

RELAY

SUMMER 2021



Letter from the Chair

Summer has at last arrived, and so has group running as we've moved on from the bubble groups. It's been a pleasure to see familiar faces, and some new ones, at our evening training sessions. There's a real opportunity, as we emerge from the shadow of Covid, to try something different to the routines we've used in the past. Over the last year we have experimented with a range of new routes and types of session. Social trail running has proved very popular, and many of us have enjoyed discovering new countryside routes.

Do you have an idea for a training session? Please share your ideas with a session leader, or even better, consider becoming one. We are looking for new volunteers to join our SL team. You don't need to be a fast or highly experienced runner to take on this role; all you need is some enthusiasm to help lead groups through their sessions. You'll get training in the role from England Athletics.

Over the last three months we've seen some remarkable feats of endurance from our members, some of which are recounted in this edition. Steve Edwards and Duncan McDonald have literally cycled the length and breadth of Great Britain, respectively taking on LEJOG and going coast to coast from St Bees Head to Robin Hood's Bay. John Horton has run the 30-mile George Fisher Round in the Lake District, and of course Tam Ryan and Ian Ralph both successfully completed the South Downs Way 100-mile race in tough conditions. And meanwhile back home, it's been great to see so many people taking part in the 2021 Race Series, enjoying new routes, running with friends, and for some taking on longer runs or hitting the trails for the first time. Just the half marathon to go!

Fingers crossed that we'll be able to start the RR10 series at the end of July. I'm really looking forward to a summer of running together.

Mark

Editor's Note

Welcome to our summer edition. I hope you enjoy reading it ! We have some inspiring stories from some of our club members re their latest exploits, including John Horton who gets the bonus of being on this edition's cover. It's such a glorious photo !

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

The RR10 summer series has been delayed until (hopefully) social distancing regulations are lifted in July. I hope that we'll have lots of club members turning out for these runs, dates are in the race schedule included in this newsletter. All you need is a club singlet or t-shirt, otherwise just turn up and enjoy race running again !

On 28th July we are hosting a race at Broadlands. We will need as many club members as possible to help out in the evening with marshaling. If you can help please drop me an email.

Pasta party reminder

Don't forget to keep your social diaries free on Tuesday 28th September, the Tuesday before the London marathon for pasta , a quiz & a few drinks. Hopefully it can happen this year if restrictions lift as planned & we would all welcome some social time with other members & friends you may not have seen for a while. Details to follow & how to book come August time...

Lee & Steve

Training Plans

The session leader team have now planned out our training nights until the end of August, and you can find all the information in the [training schedule](#) on our website.

However, due to any session leader summer holidays, feedback from you guys and potential changes to COVID regulations these are subject to change. So I suggest you check back each week to double check details - though we will do our best to keep you all informed of any significant changes.

And all things being well we aim to end the summer on Mon 30 Aug with our annual Club Championship with everybody coming together for a 5km handicapped time trial round Braishfield. For those new to the club, this is where the session leaders work out what time we think you should all be able to complete a 5km TT round the Braishfield route, and the person that beats their handicap by the most wins the coveted Club Champion trophy at the end of year awards night.

Membership

Penny Jennings

The club has quite a few new members who have joined during lock down and below is a bit about them. A warm welcome also to Kate Lerway, Lauren Sylvester, Alice Snow and Euan Ramage.

Roger Eustis

Old guy (63) -still attempting to run a bit

I ran a little at school , though that tailed off....played squash for thirty years after, with the odd bit of plimsoll-wearing jogging in between. As a Reservist, I had to keep sufficiently fit to run an annual BFT – but that was it. Then in 2000, I tried for the first time to enter the London Marathon . Mark the millennium and all that .

Although I didn't get through the ballot, a friend told me I could try for a Golden Bond place via a Charity. I didn't hear back until January 2000 – so my marathon training started in earnest then 😊

A visit to Alexandra Sports in Portsmouth equipped me with my first real running shoes (New Balance) Not being a Club Runner – and therefore completely clueless on how to train - I decided to use workup races to get to the April Marathon start line.

Each distance was the first time I had ever run that far. So my first ever entered road race was the Winchester 10K . You cannot imagine how out of place I felt amongst all these ' proper runners ' in their smart kit , smelling of liniment and doing complicated stretches.

So, I got round.

OK, 6 miles – I can do . What next ?

Ropley Ten Miler. I got round. What next?

