea and then Boscombe pier where we bade goodbye to Em and grabbed a selfie with Anna to mark the occasion.

Becky and I then continued along to Hengistbury Head with the rest of the runners and Anna who was valiantly chugging on. It was a sociable friendly affair where we swapped running stories with others and basked in the admiration and applause which Anna has been attracting throughout this whole admirable journey and witnessed her exuberance and energy always having time to talk to each member of the running crowd.

At Hengistbury Head when the group grabbed lunch with Anna, Becky and I

made our excuses to run on to catch the ferry to Mudeford spit and onwards to Lymington before it got too dark.

True to form, after 20 miles we got lost and had to be collected by Julie, however it was a wonderful day, running with one of the greats!

Anna McNuff's focus on the whole barefoot running venture as ambassador for Girl guiding was "to show girls and young women that they can do anything they set their mind to" stating "Girls are strong and resilient, and I'm a big believer that sometimes

the best way to uncover that resilience is to take on a big adventure." During Anna's barefoot Britain exploits she visited girl guide groups throughout the country to give inspirational talks. Being witness to Anna's interactions with children along the route was testament to her wonderful way with children and her desire to empower the next generation, especially young women.

Anna's other half is Jamie McDonald also known as Adventure man and last year ran around the USA dressed as a super hero to raise money for children's charities. Together they are an inspiring but exhausting combination of enthusiasm and hyperactivity, making you feel guilty for believing you deserve a rest day after a 10 k run!



# Running your first ultra

Sue Stileman

The 26.2 miles of a marathon has long been held as the pinnacle of running achievement. This year, Kipchoge took the marathon into new ground by demonstrating it is possible to run one in under two hours, further contributing to the development of the marathon as a speed event. At the same time, there has been an increase in the popularity of ultra-marathons (any run over 26.2 miles), as people seek different ways to test themselves.

For the majority of people ultras are about stamina not speed. I'm not particularly energised by chasing times, but I do like to challenge myself over distances, so for me ultras are the perfect vehicle to achieve something that's both mentally hard and physically demanding.

Training-wise, ultras require a different approach to a marathon. You need to learn how to conserve energy and keep going at the same time. There are a lot of different methods, everything from running 100 miles a week to 35: basically, experiment and find what suits you. You need to train yourself to be able to eat and digest real food while you're running - gels and tailwind won't be enough to get you round an ultra - and keep drinking as hydration is key.

Avoiding injury or burnout is high

on my list. As you run longer you get stronger, and the temptation is to think you need less recovery time. The only time I departed from my post-marathon strict recovery protocol of a fortnight of easy running I ended up knackered and with a strained ITB.

My first ultra was Salisbury 50k in August. I'd done the Snowdonia marathon in July and knew if I could run Snowdon and still have energy left in the tank at the end then 50k was doable. It is really important with long distances to believe in yourself, so doing a string of tough, hilly, trail marathons in the six months before an ultra helps to build confidence at the same time as teach you the craft.

I ran Salisbury with a friend and we had a ball. It took us six hours and I loved every minute of it. The weather was kind, friends from RRR were running the other distances and we saw them along the way, and our fellow ultra-runners were a great bunch- enthusiastic and full of useful advice and encouragement. There was none of the bravado you can get on marathons- they were a tough bunch of runners and the 50k was a short race for most of them!

Kate and I set off too fast out of nerves and excitement, but by the second km we realised this and reined the pace in. The course around Salisbury is beautiful: you're mostly running on trails through woods and fields with gorgeous views and a few hills thrown in for good measure- the variety in the terrain helped our muscles which weren't repeating the same movement over and over so we didn't get fatigued or sore. The aid stations were great, stocked



with cakes and flap jacks, crisps, fruit cordial and coke - all the things you really want on a long run. I carried a hydro bladder pack with water and tailwind (endurance powder that is a mix of carbs and salts), some nakd bars (blueberry) and my traditional croissants, which everyone laughs at me for but trust me, they are the perfect long-run fuel.

The sense of achievement when we finished was fab. I don't think I stopped smiling for hours. There is a delicious kind of exhaustion you get from running long-distances: a proper, well-earned tiredness that is very satisfying. A hot bath and an enormous meal are great rewards too! Better still- no aching knees that night which road marathons always give me.

I have learnt so much from long distance trail running this year and I would really encourage anyone who wants to do it to have a go. Ultras are not the preserve of super-fast, super-talented athletes- they are for anyone who is serious about wanting to do one.

