

RELAY

SPRING 2022



Note from the Chair

It's springtime! For us runners, this is the time to put away the headtorches and enjoy running in less mud and more daylight. It's also the time when we transition into new session routes, less dependent on street lights. I'm looking forward to joining you as we leave the pavements behind and run together in more rural settings.

After a 2-year absence, it's wonderful that we're able to stage the Beer Race again this year – Romsey's own public race, a real institution in the local race scene. Do check out Daniel's article inside and make sure you hold the date – Sunday 5 June.

Personally, racing is a big part of what I love about running. If you're new or unsure about taking part in races, I'd encourage you to think about whether you might try it. Taking part in races doesn't have to be about fierce competition, intense speed and winning – it's also a wonderful way to achieve better stamina and consistency, have adventures, enjoy the scenery and make friends. For many people it's all about the shared experience. The new season of RR10 races is a great opportunity to join in the fun with other club members, no matter what your pace is, and there are also club-based WhatsApp groups for sharing information and support for races and parkruns.

I'm sure we've all been horrified by the tragedy unfolding in Ukraine. I'd like to call out Ben and Dorota for their efforts in organising collections, and to Em and Steve for conceiving and organising the fundraising quiz night on 22 April. With our usual marathon pasta party deferred again this year until autumn, this is a good opportunity to come together for an excellent cause.

Mark

Editor's Note

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

The CC6 season has now finished, and with the first RR10 race scheduled for next month we can look forward to some good weather (hopefully) and summer running. Thanks to everyone who volunteered at our CC6 event at the end of January. We were blessed with a perfect winter's day, cold but bright, and the runners from the other clubs really enjoyed the race.

There's a review of the CC6 season later in this newsletter. Our front cover shows Penny and James enjoying the run at Janesmoor Pond just before Xmas.

Nigel

BEER RACE IS ON! - Sunday 5th June 2022

After a couple of years away, Beer Race time has finally come round again!

Romsey Road Runners have hosted the beer race in Braishfield for many years now, and it is a real highlight of our club's calendar where we all chip in a helping hand and traditionally have a relaxed BBQ afterwards (complete with any leftover beer!).

This year's beer race coincides with the Jubilee celebrations, which will also be taking place on the Braishfield recreation ground -



so there will be a double party going on afterwards with live music and a bar!

For the event to go ahead, we rely on the generous support of many club members, and associated families/friends, and without this it simply wouldn't be possible.

Who do we need?

- Marshalls (inc lead cyclist and tail walkers)
- Drinks stationeers
- Car parkers
- Cake makers
- Enthusiastic clappers
- Beer dispensers
- Cake hander outers
- Signage helpers
- Photographer



What do you get in return?

- A fantastic day of fun
- Warm glowy feeling of supporting your favourite local club and community
- Time outside in beautiful weather
- Leftover beer
- Barbeque food

For now, please just **put the date in your calendar** and await further details!

If you want to know more about the beer race in general, please see here for some info: <https://www.romseyroadrunners.co.uk/beer-race/>

Feel free to contact me or the beer race committee with any questions in the meantime:

beerrace@romseyroadrunners.co.uk

Cheers,

Daniel & the beer race committee



Membership

Penny Jennings

A warm welcome to the club for lots of new members: John Turner, Matt Cheales, Giovanni Buldrini, Alex Overy, Fred Barucka, Lottie Budd, Sam De Zoysa, Polly Whitaker, Arthur Law, Diane Thompson and Charlie Brett.

John Turner

Hi I'm John

I started running properly about 10 years ago when I was living in London, primarily as a mode of transport to get me to and from the office and also to relieve some tension after a stressful day in the court-room in my day job as a solicitor.

The New Forest Marathon was my very first marathon in 2013 and soon after I got the running bug. I completed my first London marathon in 2015 for the homelessness charity Centrepoint in 2 hours 56 minutes, and 7 years later London marathon day remains my favourite day of the year. I have run several ultra-marathons, lots of marathons and half marathons as well as 10ks.

I relocated permanently to the New Forest at the start of lockdown and you will find me most days running through the forest with my dog, Charlie, before a day in the office or, in the summer after a long day at work. I joined Romsey Road Runners this year to meet some new people and to start running more competitively in the CC6 and RR10 races. Whilst running with my dog in the stunning countryside is lovely, it has not improved my speed, not least because Charlie has to stop and say hello to everyone we meet. When not running (or working) you will find me playing tennis in Wellow, both socially and competitively in the local leagues, although some might say that I am a better runner than tennis player.