The Portsmouth Half. I got round, using the old strategy of following another runner as best as I could all the way. She was a New Zealander – and very understanding thankfully.

OK. 13 Miles – I can do. What next?

After a bit of digging, I discovered a 20 Miler in the next county. Hoping for a single out and back loop through beautiful Sussex countryside, I learned a lot.

(Not least to try and arrive half an hour before the race Start, rather than literally jogging down to the Start line trying to pin on my Race Number against the flow of runners who had already started)

OK. 20 miles – I can do. Rely on Race-Day adrenaline to make up the final 6 miles?

One of the advantages of this style of training (event-based) is that by the time my Greenwich Start in the Flora London Marathon rolled around, I thought was accustomed to running in a large group event.

Uh-uh! London is unlike any other event I had taken part in.

So, on the big day

- I arrived in good time, with the right kit, ready to race.
- I found a likely pacer to help drag me round.
- All went pretty well till the 20 mile mark, at which point she casually remarked that this was her third marathon – and she usually got round in 3:30
- I stopped for a long drink, which was much needed. Best lesson of all. Don't stop running.
- It took me an hour and a half to make the next 6 miles. The only reason I wasn't overtaken by a group dressed as Wombles was because they all stopped for a group photo with Madame Cholet at the Buckingham Palace roundabout.

Since then I have finished a further 4 marathons, London (again) Paris and the Marine Corps Marathon in Washington DC . My PB is 4:19.

I have also run 15 Half marathons and tried to do a local 10 K every month up to 2020.

Park Runner since 2017, PB 26:30, average 29:00.

In 2018 I was hospitalised for 3 weeks and nearly died. It took me three months to get back to the point of running 5K.

Lockdown hasn't helped.



Jonathan Pillinger-Cork

My running history really begins with being the Frome Colts Cross Country Champion in 1996 (ish) - the fact I was the only Frome runner who ran enough races to qualify and that I came last in a couple of races is neither here nor there.

Since then I have gone on to more glory; being overtaken by a person dressed as a shoe in the Silverstone Half Marathon was a particular highlight. Since then I ran only very sporadically and gained weight, so about 2 years ago I decided to start running to; lose weight, be faster than my older brother and have an excuse to spend loads on shoes.

Over the next year or so I've not got any races planned and really just want to keep fit and trim. I'm looking forward to exploring new routes and chatting about running with everyone at Romsey Road Runners (if I can keep up)



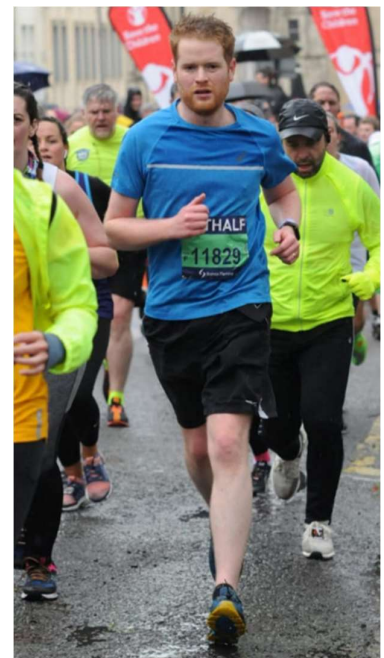
Matt Bennet



My name is Matt and I have been running for most of my life. From middle distance track running and cross country, to road and trail distances up to and beyond the marathon. Though I no longer travel to compete, I joined the club to run socially and am hoping to get in reasonable shape to do some of the RR10 races this summer.

Dan Scadding

Having just moved to the area in December 2020, I was immediately told about the running club by my neighbour so she deserves the credit for recruitment! I started running "seriously" about a year and a half ago when I trained for the 2020 Bath half, and then continued with the regular exercise. My aim is to keep up the running, perhaps working towards another long distance race, but with an almost-2 year old daughter and another due at the end of June, the kids will inevitably have a bearing on how much running I'll be able to do - but the intention is there!



Holly Macedo



Hello! I'm Holly. I've been running on and off for years! I have joined RRR in order to really establish running as a long term healthy habit! One of my new year resolutions is to push myself, just a little, and run 10km in under an hour.

However the achievements and goals of those in my bubble are already inspiring me to think bigger! I love cycling, perhaps a triathlon is on the horizon for 2022?

