

RELAY

AUTUMN 2022



Note from the Chair

The long hot summer is over, and the autumn season has begun! Alongside digging out our hi-vis gear and headtorches, we're also becoming accustomed to our new Monday venue at Ganger Farm Sports Park. I'm hopeful that this will be a positive change for us, with decent onsite facilities, plenty of parking space and the possibility of a bar being opened in the main building, with the tantalising prospect of a post-run social drink. We'll carefully review how Ganger Farm is working for us before we make any decision about fully switching from Woodley Hall.

As you may know, I'm a big fan of racing, and I'm keen to encourage runners of all speeds and levels to give it a go. I suspect many of us aren't aware that RRR pays subscription fees for two local race series.

- The first is the Hampshire Road Race League, which incorporates 12 local road races into a league series. You register as you would for any race, but results are aggregated across the series at both a personal and a club level, just like the RR10s. It would be great to see RRR teams (of 4 runners) at these races. Here's the website: <https://hrrl.z33.web.core.windows.net/default.htm>
- The second is the Hampshire Cross-Country League, comprising five races on Saturday afternoons from November to March. They're competitive, sometimes very muddy and great fun. Oh, and they're completely free to enter as a club member. Spikes strongly advised!
<https://www.hampshireathletics.org.uk/events/hxcl.html>

It's not long now until the AGM and Awards Night on 25 November. If you're a new member, I'd really encourage you to join – it's our big social event of the year, and a chance to celebrate highlights and successes from the past 12 months. We'll soon be opening the vote for Romsey Road Runner of the year. Who will you vote for?

Happy running,

Mark

Editor's Note

Welcome to the Autumn edition of Relay. I always feel sad when we have to swap from the summer training sessions to the winter sessions. Running round the streets of Romsey isn't the same as running in the countryside. We can look forward to lots of races over the autumn and winter. Mark has mentioned some above and there are a number listed in the Race Diary later in this newsletter, Hope that most of you will want to take on some of these – there's something for everyone !

Nigel

Dates for Your Diary

25th Nov Club AGM and Awards Night. Take part in the club AGM and then congratulate club members who have won awards this year. To be held at the Royal British Legion, details coming soon

31st Dec, New Year's Eve social club run from Winchester Cathedral to Romsey Abbey (20 miles) with 13, 10 and 5.5 mile options to join in along the way. Finishing at 2pm at Romsey Abbey for mince pies and tea/ coffee. Please email sstileman223@gmail.com to join or for further information

Membership

Penny Jennings

A warm welcome to the club for Dan Hammond, Joe Amber, Mark Judkins, Claire Mitchell, Helen Butt, David Trimble, Hannah Mudge and Nadia Elliot

Mark Judkins

Hi everybody my name is Mark and I am really excited to be joining RRR. For the few weeks I have been a member, I have really enjoyed the various sessions, and found everyone friendly and welcoming.

I have always been a sporty person, from the school football and cricket team, to my mid teens and early twenties playing squash and my real passion of golf. Was a member of Romsey golf club for 14 years and reached a handicap of 5.

When my son arrived, it was only a matter of time before he fell in love with football, and this has led me to become a coach of Romsey Town Youth FC. This has ruled my evenings and weekend for the last 8 years, with this being our last season I am really looking forward to devoting my time to my new passion of running.

I took up running about 5 years ago when I was goaded in to running the Romsey 5 mile with friends, and it quickly became a new love. My Saturdays start with a parkrun, usually Southampton which I have just completed my 111'th. I love running long distances as well, and have now completed 4 Marathons and a lot of 10k's and Half marathons.

Being a member of RRR has already improved my stamina and technique, and can't wait to get stuck into some RR10s and fun events.

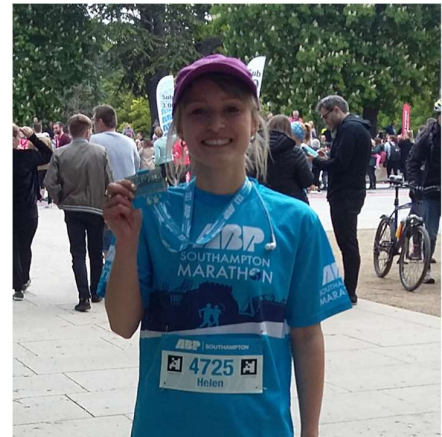


Dan Hammond

I moved to Romsey last year and found some great running routes here but after getting tired of doing the same 5k loops I thought it would be time to join a group to mix things up a bit. Doing the RR10s, time trials, and track sessions has been great fun and I intend on doing my first 10k and maybe even half marathon later this year.

