

RELAY

SPRING 2021



Letter from the Chair

A big welcome to the Spring 2021 edition of Relay, and the first one for some time after a topsy-turvy pandemic-dominated year.

We've all missed seeing each other and running together. Last summer's bubble groups feel like a distant memory! Spring this year is hugely welcome and brings with it much optimism and hope that the worst of the virus is now behind us.

I'm so much looking forward to experiencing the friendship, mutual encouragement and sociability of our club in actual rather than virtual form! But at the same time, I'm acutely aware that we're not out of the woods yet, and we must remain attuned to the continuing threat of Covid and the feelings of those who live around the roads and trails where we run, and protect the good reputation of the club. I also appreciate that many RRR members may be cautious about re-joining club activities until they have been vaccinated.

As our world starts to come to life, I'd like to invite everyone in our club – your club – to feel welcome to suggest new ideas. Nothing is set in stone – it's for us to decide. Equally, the club committee is here to represent your wishes and help make good things happen. If you think there's something we could do differently or better, let me know!

Here are three reasons to be cheerful:

1. The session leaders are now discussing how we can restart sessions, the beating heart of club activity, and have plenty of ideas. They've issued a questionnaire to help guide how we can start running together again.
2. The RRR 2021 Virtual Race Series is now underway, giving us a fantastic focus to complete, compete, improve, run new distances and explore new routes. I'd encourage everyone to give this a go, particularly if you've never raced before – it's all about having a go, and there's a handmade RRR mug in it for those who do 6 of the 8 races! Details on page 7.
3. It's spring! The days are getting longer, the mud and ice are in retreat, and nature is in full bloom around us. It's an optimistic and joyful time of year, and very different to March 2020.

Stay healthy, stay safe and see you in your running shoes soon.

Mark

Ganger Farm – a new club opportunity

I expect that many of you will be aware of the big new Kings Chase housing development opposite Abbotswood. Alongside the new houses, the construction of the new Ganger Farm sports centre is now close to completion, including a big pavilion with a bar and kitchen, a variety of grass and all-weather floodlit pitches and some tarmac pedestrian tracks.

We've been anticipating that this new facility would offer the potential of some new session routes, particularly for the winter months. However, there's a possibility that this site may represent something altogether more interesting. We've been approached by Romsey Rugby Club, who are leading discussions with Test Valley BC, the owners, over the next few weeks on behalf of local sports club.

It's very early days at this stage, and we don't know what will emerge from these discussions, particularly the fees that TVBC will want to charge, but we've signalled our interest in principle in using the Ganger Farm centre.

There are plenty of possibilities that we can explore, not least the prospect of having a permanent 'home' where we can meet for a drink or a bite after a run, use the lit area for different kinds of sessions, have access to decent changing facilities and hold social events. This might turn into a really significant opportunity for RRR!

We won't be taking any significant decisions without consulting across the whole membership, but for now we'll be keeping in touch with the rugby club, and we'll be in touch as and when we get further information.



Editor's Note

Welcome back to Relay ! It's a long time since the frosty day in Jan 2020 when we hosted our CC6 race – the front cover will hopefully bring back a few happy memories. I hope you enjoy reading this newsletter although the content and format is different to previous editions. There no race schedule. And some of the results are from a long time ago !

With the continued restrictions we are not distributing a printed version this time, so I'm attempting to create the newsletter myself rather than using the skills of the printer.

If you have any ideas for how the newsletter could be improved, or ideas for articles for future editions please let me know. You can contact me at club or via email at nigelhemsted@hotmail.com

'A social date for the diary'.... yes, it's true!!

Lee & Steve: Social Secretaries

The London marathon , which was cancelled twice last year, also led to our social pasta party being cancelled twice too. For the new members amongst you, the club has always run a pasta party with a quiz, the Tuesday before the marathon to wish our nominated marathon runners the best of luck in the capital.

Now with the marathon re-booked for a third time & the road map post June looking likely that will be able to socialise unrestricted, we can confirm that we have rebooked the Cromwell Arms for Tuesday 28th September for our pasta party. Now, I am sure we haven't heard this term for a while, but 'please keep the date free in your diary', Details to follow nearer the time.

Training Plans

Ian and the whole session leader team

Thank you for your patience while the session leader team work out the best way to get back to club training safely. But we're now really excited to let you know our plans for the coming weeks.

I'm pleased to let you know that we will resume training from **Monday 12 April**.

Our reason for leaving it a few extra weeks are to allow for brighter evenings, get through the Easter holiday weekend and wait for another set of government rules to be relaxed.

