

RELAY

AUTUMN 2021



Letter from the Chair

After so many months of rather stuttering club activity, with lockdowns interspersed with running in small bubble groups, it's been wonderful to join up more as a community over the summer, on the track, on cross-country and road sessions, at RR10s and parkruns. I've appreciated the social side of running far more after so many restrictions!

It's also been a pleasure to welcome new faces to RRR over the summer. As ever, the enthusiasm and the energy of new members really helps keep the club feeling vibrant. To everyone, I'd like to invite you to (a) feel welcome to suggest new ideas for the way the club operates and (b) consider joining the team of session leaders (SLs). Being an SL is rewarding and offers great opportunities for learning more about good running practice, and it absolutely does NOT require you to be fast! The sessions simply can't happen without the SL volunteers. If you're interested, please have a chat with one of us.

We had been hoping to move to the new Ganger Farm sports facility in September. As is often the way with these things, the final stage of construction is still incomplete, and so we'll be staying with Woodley Hall on Mondays for the time being.

The autumn race season is back in full swing – in fact it feels busier than ever, with many postponed spring races now being packed into the autumn schedule. Whatever your motivation for racing, be it competitive performance, enjoying new scenery, recovering from injury or simply enjoying the buzz of a running event, please send your race results and your headline reflection to results@romseyroadrunners.co.uk. And if you're interested in racing, do consider joining the new race WhatsApp group... details of this and the other new groups in this issue.

Mark

Editor's Note

Welcome to our autumn edition. I hope you enjoy reading it !

Thanks to everyone who helped out at our RR10 race at Broadlands in July. A few of you have the honour of gracing our front cover!

The CC6 race series starts at the start of October. We will be hosting a race at Roundhill campsite near Brockenhurst on 30th Jan. Again we will need lots of volunteers – please hold the date !

Club AGM/Awards Evening

A date has been set for this year's AGM & club awards evening. Last year this was a virtual event but this year it can actually happen. The date for your diary is Friday 19th November & it will be held in the upstairs function room of the Royal British Legion Club in Romsey town centre, next door to Waitrose. There is plenty of free parking after 4pm in the Alma Road car park behind the Old House at Home pub.

It would be great to see lots of members at the evening. It's a chance to have your say about the club, vote on club matters, congratulate the winners of this year's awards or maybe even receive one yourself. This is all washed down with a 2 course meal & a few social drinks after. The menu choices & more details of how to book will come out shortly. The likely cost will be £14 per person. As in previous years, there is also the likelihood of a few taxis organised to some of the surrounding villages if members require one.

More details to follow in the next couple of weeks, but for now please keep Friday 19th November free in your diaries.

Lee & Steve

Membership

Penny Jennings

A warm welcome to the club for Megan Batchelor, Daniel Hargreaves, Claire Goacher, Paul Kennedy, Alex Young and James Byrne.

Paul Kennedy

I'm delighted to have joined the Romsey Road Runners – my first ever running club – but unfortunately, since I spend most of my time abroad, I will have to be something of a tourist member.

I came to running late in life primarily to get back into shape after an aggressive middle age growth spurt but wish I had discovered it so much sooner. Nevertheless, I have come to terms with my veteran (plus) status and am very content just to get out and enjoy the outdoors with the occasional Half or 10K thrown in to add some spice. I still think about getting a marathon under my belt before I really am too old but I'm trying very hard to control the urge. My wife would kill me even if the marathon didn't!

Running with the RRR members is an absolute delight and especially getting out in the beautiful Hampshire countryside – a complete contrast to where I normally run.



Claire Goacher



"Hi everyone, I'm Claire and excited to be part of Romsey Running Club.

I have always enjoyed getting out and about running. I really enjoy a Saturday morning parkrun, so happy that these have started back up, and would like to get fit enough to run a marathon by end of this year. Not long moved to the area so looking forward to meeting some more friendly faces who also share a passion for running. This is a picture of me post Wimbledon half marathon back in 2019, very pleased to have run in under 2 hours on an absolute scorcher of a day.

Alex Young

Hello, I'm Alex and I joined the Road Runners in August after moving to Romsey. I started running towards the end of secondary school, then ran a bit more at university where I trained with the triathlon club - which was far less serious than I think people assume it to be! I joined RRR because I enjoy running socially, and also to work towards racing a little.

Over the next year I would like to work on middle distances, whilst also hopefully improving at long distances. The photo is from a university race called the Chilly Duathlon because it is always really cold. I even wore a snood to stay warm on the bike! I look forward to meeting all the club members over the coming weeks and months!

