

RELAY

SUMMER 2022



Note from the Chair

I'm loving all the possibilities that summer brings, with the warmth, the long evenings and the rich variety of running that comes with it. It feels especially good this year with the shadow of Covid much reduced. The summer season of Monday and Thursday sessions feels like such a reward for training through cold dark evenings!

Over the last month we've hosted both the Beer Race and 'our' RR10 race at Ridge Farm. Both events have been very successful and rewarding. I've loved the feeling of teamwork that's been at the heart of both of these races. My thanks to Dan Lurcock and Nigel Hemsted respectively for their leadership in directing them. On this topic, Dan is standing down as Beer Race Director and Ken West is standing down as Course Manager, so we're looking for volunteers to take on these roles for next year's Beer Race. If you're interested, please let me know, or contact Dan or Ken directly. Again, my heartfelt thanks to them both.

After a long pause, the work on Ganger Farm Sports Park has resumed. We don't have any date for completion yet, but I'm keeping a dialogue open with Test Valley BC to figure out how we can make best use of this exciting development. I'm hoping – fingers crossed – to be in touch with more information before long.

It's also exciting that we'll be reviving the Test Way Relay on 10 September this year as an RRR event. This is something that a few of us will have taken part in the past when it was an inter-club competition. It's a cracking route and a great opportunity for us to run it in teams and then hang out together at the Salmon Leap in Totton. Don't be the one to get lost on your leg as I have done in the past! My thanks to Sue Stileman and Karen Keane for bringing this to life.

Happy running! Mark

Editor's Note

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

We're now well into the summer running season, and I hope you're all enjoying having our training sessions in the light – I know I do. We hosted our RR10 race last week at Ridge Farm, and were blessed with a beautiful summer's evening. Thanks to everyone who volunteered to help on the night. We had some nice feedback from the runners, and hope that we're able to use this venue again.

Our front cover shows Neil, Tim and Alex sprinting for the line at the first RR10 of the season at Fleming Park. Penny's husband Derek has been doing a great job taking photos at the RR10 races – and also at our beer race and a few other events. If you've been running then suggest you check out his site, there's bound to be some photos of you. There's a link from the main RR10 site.

Nigel

Pasta Party

A Social date for your diary.....

This year's London Marathon has once again moved to October, which means our annual pasta party will also in line with the marathon date. This is the time we mark the occasion with the club's annual pasta meal and quiz, and send off our club's marathon runners in style and with good luck. This year's date will be **Tuesday 27th September**.

We have rebooked the Cromwell Arms, Romsey which has plenty of car parking available. Following the night's tradition, there will be a choice of a lasagne and garlic bread option, along with a vegetarian choice. Details of how to book your spot and food choice will soon be on the club website in August time..

It is always a fun evening and a great chance for any new members to get to know others on a social basis. The quiz this year will include the music round and the 'Play your Cards Right' round for a few laughs and giggles...

Please save the date for your diary.....

Test Way Relay

Save the date: Saturday, 10th September 2022 is RRR's reprised version of the Test Way Relay.

It's an opportunity to run the length of the Test Way (approx 70k) in relay teams. There are eight legs of between 7-11k in length, some hillier than others, so each team will need to be approx 8 members. We are happy if people want to run more than one leg, or double up with a pal for their section. The route won't be marshalled, or marked beyond the Test Way markers, so if you're unfamiliar with it or not confident following a map, doubling up is a good idea.

We'll be starting at Inkpen Beacon and finishing at the Salmon Leap pub in Totton, where everyone is welcome to have a drink together in celebration afterwards. We'll aim to get all teams finished between 4-5pm and the start times will be staggered to reflect that.

This event is exclusive to RRR members and open to everyone in the club. You don't need to be a particular pace to take part; we will try to put the teams together out of similarly paced runners, so those who want to race can. Emails will be going out to the club shortly with further info and details on how to sign up. Any q's please see either Karen Keane or Sue Stileman.