Helen Butt

Hi everyone, my name is Helen. I moved to Romsey this summer and I wanted to join a running club to get back into running, get to know my local area and meet some new people. I have run on and off for many years and have done 10km and half marathon races before. After a bit of a break, I'm hoping to get back into running more often and improve my speed and stamina. Thank you all for being so welcoming.



David Trimble

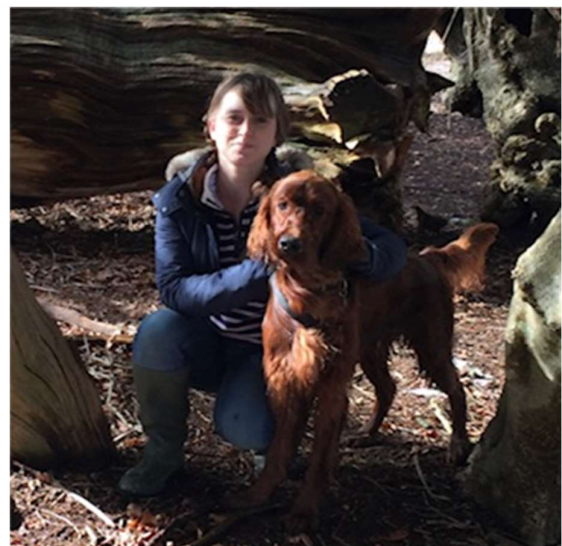
I've been fortunate to live in Romsey all my life and was motivated to join RRR following an impromptu conversation with a club member during a local park run.

I've only been running for four years and have enjoyed it more than I was expecting especially the comradery at races

I've ran several races now including four marathons and have just achieved the GFA time for London, my aim for next year is to improve my GFA time in the Edinburgh marathon but more importantly continue to enjoy being outside and running.

Nadia Elliot

I live in Woodley Romsey with my fiancé and two children. I love running, but it has definitely been an on/off passion over the years, however I keep coming back for more! I am hoping that joining RRR will keep me motivated. I've run three marathons and a handful of other races. Looking to improve my running, enter more races, get tips and meet some lovely new people.



Hannah Mudge

'Hi I'm Hannah and I moved to Romsey about 3 months ago. I have been running casually for around 5 years now, just for fitness, but this is my first running club and I am really glad to have found such a friendly group! Outside of running I am a medical student in Southampton and also love cycling. I would love to start doing some races and hopefully work my way up to a triathlon. Thank you all for being so welcoming.'



Test Way Relay

In years gone by, the Test Way, a long-distance footpath running from Inkpen Beacon in Berkshire to Eling Tide Mill in Hampshire that loosely follows the river Test, was the setting for an interclub running Relay event set up by our very own Mr Nixon. It became so popular that parking at the handovers was a problem, and so eventually, the event was shelved.

Back in April this year when RRR's Matt Hammerton won the Test Way Ultra, the seed of an idea germinated in the brains of Karen and Sue to reintroduce the event for Romsey Road Runners and so, on Saturday 10th September, the revamped Relay returned. The Club put forward three teams, who named themselves (!). They were: The Test Ticklers, captained by Charlie Brett and comprising Karen Keane, Moira Sankey, Louise Holliday, Jane Jackson, Lin Winsor, Derek Kelly, Lin Webb, Charlie Brett, Dorota Koschmidder, Lauren Freestone, Liz Slade, Anna Duigan & Julia Abab; The Trail Trundlers, captained by Liz Prinsep and James Byrne and comprising Alice Lane, Sue Stileman (with dogs Jim and Poppy), Gemma Quarendon, James Byrne, Ray Webb, Steve Edwards, Matt Cheales, Lottie Budd, Ian Ralph & Duncan MacDonald) and the Test Icicles, captained by Mark Stileman and comprising Jonathan Pillinger Cork, Neil Jennings, Matt Hammerton, Mark Stileman, Hannah Shutt, David Morrison, Tim Parker & Ryan Snell.