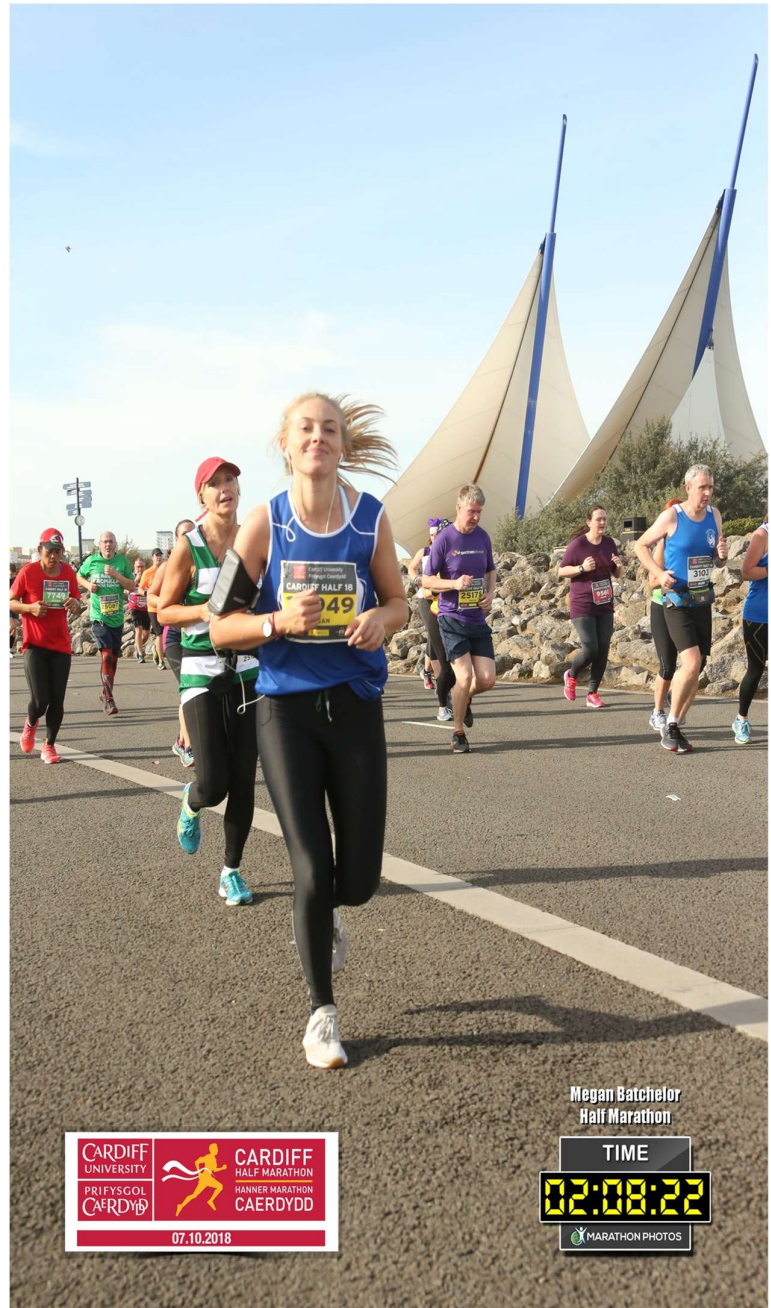


Megan Batchelor

I have always enjoyed running in some capacity, especially back in my school days. A surprise sign-up to the Cardiff Half Marathon back in 2018 had me out running more and more, especially over longer distances and this was certainly new territory for me. After successfully completing the Cardiff half with what I considered to be a half decent time, it seems I caught the running bug! Back in 2020 when we were all in lockdown, running was my go-to, to get out of the house and keep a positive mental attitude, fast forward to now and running still does those things for me.

I recently moved to the Romsey area in December 2020 after taking on a new job role. It was from then I looked in to joining a running club to make some familiar faces in a new place! As a first-time running club goer, I must say just how welcoming, friendly and encouraging RRR has been for me. I look forward to training each week and can already feel myself improving.

Just a little bit about me to sign off - I am currently working for a Global Equestrian retail brand and have previously worked in the Equestrian Events industry. I guess horses are my thing, after all my degree is in Equine Science! As it is a rather expensive sport, horse riding has taken a bit of a back seat as I am saving for my first house, but I would love to get back in to it in the future. I also enjoy really gymnastics and have started going to adult gymnastics sessions locally.