Membership

Penny Jennings

A warm welcome to the club for Alex Millard, Hayley Weston, Kieran Hartwell, Lauren Freestone, Mathilde Fortier, Ed Richardson and Molly Maslen

Alex Millard

I live in Romsey in the Woodley area and have found myself slowing down now I am in the over 30's category but I started running a few years ago when my work colleague at CooperVision convinced me to go out for a run or two after work and then to attend my first park run. I have now just run my 68th Park run, which have been over a variety of locations but mainly at Southampton and Eastleigh while we await the Romsey one to start again. I like to run with people when I can I also like longer runs with Southampton Marathon being my longest, but favoured distances are 10k and half marathons.

During lockdown was particularly tricky to keep up running with people, so our work made a challenge for teams of ten to run from Land's End to John o' Groats and back again, which was good fun and to keep me busy I got up to an average of 50km a week at times, getting very addicted to it. I find I peak in the summer months and drop off like most over the winter and since the latest winter break I had been struggling to get going again which is why I enquired to join Romsey Road Runners. I am really enjoying getting to know lots of new runners of all abilities and look forward to progressing my running with you all.



Ed Richardson

Hi everyone, my name is Ed and I moved to Romsey last November and finally decided it was time to join a running club. I'm a parkrun mega fan and one of my main reasons in joining the club is to improve my PB!

I've ran 5 half marathons and I'm running the Great North Run this year for the first time. I'm aiming to get a PB and having not run a half for quite a few years I decided joining the club would be a good way to build my fitness back up.

Lauren Freestone

I started running at the beginning of this year. I've always enjoyed being outside but very definitely did not think of myself as someone who would like running. It turns out I was wrong. I've been enjoying a few parkruns and I did the Southampton 10k. I joined to keep motivated and meet people. Thank you for welcoming me.

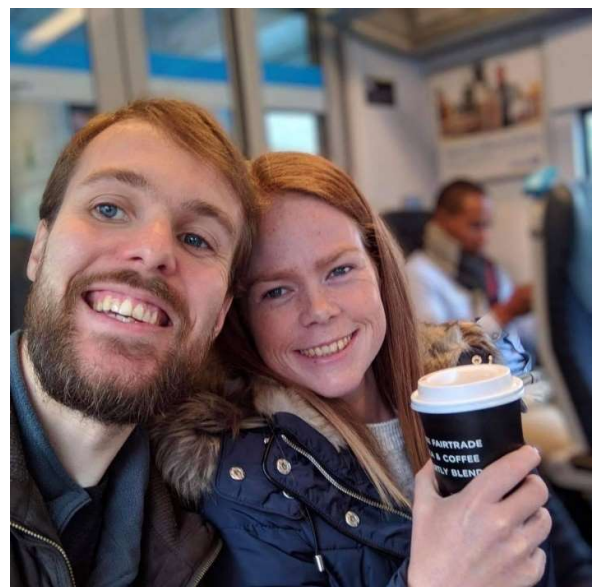


Molly Maslen

'I started running regularly during lockdown last year, and then began doing the odd parkrun. I decided to join Romsey Road Runners to improve my running, but also to meet new people and feel more motivated to run faster and further. I'm only a couple of weeks in but am thoroughly enjoying the sessions!'

Hayley Weston

Hi I'm Hayley. I got quite into sport after having my second child; initially just going to the gym but in 2020 that obviously had to stop. Since then I've done a lot of training on an indoor bike, but I'm quite new to running, although my husband Sam has been a member of the club for 3 years. I got into running in early 2021, and entered the Great South Run last October. This definitely gave me the racing bug and I've already done the Southampton Half this year and have two more half marathons, a 10 miler and 10k lined up this year.



RRR Pentathlon

One of the club top awards each year is the club pentathlon. The award is made to the best man, woman and vet based on race performances over 5k, 5 miles, 10k, 10 miles, half marathon and marathon. Points are awarded for performances in each category, with 40 points for the best, 39 for second and so on. The best 5 scores for each runner provide the aggregate score.

Performances in the club challenge races, plus the club time trial are included, plus any race results notified to results@romesyroadrunners.co.uk.

