

# RELAY

# WINTER 2021



## Letter from the Chair

As 2021 draws to a close, it feels like we're all holding our breath to see what the impacts of Omicron will be. I'm optimistic that this will be a short-lived episode, and a bump on the road to a post-Covid future.

The good news is that we're in a much happier position than we were this time last year, with sessions and races continuing as normal. I feel proud of all the things we've come through and achieved this year, with plenty of new ideas being taken forward and bearing fruit.

And I'm looking forward to everything that 2022 has to bring; not just a fully unlocked down year of running (keeping my fingers crossed!), but also the return of the Club Challenge and the Beer Race, plus trying out new kinds of sessions and social runs together. We're also refreshing our First Aid skills in the new year and there's a terrific opportunity to get coaching support to prepare you for the Eastleigh 10k. And of course, Ganger Farm is still a prospect for a future club venue... we're continuing to watch this particular space!

Happy New Year one and all, and here's to 2022.

Best wishes,

Mark

## Editor's Note

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

We're now well into the CC6 season. Our front cover shows our runners from the first event of this season at the start of October. We had fewer runners than normal that day due to a clash with the Clarendon marathon / half / relay. The CC6 races are great fun, each being about 4.5 miles and the field includes runners of all abilities, so don't worry that you'll be too slow! All you need to do to take part is to turn up in your club vest or t-shirt. If you haven't yet got one then speak to Tam Ryan or Elizabeth Prinsep and they can help.

As part of the race series each participating club hosts (or co-hosts) a race, where their runners are not allowed to compete but help as marshals etc. Our race will be at Roundhill campsite near Brockenhurst on 30<sup>th</sup> Jan. Thanks to everyone who has already signed up to volunteer. If you can help please email me [nigelhemed@hotmail.com](mailto:nigelhemed@hotmail.com). We will need volunteers to be on site by 0830, we should be finished by about 1100

Nigel

## AGM and Awards Night 2021

RRR's annual highlight, the AGM and Awards Night, was back as a proper event this year. Many thanks to Steve and Lee for organising and compering such a cracking event in a new venue, and also to James for supplying the technology that allowed remote chairing - a club first!

Here's a summary of the AGM, the formal business end of things.

1 - We formally adopted a Code of Conduct, which is printed in full after this article.

Please take a look and familiarise yourself with this; it's designed to be a minimal set of expectations of each other.

2 - Committee changes.

A big thank-you to everyone on the committee for all their service to RRR over the year. Three committee members stepped down this year:

- **Daniel Lurcock** as Kit Secretary (which he's co-run with Tam Ryan, who is remaining in this role) and as Web Manager. I'm so grateful for all Dan's done for the club in these roles, and for his constant can-do attitude.
- **Deborah Rees**, who has very efficiently served as Treasurer for several years. It's a very behind-the-scenes job, but a really important one to keep the club viable and self-sustaining. Many thanks Deb.
- **Ian Ralph** as Session Leader Coordinator. He's continually encouraged us to try new formats and new ideas, he's brought us the benefit of his coaching wisdom and his leadership of the SL gang has been absolutely phenomenal – again, there's a lot of work behind the scenes here that Ian has quietly undertaken to keep the Monday and Thursday sessions working, week after week.

And kudos to the following for volunteering to fill these committee roles:

- Web Manager - **Sam Weston**
- Treasurer - **Cliff Reeves**
- Session Leader Coordinator - **Steve Geary**

And now the fun stuff - the awards! Here are this year's winners:

RR10 Male – **Tom Bray**, who came first place in every race he ran, earning him a perfect 100% score.

RR10 Female – **Hannah Shutt**, who came 9<sup>th</sup> of all the ladies, beating on average 91.2% of the field. Really impressive – and the last time she competed in the RR10 was in 2016, when her average position was 21<sup>st</sup>.

Pentathlon awards - these are calculated on the basis of the 5 best race results (this year including the Virtual Race Series results) across 5k, 5m, 10k, 10m half and full marathon distances

- Men's Pentathlon - **Alex Prinsep**
- Ladies' Pentathlon - **Liz Prinsep**
- V50 Pentathlon - **Mark Stileman**

5km handicap - This is awarded to the person who has most significantly improved his or her time over the summer 5k time trials. Daniel Hargreaves, Sam Weston and Mark Adams all clocked up notable improvements, but this year's clear winner was **Jonny Stevens**.