For the **first 8 weeks** we will follow a similar pattern to last year with **8 bubbles** of runners grouped by pace/fitness running a range of routes on a **Monday or Thursday at 18:30**.

Each bubble will include up to **12 people**.

The majority of people in our survey were comfortable with this size of group (though we recognise not everybody) and in order to accommodate everybody that has asked to start training we need to make them this size. The government has not stipulated any limits on group sizes for organised outdoor sport, but 12 is the recommended maximum number of runners per session leader from England Athletics.

We are going to ask that after the bubbles have been set (subject to initial tinkering of course) that **everybody sticks to their bubble** and not move bubbles week-to-week. We are hoping that after 8 weeks we might be able to start moving back to a flexible system so we can all run when, where and with whom we want without having it all pre-planned.

The sessions will be a **mix of steady social runs and more intense training sessions**, but the session leaders will choose and adapt accordingly based on the group they are running with as we realise from our survey that there will be a mix of running fitness levels post-lockdown. As ever, the session leaders will make sure everybody is included, whatever their ability and fitness.

The routes themselves will include the **Braishfield lanes, trail routes from last year and routes in town that keep us away from residential areas**. The majority of you said you were happy to travel if required, but we will try and keep this to a minimum both for your convenience and minimising the additional travel we create as a club.

Our aim is that each bubble will be able to run a different route/session each week over this initial 8-week period.

Unfortunately the grass running track at Mountbatten isn't available until 7 June this year due to the extension of the football season, but we plan to make use of it for the rest of the summer from that date.

As before we will ask everybody taking part in the session to **abide by our COVID social distancing guidelines** and answer our **COVID questionnaire** at the start of each session, and Moira (our COVID coordinator) will be in touch with more details around this.

Finally, I just wanted to say that we are still planning to expand the type and number of session we offer the club in the coming year; including **weekend social runs, coached-track sessions and more cross-country runs**. And as soon as we are able to relax the bubble system we will begin to introduce these.

If you have any questions or concerns please do get in touch with myself or any of the session leader team.

We can't wait to running with you all again real soon!

Membership

Penny Jennings

The club has had some new members going back to the beginning of 2020 and below is a bit about them. Some of them you may have met and the others hopefully you will meet soon! We also have quite a few people planning on coming along for a trial run when we start up again, so please look out for them.

Evan Harris

I have been a competitive club swimmer for many years as well as enjoying running. I have run in biathlons, cross country and longer distance events as and when I have met the qualifying age. After finishing school I felt my swimming career had come to a natural conclusion and was wanting to pursue running a little more seriously. Romsey was recommended as a friendly environment to do that and I have enjoyed all the sessions so far.

Matt Harris

I have always enjoyed sport and have been running for about 4 years, mainly parkruns as well as longer distance events up to half marathons (definitely no further!). As Evan was keen it seemed a better idea for me to join in, when work allows, rather than Mrs Harris sitting in the car waiting for an hour. Whilst he is much faster than me it is still nice to have another shared interest and to spend time together pre and post sessions.



Nicola Sparkes



My name's Nicola and I've been running for about 5 years. My aim for this year is to complete a half marathon once a month to keep my distance up. I've really enjoyed coming to the club this year and am looking forward to coming back soon !

Chris Langley

I have been running for just under 4 years, originally to try and improve my sleep but got the bug almost instantly. I have done a few half marathons and have an eye on a marathon one day when the kids are a little older, and joined RRR as a Lockdown Resolution even though we couldn't actually run in a group at the time. I'm loving running in the club environment and had a really warm welcome in the BosDon bubble (despite me dragging their average time down) and looking forward to meeting more RRR as the world opens up again.



Jules Petheridge

It's never too late.

I thought that I would treat myself for my 60th year and joined the local RRR C25K and have been running since. The inspirational coaching from Sue (and Mark), the camaraderie of my running buddies who progressed with me to 'Hampshire Hares' and sheer joy of getting out into the countryside (especially over the last year over various lockdowns) has been literally life enhancing and the perfect antidote to back-to-back Zoom calls! I might not be the fastest nor fittest by far, however, it would take a lot to beat the sheer enjoyment I get out of keeping going spurred on by my wonderful running buddies! Joining the RRR will hopefully keep me running just a little longer!