RRR has a strong and growing community of ultra-runners, so do ask any of us for advice and encouragement. This issue of Relay also has ultra-listings in the Race Diary section, so if you're interested have a look- thanks to the growing popularity of the sport there are lots to choose from. Start with a 50k and see where it leads you.



# Ryfast Half Marathon

## Saturday 5<sup>th</sup> October 2019

Keith Morris

Earlier this year I had a friend move to the beautiful city of Stavanger in south west Norway. She found out from her work colleagues about a very special one off race scheduled for the first Saturday in October.

The Ryfast project is a road tunnel system under a deep sea fjord planned to open for traffic in December. The project manager who is a very talented runner himself realised the tunnels were the perfect distance for the worlds first sub-sea half marathon. This was an event I simply couldn't resist entering.

Over 5300 runners started in 15 groups every 5 minutes with me in the 8<sup>th</sup> group starting at 12:35. As the bag drop lorries had to travel to the finish by ferry I had to drop my bag off 45 minutes before the start but it was a beautiful warm day so this wasn't an issue. The race start was literally 5m from the northbound entrance of the Hundvåg tunnel in Stavanger.



The Hundvåg tunnel is 5.7km long and descends to 96m below sea level. The first kilometre was the narrowest part after which another road tunnel joined and it became two lanes. There was a steel drum band at this junction and a brass orchestra at another junction halfway along the tunnel. With the acoustics the music could be heard for miles.

We then popped up on the island of Hundvåg for maybe 400m before entering the 14.4km Ryfylke tunnel. This slowly descends to 292m below sea level over the first 9.5km so was a very fast part of the race. The highlight of this tunnel was a spectacular large blue cavern constructed near the halfway point. Apparently when driving down lengthy road tunnels without any landmarks they can have a hypnotic effect which can affect driver concentration so this was added to aid safety.

We then had the toughest part of the race as we had to climb 300m in the final 5km which was tough. But my club training paid off as I was able to improve my position by 401 places in this section. On emerging from the Ryfylke tunnel we had a short section of 600m or so to the finish. Despite stopping to take photos I

wanted to finish in under 2 hours so was pleased with my finish time of 1:58:22.

The tunnels are surprisingly spacious and airy and are much bigger than they seem on the photos so were really great to run along. The temperatures apparently stay a constant 12°C all year round so ideal running conditions. The only drawback was that my GPS watch didn't work underground which made pacing more difficult. However, my phone did work in the tunnels as I got official timing texts from time to time. I also got a good luck WhatsApp message from Elizabeth Princep near the deepest point.

Construction has now started on the Rogfast tunnel which also starts in Stavanger. This sub-sea road tunnel will be 27km long and is due to be completed around 2025. Perhaps they'll organise another race for this as well.

## 2019 Time Trial Times

2019 Time Trial Times				
Athlete	Fastest	Handicap	Champ Time	+/- Handicap
Lyn Lawrence	00:34:07	00:33:47	00:32:06	-101
Amy Spencer	00:26:33	00:26:17	00:25:45	-32
Hannah Semarero	00:24:29	00:24:14	00:23:49	-25
Liz Prinsep	00:24:01	00:23:47	00:23:26	-21
James Cole	00:19:03	00:18:52	00:18:39	-13
Keith Morris	00:23:57	00:23:43	00:23:38	-5
Andy Hobson	00:26:59	00:26:43	00:26:46	3
Lee Harris	00:20:41	00:20:29	00:20:34	5
Sue Jones	00:35:26	00:35:05	00:35:16	11
Tim Parker	00:17:46	00:17:35	00:17:47	12
Neil Jennings	00:17:03	00:16:53	00:17:15	22
Penny Jennings	00:25:24	00:25:09	00:25:31	22
Steve Geary	00:23:39	00:23:25	00:23:52	27
Becky Tovey	00:19:21	00:19:09	00:19:39	30
Mark Winkworth	00:21:57	00:21:44	00:22:17	33
Mark Suddaby	00:19:04	00:18:53	00:19:26	33
Matt Brown	00:17:35	00:17:24	00:17:59	35
Andrew Archibald	00:23:46	00:23:32	00:24:09	37
James Wilson	00:23:09	00:22:55	00:23:33	38
Dave Gardner	00:20:49	00:20:37	00:21:17	40
James Battle	00:18:00	00:17:49	00:18:33	44
Stuart Pinch	00:23:12	00:22:58	00:23:57	59
Karen Keane	00:28:01	00:27:44	00:28:45	61
Tam Ryan	00:22:54	00:22:40	00:23:52	72
Ray Webb	00:24:49	00:24:34	00:25:52	78
Alex Princep	00:17:53	00:17:42	00:19:03	81
Derek Kelly	00:30:20	00:30:02	00:31:28	86
Louise Holliday	00:29:35	00:29:17	00:30:46	89
Lyn Webb	00:30:17	00:29:59	00:31:28	89
Jayne Jackson	00:29:14	00:28:56	00:30:31	95
Jo McKenzie	00:25:43	00:25:28	00:27:33	125
Anna Duignan	00:27:06	00:26:50	00:29:27	157