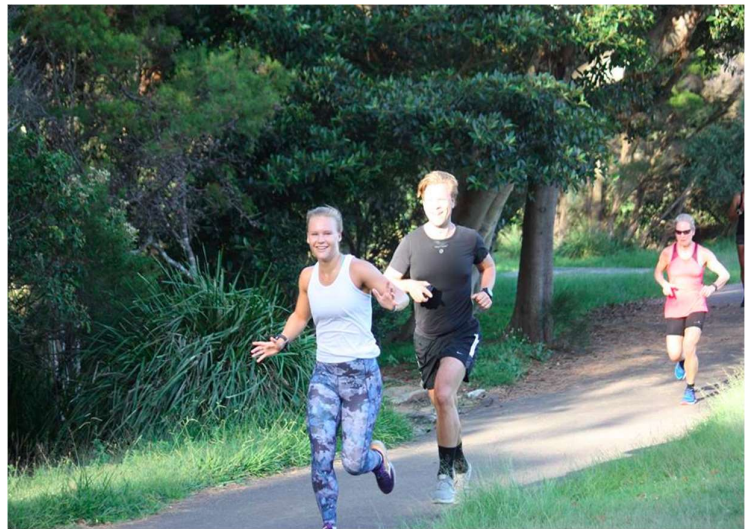
David Morrison



I've been an avid runner for many years now, having run four marathons and a number of other distances. However, I've never joined a running club and even after only a few sessions, I've noticed just how beneficial joining the club will no doubt be - fingers crossed I can improve my times across all distances. The overall goal (maybe a little ambitious) would be to run a sub three hour marathon before I get too old!

Gretel Hardwick

Hi I'm Gretel- new to the area and club running but so far have felt very welcome by the lovely Lisbon bubble! I've been running for a little while but not with a great deal of direction in my training. This year I'm hoping to focus on London Marathon. To date my favourite race has been Guernsey Ultra GU36 in 2019, a spectacular way to explore the country with a lap around the perimeter. I'm also a fan of 'Parkrun' so I thought I'd include a photo from my local park run in Sydney, Australia which begins at the cheery hour of 7am.



Jonathan Stevens

I started running regularly about 4 years ago, I was looking for a new challenge and always had doing a marathon in mind! After completing a sub 4hr marathon I then got interested in triathlons and have completed a few standard length and have my eyes set on 70.3 in the future.

This year I want to break 45min 10k (need to lose 5 seconds!) and just get back to doing some events as restrictions start to get lifted.

I joined RRR as I was keen to run with a group again, I find it helps me push myself that little bit harder and I'm already starting to see the benefits!



Ryan Snell



Hello. I'm Ryan, I live in Mottisfont and have just transferred to Romsey from another Hampshire club. I'm mostly a marathon runner and am hoping to get close to my PB this year either at Goodwood in July or Malaga in December. I would also like to get involved with the RR10 series in the summer.

We also have 2 dogs, Reg the Springer and Margo the Dalmatian.

Ynira Sanchez

My name is Yanira and I am a new member of RRR.

I have very little running experience. However, with all the gyms closed during the pandemic I decided to give running a go and completed the 'Couch to 5K' program. I've joined this club to keep my fitness up and improve my running in a friendly and motivating environment. Hopefully, I'll be able to run 10K before the end of the year!



Tam and Ian's 100 miler

On the hottest day of the year so far, Tam Ryan and Ian Ralph took part in a truly gruelling challenge- running 100 miles in under 30 hours along the South Downs Way from Winchester to Eastbourne.

This was Tam's fifth hundred-mile race and the fourth of a quartet she'd been hoping to complete when Covid struck. Tam said: "one thing you can guarantee with 100 miles is that it will never quite go to plan", and with rising temperatures, very little shade and 12,700 feet of ascent adding to the challenge, she had to use all her experience to stay focused.

She overcame an early fall, battled nausea that made it difficult to fuel and hydrate, and somehow kept her balance when a low-lying branch nearly knocked her off her feet. It was a relief when she was able to meet up with her first pacer, Liz Prinsep, at mile 50.

Twenty miles later, night had fallen and the temperature had dropped enough to allow her to enjoy the magical sight of other competitors' head torches bobbing along the Downs.

Miles 70-90 were run through the night with Sue Sleath, whose job was to navigate and keep Tam going. Tam said: "Sue kept me focused and moving through the night, distracting me from the discomfort. I had to be careful as my legs were getting heavier and I was tripping over rocks and rough ground, but we pushed on through the beautiful break of dawn and the birdsong".