Andy Brown

Hello! I'm Andy. I've been running for about 8 years now, including the inevitable periods of injury for a new runner trying to run marathons straight away..... Anyway, I've managed 4 so far in pursuit of running under 3 hours (still trying), my favourite of which was the 2018 Mont-Saint-Michel marathon on the other side of the channel. I previously ran for a.n.other Hampshire club!... but have lived in Romsey for 5 years now so thought it was time to join my local one. Instantly knew it was a great decision, how friendly are these people?! Thank you for making me feel so welcome. I've only run in the bubble groups so far of course, so I'm looking forward to meeting the rest of the club later in the year.



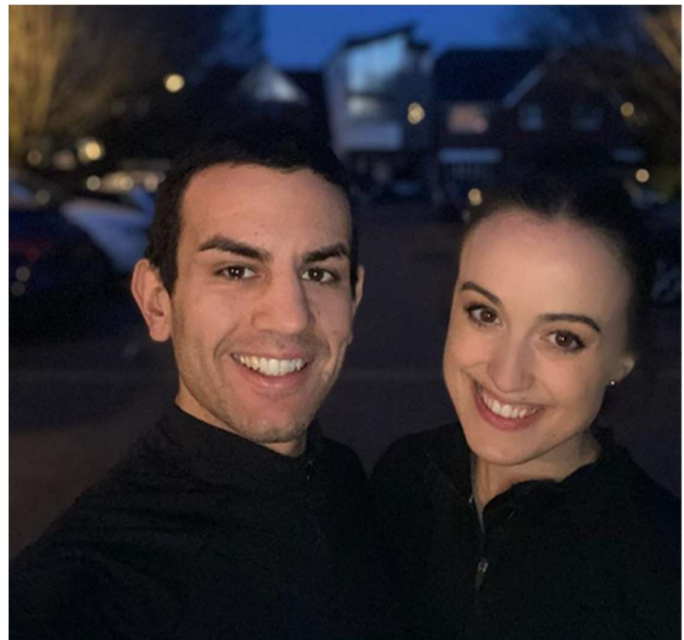
Dev Daas

I'm Dev and have been running for about a year and a half now! I've lived in Romsey my whole life and have loved exploring the local areas while running (as you can see from the photo in Fritham). In December, I ran my first marathon which was a lot of fun but I think it will be a while before I build up to that distance again! In the next year I am hoping to finally break 20 minutes for 5k, 1:35 for the half marathon and, most importantly, continue enjoying running while building consistency into my training.

Amelia Thomas-Wilson

My first experience of road running was 4 years ago when, as a naive 21 year old I believed I could enter the Manchester 10K with no training whatsoever. I had no idea about pacing and after 1km, ended up dry heaving at the side of the road and crying for my mother to come pick me up. Fortunately, the spectators practically screamed at me to keep putting one foot in front of another for the rest of the distance and I managed to cross the finish line in pretty much one piece (minus my pride). What ensued on that rainy race day was enough to put me off running for life.

I wish I could say that I always loved the idea of running - the summer breeze flowing through my hair, the nods of camaraderie to other runners, the smugness that comes with saying "I'm going for a RUN this weekend" but, in truth, I started running because the country had been thrown into its first lockdown and I was achingly bored.



I started 'plodding' a couple of times a week with my partner Kouros (pictured) but, after realising that his average pace was borderline ludicrous compared to mine, I wanted to find some running companions who adopted a more similar mindset. Enter stage left - RRR!

Annoyingly, I have to give full credit to K for suggesting RRR. Like many, I was nervous that club members would be lightning fast and I'd be trailing behind as darkness set in. However, from my first club run, I immediately felt welcomed and empowered by my little running bubble.

As someone who mainly enjoys long, leisurely plods, I appreciate the club encouraging more structured runs (even if they are hill reps - I'm looking at you Durban Close). However, what I find the most valuable aspect of joining RRR is the friends I have made along the way. We had moved from Manchester to Romsey a few months prior to joining the club so we were in need of some pals. As time (and lockdowns) passed us by, I have now made a wonderful group of running friends who I have to give an embarrassing amount of credit to for getting me through this past year.

I never thought I would run again after my disastrous 10K but the friends and knowledge I've acquired through RRR has enabled me to not only run again but to actually establish a habit so thank you. I'm looking forward to getting back to club runs and training for my upcoming half marathon, especially as Spring approaches in the beautiful Test Valley. See you around all and cheers!

Kouros Driscoll

I've always enjoyed running and can even remember doing some cross country races when I was in primary school. I loved the mudiness and causing chaos as a child, although this eventually dropped off as I got older. Since then I kept up other sports like football and boxing with a few runs thrown in here and there along with a couple of half marathons whilst at University.