The season for the pentathlon runs from 1st October through to 30th Sept, so still time to get results to complete your set ! The current tables showing best results this year for each runner are below.

If any of your best results for this year are missing please send details to the results email.

Men's results

<i>Display name</i>	5 km	5 mile	10 km	10 mile	Half marathon	Marathon
Alex P	0:00:00	0:28:13	0:35:24	0:58:54	1:20:00	0:00:00
Alex Y	0:16:51	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Andrew A	0:24:39	0:39:04	0:50:17	0:00:00	1:45:40	0:00:00
Andy B	0:00:00	0:00:00	0:00:00	1:06:36	1:35:34	3:33:59
Ben S	0:00:00	0:00:00	0:52:12	0:00:00	0:00:00	0:00:00
Bob G	0:29:29	0:47:15	0:00:00	0:00:00	0:00:00	0:00:00
Cliff R	0:27:24	0:42:31	0:54:01	0:00:00	0:00:00	0:00:00
Colin W	0:00:00	0:45:47	0:00:00	0:00:00	0:00:00	0:00:00
Dave G	0:00:00	0:00:00	0:00:00	1:19:38	0:00:00	5:09:35
David M	0:19:51	0:33:14	0:45:35	1:07:49	0:00:00	0:00:00
Derek K	0:31:35	0:53:58	0:00:00	0:00:00	0:00:00	0:00:00
Duncan M	0:22:08	0:37:18	0:57:24	1:14:11	0:00:00	0:00:00
Geoff H	0:00:00	0:00:00	1:10:32	0:00:00	0:00:00	0:00:00
Giovanni B	0:23:37	0:00:00	0:00:00	0:00:00	1:40:36	4:44:25
Ian R	0:00:00	0:00:00	1:10:39	0:00:00	0:00:00	0:00:00
James2 B	0:00:00	0:42:33	0:00:00	1:22:02	0:00:00	0:00:00
John H	0:25:22	0:45:04	0:00:00	0:00:00	0:00:00	0:00:00
John Q	0:00:00	0:34:57	0:45:37	0:00:00	0:00:00	0:00:00
Jonathan P	0:18:01	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Jonathan S	0:00:00	0:35:33	0:00:00	1:14:36	0:00:00	0:00:00
Keith M	0:00:00	0:35:13	0:44:09	0:00:00	1:42:19	0:00:00
Mark S	0:18:36	0:00:00	0:37:22	0:00:00	1:36:29	0:00:00
Matt B	0:16:57	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Matt H	0:00:00	0:00:00	0:00:00	0:00:00	2:03:12	2:37:41
Neil J	0:18:36	0:30:02	0:35:08	0:58:50	1:21:50	0:00:00
Nigel H	0:22:25	0:37:37	0:47:24	1:14:35	1:41:25	0:00:00

Paul B	0:25:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Paul K	0:00:00	0:00:00	0:00:00	0:00:00	1:58:15	0:00:00
Ray W	0:27:14	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Richard V	0:00:00	0:00:00	1:07:08	0:00:00	0:00:00	0:00:00
Rob G	0:00:00	0:00:00	0:00:00	1:37:47	0:00:00	0:00:00
Ryan S	0:17:54	0:28:38	0:33:59	0:00:00	0:00:00	2:35:24
Sam W	0:00:00	0:32:50	0:40:36	0:00:00	0:00:00	0:00:00
Steve E	0:00:00	0:44:01	1:01:09	0:00:00	0:00:00	0:00:00
Steve G	0:00:00	0:00:00	0:42:46	0:00:00	0:00:00	5:32:58
Tim P	0:00:00	0:00:00	0:35:42	0:00:00	1:22:32	0:00:00