At mile 90 Julie Shanker took up pacing duties for the final ten miles. Tam said "Julie paced me perfectly to see me safely across the finish line in 25 hours, 43 minutes to receive my finisher's buckle and grand slam giant buckle. I can't thank my pacers and crew enough".



Ian set off on his first 100 mile run from the Matterley Estate near Winchester at 4:30am in such good spirits that by mile 23 he was ahead of schedule, and crew members Becky Tovey and Abi Cooke nearly missed him as he went through the first check point.

The next twenty-seven miles proved tougher, as temperatures soared and shade dwindled. Ian developed cramp in his calf, began experiencing nausea and tripped on a rock that sent him flying.

At mile 51 he met up with Mark Stileman who was pacing him to 70 miles. By that stage, Ian was finding eating hard, and the

incessant heat coupled with the enormity of what he was doing were starting to affect him.

Part of the job of crewing on these long races is to have a supply of various foods handy that might tempt a knackered runner, and some chilled strawberries magiced out of a cool box by Sue Stileman helped revitalise Ian, along with cold water poured down his neck and head, but even so he was struggling.

"My energy and morale drained along with the last drops of water in my flask", Ian recalled, "and I began to seriously doubt myself. But Mark kept me going with games that kept my mind alert".

By mile 70 things had started to improve. The temperature was dropping and Ian was able to keep some salt and vinegar chip sticks given to him by crew member Alice Lane down. The salt and carbs helped revitalise him for the final 30 miles. He ran these with Matt Hammerton, who deployed some unusual tactics to get Ian through the night and to the finish. The two of them sang, as Ian put it, "bad country songs" to keep his mind focused.

The final 400m of the SDW 100 is along the athletics track at Eastbourne and Ian ran round it pretending he was in Chariots of Fire, crossing the finish line in an impressive 22 hours, 21 minutes. Alice, who'd been on duty since 5pm, was on hand at the track at 3am to pick the boys up in her van and ferry them safely home.

Ian's final comment on his amazing adventure? "Nothing is impossible, with a little determination, and help from your friends".

Bimbling round the Lake District, or Why I run

I love running. What I mean is I *really* love running. I started over 40 years ago and since then have managed between 5.30 and 15 minutes a mile. I used to do a lot of races and was a half-decent orienteer, but what I enjoy most is getting out into the countryside with nature. Virtually all my most memorable runs have been in the wide open spaces on my own or with one or two friends. I like it best of all when I'm fell running in the mountains. Fell running is a bit of a misnomer because I spend more time walking uphill than running along the tops or bounding downhill, but there's nothing like the exhilaration that comes from moving smoothly over boulders or down a scree slope.

I'd been thinking for a while about doing a fell running challenge in the Lake District. I was drawn to one that Joss Naylor, a well-known fell runner, had thrown down: a route across the Lake District for over-50s: 30 mountains in 48 miles with 18,000 feet of ascent. The amount of time allowed to complete it depends on your age. I'm 64 now, so I was given 18 hours. So a few months ago I started building up my long runs and overall mileage – my Strava feed didn't know what had hit it, with a new 'longest run' every week!

I went up to the Lakes for a week at the beginning of May for a recce of the route. It was a decisive trip - because after two days I concluded I wasn't going to do it. If I was going to complete it I knew I'd have to suffer - a lot more than I wanted to and for a long time. The day after I'd decided, serendipity took me into George Fisher, a huge walking/climbing/outdoorsy shop in Keswick. I picked up a map of their own challenge, George Fisher's Tea Round. It's a circuit of all the mountains you can see from their café on the top floor: 10 mountains in 30 miles with 12,000 feet of ascent. Much less of an undertaking and with no time limit. It breaks down into five legs with four road crossings, meaning running friends and family who were up there could easily join me.

Anyway, the result was that on 12 June I had a fantastic day out in the mountains, spending quality time with my little group of seven supporters. They met me at the road crossings, ran with me for between half an hour and four hours, carried my food and drink on the legs and made me feel like royalty! I stopped for refreshments and photo opportunities and got round in 9 Hours 41 minutes; I felt tired and it definitely felt like an achievement but I didn't hurt like I knew I'd have had to on the Joss Naylor.

So, on reflection it gave me all the elements of the joy of running: open space and nature, good company with whom to share it, moving smoothly over the ground and no time pressure – nothing and no one to focus on. That's why I love running!