The route is divided into eight legs of between 7-11k, and the finish is the Salmon Leap pub in Totton. This made a total distance of 44 miles. The starting times for the teams were staggered to get everyone to the pub for 5pm to avoid the high tide flooding the boards across the marsh. This meant the teams set off from Inkpen at 0845, 0930 and 1143 respectively. There were no marshals out on the route as the event was self-supported and some of those taking part elected to pair up and run their leg with a buddy. Everyone had done their homework and been out on various recce runs over the summer to make certain they knew



their section well and wouldn't get lost on the day and thankfully no one did. Volunteers from the club had been out the weekend before to cut back nettles and brambles from the later sections which were a little overgrown in places, so stings and scratches were also minimal.

As this was a relay, the teams each had a 'baton' - a rucksack - which was swapped between the runners at the handover points. It contained route maps, a charged mobile phone and the team first aid kit. By the end of the run the rucksacks were in a pretty unpleasant, sweaty condition. "Ripe" was the word most frequently used to describe them.

We were blessed with fantastic weather throughout the day, making perfect conditions for running, and everyone taking part thoroughly enjoyed it, particularly the celebratory drink at the pub at the end. The only drama came at the end of the day when Ryan, the final runner for team Icicles, fell over in a bog on the marshes and lost a shoe. The shoe quickly disappeared from sight, and Ryan, ever the professional, carried on running without it, covering the final kilometre with just the one shoe to finish just ahead of Ian and Duncan who were hot on his heels for the Trundlers.

The team times were as follows: Ticklers 7:44 hours; Trundlers 6:53 hours, Icicles 4:43 hours, so it was a great effort by everyone.

Also out on the course was Steve Geary, who set off from Inkpen Beacon at 8am to run the whole 44 miles (with a little help from Sue Sleath and James Battle) to finish at the pub with everyone else. A fantastic effort by Steve.

A toast was held for the Queen at the end of the event as a mark of respect at her passing, along with a "God Save The King" for King Charles III.



Parkrun

With Ganger Farm Parkrun imminently starting (we all hope with baited breath!), it seemed a good time to introduce a feature in the newsletter to review some of the local Parkruns in the area.

For those of you who haven't done Parkrun, I would thoroughly recommend it. It's very social, caters to all speeds of runner and it's free! For those who like their stats it operates as a 5k time trial and saves your results to its website which helps chart your progress, all you need for that is registration to their website to get a barcode, which fortunately they now let you show on your phone.

A personal favourite is Netley Abbey Parkrun, about a 30 minute drive from Romsey the surroundings are very picturesque with the old chapel from the Victorian hospital in the centre of the open parkland and Southampton water along one side. It's a 3 lap course which is mainly flat with a small incline loop halfway round so a very good one for achieving new times, the volunteers have added the feature of a bell you can ring at the end if you've hit a new PB! The Netley Abbey runners are regularly active in this course and have acted as pacers on the route in the past. As per usual at Parkrun the volunteers on the course are lovely, Gordon enthusiastically clapping people on at the last corner which is always welcome in the final stretch and at least one Marshall who cranks out dance tunes from the 80s and 90s if you need a beat to pace you (Eurythmics seems to be a favourite!). There is a cafe on site as well with plenty of breakfast options round the corner in Hamble-le-Rice if you fancy a more substantial breakfast as a reward for your morning efforts.

If anyone would like to review a Parkrun they've been to please do get in touch!

Website for anyone who is curious (or at a loose end at 9am on a Saturday!): www.parkrun.org.uk

James Bryne

Meet the RRR: Mark Stileman

Road shoes: Asics Nimbus Gel and Brooks Ghost

Trail shoes: Inov8 something-or-other

GPS Watch: Forerunner 245

How long have you been running?

Almost exactly 30 years, since 1992.

Why did you start running?