# Results

## September

### Berlin Marathon

Liz Prinsep 3:31:27 PB !

### Ageas Bowl 10k

Matthew Brown 36:21 5<sup>th</sup>  
Neil Jennings 36:28 6<sup>th</sup>  
Tim Parker 36:58 8<sup>th</sup>  
Alex Prinsep 38:11  
James Cole 38:15  
Mark Suddaby 39:23 4<sup>th</sup> AG  
Amanda Hull 39:32 2<sup>nd</sup> !  
Hannah Shutt 42:34  
Keith Morris 48:14  
Stuart Pinch 48:16  
Ray Webb 50:39  
Alice Lane 51:38  
Bridget Wells 1:00:07  
Lin Webb 1:01:43  
Nicola Skeats 1:01:35  
Ali Fielder 1:03:10  
Dawn Pease 1:08:06

Men (Matt, Neil & Tim) 1<sup>st</sup> team

Ladies (Amanda, Hannah, Alice) 3<sup>rd</sup> team

### Great Scottish Run 10k

Anna Duignan 57:39 3<sup>rd</sup> AG

### Run Jurassic Marathon

Becky Tovey 3:39:05 3<sup>rd</sup>, 1<sup>st</sup> lady !

### Ryfast Half Marathon

Keith Morris 1:58:22

## October

### Bournemouth Marathon

James Battle 3:15:50  
Chris Stephens 3:20:32

### Bournemouth Half Marathon

Emily Gordon 1:45:57  
Mark Winkworth 1:46:50  
Liz Prinsep 1:51:01  
Jo Blatherwick 1:54:47  
Richard Cross 1:57:17

### Bournemouth 5k

Trevor Bond 25:36 1<sup>st</sup> AG !

### Clarendon Marathon

Neil Jennings 3:03:54 2<sup>nd</sup>  
Mark Stileman 3:07:50 3<sup>rd</sup>, 1<sup>st</sup> AG

Ian Ralph 3:23:31  
8<sup>th</sup>, 2<sup>nd</sup> AG

Sue Sleath 3:44:49  
4<sup>th</sup> lady,  
1<sup>st</sup> AG

Alice Lane 4:52:35 4<sup>th</sup> AG  
Susie Parker 5:02:02  
Sue Stileman 5:02:03

### Clarendon Half

Tom Bray 1:26:37  
3<sup>rd</sup> Mark Adams 1:41:48 3<sup>rd</sup> AG  
Penny Jennings 2:09:23 6<sup>th</sup> AG  
Bob Gold 2:40:49  
Wendy George 2:46:37

### Clarendon Marathon Relay

Becky, Ian W, Nigel & friend (Steve Plummer) Mixed Team 3:21:21 1<sup>st</sup>

### Thrupton Circuit 10k

Matthew Brown 36:30 1<sup>st</sup> !

### Chicago Marathon

Nigel Hemsted 3:42:33

### Wiltshire Half Marathon

Amy Spencer 2:00:19

### Abingdon Marathon

Becky Tovey 3:03:02 PB!  
3<sup>rd</sup> !!  
Laura Kenyon 3:39:21  
Alice Lane 3:59:52

**Blenheim 10k**

Mark Stileman	37:51 2 <sup>nd</sup> , 1 <sup>st</sup> AG !
Sue Stileman	50:05 3 <sup>rd</sup> AG

**Great South Run**

Neil Jennings	58:23
Matthew Brown	1:00:27
Alex Prinsep	1:01:35
Amanda Hull	1:05:06
Em Gordon	1:17:14
Gareth Roberts	1:23:10 PB
Brenda Topliss	1:33:59 3 <sup>rd</sup> AG!