John Horton

RRR Race Series Update

The race series has been a great success, giving us a focus during what are hopefully the dying days of Covid restrictions. More than half the club have taken part, with members running in rain, hail, sunshine and gales to get their results in.

Lots of people clocked up distance PBs, with many improving on their second attempts at the routes. Some of you took on new distances for the first time; others gave trail running a go for the first time. Several of you carried on through injury by walking the courses, showing true grit and determination and providing fantastic role models for the rest of us, because we know how miserable it is not being able to run.

We also enjoyed doing the ten-mile and half-marathon route reces, some in atrocious weather which failed to dampen the spirits of those taking part. Poppy and Jim (our and Alice's dogs) were particularly happy to be running with everyone on those.

Liz and I have had lots of positive feedback from members about the series which has been really nice to receive. Devising the routes through a cold January and February I was hoping you'd all enjoy them, but not certain the hills would be met with universal enthusiasm. However, you're a tough bunch and you all rose to the occasion splendidly and I haven't lost any friends since March, so that's a relief!

As the race series is nearing its end (at time of writing we are a week into the ten-mile race and only have the half still to go) I want to say a big THANK YOU to everyone who has made it possible: Mark for sorting out the GPX files and making my route maps presentable with neat annotations; Ian for putting them and the race info on the website; Dan for doing the artwork for the mugs; Steve for helping with the route recce; Alex for streamlining the results database to make it work more efficiently, and Liz for inputting and organising hundreds of results. It has been a proper team effort and just shows what a lovely club we have, full of people willing to help make something nice for everyone to take part in. Can I also add my thanks to those who supplied Member's Top Tips for the launch emails -there were a couple of memorable ones in there that will take some time to forget!

The mugs, certificates and prizes will be given out at the AGM in November.

Sue.

2021 RR10 Races

Unfortunately the first RR10 races of this season had to be cancelled when lockdown restrictions were not lifted in June as originally planned. However it seems very likely that as from 19th July restrictions will be lifted and the race series will begin. The remaining races are

Date	Venue	Host Club	Drop Out Club
21 st July	Fleming Park	R Sisters / Spitfires	
28 th July	Broadlands	Romsey	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

We expect that overall individual league positions will be based on best 4 races out of a possible 5 – so do try to keep these dates free. Of course Romsey will also be defending the men's team title from 2 years ago (no pressure !)

I'm a runner, so why do strength work?

Coach Ian

A lot of runners seem to think that just by running they will get stronger. And to be fair there is a lot to be said for the specificity of exercise, and that the most efficient way to train for running is to run.

Even the renowned ultra-running coach Jason Koop, when asked if cross-training will help ultra-runners once said...

Probably not, particularly if you do them at the expense of your run-specific training.



But even he has now backtracked from this and advocates the use of weight training for endurance athletes. And the reason is that properly focussed strength training IS run-specific training.

When it comes to endurance training there is a need to prepare the body for the training you are going to be asking it to do, and particularly the increased training load through greater mileage and/or time-on-feet – see my previous article on [long runs](#).

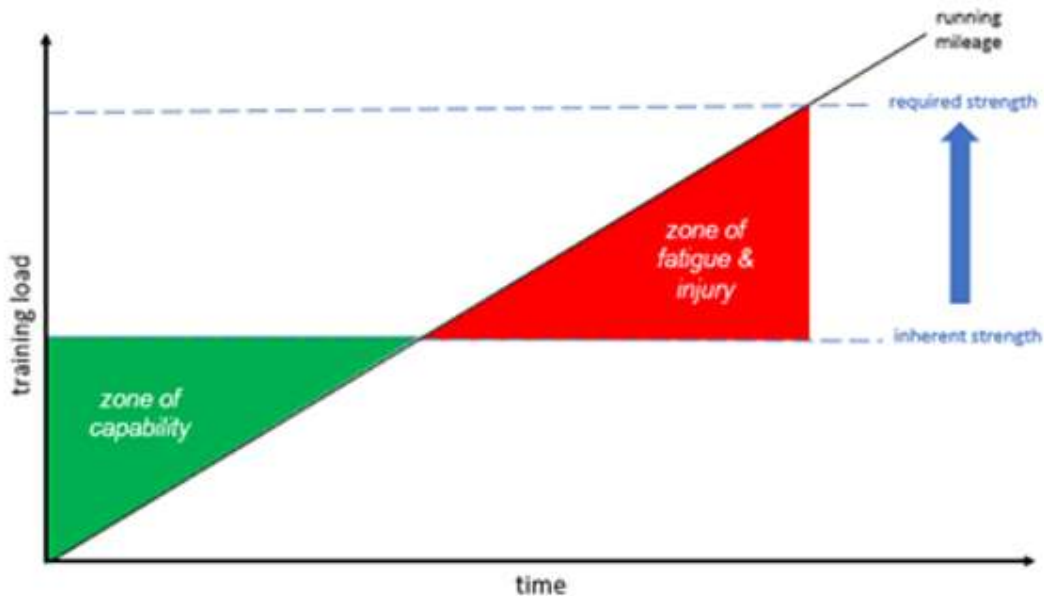
If you look at the diagram below, we all have an inherent level of strength at any given point in time. And this will provide us with what we need for our running – but only up to a point.