I avoided all sports at school because it was well known (not least by me) that I was rubbish at them. Football, rugby, cricket, tennis... I'm still hopeless at all ball sports. But I joined a rowing club at university and to my amazement I wasn't terrible at it. I trained hard, bonded with the team and got fit for the first time. It was a revelation that sport could be satisfying and enjoyable! When I left and started a job, I found myself falling in with the running crowd at work and haven't looked back.

What do you like most about it?

Where to start? What a question! OK, here's one thing: I love the thrill of racing. Racing against other people has its own primal, visceral energy that you don't really get in other areas of life. Even better to have friends who are also your mortal foes... I always enjoy the way that fierce competition turns to camaraderie as soon as you hit the finish line. But running means far more than that to me – it's about training effort slowly paying off, it's about running for companionship, tranquillity and just being outdoors. And really enjoying your food afterwards.

When did you join RRR and why?

I joined in about 2013. I wanted to be part of the local running community. It was the first time I had ever done regular structured training, and 8 weeks after joining I really started feeling the performance benefits, as well as loving my new running crowd!

What has been your best running experience to date?

Another difficult question! Somewhere up there is the 2006 London marathon, where everything seemed to come together and the whole race flowed beautifully. I crossed the line in 2:48 and it took hours for the experience and the result to sink in.

Describe your worst running experience

I have a talent for getting lost in races. There's an awful sinking feeling that accompanies the realisation that you're charging off in the wrong direction. I did the Broadway marathon in the Cotswolds where the race director said 'only an idiot could get lost as we have put loads of signs up'. But they were miserable tiny little signs, and I got lost three times. Grrr.

Do you cross train and if so, what do you do?

I do a fair amount of cycling, although I think of it as 'going for a bike ride' rather than 'cross training'. I try to keep disciplined with a few basic strengthening exercises and yoga, although I need to be in a class to do the latter – otherwise it never happens.

Any tips for a new runner?

Don't be shy about trying racing. Races are for everyone. They can transform your perspective of running and what you can achieve.

Trail or road?

Trail. But I run a higher volume on road.

Gel or real food?

There's a place for both... but gels are horrible things. Real food please.

Marathon or 10k?

I'm tempted to say marathon as they're much more intense experiences, but they command much more respect and can be quite costly in terms of preparation and recovery.

Sports drink or water?

Tailwind for a long run, but water by default. Never ever combine Tailwind and gel – it's an unbelievably awful combination.

What question would you ask the next 'Meet the RRR'?

Do you have any running goals? If so, what are they?

Good one! What would your answer be?

I have just started training towards a new goal – to qualify for the England Athletics Masters 10k and/or half marathon championships. I've just turned 55, making me a youngster in the 55-64 age category. I'm trying to keep my training as focused as possible over the next few weeks in preparation for the qualifying races – the Telford 10k in December and the Farnborough half marathon in January. Long shot? Maybe, but I'm very motivated at the prospect of racing in an England shirt next year!

Couch to 5k

We had yet another amazing turn out with the Couch to 5K again this year and having had 25 sign ups the previous year as a lot of people had taken up running during the Pandemic I was a bit nervous that we wouldn't get the same kind of numbers. Well needless to say we had a record 29 people sign up and what an amazing bunch of superstars they were too.

As expected we had a few drop out early on and most of these were due to old recurring injuries but all in all 19 had completed the full 9 week course and in the following weeks after that 8 went out and did their very first 5k Park Run.

As we have done before we introduced a few guest speakers to the C2-5K group, Ian Ralph came along to give a little talk on Nutrition and the importance of recovery. Tam Ryan gave a talk on the all the different types of running trainers that are available and how it's a good idea to go along to the shop to get measured first. Natalie Stacey who completed last year's C2-5 came along to talk about her own experience of running and gave the group a much needed boost of confidence, Ian, Tam and Nats, a personal thank you from us all.

Once again this year the team set up RRR Lite, this was based around the club sessions we do but not as long or as intense. The lite sessions were designed to give those that finished the C2-5K an idea of what our RRR sessions were like and also to build up their confidence before coming to a club session.

I asked a few of this year's finishers if they could give a little insight to their experience, expectations and why they signed up to the C2-5K.