Hero in Training - This award goes to the runner, chosen by the session leader team, who has shown real commitment to his or her running training. This went to **Natalie Gore**, who graduated through this year's C25K course and has conscientiously taken part in club training sessions ever since, while being consistently supportive of others.

Sally Sillence - this award is all about running performance. It's chosen by the committee, and we considered several club members who have achieved outstanding results this year. We took a vote, and by a clear margin the award went to **Alex Prinsep**, who stepped up several gears this year, showed real dedication to improving his performance and achieved some outstanding race results.

RRR of the Year - the people's vote. Who do we as club members, think has done most for the club this year? The winner was **Sue Stileman**, nominated for: designing and setting up the Virtual Race Series, organising the mugs, continually encouraging everyone who took part; news reporting; setting up the race-themed WhatsApp group and her all-round encouragement, support and advice this year; and providing great tips on all aspects of running, training, injury etc and sharing a huge amount of info on other events.

Chair's Award - This went to **Ian Ralph**, in recognition of his dedication and commitment, more than ever over this Covid-themed year, to keep sessions fresh, imaginative, fun and safe at a time when many clubs

were not organising sessions at all. This is the culmination of years of loyal service to the club as Session Leader Coordinator.

And finally... the Club Challenge age category winners:

- 5k (2 races): F – Brenda, Brenda; M – Duncan, Alex
- 5m (2 races): F – Brenda, Brenda; M – Nigel, Ian
- 10k (2 races): F – Brenda, Brenda; M – Nigel, Nigel
- 10m (1 race): F - Penny; M - Nigel
- HM (1 race): F - Penny; M - Duncan

The overall age-grade series winners were **Brenda Topliss** and **Nigel Hemsted**.

## **Club Code of Conduct**

### **Club Members**

All club members will:

- Consistently demonstrate decency, good sportsmanship and fair play.
- Maintain the good reputation of the club.
- Avoid swearing and abusive language.
- Respect the rights, dignity and worth of all club members. Acts of violence, intimidation, bullying, harassment and physical or sexual abuse will not be tolerated.
- Ensure prompt payment of annual membership fees.
- Ensure that all messages on club-based media, including email and WhatsApp, are measured, courteous and relevant to RRR as a running club.

### **Running group participants**

Participants in club-led running groups will:

- Listen when the session leader is addressing the group.
- Not leave a session or divert from planned routes without first informing your session leader.
- Inform your session leader if you have any injury or illness that may affect your running.
- Be on time and have appropriate clothing and equipment. If it's dark, wear high visibility clothing.
- Look after the other runners within your group. If someone is struggling make sure that they are not left on their own and inform your session leader.
- Warn other runners around you of impending hazards.
- Respect other road and path users. Be courteous and run in single file where appropriate. Close gates after passing through them.

### **Session leaders**

Session leaders will:

- Ensure that sessions are welcoming and inclusive for all members.
- Provide instruction and guidance for club members before and during sessions.
- Maintain the safety of all club members at all times, and support club members and affected members of the public in the event of an incident.

### **Club committee**

The committee will:



- Adopt an open policy with regard to membership and treat all members equally and fairly.
- Ensure that all session leaders hold appropriate qualifications as set down by UK Athletics and England Athletics.
- Adopt national policies and codes of conduct in relation to athlete welfare and appoint a designated welfare officer to act as first point of contact.
- Carry out its duty within relevant legislation and government guidelines, as well as recommendations and guidelines from UK Athletics.

## Membership

Penny Jennings

A warm welcome to the club for Clem Kingstone, Emily Stenlake, Rob Sherrington, James Anderson, Chessie Bell and Angela Milln.

### James Anderson

I really enjoy getting outside, enjoy a lot of seasonal sports, from snowboarding to surfing. Running is the sport that stays most constant. I've completed the Berlin Marathon and a fair few half marathons as well as triathlons. I'm interested in shorter fast races, trails and would like to explore the plus marathon distances.



### Rob Sherrington

I'm delighted to have recently joined Romsey Road Runners and am trying to stick to at least one of the club sessions most weeks. Already I've enjoyed the company, structured sessions and element of competition that's missing when I run on my own.

I run mostly for pleasure and fitness, but like to sign up to an event every now and then for a bit of fun and focus, and generally enjoy getting out and about in the countryside or on the water. This is a picture of me with my eldest son Toby at the beginning of an adventure race earlier this year - a bit of navigation thrown in alongside running, biking and kayaking to get the next generation hooked.