I had never done any structured running sessions before so I was a bit apprehensive before my first run with my bubble. Safe to say the atmosphere in the club is great and everyone has always been so welcoming I've settled in nicely. Plus everyone loves to socialise and have a bit of a chinwag along with some intervals which I love. Thank you very much to all those that put in so much effort to organise and create such a hospitable group!

I think the reason I always enjoyed running was the freedom you can experience by getting out the front door and exploring the area around you. Over time I've started to realise how beneficial it is mentally too and no matter how rubbish a day may be you generally feel better if you get out for a bit of a jog. Another benefit recently thanks to RRR is that Amelia has also gotten into running too so we're both enjoying being able to get out together - especially as the weather is improving! Having a challenge generally keeps me motivated and although I don't have any plans in the pipeline just yet I would like to tick a marathon off the bucket list at some point!

Duncan MacDonald

I started running about 9 years ago when I found myself working away from home in London and Belfast. Too much hotel food, wine and boredom eventually led to a jog around a Hyde Park one summer's evening. I have not stopped since, completing a number of half marathons, The Great South and other local 10/5k events. I do mix it up a bit with spin, road cycling and yoga.

My main motivation is keeping fit and the occasional PB! I have been to RRR training sessions on and off for a couple of years, but have now decided to become a member.



RRR Race Series

Sue Stileman

Hopefully everyone is aware by now that we have an eight-race series running between March and July, but just in case you've missed it, here is the important info:

- 8 races between March - July
- open to everyone in the club
- 2x 5k in March
- 2x 5 mile in April
- 2x 10k in May
- 1x ten mile in June
- 1x half marathon in July
- there is a handmade RRR mug for everyone who completes six of the eight races (which six you chose to do to earn the mug is up to you)
- the winners of each individual race and the series overall will be the highest age-graded male and female runners. The series champion will be the person with the highest overall age-graded score
- the maps and GPX files for all the routes are available on the RRR website
- results should be emailed to results@romseyroadrunners.co.uk showing your elapsed (not moving) time, date and distance
- there is a WhatsApp group available for everyone taking part- please email [sstileman223@gmail.com](mailto:ssstileman223@gmail.com) with your mobile number if you'd like to be added

The idea behind the series is to give us as a club a focal point and a bit of competition while Covid restrictions are in place and races are on hold, something we can all take part in and feel a sense of community through. It is also an opportunity for folks to improve their running by testing themselves on a new course each month.

Good luck to everyone who is taking part. I'm looking forward to seeing the results!

2021 RR10 Races

Some more good news – provided Covid restrictions are lifted as planned, there should be an RR10 race series this summer. Races will be every Wednesday evening from the end of June through to the end of August. If you're new to the club and haven't taken part before please join in, it's great fun. Entry is free, you just need to wear a club vest or t-shirt. If you haven't got one have a look at the website. There's one mixed race with a real range of abilities, so you can run at whatever pace suits you.

The planned schedule is shown below. Note that, as well as not running in their own race, each club has to sit out one other race, this helps to limit runner numbers.

Can you all make a diary note for July 28th, RRR will be hosting that night's race at Broadlands. We can't run in our own race but we will need as many of you as possible to help with marshalling etc. More details to follow closer to the date, but we'll need to be at Broadlands by 6pm so we can be all ready for the race start at 730pm.

RR10 Race Schedule - provisional

Date	Venue	Host Club	Drop Out Club
23 rd June	Hursley	Wessex / Halterworth	New Forest / R Sisters
30 th June	Manor Farm	Hedge End	Romsey
7 th July	Sparsholt College	Winchester	Hardley
14 th July	Itchen Valley	Lordshill	Totton
21 st July	Fleming Park	R Sisters / Spitfires	Hedge End
28 th July	Broadlands	Romsey	SAC / Lordshill
4 th Aug	Manor Farm	Stubbington	Eastleigh
11 th Aug	Cadland Estate	Hardley / New Forest	Stubb / Spitfires
18 th Aug	IBM Hursley	Eastleigh	Wessex / Halterworth
25 th Aug	Fleming Park	Totton / SAC	Winchester

Just how long should my long run be?

Coach Ian

Probably one of the most common questions I hear as a running coach is about the long-run and just how long that should be.

When it comes to training for endurance there is always the unavoidable challenge of building up your mileage. There's a lot more to it of course, but if you're working towards a half marathon, marathon or even an ultra, the fact is that you need to run longer as you train.