James Byrne

“Hi! Back in the mists of time I used to run cross country at school. Since then my running has been somewhat haphazard including signing up to an obstacle course event with friends a few years ago without any proper training (which my muscles paid for during the following week!).

I’m a keen hiker and cyclist and began doing more exercise over lockdown, having been introduced to Parkrun by a friend I’ve been interested to get back into running and recently completed my first 10k. I’d be eager to see if I can get to a half marathon!”

Running away from the lockdown

Gemma Ingason

I, like every other runner on the Couch to 5K course in May, hoped that it would be cancelled. It was raining, solidly and relentlessly. *They'll cancel*, I thought as I refreshed my email for the 6th time, *surely they'll cancel*. They did not cancel, and Steve, Moira and Dorota laughed (in the rain) at the very idea of calling off a run because of weather.

It was lockdown's fault that I signed up for the course. 16 months of boredom, confinement and being stuck in the house left me feeling trapped and searching for something new; with a desire to get out of the house and to meet some new people. 2020 felt like a year in which I achieved... nothing. In 2021 with restrictions easing, I joined half the country in wanting to make some changes, to sleep outdoors, jump in a river and run like the wind.

So there we were, 30 damp but keen new runners plodding through the rain, and the swampy bit of the track, as we undertook our first run. It felt like a marathon.

9 weeks on from that first wet night we completed our 5k in a heatwave (it went one extreme to the other over here) and it felt amazing. What we didn't realise at the time was that we had accidentally also signed up to a running club and were now unwittingly members of the Romsey Road Runners, who have been universally supportive and welcoming.

As my mileage increases and I run away from lockdowns (and the swampy bit of the track) I want to thank our coaches, my fellow C25Kers and everyone in the club for supporting us and welcoming us. Your welcome, words and 'well dones' have been incredible and are very much appreciated – thank you.



Lite course

Natalie Gore

Following our successful completion of the Couch to 5k programme a number of us continued with the Lite course that Romsey Road Runners had kindly designed for us. The course incorporated a number of running techniques with a variety of terrains that we had not encountered on Couch to 5k as well as learning techniques to improve our

5k runs including elements such as hills, cross country, pace via threshold running, as well as trying to increase our distance from 5k to 7k.

It is fair to say at the end of the 7 week course we were exhausted (but in a good way) and we can also say we have definitely added more strings to our running bow. Moira, Steve and Dorota remained excellent coaches and mentors in helping us through each challenge not just on the day of the meet but also through the week via our WhatsApp group on practises we would do between meets, giving us encouragement and refreshes of sessions to improve and stretch our running 'talents'. Between meets I would often go out for a run (and still do) and have their words of wisdom play in mind e.g. smaller steps up hills, relax and stretch the legs out downhill, keep your head up, run fast like you can't breathe, shoulders down, swing your arms to help your speed, oh and don't forget to breathe! These sound bites have been valuable when the going gets tough in a run and I need to dig deeper and not give in to walking.

The coaches have also kindly made us aware of other club events that were taking place that we could participate with to further practise our learnings, which a number of us have done. Our engagement with other club members during the couch to 5k, lite course and or club training has been fantastic (even though I am always the straggler at the back) the words, shout outs and claps we have received has meant a lot in our running journey and we have felt truly welcomed by all members. Well done on successfully converting us to be runners, we look forward to seeing you at more club nights. I certainly never thought I would ever achieve the milestones I have and in turn increase myself confidence to continue to push myself in improving and gaining new PBs!

My Ultra Journey

Tam Ryan

My Ultra journey began for two reasons, one because I felt I had achieved a level I was happy with on the road & wanted to move on to a different challenge & two because I'd thought I was invincible & could run as often as I liked without taking care of my body & recovering. It caught up with me & the damage was done, scans showed my hamstrings were hanging on the tendons by frayed threads, rehab & off road was to be my way forward slowly & gently.

This took some getting used to but not being one to do things by halves I threw myself in at the deep end & completed the Centurion running South Downs way 50miler, I also ran London marathon 3 weeks later as I had had a championship place that I didn't want to lose & I knew I wouldn't achieve that accolade again, somewhat battered I then decided to enter the next 50mile race the North Downs 50 just to see if it really was as bad as I thought, before I knew it somehow I'd completed all four of their 50mile races in 2017 earning me the Grand slam medal.