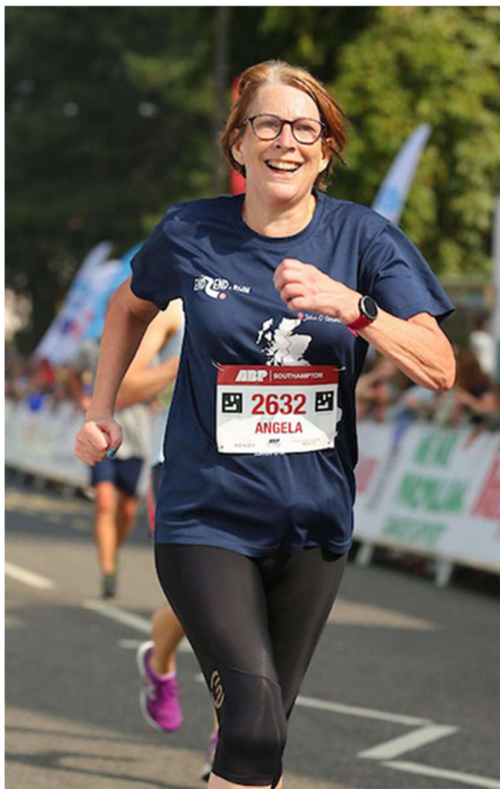
I particularly enjoy getting out in the countryside, so hope to get along to some of the CC6 and RR10 races in 2022. Happy running! Rob

## Clem Kingstone

I've been running on and off for the past 5 years and have contemplated joining a running club many times for the social side but also, to push myself more than I normally would and hopefully, improve my times etc.

Unfortunately, due to injuries I haven't run consistently in the last 18 months which culminated in me breaking my foot in late 2020 putting paid to all running for some time. This spring, I started to make a very slow return to running, nursing my foot back in small in small doses. Being able to run and actually finish the Romsey 5 mile race this September was therefore a big moment for me and was the day I decided to sign up for Romsey Road Runners. Seeing all the club members cheering each other on was so lovely, and living in Romsey, I knew that was the club for me.

I'm not a fast runner but I really hope I can improve on that in 2022 running with RRR. My lifelong ambition is to run a marathon and I hope one day i will get there!



## Angela Milln

Hi I'm Angela

Running is not something I ever saw myself doing. I've never been particularly sporty but took it up about five years ago to give myself a goal when I was made redundant.

I started with couch to 5k, then a few parkruns, the odd 10k and then the Great South Run and a couple of half marathons. I still wouldn't say I'm a born runner - but I've enjoyed the challenge and having joined a couple of RRR sessions recently and been made to feel really welcome, am now really looking forward to having some like minded people to run with.



## Endurance Life

Steve Geary

My very first Marathon, Endurance Life. 28 miles along the Jurassic Coast.

I wasn't intending to run a marathon nor did I ever want to if I'm being honest. It kind of all started when I found out that Tam had never run a parkrun before so in an effort to get her round one I suggested that maybe we could run to Eastleigh, do the parkrun and then run home. I thought this may interest Tam a bit more seeing as it was around 14 miles or so. The following week we decided to run to Southampton for Tam's 2nd parkrun, this bumped the miles up to 18. Winchester was next on the list, but that was a little further so we decided to just run to Winchester and back. We took the wrong path on the way in and ended up doing a few extra miles. This meant we got back to Braishfield and the mile count was up to 22. Well I was only 4 miles from running a marathon distance so decided to do a few loops of Abbotswood to bump up the miles to 26.2.

The next bit is a little hazy and I'm not sure how I ended up agreeing to run the Endurance life race, I mean Tam suggested it and said it maybe a little hilly and that it was graded as a category 5 race so I thought to myself, a 5 out of 10 was halfway so lets do it! (Apparently it was 5 out of 5 and one of the toughest courses to date!) We put the training in and I don't think I could have had a better running partner to be honest. Tam's experience of running distance is second to none.

Race day soon came around, it was an early start and before I knew it we were waiting for the coach to take us down to the start line. The coaches stopped and we all jumped off, false alarm everyone, the drivers had taken us all to the wrong start line. There were multi start locations for each of the distances and they had taken us to the ultra start by mistake. Back onto the bus and off down the road. I was glad as it gave me time to put an extra layer on, the wind had picked up and there was a nasty bite to it.