So for most people new to running, or runners taking on a longer distance event, we can increase our load to a certain point no problem, as we work within our 'zone of capability'.

But at some point that training load – frequency, intensity & volume – moves beyond the level our inherent strength can sustain. And this is where we move in to the 'zone of fatigue and injury'.

Put simply, our bodies just can't take it anymore.

If we haven't built up our musculoskeletal strength to the point it can comfortably take this increase in training we'll likely suffer over-load injuries (see shin-splints, knee pain, Achilles injuries, etc) or even silly accidents in training because our form deteriorates and we fall or stumble unnecessarily.



I believe that ALL runners training for longer distances or faster times need to build in a regime of strength and conditioning alongside the running. Yes, ALL runners.

But this doesn't mean you need to rush out and join a gym or buy a load of expensive kit. And you certainly don't need to build in hours of extra training either.

Little and often is the key here.

Building in 15-30 minutes, 2-3 times a week is all it takes.

Depending on where you are with your strength you can just start with body-weight exercises. Maybe starting with two-legged versions, then progressing to single-leg version. Then building in some weights to increase resistance.

Increasing the difficulty rather than the number of reps will help limit the time you spend doing S&C, allowing you time for that running that you love, and at the same time building stronger/more explosive muscles.

Which ones you do will be down to your own personal fitness and weak points, but 5 simple exercises that cover the runners' core muscle groups that I think all runners should start with are:

1. **Plank (front, side and with leg rises):** Core (*and this is where so many runners are weak*)
2. **Squats (2-legs, 1-legs, with weights):** Hamstrings, hips, quads, & glutes
3. **Lunges (forward, back, with weights):** Hamstrings, hips, quads & glutes
4. **Calf raises:** Calf and Achilles tendon (*notoriously injury prone areas for runners*)
5. **Glute bridge:** Glutes (*obviously*), hamstrings & core

Lands End to John O'Groats

Steve Edwards

What could possibly go wrong? I had never done a multi-day cycle ride let alone one that is unsupported, likely to take two weeks and on my 10 year old Boardman that was never designed for bike packing!! Well it seemed like a good idea when we were in the middle of a lockdown thinking about what I was going to do when restrictions were lifted. Then I thought perhaps I should use the trip as a fund raising event not immediately realising the additional pressure that would come with this idea. Anyway I thought about doing it for a national charity but in the end opted for a cause that was local but nonetheless important given the absence of local fundraising during the pandemic. So I wanted to start as soon as I was able to get accommodation. In the roadmap out of lockdown this would be the 17th May so that was the start date I opted for and I set about buying the additional kit I needed. A lightweight hooped bivvy tent, a lightweight mat, 2 season down sleeping bag, waterproof bike packing bags and most importantly chamois cream; amazing stuff! I also had to get a Just Giving page set up and write the appropriate text for it and similarly a blog (I'd of course read other people's blogs but setting one up myself was a new experience) Anyway this all got done just in time for the off and I 'put it out there' to various groups and facebook hoping that some donations would start coming in before I started, which they did and before I left I was already over £500. I took ideas of routes from various sources and using these and my own thoughts I highlighted my overall route on the pages of a road atlas, removed the pages from the atlas and packed those in my small rucksack. Each day I also recorded my route in advance on the OS maps app, which I then edited if anything changed. I never planned where or what I would be staying in and just waited until mid afternoon to find something suitable; this did cause some stress at times!!