But fear not, because it's not just a case of piling mile upon mile until you seem to be spending more time out on your feet than you do at home. Like everything, there's a hard way and a smart way.



Whilst like most things in running, it depends on the individual and the event, here are my general top-tips on building up your long-run training:

Focus on overall training load

The key is a gradual and consistent increase in overall training load. That means not just thinking about your 'Sunday long run', but the total volume of running done over a week. For some of us it's hard to build the ever-increasing long run in to family life, so splitting your mileage up into a large number of shorter runs can work just as well as one single long run. And

it's this consistency in mileage that will pay off in the long run, rather than single big-hits.

Slow and steady increase

The secret-sauce to this gradual & consistent increase is no more than a 10% increase week on week. And that goes for both your total weekly training load and your longest run. You need to allow your fitness and your strength to develop to take the additional miles, and increasing too quickly will only lead to injury and fatigue which will set you back.

Time not miles

For many people it is better to think about time-on-feet rather than miles. If you set your long run based on how long you're going to be out and how hard you're going to run, then as your training progresses your increased efficiency means you'll run further anyway because of pace as well as time. But this approach will take account of your fatigue levels, the terrain and even the weather, and avoid you busting a gut to hit an arbitrary mileage target that might prove a step too far.

2.5 hours max

I honestly don't think you need to be out on your feet for any more than 2.5 hours at the most for a training run – and you probably shouldn't. More than this and the extra benefit you get in endurance is balanced out by the additional recovery time needed. And that goes for any distance! For advanced marathon runners or ultra-runners, you may build in some double-run days, but anything more in training is for the ego and not the body.

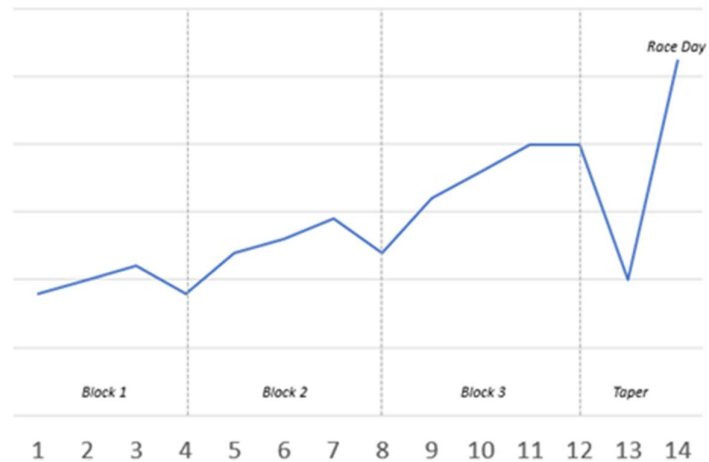
Take a break

Neither the body nor the mind can take a constant increase in training week-after-week for ever. So build in regular drop-down weeks where you decrease your training load. I personally like to go for one in every four, where every 4th week both the total training load and long run go back to the level in the 1st week of that block, before continuing your upward curve again.

Plan backwards from race day

Mark your race day on the calendar, allow for a 2-week taper, then mark that date as your training end-date - NOT race day. Instead, that should be the date of your longest run/biggest training load week. Then work out c10% drops in weekly training-load and long-run back to today's date (allowing for your drop-down weeks of course). This will tell you if you're where you need to be now for that event target to be realistic, as well as forming the backbone of your training plan.

Then just stick all those things together, and your long-run/training-load training plan should look something like this:



Follow these simple few rules and you should find the build-up of miles/hours of running come relatively easily and hopefully injury-free!

How the right balance of slow and fast running improves performance

Sue Stileman

Speed work (intervals and tempo runs) is the quickest way to improve athletic performance. However, recent research suggests that running 60-80% of your weekly training volume at 60-90 seconds per km slower than your tempo pace may yield more significant improvements.

When it comes to training, runners tend to believe that 'faster is better', but the adaptations you get from fast running alone won't make you a strong runner. They plateau after a few weeks, leaving you at increased risk of fatigue and injury. Similarly, if you do all your running at the same slow pace, after a while you won't be improving your fitness and you'll put yourself at risk of fatigue and injury through repetitively loading your joints and muscles the same way.