The coach stopped again and we were at the correct start this time, we dropped our finish bags off only to be told that we needed to get a wiggle on, as due to the mix up with the coaches there was only 10 minutes before the start and it was a 1k run down to it. All the runners were in the same predicament and after a quick safety briefing the horn went and we were off!

It was a cold quick start running down a slippery path that resembled a dried river bed with the odd bolder to dodge. 2k into the race we came across the first of many hills, well I say hill, it was more of a mountain! It was muddy, slippery and an eye opener to what laid ahead. 10k in and I settled into a rhythm and I started to enjoy it, the cloud was breaking up and the sun was on its way.

As the cloud and mist disappeared it revealed the beautiful Jurassic coast line of Lulworth Cove. Wow, it was amazing. Now the real climbing started. It was a bit of a relief to know that I only had to climb all the hills once, unlike the Ultra runners that had to do the Lulworth Cove loop twice.





We ran past the half marathon markers so I knew then I was half way to the finish, my legs felt good and I was still enjoying myself. Tam made sure I was taking enough fluids and food on board and also feeding me salt tablets every 8 miles or so.

10 miles to go now and as we pulled into the next aid station I saw a familiar face, unbeknownst to me James had driven down to give me a little support and was kitted up to run the last 10 miles to the finish line. A little shot of adrenalin, which was just what I needed at this point as my legs started to feel heavy.

Just another steep hill to climb then it was 8 miles along the cliff tops to the finish at Swanage. The wind had picked up at this point and it was head on at times with gusts of up to 50-60mph. I couldn't hear anyone talking it was that strong. We had a little respite as we dipped down another hill and then my thighs started burning. It was just as painful running down as it was going up. I had noticed our pace had quickened up over the second half and I wasn't sure if it was the arrival of James, but I soon realised it wasn't.

Tam had gone into full race mode at this point and her natural competitiveness kicked in as we started reeling in the other runners one by one. I think we overtook about 30 runners in all. The last 6 miles was the hardest, not so much the hills as the second half was a little flatter, but there were lots of little twisty gnarly bits and I couldn't get into any sort of rhythm. We turned the corner and arrived at the last station for a quick glass of coke which was a relief, as I couldn't take on anymore tailwind as this tasted sickly by now. We made our way along the coastal path as the beach of Swanage came into view which by this time was a welcome sight. Then a sign, the magic number I wanted to see and I was looking out for from the very start, the only marker they put on the course was, 1 mile to go.

Funny but my legs felt strong again now and I had my spring back in my stride. As we made our way through the people walking their dogs and eating their fish and chips along Swanage sea front the finish line appeared, 6 wooden steps down onto the sand and it was 400 metres to go. Head up and finish strong I thought, this was it 28 miles down and my very first marathon done!!!

A massive thank you must go to Tam for being my training partner, for looking after me the whole way round but also for putting up with the terrible language over the last 4 miles. Also to James for running the last 10 with me, a true mate indeed!





## Is there such a thing as safe weekly running mileage?

Sue Stileman

Coaches agree that the majority of running injuries are caused by over-use, but what does that mean? How many miles equal over use, and is that figure the same, broadly, for everyone?

Our individual physiology means that we shouldn't all follow the same training plan, but our shared physical traits, such as the limits imposed on us by biomechanics like the life expectancy of joints and muscles, and the way our hearts work, mean that, in theory at least, it should be possible to set a sustainable, weekly mileage that doesn't result in injuries.

I wondered - could science come up with a number?

### **Some research found that a maximum of 30mpw was optimal for heart health.**

In 2014, James O'Keefe, an American cardiologist, published a study into optimum weekly running mileage and heart health. His conclusions make for interesting reading. Unsurprisingly, the study, published in the Journal of the American College of Cardiology found that "people who are physically active have at least a 30% lower risk of death compared to people who are inactive." He went on to define what *physically active* meant. By comparing data from 1098 healthy runners with 3950 healthy non-runners, he found that those who ran for 1-2.4 total hours a week, at a frequency of 2-3 times a week and at a slow pace had the lowest mortality rate. The flaw in the study was that the participants were allowed to identify for themselves what constituted a slow pace, and as runners usually believe they are running more slowly than they are, the likelihood is that the pace was brisker than reported. A review of these findings led him to conclude that running no more than 30 miles a week at a slow pace divided between 4-5 sessions, was optimal for heart health.