My original intention was to camp all the way, making the most of the daylight with long days in the saddle and enjoying watching the setting sun sat outside my tent!! Well that idea was quickly dismissed as the date came closer and the forecast was extremely unsettled. But I had committed now and, to err on the side of caution, booked accommodation in Bodmin for the first night. Paula kindly gave me a lift to Lands End; a very early drive in the morning but I did get away at around 9.30 after taking the obligatory photos. She then met me in Redruth at lunchtime and thereafter I was on my own. That first day was lovely, the sun often shining and the wind behind me. The route largely kept me off main roads and it was a very comfortable 66 miles the first day. The next day the weather had deteriorated and I stood eating fish and chips in the rain in South Molton, Devon before putting up my bivvy in the rain on a nearby campsite. Thereafter most days at some point it rained and was always cold so in the end I only camped on three occasions in South Molton, Cheddar and in Roybridge in Scotland. As well as small hotels and guest houses I did camp in a summer house one night and on one occasion in Lancaster a very kind family from whom I asked information about campsites gave me a bed

and an evening meal. This was just one example of many instances of kindness I experienced. One of the toughest days, although not a long distance was the 70 miles was from Cheddar to Hereford. There was a very steep climb up on to the Mendips from Cheddar and then much negotiating of cycle paths to get from Portishead around Avonmouth and finally across the Avon and Severn Bridges – much time spent fiddling with closed paths and diversions and with a very sketchy crossing (gale force winds) of the old Severn Bridge at Aust. Then the heavy rain



arrived for a very soggy lunch stop at Tintern. The bike then started to play up! It seemed to be on a go slow; not rolling as it should and this went on for several hours. I loosened of the brakes, checked the freewheel which seemed fine, but it just kept happening. I took it into a bike shop in Hereford the next day. They were great but could find nothing wrong with it and I never had further problems – maybe it was just the wind and rain and tiredness taking a hold!! The next day in Shrewsbury I managed to come off the bike, again in the rain, on a manhole whilst cornering! Was looking at the road ahead and didn't even notice it. A classic but fortunately no harm to me or the bike only my pride!



One of the early decisions for this trip was which way round I should do it and I opted to go up country on the basis that the prevailing South West wind should help me along. For much of the journey this was the case and indeed my 'flight' from Shap summit was evidence of this. With a strong south wind and a downhill that goes on for ever it felt like I was flying – the best long downhill I've ever experienced, although a bit later in the trip Glencoe was also pretty amazing. However, mainly in Scotland the wind had turned much more to the North and it became really very cold and often wet with downhill peddling as well as up (what's all that about!)

I have to admit that my food consumption was high on this trip and far from being the healthiest but I figured that with the calories I was using I could get away with it. I had Cornish pasties, Fish and Chips, Pizza, Lardy Cake amongst various cakes and pastries, Scotch Pies in Scotland (well you have to don't you!) biscuits, several of the Weatherspoon's full English and Greggs of course featured from time to time. Dinner was often washed down with the local brew! Journeys are about enjoying the people you engage, the places you pass through and particularly the food and on one occasion in Shropshire this was highlighted by the most amazing farmhouse ice cream I have ever had. The portions were huge. I did take gels with me which I used on a couple of occasions generally towards the end of particularly tough days.

I mentioned earlier the additional pressure that came from having a fund raising page and this was highlighted particularly when in Scotland my phone, finally, also objected to the weather conditions and decided to start making life difficult for me by initially not allowing me to type anything sensibly, then the screen started jumping about and finally it refused to charge. Well that's not great when you are relying on it to search for accommodation, make facebook posts, respond to just giving donations and to update the blog and that's apart from respond to personal messages. This situation was resolved by another act of kindness when someone who I'd got chatting to in a pub in Inverness lent me a spare I Phone they had! Wow, this was amazing and whilst it meant a very late start at 10.20 as had to wait until the Vodafone shop opened to get SIM and contacts moved across it saved the trip from a communication perspective.

The trip ended up being split into twelve and a half days with a distance of 905 miles, 60,000 feet of height gain with two equally long days of 92 miles and the shortest day 58 miles. I arrived at John O' Groats at lunch time on the 29th May to a celebratory Latte and Cheese Scone before riding the 19 miles to Thurso to catch a train back to Inverness.