My husband Mark agreed to be my guinea pig and test out some of the research I'd been putting together on slow running as prep for my CiRF (coaching qualification). We decided to target a sub-60 minute ten-mile race, his ten mile PB being 1:00:25. The ten-week training plan I wrote was very different to what he'd normally do, in that it incorporated four slow run sessions a week as follows:

- One road interval session at lactate threshold (between 12-24 minutes cumulative effort time - any more than this and you miss the adaptations you're looking for)
- One 3-6 mile tempo run at just under lactate threshold (lasting 20-40 minutes - again, any shorter or longer and the adaptations don't happen)
- Three 4-8 mile slow runs at 60-90 seconds/km slower than tempo
- One 6-8 mile hilly trail run at 90 seconds/km slower than tempo

After ten weeks on this new programme, Mark clocked up decade-best times at 5k and 10k, including a sub-18 parkrun, which had been an elusive goal for a while. The ten-mile target race was unfortunately cancelled, first because of storm winds, then because of Covid, so we've yet to try for the sub 60-minute, but the evidence looks good.

How does running at a slower pace make you faster?

The short answer is, it doesn't. Not on its own. To get the adaptations that make you fast and strong, you need to combine the right proportions and pace of slow and fast running.

Intervals and tempo runs give you the following adaptations:

1. improved lactate threshold, enabling you to run faster for longer
2. increased levels of myoglobin, so you can transport more oxygen to your muscles
3. improved VO2 max, increasing the amount of oxygen you can use during runs
4. improved recruitment of fast twitch muscle fibres to efficiently power shorter, faster runs

By comparison, slow running gives you:

1. the ability to use fat instead of carbs as the primary running fuel
2. increased numbers of mitochondria which convert macro nutrients into fuel
3. improved recruitment of slow twitch muscle fibres so you tire less quickly
4. greater tendon strength to power your runs

Running is fuelled by macro-nutrients (primarily fat and carbs). We store about 2000 kcals of carbs, which equates to about 90 minutes of running, but our fat stores are over 100,000 kcals and it would take days rather than hours to deplete them. By running slowly, you train your body to metabolise fat, reducing your reliance on carbohydrate and delaying the point at which fatigue sets in. This is one of the major adaptations slow running gives you that you won't get from faster runs.

After months of this kind of training, the adaptations developed from slow running are such that the body can utilise its fat stores at any given exercise intensity (i.e. slow or fast runs), turning you into a much more efficient runner than you were before, across all distances.

Couple this with the right proportion of speed work done at the right pace and for the right duration and you'll be giving yourself all the adaptations you need to be a fast and strong runner.

More information can be found in these sources:

Exercise Physiology: nutrition, energy and human performance by WD McArdle and FI Catch.

80/20 Running by Matt Fitzgerald.

Collecting Races and bling.

Brenda Topliss

RRR members will be aware of fellow club members who have gained their Park Run 50, 100, or 250 t-shirts. Listen carefully and you may also identify members who have run more than 100 CC6/RR10 races. HRRL offers a special t-shirt if you run every race within the same season.

The passion to collect marathons may have its origins in the USA. You can join Marathon Maniacs at different membership levels; Bronze level is 2 marathons in 16 days, up to Titanium level of 52 or more within 1 year. A well-known international club is the 100 Marathon Club, races just need to be authorised by a national body, athletics or trail. One London area lady in her 60s has recently clocked up 500! But self-certified collections can include anything; US runners often try to bag all 50 states, others aim at collecting by the 26 letters of the alphabet, although people usually struggle with X, Y & Z.

Collections with more modest race numbers include (A) the 6 Star Marathon Majors; run Chicago, New York, Boston, London, Berlin and Tokyo and you get a free 6-star medal or (B) the 7-continentals, your choice of locations but you will probably need commercial help running Antarctica.

MAJORS: how to get in, best way is to qualify by age-time. New York is unusual in providing half marathon time qualifiers. Berlin seems to be the easiest to get in via their Ballot, with Tokyo seems almost impossible for foreigners to get in other than via places allocated to commercial sports-travel companies. I started pondering collecting the Majors when there were just five. I had run London [Flora], Boston and Chicago and had a 2012 place, via a PB half marathon, for New York, with the idea of running Berlin soon after returning to the UK in 2014. But life does not always go to plan. I arrived in New York only for the race to be cancelled due to the aftermath of Hurricane Sandy, the first time any Majors had been cancelled. So that would mean returning to the USA as well as Berlin