In 2014, a paper published by Schwartz and co into marathon running and heart health found that "long term participation in marathon training and racing is paradoxically associated with increased coronary plaque volume", a condition that can lead to heart attack and stroke. Coronary plaque is made up of cholesterol deposits which build up in the arteries causing them to narrow. This might explain the sudden and apparently random deaths that occur among otherwise fit, healthy, usually middle-aged, male marathon runners.

Schwartz's study compared the heart health of 50 male marathon runners who'd completed at least one marathon a year for 25 consecutive years, with that of 23 sedentary males and concluded that "excessive exercise ultimately deprives the individual from reaping the benefits of moderate exercise." In other words, a higher weekly mileage was not conducive to heart health. The study coined the phrase "cardiac over-use injury."

Schwartz's findings seem to support O'Keefe's that lower weekly mileage is more conducive to heart health than either no running at all, or too much running, however, it was a single-source study, so more research from other sources is needed to test its findings.

### **Other research said 40 mpw was better.**

A challenge to the idea that lower mileage is better for you is presented by a long-term research project run by Paul Williams. He followed 156,000 men and women from the early 1990s and found that men who ran at least 40 miles per week were 26% less likely to develop coronary heart disease than those who ran 13 miles per week. This was a much larger study run over a longer period than the others quoted, which should make the data more reliable, but the pace and frequency of the runs are not documented, and neither are injury rates, so it's hard to draw comparable conclusions from it.

## **Our joints have a finite number of miles in them.**

Bill Ribbans, an orthopaedic surgeon who has worked with the England cricket and rugby teams, and is himself a runner, wrote in an article printed in The Times in December 2020, that: "the high impact nature of running means that, for all runners, our tendons, joints and knees are running on borrowed time. Our bodies have a finite number of miles on the clock before they inevitably start to break down."

Even allowing for individual variations caused by genetics, injury susceptibility and how well we look after our bodies (diet, stress management, alcohol intake, hydration, sleep, rest), Ribbans says that, "for the average, committed runner, consistently exceeding 1000 miles a year (about 20 miles a week) will usually lead to some joint or tendon injuries."

This isn't theoretical - his clinics are full of new runners who've got over excited by their recently-discovered running super-powers, over-done it and broken themselves, and by others who've consistently run a high volume of miles over the years.

Ribbans goes on to say that "marathon running places huge demands on the muscles and joints and not everyone is built to run that far." In other words, it is not a given that your body will cope with high training miles, and ignoring the warning signs and continuing to run a higher mileage than your body is capable of will tip you over into injury territory.

## **Sub-40 mpw equals fewer injuries.**

A 2012 study published in the journal Sports Health by Dr Gallo found that running less than 40 miles a week resulted in fewer injuries. Dr Gallo's research looked at the incidence of lower leg injuries in endurance runners and found that "running injury rates increase significantly when weekly mileage extends beyond 40 miles cumulatively."

## **What does the Government say?**

Current guidelines in this country are for 150 minutes of moderate exercise, and 75 minutes of vigorous exercise a week. Unhelpfully, there isn't a consensus on what 'moderate' and 'vigorous' mean. Some doctors say moderate means walking, while others say it means any moderate aerobic exercise, e.g. slow paced runs. This figure gives us a total of 4:45 hours.

## **Does genetics make a difference to how many miles you can run and the benefit you get from them?**

The simple answer is yes. While the physiology of our hearts, joints and muscles dictate broadly the cumulative mileage our bodies can handle, individual genetics mean the 'safe' figure is elastic, with some people being able to sustain higher miles than others - but only up to a point. Go much beyond the 'safe zone' too often and you will eventually run into problems.

As well as injury predisposition, our genes control how much benefit we get from our running. John Shepherd, a former England coach, notes that: "whether you can handle high mileage has a lot to do with genetics. Your genes will determine how much adaptation takes place, and there will come a point at which significant additional adaptation peters out with increasing mileage." So even if your body can handle high mileage weeks, they may not be contributing as much to your fitness as you think.

## **Is there a consensus among scientists and coaches on safe weekly mileage?**

Broadly yes. The majority of research papers and articles I looked at consistently returned a figure of between 15-30 mpw. By running them at paces advocated by the 80/20 approach, where 80% of weekly mileage is run at a slow to moderate pace (coaches usually suggest 1-2 mins per km slower than your tempo/ interval pace), and 20% is run at tempo or interval pace (60-95% of peak heart rate), you should be able to gain all the adaptations you need to make you a strong runner. Of course, you may find that 15 miles is too many, in which case listening to your body and adjusting down is the best guide.