Rob Gowman	1:39:17
Louise Holliday	1:39:46

**Yorkshire Marathon**

Liz Prinsep	3:42:44
-------------	---------

**Beachy Head Marathon**

Mark Stileman	3:32:14 3 <sup>rd</sup> AG
Sue Stileman	5:30:11

**Frankfurt Marathon**

Matt Hammerton	2:40:15
----------------	---------

**November****New Forest Stinger**

5 Mile (and a bit!)	
James Battle	36:53 1 <sup>st</sup> !
Mark Suddaby	39:22 2 <sup>nd</sup> !
Emily Gordon	50:22 8 <sup>th</sup>
10 Miles (and a bit)	
Neil Jennings	1:04:19 3 <sup>rd</sup>
Marie Duignan	1:18:00 3 <sup>rd</sup>
James Wilson	1:30:08
Penny Jennings	1:39:18 7 <sup>th</sup> AG

**Hayling 10 miles**

Liz Prinsep	1:15:36 PB 2 <sup>nd</sup> AG!
-------------	-----------------------------------

**Remembrance Day 10k**

Mark Stileman	39:06 4 <sup>th</sup>
Sue Stileman	50:08 9 <sup>th</sup>

**Athens Marathon**

Amy Spencer	4:52:18
-------------	---------

**Gosport Half Marathon**

Mark Stileman	1:20:40 3 <sup>rd</sup> AG
Alex Prinsep	1:20:41 PB
James Cole	1:35:32
Liz Prinsep	1:36:46 PB 4 <sup>th</sup> AG

Dave Gardner	1:38:28
Nigel Hemsted	1:38:38
Gareth Roberts	1:44:34 PB
Keith Morris	1:50:12
Lee Ransom	1:54:39 PB
Alice Lane	1:54:35
Richard Cross	1:56:10
Jo McKenzie	2:02:49
Ali Fielder	2:26:32

**Avebury 8 (9.2 miles !)**

Mark Stileman	56:59 3 <sup>rd</sup> ! 1 <sup>st</sup> AG
Abi Cooke	1:25:15
Sue Stileman	1:25:15

**Endurance Life Dorset  
10k**

Tim Parker	50:39 1 <sup>st</sup> !
Half Marathon	
Mark Stileman	2:44:27 4 <sup>th</sup> 1 <sup>st</sup> AG !
Liz Prinsep	3:53:34
Em Gordon	3:54:52
Keith Morris	4:19:45



# Sue's Race Selection - Jan June 2020

## JANUARY 2020

- Sunday 6<sup>th</sup> **CC6**  
<http://www.cc6.co.uk/>  
Badger Farm. 4-5 mile cross country run open to Hampshire club members. No fee or pre-registration, just come wearing your club shirt.
- Saturday 11<sup>th</sup> **Country to Capital**  
[http://gobeyondultra.co.uk/events/country\\_to\\_capital\\_2020](http://gobeyondultra.co.uk/events/country_to_capital_2020)  
43 miles along the Grand Union canal from Wendover to Little Venice
- Sunday 12<sup>th</sup> **George Skeats**  
<https://www.horatiogarden.org.uk/fraiseevents/george-skeates-fun-run-2020/>  
3 and 8 mile options, multi-terrain around Stockbridge.
- Sunday 12<sup>th</sup> **Swanage 10k**  
<https://www.facebook.com/SwanageSeaRowing/>  
Low-key, undulating to hilly road race round Swanage.
- Sunday 12<sup>th</sup> **Stubbington 10k**  
<https://www.stubbingtongreenrunners.net/index.php/10k>  
Fast, local road race with PB potential.
- Sunday 19<sup>th</sup> **Gloucester Marathon**  
<https://gloucestermarathon.co.uk/>  
Fast, flat, traffic-free marathon to kick-start the year.
- Sunday 26<sup>th</sup> **Romsey 5**  
<https://romsey5.co.uk/event/>  
Three flat laps of Broadlands' estate roads.
- Sunday 26<sup>th</sup> **Stonehenge Stomp**  
<https://www.salisbury-arc.org/stomp>  
5,10,20,30 or 40K options, off road around Stonehenge's ancient landscape. Absolute bargain at £5.50 entry. No time pressure as it's also a walker's event.

## FEBRUARY

- Sunday 2<sup>nd</sup> **Longleat 10k**  
<https://www.209events.com/uk-running-events/>  
Around the hilly estate tracks of Longleat. Fast final mile down to the stately pad with the wifelets.