There were so many stories from the trip that would be impossible to recount in this article and if anyone particularly wants to read a more detailed account then do take a look at the blog page of www.playeasttytherley.wordpress.com It was a journey that I'm so pleased I did and that I really enjoyed; most of the time. Although I took a fairly direct route it could be varied and extended in any number of ways to really explore the cycle routes and lanes of our Island. My thanks to all those in the club who kindly donated and if anyone still wishes to the just giving page is still open at www.justgiving.com/crowdfunding/play-easttytherley.com The question now is what's next?!!

Race Schedule

July 2021

Tuesday 13 July

Gosport 5k Summer Series

<https://www.nice-work.org.uk/races/gosport-5k-series-2>

The race offers a fast, out and back promenade run using an accurately measured 5k course, ideal for beginners and experienced runners alike.

Sunday 18 July

WSR Piggy Plod

<https://whitestarrunning.co.uk/wsr-races/adult-piggy-plod/>

A fun, trail 10k that doesn't take itself too seriously.

Wednesday 21 July

RR10 Fleming Park

<http://rr10.org.uk/>

Wednesday 28 July

RR10 Broadlands (Romsey organising)

<http://rr10.org.uk/>

July 31- Aug 1

WSR Larmer Races

<https://whitestarrunning.co.uk/wsr-races/summer-larmer-10-mile/>

Trail 8 mile, 10 mile, kids race, half and full marathon options.

August 2021

Wednesday 4 August

RR10 Manor Farm

<http://rr10.org.uk/>

Tuesday 10 August

Gosport 5k Summer Series

<https://www.nice-work.org.uk/races/gosport-5k-series-3>

The race offers a fast, out and back promenade run using an accurately measured 5k course, ideal for beginners and experienced runners alike.

Wednesday 11 August

RR10 Cadland Estate

<http://rr10.org.uk/>

August 14-15

WSR Cranborne Races

<https://whitestarrunning.co.uk/wsr-races/cranborne-half-marathon/>

Trail kids, frolic and half marathon options.

Wednesday 18 August

RR10 Hursley

<http://rr10.org.uk/>

Wednesday 25 August

RR10 Fleming Park

<http://rr10.org.uk/>

August 28-29

WSR Dorset Invader

<https://whitestarrunning.co.uk/wsr-races/cranborne-half-marathon/>

Trail frolic, 10k and half marathon options.

September 2021

September 5

Overton 5 mile

<https://overtonharriers.org.uk/overton-5/>

Part of HRRL series, website not currently showing race but hopefully on this year

September 12

Farnham Pilgrim Marathon

<https://www.farnhampilgrim.org.uk/>

Scenic trail marathon

September 19

Lordshill 10k

<http://www.lordshillroadrunners.org.uk/races/lordshill-10k/>

Local race, fairly flat course. Well supported, part of HRRL

September 25

New Forest Marathon

<https://www.newforestmarathon.co.uk/> - top

Trail 5k, 10, half and full marathon options.

October 2021

October 3

Clarendon Marathon

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

Home-grown race along the Clarendon Way from Salisbury to Winchester. Relay, 5 mile, half marathon and full marathon options.

October 17, 23 & 24

Beachy Head Marathon

<https://www.visiteastbourne.com/marathon>

10k, half and full options along scenic, hilly trails by the sea

November 2021

November 21

Gosport Half Marathon

<https://gospothalf.org/>

Flat and fast half marathon mainly along the front at Lee on Solent.

Race Results

April 2021

Goodwood 20 Miles

Liz Prinsep 2:29:51 1st !!

Endurance Life – Sussex Coastal Trail

Half Marathon

Sue Stileman 2:16:32

10k

Mark Stileman 0:45:54 2nd

May 2021

Dorney Lake Half Marathon

Alex Prinsep 1:19:58

Liz Prinsep 1:37:12 1st AG

Keith Morris 1:44:01 PB !

June 2021

Ox Half Marathon

Mark Stileman 1:43:31 1ST AG

Alice Lane 2:10:20 2nd AG

Sue Stileman 2:25:12

Moreton 10 miles

Mark Stileman 1:10:09 1st !

Sue Stileman 1:36:58 2nd AG

South Downs Way 100

Ian Ralph 22:21:00

Tam Ryan 25:43:00

Endurance Life Exmoor Half Marathon

Bob Gold 3:02:19 1st AG

Maverick 10 miles

Tim Parker 1:11:07 5th

Hampshire Hoppitt Marathon

Sue Stileman 4:48:07

Half Marathon

Mark Stileman 1:34:31 1st AG

Milton Keynes Marathon

Liz Prinsep 3:28:48 3rd AG PB !