Women's results

<i>Display name</i>	5 km	5 mile	10 km	10 mile	Half marathon	MIN of Marathon
Alice L	0:26:09	0:44:49	0:51:35	1:25:36	1:59:05	4:25:14
Amanda H	0:00:00	0:00:00	0:00:00	1:08:11	0:00:00	0:00:00
Amy S	0:28:45	0:00:00	0:00:00	0:00:00	2:13:57	0:00:00
Angela M	0:00:00	0:43:37	0:59:21	0:00:00	2:17:03	0:00:00
Anna D	0:29:30	0:52:20	1:09:34	0:00:00	0:00:00	0:00:00
Becky T	0:00:00	0:00:00	0:00:00	1:08:11	1:28:42	3:13:01
Brenda T	0:28:29	0:47:54	1:01:39	1:34:53	2:43:37	0:00:00
Deborah R	0:34:21	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Debra F	0:37:02	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Dorota K	0:32:19	0:46:03	0:54:19	1:33:07	0:00:00	0:00:00
Elizabeth P	0:22:41	0:35:03	0:43:43	1:12:34	1:35:34	3:19:03
Freya P	0:00:00	0:00:00	0:00:00	1:44:39	0:00:00	0:00:00
Gemma I	0:34:49	0:00:00	1:07:00	0:00:00	0:00:00	0:00:00
Gemma Q	0:00:00	0:00:00	0:52:04	0:00:00	2:04:00	0:00:00
Gretl H	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	3:59:52
Isabelle P	0:00:00	0:00:00	0:52:08	0:00:00	0:00:00	0:00:00
Jane J	0:34:21	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Julia A	0:29:05	1:03:31	0:00:00	0:00:00	0:00:00	0:00:00
Karen K	0:59:41	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kate L	0:00:00	0:00:00	0:00:00	1:51:18	0:00:00	0:00:00
Kirsty J	0:00:00	0:00:00	0:00:00	0:00:00	1:36:06	0:00:00
Lin W	0:31:45	0:52:28	1:03:00	1:49:08	0:00:00	0:00:00
Linda W	0:00:00	0:00:00	0:54:58	0:00:00	0:00:00	0:00:00
Liz S	0:27:49	0:45:32	1:00:52	0:00:00	0:00:00	0:00:00
Lottie B	0:00:00	0:00:00	0:00:00	0:00:00	2:07:00	0:00:00
Louise H	0:00:00	0:56:53	1:25:04	0:00:00	2:09:33	0:00:00

Megan B	0:00:00	0:00:00	0:00:00	0:00:00	1:57:29	0:00:00
Moira S	0:32:49	0:00:00	1:08:57	0:00:00	0:00:00	0:00:00
Natalie G	0:00:00	0:00:00	1:08:00	0:00:00	0:00:00	0:00:00
Nicole B	0:00:00	0:00:00	0:00:00	0:00:00	1:53:03	0:00:00
Penny J	0:25:20	0:41:12	0:50:35	1:24:23	1:54:33	0:00:00
Polly W	0:00:00	0:38:30	0:00:00	0:00:00	0:00:00	0:00:00
Sarah W	0:00:00	0:00:00	0:57:20	0:00:00	0:00:00	0:00:00
Sue Sleath	0:00:00	0:40:00	0:48:48	0:00:00	1:47:39	0:00:00
Sue Stileman	0:24:27	0:44:49	0:49:49	0:00:00	2:08:45	6:26:00
Sue Sylvester	0:00:00	0:00:00	0:53:03	0:00:00	1:59:44	0:00:00
Susie P	0:22:55	0:37:16	0:47:44	1:20:04	1:49:37	4:05:40
Tam R	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	5:32:59
Wendy C	0:46:58	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00

Backyard Ultra? What the heck is that?

Ian Ralph

A good question, and one I asked myself last year when I first came across them, and then ended-up talking three good friends into joining me for one.

In essence they are an ultramarathon with a twist. Instead of running from point A to point B, or even one big loop, for a set distance, you run a short loop of 6,706m every hour, on the hour, until you can't anymore. At which point the race director very politely, and with much fanfare I might add, DNFs you.

And that's the unique and intriguing thing about this race format - everybody bar the winner DNFs. That's because there is no finish line. Instead, the race finishes when there is one man or woman left shuffling around that 6,706m circuit. Unsurprisingly, it is the brainchild of Lazarus Lake of the Barkley Marathons fame, so no stranger to crazy races.