## What happens if you want to run a marathon or ultra?

Assuming your body can handle the increased mileage that marathon and ultra training require (and there is dispute about exactly how many miles you need to do to complete those kinds of distances- plenty of people don't go any higher than 30-35 mpw in training), it's worth thinking about how often you do them. Training at high mileage gobbles up a chunk of the lifetime capacity of your joints, while repeatedly running marathons over several consecutive years appears to come with a potential increased risk of plaque build-up around the heart, especially if you're male.

### Conclusion.

As recreational running has only really been popular since the 1970s and 1980s, there is a limit on the data available to evaluate the effect running for several decades has on the body. As larger numbers of recreational runners reach 40-50 years of cumulative running that will change, and we will then be better able to judge the long-term impact of running mileage. Until then, everything I've read so far makes a compelling argument for stabilising weekly mileage to somewhere between 15-30 miles, and for moderating pace in line with the 80/20 approach, if you want to be running for years to come.

## Book Reviews

Ben Sharman

I have recently finished a couple of books on running and thought I would write a bit about them both for the newsletter.

**How to Run a Marathon: The Go-to Guide for Anyone and Everyone** by Vassos Alexander (you may have heard him on the Chris Evans Breakfast Show on BBC Radio 2 and currently on Virgin Radio) I listened to it on Audible and it was narrated by the author. Vassos writes clearly about his passion for running in a funny and candid way and guides the reader through a mixture of marathon experiences, hints and tips from experts about food to eat, injury prevention, refuelling on a run and kit choices etc. There are some hilarious race anecdotes and inspiring stories such as the section on the Skid Row running club for homeless runners and the guy who ran a marathon of 200 laps around his garden (dressed as a rhinoceros), when his planned 2020 London marathon was cancelled! This book is very accessible and I found it truly inspirational and packed full of information about all things running. I would highly recommend it to anyone, thinking about running a marathon or not.

**Running The World: 196 marathons in 196 countries, one record breaking adventure** by Nick Butter was a book I received for my birthday. It details Nick's incredible adventure of running a marathon in every one of the world's 196 countries. He managed to set eight world records and run over five thousand miles, as well as raising over £200,000 for Prostate Cancer UK. It's a remarkable book which is about much more than running and is full of stories about local cultures, people and occasional dangerous situations he encountered along the way.

Not strictly about running but I am writing this after watching an amazing documentary (available on Netflix): **14 Peaks: the quest to climb the world's highest mountains in less than a year**

This film follows Nirmal Purja (Nims) on his quest to attempt to break one of mountaineering's toughest records - a summit of the world's 14 highest peaks (all over 8000m) in seven months during 2019. The previous record to do the same was seven years! The expedition was dubbed Project Possible after the team were told that the mission was impossible to achieve. I was completely gripped throughout this chronicle of epic human endurance. Just a quick mention of another documentary I would recommend - **Toughest Race on Earth** with James Cracknell which showed the brutal reality of the Marathon Des Sables and how determined and focused James had to be to complete it.

Hope you like these suggestions, perhaps this could be a regular feature for the newsletter, where a club member writes about a couple of books or films they have been inspired by?



# RRR Race Diary

## January 2022

Jan 9<sup>th</sup>

### CC6 Holmsley Campsite

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

### Resolution Trail Run – 10k or 15k

<https://www.ukrunningevents.co.uk/events/trail-runs/the-resolution-run-staunton-2022>

16<sup>th</sup> Jan

### Stubbington 10k

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

23<sup>rd</sup> Jan

### Romsey 5 mile

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

Local event at Broadlands, well supported by RRR

### Winchester Off Road Half Marathon (and 14k)

<https://www.ukrunningevents.co.uk/events/trail-runs/winchester-half-marathon-21k-14k-trail-run-2022>

Starts and finishes at Sparsholt College

30<sup>th</sup> Jan

### CC6 Roundhill Campsite

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

## February 2022

6<sup>th</sup> Feb

### Ryde 10 mile

13<sup>th</sup> Feb

### CC6 Kings Garn Gutter, Stoney Cross

## **March 2022**

6<sup>th</sup> March

### **CC6 Badgers Farm**

20<sup>th</sup> March

### **Eastleigh 10k**

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

Another fast local race

27<sup>th</sup> March

### **CC6 Fleming Park**

Last in the series – look out for dates of the summer RR10 races !