Matt Cheales

Hello to all and thanks for having me.

Running, where to start...?

Being in the army meant I HAD to run; did I enjoy it... absolutely not, but it was part of the job, and as long as I passed the fitness tests, it was tick in the box.

Over the years I have averaged a handful of times each month, but nothing excessive nor consistent. I then found out about Parkrun's and joined the Mountbatten run and kept that up weekly until it stopped due to the pandemic.

Cue lockdown, and like many others, I indulged in far too many BBQ's couple with zero exercise. After about 10 months, I noticed how out of shape I had become and so my wife and I invested in a treadmill and there is where my love of running really took off.

The treadmill has really been put through its paces and I have already had to fit a new belt! Even our son has ventured out of his room on the odd occasion for a go.

During 2021 I was easily running between 35-40km per week and would feel irritated if I went a day or two without running. This progressed quite quickly to getting back out on the roads and I found myself enjoying it more and more.

I have never entered any races, but my wife and I decided to give ourselves a goal and have entered the Bournemouth Half Marathon in October this year. Having chatted to a few people, I was advised that running clubs were a great way to improve, get advice and meet like minded people. After a quick internet search, I came across Romsey Road Runners, which was conveniently on my doorstep, and after a couple of taster sessions I decided to become a member.

I really enjoy running with other people and am really looking forward to entering a few races in the near future.





Giovanni Buldrini

Since 1973, at the end of May, hundreds of runners start their 100k journey from Florence to Faenza, my hometown in Italy.

My dad was there for the first edition and I grew up staring at his three finisher medals...the seed was planted.

When I turned 18, this seed finally germinated. I started running and discovered lots of events organised in towns and villages around my local area.

I ran my first marathon in 2001 and since then I have been on and off, collecting my medals, including around 20 marathons (I have actually lost count), two 50k and four 100k medals.

I usually run solo, which is the reason why I always struggle with motivation. I hope that by joining the RRR, I will find new energy to maybe attempt my hometown ultra again.



Alex Overy

I am a sporadic runner but want to do more as keen to enter a half marathon, I am a Tae Kwon Do Instructor running classes in Romsey every night.



Fred Barucka

Hi, I'm Fred, originally from France but in the UK since the mid 90s and moved to Romsey in Oct21 with my husband and 2 girls! I've been running since my teens, and longer distance I do is half marathon. Never joined a running club before but really enjoying the company and the diversity of the sessions so far. I also like to do some Crossfit and Yoga to balance out the running!

Lottie Budd

My name is Lottie (Charlotte) Budd

I joined Romsey Road Runners in January.

I live in central Romsey with my husband Nigel- a recently retired Sea Captain, and our active keen running dog Elsie.

Our three children have moved out and live in Southampton, Bristol and Stockholm, Sweden, respectively.

Before August last year I had not done any running at all. My husband, Nigel used to run a lot and our oldest daughter Emily, is a very fit and keen runner who does ultra marathons etc. For years the two of them tried to encourage me to take up running. I finally gave in but needed a goal to work towards. In my total ignorance, I thought it a good idea to enter a half marathon! The Winchester half "popped up" on Facebook and without giving it much thought, I entered. I looked up a 4.5 week training schedule on Google which was all the time I had and set to it. It was awful, but I stuck to it by sheer determination - I needed to impress our daughter who told me off and informed me that no one does that! Well, I did it - very much to everyone's surprise including mine!

Emily wanted to run with me so I entered another one - so in November I ran the Maple Durum half, outside Reading. A beautiful run.

Having worked so hard towards it, I didn't want to lose the fitness I had got, so I decided to join Romsey Road Runners to get me out there on a regular basis - without excuses. It works! I'm really enjoying meeting the group and getting inspiration from established good runners of all abilities.

I work better with a goal in mind.

My next goal is to run the Gothenburg (Sweden) half marathon on 21st May. I encouraged my brother to run it when it was brand new and according to their website it is now the biggest in the world!

As I was born and grew up in Gothenburg, it will be very special to me - especially since a lot of my family and old friends have promised/threatened to turn up! My goal is not to make too much of a fool of myself so I'm working on getting that little bit faster. I have already ordered a RRR running top, which incidentally is in the Swedish colours- blue and yellow- good choice.

I want to thank everyone for being so welcoming and supportive in the club. It is working well for me, and hopefully will see me running for many years to come.