Even after 24 hrs/100 miles Mat and Becky receive their wooden spoons for DNFing

So it was that myself, Hannh Shutt, Becky Tovey and Matt Hammerton headed down to Portland Island one Friday morning at the end of April to take on the Portland Pig Backyard Ultra. Knowing we started at midday, but not knowing how far we would run or what time (or indeed day) we should tell our friends and family to expect us home.

In fact two of us stopped at the 12 hour/50 mile mark, whilst the others rolled on to the 24 hour/100 mile mark - respectable ultra distances all round I'm sure you'll agree. With the winner making it to 29 hours/121 miles. And if you're interested in these sorts of things, the world Backyard Ultra record stands at 90 hours/375 miles!!!

So what 10 lessons can I share from running my first backyard ultra that will either get you either excited about giving it a go or running in the opposite direction very quickly?

1. Ultra runners might be a bit crazy but they're so darn nice

It was the camaraderie of trail and ultra runner that drew me in, and this event is no exception. The base camp and start/finish of each loop became like a running festival with crew and DNF'd runners gathering round the firepit with a beer to cheer runners on through the night.

2. 6,706m is annoyingly not quite walkable in an hour

It's a great format to encourage people to try their first ultra distance as you don't need to commit to any distance target. And with no advantage to speed, you'll fit in whatever pace you do it. But the format is carefully and annoyingly designed such that it's not quite possible to walk a lap with time to reset and go for the next lap.



3. Going for a pee and making a pot noodle takes longer than you think

With an average lap time of c45 minutes you'd have thought I'd have loads of time to rest and refuel between laps, but it's amazing how much time you can waste faffing with running kit, prepping food and getting in and out of the portaloos before the 3-min warning bell goes for the next lap. That's right! There are warning bells at 3, 2 and 1 minutes. And if you're not there when the clock ticks on to the next hour, you're out!

4. A good word game can do wonders to make the time (and miles) fly

Even though the four of us friends would normally be spread throughout the field, in this format we were together at the beginning, end and often all the way round the laps. And once Becky and Hannah introduced me and Matt to the *'I've started a business'* word game, there was no turning back and we entertained ourselves (and our fellow runners) for many an hour with that one - ask me if you don't know!

5. Even the nicest views wear thin eventually

Whilst you might think I'd say pick a BYU with great scenery and views, with this one we had a view of Chesil beach from atop Portland's cliffs to take in each lap. But after enough go-arounds even this became tedious and I admit even a bit annoying, as it just became a reminder of that bloody hill again that I know is coming up again in a few hundred metres.

6. 'Just one more loop' is the runners equivalent of 'one more hit

This is the catchphrase of the BYU. And you can't help but make comparisons to drug addicts as runners come back to finish a lap barely able to stand. Yet friends, crew and runners (who themselves have already DNF'd) cheerfully pick them up off the floor and push them back in the start corral to do 'just one more lap'.

7. This is definitely one for the fit of mind as much as body

I can testify to many a mental battle as I ran round each lap, debating with my inner demons about whether 'this lap' was the right one to call it a day on, or could I do 'just one more'? With no finish line to keep edging towards and only yourself who ultimately has the power to stop, you need to be strong of mind to keep going, but also sensible to not push yourself too far.

Carrying injuries Hannah and I finally call it a night at 50 miles



8. Sharing an experience makes it even better

Don't get me wrong, it's one hell of an event, and one I would definitely recommend. Not just to challenge yourself to do something different, but to run an event where you truly do share it with everybody and feel a part of something special. Whether you run 5 laps or 50, you're part of everybody's race - and that's pretty special. A big shout out and thank you to Alice Lane and Mr and Mrs Stileman who took the time to come down to Portland and cheer us on for a few laps.