## **April 2022**

3<sup>rd</sup> April

### **Salisbury 10 mile**

<https://www.evententry.co.uk/salisbury-10-mile-2022>

Another popular event with club members

May 2022

7<sup>th</sup> May

### **Marlborough Downs Challenge – 20 or 33 mile**

<http://www.marlboroughrunningclub.org.uk/races/marlborough-downs-challenge>

## **June 2022**

26<sup>th</sup> June

### **Exbury Gardens 10k**

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

Starting and finishing at Exbury, loop down to Lepe beach. Free entry to the gardens !

## **July 2022**

10<sup>th</sup> July

Snowdonia Trail Marathon

10k, Half, Full and Ultra options

<https://alwysaimhigherevents.com/events/snowdonia-trail-marathon-2022>

## Results

### October 2021

#### London Marathon

Matt Hammerton	2:37:41
Becky Tovey	3:13:01
Susie Parker	4:05:40
Gretl Hardwick	4:09:00

#### Clarendon Marathon

Dave Gardner	5:09:35
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#### Half Marathon

Neil Jennings	1:30:37 2 <sup>nd</sup>
Sue Sleath	1:47:39 3 <sup>rd</sup> , 1 <sup>st</sup> AG
Liz Prinsep	1:49:28 4 <sup>th</sup> , 2 <sup>nd</sup> AG
Nigel Hemsted	1:52:37 2 <sup>nd</sup> AG
Keith Morris	2:04:00
Penny Jennings	2:07:28 4 <sup>th</sup> AG
Sue Stileman	2:08:45 6 <sup>th</sup> AG
Sue Sylvester	2:17:02 1 <sup>st</sup> AG
Alice Lane	2:43:19
Brenda Topliss	2:43:37 1 <sup>st</sup> AG

#### Denmead 10k

Sue Stileman	49:29 2 <sup>nd</sup> AG
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#### Race to the Sea 50k

Tam Ryan	4:44:00 PB ! 4 <sup>th</sup> , 1 <sup>st</sup> AG
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#### Great South Run

Andy Brown	1:06:36
Becky Tovey	1:08:11
Amanda Hull	1:08:11
Elizabeth Prinsep	1:12:34 PB 4 <sup>th</sup> AG !
Jonathan Stevens	1:14:36
Dave Gardner	1:19:38
Alice Lane	1:25:36
Brenda Topliss	1:34:53
Freya Pearson	1:44:39
Lin Webb	1:49:08
Kate Lerway	1:51:18

#### Beachy Head Half Marathon

Sue Stileman	2:19:00
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#### Cambridge Half Marathon

Andrew Archibald	1:45:40
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#### Studland Stampede

Julia Ahab	1:24:00
Derek Kelly	1:24:00

#### Liverpool Marathon

Alice Lane	4:25:14
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## November 2021

### Exeter Marathon

Ryan Snell 2:40:56 3<sup>rd</sup> !

### Portland Coastal Half

Alice Lane 2:27:25

### Test Way Ultra 40 miles

Sue Sleath 6:54:05

### Gosport Half Marathon

Alex Prinsep 1:20:00  
Tim Parker 1:24:16 PB  
Becky Tovey 1:28:42 5<sup>th</sup> AG  
Andy Brown 1:35:34  
Liz Prinsep 1:35:34 2<sup>nd</sup> AG PB  
Nigel Hemsted 1:41:25 4<sup>th</sup> AG  
Keith Morris 1:42:19 PB  
Susie Parker 1:54:28  
Alice Lane 1:59:05  
Louise Holliday 2:09:33

### Endurance Life Dorset Half Marathon

Tim Parker 1:47:21 10<sup>th</sup>

### Marathon

Steve Geary 5:32:58  
Tam Ryan 5:32:59 1<sup>st</sup> AG

## December 2021

### Victory 5 mile

Elizabeth Prinsep 35:03 PB 4<sup>th</sup> AG  
Nigel Hemsted 37:37

### Southampton Common 10k

Neil Jennings 36:55 4<sup>th</sup>  
Susie Parker 47:44  
Penny Jennings 50:35

### Malaga Marathon

Ryan Snell 2:38:54 4<sup>th</sup> AG  
Andy Brown 3:33:59

### Christchurch 10k

Alice Lane 52:36