A face of pure relief after my first half on 19th September in Winchester





Sam De Zoysa

Hi, I'm Sam. I had my first RRR run in December. My lovely wife Sarah thought I needed a nudge to get out on the road regularly, so bought me a RRR membership for Christmas! I love the club, great bunch of people. I've been running on and off since my late teens and would like to get back into shape and onto running halves and maybe a marathon or two in the future.

Diane Thompson

I have been wanting to be part of a running club since living in Romsey for 10 years. Now I have finally plucked up the courage to join RRR in January and I absolutely love coming to run every week. Best decision made! Loving the buzz and running with people makes it so enjoyable.

I used to run 5/8K twice a week and occasionally participate in 10K running events. It all stopped when I had my second baby who is currently 7 months old. So, my target for next year would be to get my stamina and speed back on track. Aiming to run 10K under 1 hr and persuade myself to run a Half Marathon.



Charlie Brett

I joined RRR in January to try and improve my enjoyment of running and felt that running with others would really help. I have been running for 9 months and was starting to find my motivation for longer runs dipping, even though I spring out of bed in the morning looking forward to getting out! As hoped, I have really enjoyed my first few sessions even though they have been hard work! I have done a number of Parkruns and am working my way around the local ones - let me know if you want to join me!

Other than my new found interest in running, I love watching Saints and have a season ticket with my kids. I also really enjoy going to the cinema.

I am originally from Romsey so love it here, and moved back into the town three years ago.



CC6 Season Review (and RR10 Preview)

As well as being Mother's Day, Sunday 27th March marked the last race of the CC6 season at Fleming Park in Eastleigh.

For those of you new to the club, the CC6 races are low key inter-club races held through the autumn and winter. What's better is that they are free with no need for pre-entry. Just turn up on the day with a club vest or t-shirt.

The title of the race series is a bit misleading. The races are mostly trail, rather than cross-country, and there are 8 races in total. Each club either organizes or helps with one of the races, with their runners helping out rather than running, so runners can take part in a maximum of 7 races. The final league positions are based on the best 4 results for each runner. In addition there is a team competition, with results based on the aggregate positions of the top 4 male runners, and the top 3 female runners at each race.



Many of the races are in the New Forest, and the conditions of use laid down by the Forestry Commission mean that races have to keep to made up paths, so that there is less mud than some years in the past. Even so, with the races in the winter there are normally a few puddles to enjoy !

In this year's competition Neil Jennings was joint 3rd overall, with Alex Prinsep 6th. In the ladies competition Elizabeth Prinsep was 9th overall, and won the V50 competition.

In the team event the men's team finished 3rd, and the ladies 9th.

19 men and 17 women completed at least one race this season.

The RR10 season is the spring / summer equivalent, with races held on Wednesday evenings. There are ten races, again with each club organizing or assisting with one race. The overall position of each runner is based on their best 6 results.



The season starts on 20th April when we return to Fleming Park. The dates for all the races are in the race schedule later in this newsletter, so put them in your schedule now !

Romsey Road Runners will be organizing the race on 22nd June, at a new venue at Ridge Farm (on Ridge Lane, near the crematorium, just off the main road to Ower). This venue is nice and close so no excuses for not volunteering and helping out that evening !

10k can seem a long way

“You’ll never be bored when you try something new. There’s really no limit to what you can do.” (Dr Seuss, The Cat in the Hat)

Eastleigh 10k group training: the coach’s view

By Ian Ralph

As most of you know by now, I’m not averse to trying new things with the club. So this year Steve and I decided to try taking a group of RRRs and challenged them to try something new too, by providing them with a structured training plan, coach-led training and focussed support for a target race.

So back in December we sent round a message calling for people that would like to do just that by taking on the Eastleigh 10km and train together as a group for it.

And 8 lovely, lovely people answered that call:

Four who had never even run 10km before having just graduated from the club’s C25K program last year: Gemma Ingason, Nats Gore, Lin Windsor & James Wardle.

And four who were keen to pursue a PB: Sam Weston, Gemma Quarendon, Dorota Koschmidder-Hatch & Rob Gowman.

For me as a coach I was delighted to have so many people looking for support and guidance towards a running goal. And as a club we were delighted to support and encourage people to get involved in races, something at the very heart of the club’s purpose and vision.