9. Don't judge a runner by their outfit

When we arrived we couldn't help but look around at the competitors to see who we thought might win. With many fit, lean runners in their top-end ultra gear it was hard to tell. But in the end it was won by a lovely guy called Luke, who wore rainbow coloured lycra shorts with a catprint t-shirt, and would sit on an office chair eating omelettes between laps before disco dancing to keep moving on the start line. Not the bookie's favourite, but he seemed to just focus on his own race, live in the moment and see it as a fun day (and night) out with running friends. And that for me says everything about this event.



The winner - Luke Carter, aka Disco Dave

10. Never say never again

I went into this event thinking it was going to be a one-off thing, but I can safely say I shall be back. Not just because I have unfinished business to make the 'at large' list by completing at least 24 laps, but because I can feel the urge to channel my inner-luke and next time fully embrace the eccentricity that a crazy race like this deserves.

There are currently 23 UK events listed on backyardultra.com, and that list is growing every year. So if this has whetted your appetite why not take a look. And maybe we can organise a club BYU trip in 2023? If you fancy it, give me a shout and let's put a RRR BYU gang together.

An Island Adventure

Alice Lane

With limitations on travelling over the last two years, many of us have explored the delights that are actually on our own front doorstep. The advantage being that there are fewer restrictions, no airport chaos, delayed or cancelled flights or certain covid requirements to enter the chosen destination. With this in mind, I was anxious to explore more of what was actually in our own country but also had that holiday feel. The Isle of Wight, being part of our own Hampshire fitted the bill nicely.

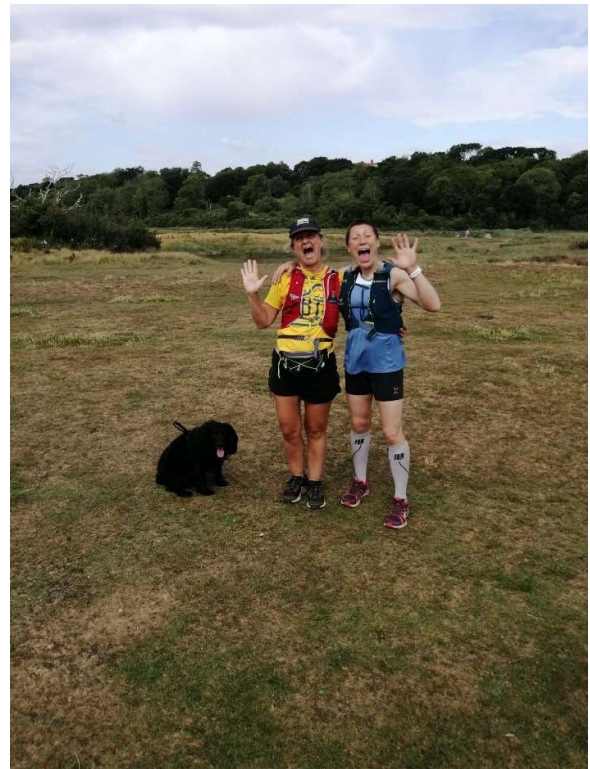
As a committed trail runner, I have always been lured by a trails and footpaths. Anything with a pedestrian sign deserves exploring. So earlier in the year I decided to dedicate a few days to follow the Isle of Wight coastal path. I didn't fancy exhausting myself and doing too much but I felt I could cover the 72 miles if I ran a little over half a marathon each day, with one day just under 20 miles. This would still give me part of the day to explore the island, have a leisurely pub lunch and a beach swim.



My start point was Ventnor, where we had rented a little cottage for the week and with the help of the ordnance survey map app, I set off from the coastal path sign on the seafront. My husband planned the route for me and collected me at each stop where we would return each day for me to complete the next section. The coastal path circumnavigates the entire island and is with the aforementioned back up guidance quite straight forward to follow. However

much of the island, being mainly built on clay is sadly victim to coastal erosion, the coastal path being the obvious casualty of this. Thus there were some interesting diversions en route, the most memorable being the Devil's chimney a rather snug rock cleft between Bonchurch and Luccombe, where the surrounding forest was like something from a tropical jungle. The weather during the week was on the whole perfect for running, with some island breezes and a light drizzle. It wasn't too hot as being an island, here's always a lovely breeze.