- Sunday 2nd **Lungbuster**  
<https://royalwoottonbassetthounds.fullonsport.com/event/lb-2020/profile>  
 9-mile cross country in Wiltshire. There might be the odd hill and a bit of mud thrown in.
- Sunday 16th **CC6**  
<http://www.cc6.co.uk/>  
 Ashurst
- Sunday 23rd **Winchester 10k**  
<https://winchester10k.co.uk/>  
 1 lap of undulating roads around the city.
- Sunday 9th **Lytchett 10 mile**  
<http://www.lytchettmanorstriders.org/lytchett10.php>  
 Undulating road race around Lytchett in Dorset. Part of the Imperial series with Bournemouth 10 and Larmer 10.
- Saturday 1st **CTS Devon**  
<https://www.endurancelife.com/southdevon>  
 10k, half marathon, marathon & ultra options. An absolute corker of a race: tough, hilly, breath-taking coastal scenery. Bus to the start at Beesands.
- Sunday 2nd **Portland Marathon**  
<https://bustinskin.com/events/portland-coastal-marathon-2020/>  
 Not for the faint-hearted. 10k and half options also available.

## MARCH

- Saturday 7th **Thames Meander Marathon**  
<https://www.hermesrunning.com/thames-meander/>  
 I did the August version and loved it. A flat out and back beside the Thames. Half marathon option also available.
- Sunday 8th **CC6**  
<http://www.cc6.co.uk/>  
 Wilverley
- Sat 7th- Sun 8th **WSR Larmer Tree Weekend**  
<https://www.fullonsport.com/organiser/WSR/events>  
 Tough, hilly, muddy, off-road fest through glorious Dorset countryside with people dressed as peacocks. 10m, half, 20m and marathon options.
- Sunday 8th **Imber Ultra**  
<https://www.imber-ultra.org/>  
 33 ish miles of reasonably tough running on Salisbury Plain.

- Sunday 22nd **Eastleigh 10k**  
<https://runningmania.fullonsport.com/event/hendy-eastleigh-10k-2020/profile/>  
A fast PB course, if you can avoid the parked cars on the route and the runners and spectators at the narrow finish.
- Sunday 29th **Wickham 20m & 10k**  
<https://www.eventrac.co.uk/listed-races/wickham-20>  
A nice, friendly, undulating run through lovely countryside. Ideal for experienced and not so experienced runners alike.
- Sunday 29th **Dorset Ooser Marathon**  
<https://www.dorset-ooser-marathon.co.uk/>  
Off-road, muddy, hilly. What's not to like? Half marathon also available

## APRIL

- Saturday 4th **Test Way Ultra**  
<http://andovertrailrunners.co.uk/events/testway-ultra-2020/>  
40 & 50 mile options along the length of the Test from Linkenholt to Totton.
- Sunday 5th **Combe Gibbet**  
<http://www.overtonharriers.org.uk/club-races/combe-gibbet/>  
16 mile mainly off-road chase from Inkpen Beacon to Overton. Don't be fooled by the descending elevation profile.
- Sunday 5th **Devizes Half Marathon**  
<https://www.lpsevents.co.uk/event/devizes-half-marathon-2020/407>  
My favourite road half. Starts at the Green in Devizes and goes out into the surrounding countryside. Undulating leaning towards hilly
- Monday 13th **West Wight 3 Hills**  
<http://www.rydeharriers.co.uk/west-wight-3-hills/>  
If you don't like ferries, big hills or Chalk this 8-mile race is not for you
- Saturday 25th **CTS Pembrokeshire**  
<https://www.endurancelife.com/pembrokeshire>  
10k, half, marathon and ultra options. Challenging coastal route with breath-taking views.
- Sunday 26th **Southampton Marathon Weekend**  
<https://www.abpsouthamptonhalf.co.uk/>  
10k, half and full options on the roads of Southampton.
- Sunday 26th **London Marathon**  
<https://www.virginmoneylondonmarathon.com/en-gb/>