But most importantly all eight of ‘Team Eastleigh’ had their own personal reasons and motivations to take on this challenge which we could cater for. After all, that’s what it’s all about; be that running a first 10km, rediscovering the love of running, chasing a PB, finding a routine for training, or even fitting into a wedding dress.

So without going in to loads of detail, the gist of what we offered this group was as follows:

- **10-week structured training plan** with a timetable to follow
- **Progressive plan** with clear focus for each training block & session
- **All sessions based on training zones** so applicable for all paces
- **Trained as a group every Mon** for the most high-intensity session of the week
- **Tempo/race-pace run of increasing lengths** for Thu homework
- **Everything else super-easy** with recovery runs in week and long run on weekend
- **Whatsapp group** so we could share our experiences, fears and encouragement

From my point of view it was a huge success! I loved designing and running the training and had an absolute blast with the group along the way - even when getting cursed at for making them do a bleep test in week one, run one more rep up the tiny hell that is Durban Close or speed up that little bit more on a freezing cold progression run round Tadburn.

But the proof is in the pudding and not only did every single one of them do absolutely amazingly on the day - be that crossing the finish line that seemed a stretch too far at first, or smashing out a PB (of which we had lots) - but doing so with the biggest of smiles and the sense of togetherness from achieving it as a team.

And of course there was then the boozy celebration back at Gemma’s after the race!!

But don’t just take it from me, here’s what a few of the team had to say about their own reflections:

“Possibly the most important aspect was the focus [it] gave us all with outlining a training plan that was very well tailored to the objective, and also transferable to any location we wanted to do it. And whoever set up the Whatsapp Group deserves a pint... you all kept me going... and making sure I catch-up with the programme rain or shine (or storm).”

Dorota

“[The training program] made our challenge achievable and I really didn’t think I would be able to run such a distance in only 10 weeks. Not only did you aid me in achieving this with guidance, encouragement and laughs along the way, the other objective was to fit in my wedding dress which was nailed a few weeks ago.”

Nats

“We all had the same tasks to complete and a set timetable that we all followed. This helped prompt us to keep to the plan where possible, and because of the time and effort [Steve and Ian] put in to the planning we felt a debt of gratitude that spurred us on”

Rob

“When Steve first asked me about the 10k training I was doubtful I could do it, but he convinced me it would be like doing the next step up from C25K. 10 week training was hard, especially with late finishes at work. Encouragement and inspiration from our training group kept me going. Race day was amazing!”

Lin

“I have regained my love of running, learnt a little more about my watch! And how to listen to my body a little more. And also made friends.”

Gemma Q

If you think this sounds like something for you then please **come and have a chat with myself or Steve about other races you think the club could support** its members towards with some coach-led training.

And watch-out for Team Eastleigh later this year as the new race entry posts are already flooding the Whatsapp group!!



(L) The smiles say it all - Nats and Gemma combining training with their first ParkRun

(R) Lin proving that real runners embrace all weathers when there is a plan to stick to



What it's all about - the ladies of team Eastleigh celebrating their amazing achievements

(Dorota, Gemma Q, Gemma I, Lin, Nats)

Eastleigh 10k group training: The runner's view

by Gemma Ingasun

10K felt like an incredibly big, reasonably impossible target when it was first suggested back in January and with only ten weeks to get from barely 5k to an actual 10k, I was sceptical...and scared.

However, as with the C25K in 2021, everyone was really nice and gently encouraging and I found myself in January 2022 staring at a 10 week training plan that appeared to have been written in some sort of code (5min off 90s? Fartlek?).

Gradually, as the weeks went by and the mysteries of the plan were revealed by coaches Ian and Steve, our distances, speed and quantity of runs increased - as did my confidence that this might actually be possible.

I could not have been better prepared by Romsey Road Runners for the Eastleigh 10k both in terms of physical capability, but also in negotiating the practical aspects of the run. None of my questions were deemed too silly (apart from maybe the last one):

Does the race number go on the front or the back?

What's the funny plastic thing on the back of the bib?

Will it really take 20 minutes to get across the start line?

The latter prompted the response from Steve 'It's not the London marathon Gemma'.



I am really grateful to the club and especially to our coaches for holding my hand through this, giving a firm but friendly nudge when needed and getting me over the finish line of the Eastleigh 10K.



Gemma, before and after the Eastleigh 10km!