The final two days I was joined by Becky who as you can imagine offered wonderful moral support; on paper it sounds quite 'doable' to cover 72 miles in five days on foot, but at the end I was feeling rather weary and her cheerful company was much appreciated. However, it was a truly



invigorating experience to see all the wonders the Isle of Wight has to offer and the beaches with their golden sands and clear water were fairly quiet. (I did jump in the sea a few times mid run to cool off!) Presumably people were queuing at the airports! And it's not only beaches, there are forest tracks where I didn't see a soul for miles and open fields with wooden bridges built through marshland, skylarks happily greeting the day (thank you Sue for my bird identification lessons!) Who can ever tire of the impressive sight of the Needles reaching out from the west side of the island accessed on foot via Tennyson Down? And feel even slightly smug whilst passing queues of cars waiting to be let in to the expensive car park looking harassed and possibly fed up.

This is the joy of running of course, we beat traffic queues and closed roads. It gives us a chance to really take in what we have locally and places which are still waiting to be discovered and enjoyed.

Dartmoor Discovery

Ryan Snell

I don't really know where to start to be honest. This race is the best I've ever done for so many reasons.

The organisation is incredible with every detail thought about from registration through to the disco. To be basically waited on with all the food and drink you really want at the end of the race is brilliant.

Your own drinks at super friendly drinks stations makes a massive difference and means you don't have to carry

anything if you don't want to.

The course is obviously stunning, totally brutal and a real test -

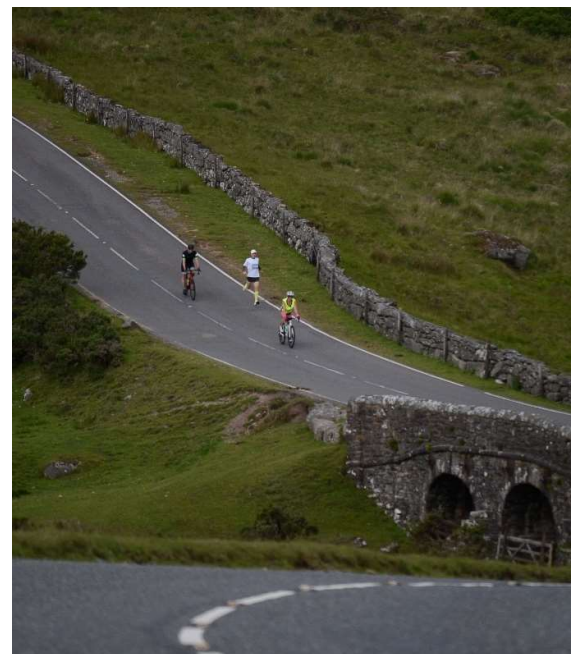
anyone who can get round this is an awesome runner.

Claire on the lead bike was so much more than just a person to follow. It was pretty much non stop encouragement and positivity (except when distracted by David Tomlin!)

The 'well lubricated' announcer was fab and the atmosphere got better and better as more finishers stood around to cheer the runners home.

The t shirts and medals are excellent as well as the hoody.

It was also really nice having DD legend Sian Longthorpe buzzing around the course with her cow bell and smiles



This race was a big one for me after giving up at 20 miles in 2017 and it was a total privilege to come back and lay those demons to rest. Thank you so much to everyone involved and I'll be back next year for sure.

Fingers crossed I'll be able to go down stairs forwards in the near future!

RRR Race Diary

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

RR10o University Playing Fields, Wide Lane 730pm

August 2022

3rd August

RR10 Badger Farm 715pm

17th August

RR10 IBM Hursley 7pm

21st August

The Big Pilgrimage

14 miles, marathon or 54k

Trail run starting from Mayflower Park in Southampton, following ancient pilgrims way to Titchfield and beyond

<https://bigfeatevents.com/index.php/portfolio-item/the-big-pilgrimage/>

September 2022

10th September

Test Way Relay

Club event, see description earlier in newsletter

October 2022

2nd October

London Marathon

Iconic race, still chances to pick up a charity place

Clarendon Marathon

Marathon, Half, Relay and 5 mile options

For those not running London, trail race from Salisbury to Winchester. Beautiful route, my favourite race of the year!
Lots of RRRs have already entered

Results

April 2022

Test Valley Ultra

Matt Hammerton 6:38:49 1st !