but then in 2013 they added the 6th marathon, Tokyo. Possible, but then they introduced a start date so disallowing my earlier Flora London marathon, plus my first Boston so FORGET it. But although I don't really like big city marathons I get very bored without a goal. I already had another 3 Boston's to choose from, qualified and re-ran London [too hot], got in the ballot for Berlin [first go] still too hot for me, requalified for New York but got the flu days before but could defer my place. Age was now panicking me so I bought my way into Tokyo [with Sports Tours]; it rained all the way, and then finished off New York, goal done [in a mere 16 years]. Apart from being handed an extra medal at the end of the race 6-Star names go on a display wall at the Abbots Majors stand at all the Majors; listed by country then alphabetically, as of December 2019 there were 6,600 finishers listed. The race I enjoyed the most was Chicago, I don't really know why. City was easy to navigate as a tourist, course a simple flat, fast loop, low temperatures. If you have already run some of the Majors; you might want to hurry as the 6 may become 7 in a few years as a city marathon in Chengdu, China is currently on probation to join.

For eager beavers, who are fast, fit and have money to spare there are companies that run trips to the 7 continents in 7 days; but you must be able to run every marathon in under 4 hours as you need to catch a plane to the next continent. You also need to have spare cash to the tune of 34K sterling. Otherwise you could just plan holidays when you have the money and the vacation days at the right time of year for each marathon location. When t-shirts were made of cotton American runners traditionally turned them into quilts; or online companies did it for them. The "cheat" way that I chose was to buy [at a car boot sale of course] a fake quilt – a solid border with a printed quilt pattern in the centre; then I just cut out and sewed my t-shirt logos onto the printed area for my own theme quilt, the 7 continents.



My selection of 7 continents was made by places I wanted to visit, Tromso, Norway racing under the midnight sun [covered by rain clouds]. Asia, the tiny country of Brunei, before they got more conservative the Sultan gave special permission for men and women to run together for their inaugural marathon. The best two holidays were S. American, Easter Island and of course Antarctica. A holiday at a friend's in Perth WA ticked off AUS and a local Canadian Blue Nose marathon covered N. America. I finished the set in 10 years with Marrakech, Africa where I got overtaken by two donkeys heading to the market.

So pick your own holiday locations, no rush as the number of continents is not likely to change...or is it? Zealandia [NZ area] has been proposed by some geologist as the world's 8th continent for almost 20 years. And yes, NZ already has a marathon called the 8th Continent. So do I or don't I? SIGH.

Display hangers for your medals are readily available online, but what else would you do with a 1pd car-boot purchase of an ear-ring holder but to turn it into a themed medal holder. My theme "any distance, snowy" medals. Kudos, a US company, sells clear round containers that encase one medal as a coaster and then nicely seats the Lordshill 10K finisher glasses.

For theme collecting within the UK, if you decide to aim for 100 or the alphabet, a Reading area running group called Saturn Running puts on typically 20 marathons a year on canal paths [all registered with Trail UK,] specifically to aid people trying to collect their 100-Marathons t-shirt and they throw in odd named races starting with an X or Y or Z. Their races are typically small less than 200 runners who can run the looped course as many times as they feel like on the day [one fixed price], 1 loop gains a medal, 4 loop = ½ marathon, 8 = full, up to a 50K pin, just within a maximum time limit of 7 hours [collectors tend to have more of a jogging pace]. I have used Saturn for supported long runs 26-31-36K, the main problem is their support tables at the end of each loop are just too tempting so CAUTION you may end up with an unwanted collection of calories – SIGH.



Race Results

December 2019

Victory 5

Liz Prinsep 36:51 8th AG

Hurtwood 50k

Sue Stileman 7:08:50

Turkey & Tinsel Trot

Alice Lane

Southampton Common 10k

Matt Brown 36:36 3rd !
Becky Tovey 39:37 1st lady !
Susie Parker 49:09 PB !

Salisbury Plain Half Marathon

Mark Stileman 1:34:33 2nd
Susie Parker 1:59:24 5th AG

Keyworth Turkey Trot Half Marathon

Matt Hammerton 1:14:44 5th

Hogs Back Race

Mark Stileman 45:44 3rd AG
Sue Stileman 1:00:31

Portsmouth Costal Waterside Half Marathon

Liz Prinsep 1:40:00 5th !