I said I'd never do 100miles but found myself marshalling at one just to see what it was all about, roll on 2018 & training began for the Autumn 100 the last of Centurion running's four 100milers, it was relentless, long & lonely but I made the start line, my race didn't go to plan & I struggled with gut issues, nausea, hyperthermia from 13 hours of battering rain, a leg that ceased & trench foot, I got to 95.5 miles & it looked like my race was over but I wasn't giving up so the only way I could finish was to physically push my leg forward.

I did finish but spent the following week in hospital with a ruptured psoas, torn glute max & adductor, a haematoma & oedema!

2 orthopaedic consultants said I'd never run distance again but I decided unless I tried I'd never know, I had already set up places at all four Centurion 100's to attempt the 100 Grand Slam in 2019 the advice I was given was to move the goal posts so I did & re-marshalled at all the races again in 2019 to set them up for 2020 (you learn so much from marshalling)

All set to start & the pandemic hits, to say it was challenging trying to train with no club, no races, no company, going down with covid & trying to recover was an understatement, the first 2 100mile races hung in the balance then got postponed which was actually a relief as I'd lost training time trying to recover.

But we finally got started & The 1st race ended up being the toughest & longest the North Downs way from Farnham to Ashford 105 miles of pure brutality on the hottest weekend on record, if I hadn't had such an amazing crew/pacers I simply would not have finished this race as over half the field didn't make it taken out by sunstroke,

dehydration, nausea amongst other things & my slam journey would have been over like so many others was. I lived on to fight another day & next up 4 weeks later the flat Thames Towpath, Richmond- Oxford, nausea & gut issues plagued me badly again & as it did for all of the races but I managed to earn myself the prestigious one day buckle completing this 100 in under 24hours, 5 weeks later I toed the line again & had unfinished business & some demons with the Autumn 100's four out & back leg course, it was where it had all started & almost ended, no crew were allowed & only one pacer for the last 25miles on this one, despite falling over 3 times I got the job done again & another one day buckle.



early on & despite suffering from nausea & sickness Sue Sleath & Liz managed to keep me upright & pushing on towards the finish, I think in concentrating so hard to ensure I didn't trip over anything Liz neglected to warn me about low branches not only in the Thames Tow path 100 race but the SDW I managed to run into two tree branches knocking me sideways & almost unconscious, I saw several versions of stars but at least remained upright till the finish.

I was one of only 19 fortunate enough to see this dream to the end. I pushed myself almost to my limits to achieve this, I've learnt so much about myself & other people during this journey, During the four years it's taken me to complete this goal I've gone through some incredibly hard, sad, happy & challenging situations in my personal life & whilst at the time it felt like a thorn in my side I now see it became the band aid that got me through it all. My body may be broken but my mind isn't & it turned out to be my strongest asset & the one that would see me achieve this.

Thank you to everyone who supported me but especially my crew & pacers, Becky Tovey, Liz Prinsep, Julie Shanker & Sue Sleath for taking such good care of me when I wasn't at my best.

Don't ever give up just move the goal posts.

That meant I'd done three 100milers in 9 weeks, I didn't even unpack my kit bag ready for the grand finale, The South Downs way 100. 3 down 1 to go, I was on the home straight, but it wasn't meant to be & we went into lockdown the weekend before the race in Nov so it got cancelled which meant waiting eight months & retraining all over again to complete my Grand slam in June 2021

The last race from Winchester to Eastbourne wasn't as hot as the first but still hot enough to cause some damage but Julie did an amazing job keeping my ice pops frozen, they are literally life saving. I took quite a bad fall



RR10 2021

Well done to everyone for turning up for the RR10's. For those of you who are new to the club, the RR10 series is the summer version of the cross country league, a series of races which take place in various venues locally. All are off road and vary between 4-5 miles. For a small club we had a fantastic turnout. Thank you everyone

Unfortunately the last RR10 was not held at Eastleigh and will now be held next year as the first in the season to complete the 2021 series.

Tom Bray has taken first place in the men's series having won all 4 races. Well done Tom. With one

race to go there are a few Romsey Runners in the top 3 positions. Mark Adams is in first place for the mens V50. Julia Abab is in 2nd place for the V60 and Anna Duignan is second place for the V70 women.

Also Liz Prinsep is leading the V50, but is too modest to mention this (Ed)!