Manchester Maraton

Elizabeth Prinsep 3:19:03 PB 1st AG !

Salisbury 10 miles

Neil Jennings 58:50
Alex Prinsep 58:54 PB!
David Morrison 1:07:49
Andy Brown 1:08:59
Duncan Macdonald 1:14:11 PB!
Nigel Hemsted 1:14:35 PB! 3rd AG
Susie Parker 1:20:04 PB!
James Byrne 1:22:02 PB!
Penny Jennings 1:24:23
Dorota K-Hatch 1:33:07 PB!
Rob Gowman 1:37:47 PB!

Exe to Axe

Sue Stileman 4:46:14

KVK Solo

Alice Lane 3:15:37

Brighton Marathon

Ryan Snell 2:35:24 7th, 2nd AG

Kew Half Marathon

Lottie Budd 2:11:23 PB!
Angela Milln 2:17:03 PB!

Southampton Marathon

Gretl Hardwick 3:59:52
Giovanni Buldrini 4:44:25

Southampton Half Marathon

Neil Jennings 1:21:50
Tim Parker 1:22:32
Penny Jennings 1:54:33
Paul Kennedy 1:58:15
Sue Sylvester 1:59:44
Alice Lane 2:01:09
Matt Harris 2:03:12

Southampton 10k

Elizabeth Prinsep 44:57 8th, 2nd AG
Sarah White 57:20
Angela Milln 59:21

Richard Vie 1:07:08
Geoffrey Horwood 1:10:32

Southampton 5k

Amy Spencer 28:45

Portland Pig Backyard Ultra

Becky Tovey 100 miles
Matt Hammerton 100 miles
Ian Ralph 50 miles
Hannah Shutt 50 miles

June 2022

Hurstbourne 5 miles

Sue Sleath 40:00
James Byrne 42:59
Alice Lane 50:47

Harewood Forest 10k

Sue Sleath 48:48
Liz Slade 1:00:52
Anna Duignan 1:09:34

Winchester Big Way Round 50k

Steve Geary 5:07:11

Winchester Big Way Round Marathon

Alice Lane 4:55:32

Marlborough Downs Challenge 20

Sue Sleath 3:07:36 3rd AG
Sue Stileman 3:26:53 2nd AG

Houghton Trail Run

Giovanni Buldrini 54:24
Ray Webb 1:00:59 1st AG
Sue Sylvester 1:04:22
Alice Lane 1:06:15
Liz Slade 1:06:48
Julia Abab 1:13:16
Amy Spencer 1:15:02
Louise Holliday 1:15:24
Linda Webb 1:17:26
Anna Duignan 1:18:21 1st AG
Derek Kelly 1:20:07
James Wardle 1:23:52
Karen Keane 1:24:14
Moir Sankey 1:24:18
Gemma Ingason 1:28:09

Netley 10k

Mark Stileman 37:22

Alice Lane 51:45

Hackney Half Marathon

Nikki Baptista 1:53:03

Gothenburg Half Marathon

Lottie Budd 2:07:00

Lakeside 5k

Matt Bennett 16:57

Brecon Beacons Half (+)

Sue Sleath 2:33:00 1st AG

June 2022

Dartmoor Discovery (32 miles)

Ryan Snell 3:46:27 1st !

CTS Exmoor Marathon

Sue Stileman 6:26:00 3rd AG

Big Sea 18 miles

Susie Parker 3:27:00

Eton Dorney Half

Gemma Quarendon 2:04:00

Copythorne 10k

Tim Parker 35:42 1st !

Sue Sylvester 53:03 2nd AG

Copythorne 5k

Anna Duignan 29:35 1st AG

Wendy Couper 46:58