Chester Round the Walls 6k

Matt Hammerton 24:01 2nd, 1st AG

Devils Chair Dash Fell Race

Matt Brown 28:52

Winter Cross 50k

Tam Ryan 5:08:20 2nd, 1st AG !
Susie Parker 6:11:18

Winter Cross 45 miles

Stewart Leisnham 8:05:33

January 2020

Dark Moors 5 miles

Tim Parker 30:36 2nd !
Cliff Reeves 45:50
Laura Mottram 51:31

Robert Skeates 8 miles

Neil Jennings 54:51
Mark Adams 55:52
Nigel Hemsted 1:05:39
Penny Jennings 1:16:00

Stubbington 10k

Mark Stileman 36:38 3rd AG
Alex Prinsep 37:58
Sue Stileman 48:17
Peter Hartley-Oinn 52:19
Brenda Topliss 56:37 2nd AG !
Maria Hartley-Oinn 1:02:45
Ali Fielder 1:06:11

Maverick West Sussex 15k

Matt Brown 1:03:33 3rd

Romsey 5 miles

Neil Jennings 27:52 3rd AG PB
Alex Prinsep 28:59 5th AG PB
Tim Parker 29:10
Ian Ralph 29:54
Amanda Hull 31:11 2nd !
Thomas Wharton 32:37
Dave Gardener 33:06
Sam Weston 34:27
John Quayle 34:27
Nigel Hemsted 34:33 4th AG
James Wilson 34:39 PB
Gareth Roberts 36:19 PB
Keith Morris 36:40 PB
Liz Prinsep 37:02 1st AG
Susie Parker 38:00
Hannah Shutt 38:00
Ray Webb 39:20
Alice Lane 39:44 3rd AG
Penny Jennings 40:00 4th AG
Cliff Reeves 40:27

Lee Ransom	40:31
Laura Mottram	41:54
Susan Sylvester	42:16
Richard Cross	43:10
Anna Duignan	45:14
Dorota Koschmidder	47:03
Lin Webb	47:37
Moira Sankey	51:18
Geoffrey Horwood	52:21
Sarah Guy	53:27

Farnborough Half Marathon

Andy Sharvill	1:41:17
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February 2020

Portsmouth Coastal Half Marathon

Andy Sharvill	1:44:01
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Northumberland CTS Marathon

Alice Lane	5:48:27 3 rd AG
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Carsington Water 10k

Hannah Shutt	41:14 3 rd !
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Winchester 10k

Mark Stileman	39:08 1 st AG
Matthew Brown	39:21
Alex Prinsep	40:24
Keith Morris	46:36
Gareth Roberts	48:57
Sue Stileman	49:36
Susie Parker	50:39
Susan Sylvester	56:11
Anna Duignan	1:01:04
Richard Vie	1:02:56
Rob Gowman	1:08:17

Wessex LDWA New Forest Challenge

Sue Sleath	5:13:00
Tam Ryan	5:14:00

Larmer Tree Half Marathon

Mark Stileman	1:34:10 1 st !
Susie Parker	2:24:01
Sarah Osborne	3:10:34
Rob Gowman	3:21:43

Larmer Tree 10 Miles

Sarah White	2:14:55
Ali Fielder	2:40:52

The Grizzly

Sue Sleath	3:24:00
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August 2020

North Downs Way 100

Tam Ryan	29:44:00
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September 2020

New Forest Marathon

Gareth Roberts	4:38:07 PB
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Half Marathon

Liz Prinsep	1:51:16 1 st AG!
Gemma Quarendon	2:17:27

10k

Sally Gard	1:11:03
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Thames Path 100

Tam Ryan	23:46:00
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October 2020

Clarendon Marathon

Matt Hammerton	3:01:26 1 st !
Mark Stileman	3:12:56 3 rd , 1 st AG!
Neil Jennings	3:21:36
Becky Tovey	3:32:23 1 st lady !
Sue Sleath	3:50:50 2 nd Lady, 1 st AG!
Alice Lane	4:52:04 2 nd AG
Ian Ralph	4:58:38
Sue Stileman	4:58:57 3 rd AG
Susie Parker	5:01:48 4 th AG

Half Marathon

Tom Bray	1:20:20 1 st !
Liz Prinsep	1:51:27 6 th lady, 1 st AG!
Mark Adams	1:56:44
Chris Langley	2:06:00
Keith Morris	2:07:44
Penny Jennings	2:14:37 5 th AG
Sue Sylvester	2:22:37
Robert Gold	2:36:18
Jo McKenzie	2:46:37

Autumn 100

Tam Ryan 23:46:00

December 2020

Lulworth

Ultra

Stewart Liesnham 8:45

Half Marathon

Mark Stileman 1:54

Sue Stileman 2:39

Keith Morris 3:36

Goodwood Marathon

Dev Daas 3:27:13

Liz Prinsep 3:35:24 1st AG

5k

Alex Prinsep 20:15