RRR Race Diary

April 2022

3rd April

Salisbury 10 mile

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

Another popular event with club members

3rd April

Thrupton 10k

<https://thruptoncircuitrun.co.uk/>

10th April

Run Nation Super Fast 10k

Another run at Thrupton, this one is a bit cheaper !

https://runnation.co.uk/r/thrupton10k_2021

18th April

Mortimer 10k

<https://www.racinglinerrunning.co.uk/mortimer10km>

20th April

RR10 Fleming Park 7pm

First race in the 2022 RR10 series. Great fun, inter-club race. Just turn up wearing a club vest or t-shirt. Runners of all abilities take part so everyone will have someone to run with / against.

23rd April

Blackdown Hills Tril Run – 10k & Half Marathon

<https://www.letsdothis.com/gb/e/blackdown-hills-trail-run-10k-half-marathon-189977>

Sid Valley Ring Half Marathon

<https://www.climbsouthwest.com/sid-valley-ring-half-marathon/>

24th April

Southampton Marathon, Half & 10k

<https://www.southamptonmarathon.co.uk/>

May 2022

4th May

RR10 Itchen Valley Country Park 7pm

7th May

Marlborough Downs Challenge – 20 or 33 mile

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

8th May

Houghton Trail Event

Low key local event

<http://www.houghton-trail-event.org.uk/>

Ox 10k & Half Marathon

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

18th May

RR10 River Hamble Country Park 7pm

June 2022

1st June

RR10 Cadland Estate 730pm

8th June

RR10 Ampfield Woods 730pm

22nd June

RR10 New Forest Learning Centre, Ridge Lane

This is our race, so need everyone to volunteer to help out.

26th 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

2nd July

Charmouth Challenge

Hilly trail race in beautiful countryside

<https://charmouthchallenge.co.uk/>

6th July

RR10 River Hamble Country Park 7pm

10th July

Snowdonia Trail Marathon

10k, Half, Full and Ultra options

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

20th July

RR1o University Playing Fields, Wide Lane 730pm

August 2022

3rd August

RR10 Badger Farm 715pm

17th August

RR10 IBM Hursley 7pm

Results

January 2022

George Skeates Charity Run

Liz Slade	1:21:00
Sue Sylvester	1:21:00
Julia Abab	1:24:00
Anna Duignan	1:27:00
Derek Kelly	1:31:00

Romsey 5 Mile

Alex Prinsep	28:13 PB
Sam Weston	32:50 PB
John Quayle	34:57
Keith Morris	35:13 PB
Polly Whitaker	38:30
Jonny Stevens	35:33
Susie Parker	37:16
Cliff Reeves	42:31
James Byrne	42:33
Angela Milln	43:37
Dorota K-Hatch	46:03

Stormforce 10

Alice Lane	01:26:22
------------	----------

Maverick New Forest

Tim Parker	45:29 7th
------------	-----------

February 2022

Winchester 10k

John Quayle	45:37
Ben Sharman	52:12

CTS Northumberland 10k

Mark Stileman	47:34 1 st AG
Sue Stileman	1:02:45 1 st AG

Northumberland Marathon

Alice Lane	5:40:24
------------	---------

The Grizzly

Hannah Shutt	3:16:33
John Horton	3:51:46
Susie Parker	4:03:46
Alice Lane	4:13:22

March 2022

Milton Keynes Half Marathon

Nicole Baptista	1:57:07
-----------------	---------

Terrex Maverick Hampshire 16k

Tim Parker	1:05:40 2 nd !
------------	---------------------------

Weymouth Half Marathon

Giovanni Buldrini	1:40:36
Amy Spencer	2:13:57

Eastleigh 10k

Ryan Snell	33:59
Neil Jennings	35:08
Alex Prinsep	35:24 PB!
Mark Stileman	37:23
Sam Weston	40:36
Steve Geary	42:46
Liz Prinsep	43:43 2 nd AG PB!
Keith Morris	44:09 PB !
Alice Lane	51:35
Gemma Quarendon	52:04 PB!
Isabelle Prinsep	52:58
Cliff Reeves	54:01
Dorota K-Hatch	54:19 PB
Linda Windsor	54:58 PB
Lin Webb	1:03:00
Gemma Ingason	1:07:00
Natalie Allen	1:08:00 PB!
Ian Ralph	1:10:39

Bridport Half

Alice Lane	2:04:16
------------	---------

Cardiff Half

Meghan Batchelor	1:57:29
------------------	---------

Lee Valley Half

Kirsty Jones	1:36:06 PB !
--------------	--------------

Calne 10k Clock Change Challenge

Mark Stileman	37:57
---------------	-------