# MAY

- Sat 2nd-Sun 3rd **Milton Keynes Marathon Weekend**  
<https://mkmarathon.com/>  
5k, half and marathon options available. Qualifier for EA Age Group Marathon Masters.
- Sunday 3rd **3 Forts Challenge**  
Hilly, tough, iconic off-road marathon with lots of stiles to climb. Half marathon also available. <https://www.threefortschallenge.org.uk/e/three-forts-challenge-933>
- Sunday 3rd (TBC) **Houghton 11k**  
<http://www.houghton-trail-event.org.uk/11k-run/>  
Local off-road run with bluebells.
- Fri 8th-Sun 10th **WSR Ox Races**  
<https://whitestarrunning.co.uk/ox-races-2020/>  
Various race distances, including a night time run. It will be off road. It will be hilly. There will be fancy dress. I did the Frolic last year and thoroughly enjoyed it. Lovely medal and a bottle of beer at the end
- Saturday 9th **Marlborough Downs Challenge**  
<http://www.marlboroughrunningclub.org.uk/races/marlborough-downs-challenge>  
20 & 33m (ish) over the Downs. It's a good idea to be self-navigating savvy and used to exposed hills for this one. Local White Horse Pottery mug for all finishers.
- Sunday 10th **Harewood Forest 5k & 10k**  
<https://www.wherwellschoolpta.co.uk/harewood-forest-run>  
A bluebell-rich run through undulating woods and trails around Wherwell. Dog friendly.
- Sunday 10th **Lymington 10k**  
<https://www.yachthavens.com/lymington/events/lymington-lifeboat-10k-run/#.XdO4tZL7TOQ>  
Roads and gravel tracks by the sea. A fund raiser for the RNLI.
- Sunday 17th **Netley 10k**  
<http://www.southamptonathleticclub.org.uk/wordpress/netley-10k-race/>  
3 laps of Royal Victoria Country Park. A couple of inclines but nothing that will slow you down too much.
- Monday 25th **London Vitality 10k**  
<https://www.vitalitylondon10000.co.uk/>  
On closed roads through central London with 20,000 others. Mo Farah was running it when we did it. Definite PB potential and a well-organised, inexpensive event given where you'll be running.

# Winter Training Schedule 2019

Date	January	SL	Date	February	SL	Date	March	SL
Thu 2	Great Well Drive	Mark W	Sun 2	Ryde 10m HRRL	race	Sun 1	Wimborne 20m	race
Sun 5	Badger Farm	CC6	Mon 3	1/2: Abbotswood loops 3/4: Halterworth/Ind Estate	James Richard	Mon 2	1/2: Abbotswood loops - <i>threshold</i> 3/4: Campion Drive	Becky T Moir
Mon 6	1/2: Campion Drive 3/4: Abbotswood 1k efforts	Ian R Moir	Thu 6	1/2: Tadburn Road <i>threshold</i> 3/4: Cemetery Hills	Mark S Becky T	Thu 5	Fishlake Meadows - <i>over/under</i>	Richard
Thu 9	Tempo run (20min out&back)	Mark S	Mon 10	1/2: Halterworth/Ind Estate 3/4: Abbotswood loops	Alice Julie S	Sun 8	Wiverley	CC6
Sun 12	Stubbington 10k HRRL Stockbridge George Skeates	race	Thu 13	Fishlake Meadows - <i>over/under</i>	Ian R	Mon 9	1/2: Harefield - <i>Kenyan hills</i> 3/4: Half/Tadburn (rev)	Ian R James
Mon 13	1/2: Abbotswood 1k efforts 3/4: Campion Drive	James Keith	Sun 16	Ashurst Campsite CC6, Bromley 10, Bromley 20	aces	Sun 15	Fleet Half	race
Thu 16	Fishlake Meadows efforts	Dorota	Mon 17	1/2: Baddesley 2x2 3/4: Fishlake 2x2 (shortened)	Richard Moir	Mon 16	1/2: Half/Tadburn (rev) 3/4: Harefield - <i>Kenyan hills</i>	Mark W Dorota
Mon 20	1/2: Cupernham/Fishlake 3/4: Halterworth/Tadburn	Julie S Alice	Thu 20	Tempo run (20min out&back)	Mark W	Thu 19	Tadburn Road - VO2 max	Ian R
Thu 23	1/2: Cemetery Hills 3/4: Tadburn Road	Ian R Mark W	Sun 23	Winchester 10k	race	Sun 22	Eastleigh 10k	race
Sun 26	Romsey 5	race	Mon 24	1/2: Campion Drive 3/4: Abbotswood loops - threshold	James Dorota	Mon 23	1/2: Abbotswood loops 3/4: Halterworth/Ind Estate	Julie S Alice
Mon 27	1/2: Halterworth/Tadburn 3/4: Cupernham/Fishlake	Mark S Moir	Thu 27	Tadburn Road - VO2 max	Keith	Thu 26	Tempo run (20min out&back)	Richard
Thu 30	Brook Way	Dorota				Sun 29	Salisbury 10m HRRL	race
						Mon 30	1/2: Halterworth/Ind Estate 3/4: Abbotswood loops	James Mark S