We are now starting the cross country season. Again the races are off road and vary between 4-5miles. Expect to get muddy!! There is no need to enter in advance, just turn up on the day in your club vest and run! Each club takes it in turn to co-host a race and members are asked to come along and marshal, so please make a note of our race date. The CC6's are held on a Sunday morning starting at 9.30. Details and will follow, dates are shown in the Race Schedule later in this newsletter.

RRR WhatsApp group directory

In response to a survey on club communications earlier this year, a set of themed WhatsApp groups have been set up. Here are the details of the current groups:

Race group

Share information about upcoming races, arrange races with your friends and share race stories
Managed by Sue Stileman, contact [sstileman223@gmail.com](mailto:ssstileman223@gmail.com)

Social group

Plan social runs with clubmates, any time, anywhere.
Managed by Alice Lane, contact nigelsmisses@gmail.com

Parkrun group

Plan some parkrun tourism and share stories of parkrun adventures.
Managed by Gretel Hardwick gretelhardwick8@gmail.com

Beginner group

Share support and advice if you're new to running or would like to support new runners.
Managed by Steve Geary st3v3g3ary@icloud.com

Winter track group

Enhance your training with track sessions throughout the winter months.
Managed by Ian Ralph ianfrancisralph@gmail.com

The code of conduct for use of these groups is on our website here:

<https://www.romseyroadrunners.co.uk/whatsapp/>



RRR Race Diary

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. Entry on the day available

October 3

CC6 Roundhill

Free for members – just wear your club top and turn up!

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

Nov 14th

CC6 Manor Farm

Nov 21st

Gosport Half

<https://gosporthalf.org/>

Fast Half marathon along seafront at Lee on Solent

December 2021

Dec 5th

Victory 5 mile

<http://www.athleticevents.co.uk/page2.html>

Dec 12th

CC6 King's Garn, Stoney Cross

January 2022

Jan 9th

CC6 Holmsley Campsite

16th Jan

Stubbington 10k

<https://stubbington10k.fullonsport.com/event/stubbington-10k-2020/profile>

23rd Jan

Romsey 5 mile

<https://romsey5.co.uk/event/>

Local event at Broadlands, well supported by RRR

30th Jan

CC6 Roundhill Campsite

This is the race that we organise, so RRR can't run, but please volunteer to help!

February 2022

6th Feb

Ryde 10 mile

13th Feb

CC6 Ashurst Campsite

March 2022

6th March

CC6 Badgers Farm

20th March

Eastleigh 10k

<https://www.runningmania.co.uk/hendy-eastleigh-10k/>

Another fast local race

27th March

CC6 Fleming Park

April 2022

3rd April

Salisbury 10 mile

Results

August 2021

Eastleigh 10k

Neil Jennings 35:44
Alex Prinsep 35:51 PB
Tim Parker 37:52
John Quayle 44:09
Liz Prinsep 44:30 PB 4th AG
Keith Morris 46:32
Dave Gardner 48:49
Isabelle Prinsep 53:53
Rob Gowman 55:10
Alice Lane 55:32

Cranborne 10k

Sue Stileman 57:57 4th !

September 2021

Woodchester Park Trail

Sue Stileman 1:19:00

Southampton Marathon

Neil Jennings 2:59:19

Half Marathon

Mark Adams 1:31:50
Penny Jennings 1:53:54
Louise Holliday 2:22:01
Lin Webb 2:33:21
Alice Lane 2:45:26

10k

Jonathan Stevens 44:32
Liz Prinsep 45:11 1st AG, 3rd lady !

Brighton Marathon

Liz Prinsep 3:39:30 3rd AG
Sue Sleath 3:42:14 3rd AG

Romsey 5 mile

Dev Daas 32:25 3rd AG
Liz Prinsep 35:24 2nd AG
Duncan MacDonald 35:42
Keith Morris 35:47 PB!
Sue Stileman 39:31
Chris Langley 39:11

Penny Jennings 40:19
Liz Slade 42:09 4th AG
Dorota Korschmidder-H 45:15

Debra Ferre 46:44
Moira Sankey 50:26
Roger Eustis 1:00:27

Lordshill 10k

Matt Bennett 35:21 8th
Matt Brown 38:50
Dan Hargreaves 39:31
Brenda Topliss 57:30 4th AG
Freya Pearson 59:05

Windsor Half Marathon

Dave Gardner 1:49:51
Liz Slade 2:02:00 4th AG

Winchester Half Marathon

Lorna Clowes 1:36:47 1st AG !
Alice Lane 2:03:36 7th AG
Bob Gold 2:22:59