Clare Somerton wrote:

After seeing RRR advertising C25K course and with a lot of deliberation I decided to sign up and give it ago. My main reasons for signing up was to improve my fitness. Obviously I felt nervous on the first week after all I have not done any running since I was at school! However my nerves were soon put to rest. The course leaders were all lovely, encouraging and above all non judgemental. They explained how to approach each run and how the course works.



They even had someone in to explain the importance of running shoes and socks!..... Who knew???

After the course finished and yes I did complete it! The RRR offered something called RRR lite. This was a 6 week course that the club set up for us newbies as they are aware how daunting it could be to novice runners to go straight into full club training. This included incline/ hill training to trail running in the forest.....Absolutely loved every session and I was really sad when it finished . But now looking forward to the next challenge which is to do the next course RRR is doing to get us to 10k..... I would encourage anyone to who wants to improve their fitness and wellbeing to sign up... I can honestly say I enjoy running and have now got the running bug Which I was told about at the beginning but never thought in my wildest dreams I would ever catch it! Massive thank you to the RRR course leaders for all your time, patience, encouragement could not have done it without you!

Karen Collins wrote:

I joined because I had been unwell and felt unfit.

Couldn't run at all and felt nervous on first meeting .

Group Leaders were very encouraging and explained the sessions clearly. I started off finding 90 seconds of running difficult but thanks to the support and encouragement from the brilliant Team I managed to finish the course and thoroughly enjoyed it and have carried on running and have managed 3 Park Runs .

We have also been lucky enough to have follow on with Lite Sessions gaining experience in speed sessions and improving stamina and times .

All in all the best thing I have done in years and feel privileged to have such support from brilliant leaders of group and would encourage everyone to give it a go.

RR10 Season Review

The final race of the RR10 season was held on 17th August at IBM Hursley. As with other races this season we had a good turnout. Our cover picture shows Duncan and James battling it out that evening. Over the season the men's team finished 2nd and the ladies' team 15th. Congratulations to everyone who ran over the season.

In the individual standings Matt Bennett finished 2nd, with Neil Jennings and Tim Parker 5th and 6th. Our best placed lady was Megan Batchelor in 33rd place.

In the age group categories Mark Stileman was 2nd in the M50 category, Duncan Macdonald and Nigel Hemsted 6th and 7th in M60, and Ray Webb and Derek Kelly 3rd and 9th in M70. In the ladies categories Penny Jennings was 6th and Lin Windsor 10th in the F50 category, Liz Slade and Sue Sylvester 6th and 7th in F60, and Anna Duignan was 1st in F70. Congratulations all !

RRR Race Diary

October 2022

2nd October

London Marathon

Iconic race, too late to enter now, but ballot for 2023 opens soon !

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. Entries on the day allowed, so still time to join in

16th October

Great South Run 10 mile & 5k

Biggest local running event. Entries still open. 5k is on Sat 15th

<https://www.greatrun.org/events/great-south-run/>

November 2022

6th November

Hayling 10 Miles

Part of HRRL (Hampshire Road Race League), well supported by club runners

<http://www.athleticevents.co.uk/page4.html>

13th November

CC6 Itchen Valley Country Park

No need to pre-register, just tun up wearing a club vest or t-shirt

20th November

Gosport Half Marathon

Another HRRL race, fast flat course, well supported by RRR

<https://race-nation.co.uk/register/gosport-road-runners/gosport-half-marathon-2022>

27th November

New Forest Stinger

10 mile trail race, starting at Ocknell campsite Stoney Cross

<https://www.evententry.co.uk/new-forest-stinger-2022>

December 2022

4th December

Victory 5 mile

HRRL race, flat and fast course.

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

11th December

CC6 Kings Garn Enclosure Stoney Cross

Some pre-Xmas spirit guaranteed !

January 2023

29th January

CC6 Holmsley Campsite

February 2023

5th February

Ryde 10 miles

HRRL race, nice day trip to the IoW !

<https://www.rydeharriers.co.uk/races/the-ryde-10-mile-road-race/>

12th February

CC6 Badger Farm

March 2023

12th March

CC6 Fleming Park

19th March

Eastleigh 10k

Another popular race with club members, fast and (almost) flat course.

<https://racesignup.co.uk/site/event.php?eventid=3018>

26th March

Salisbury 10 miles

Nice course along country lanes, recommended ! Entries open 1st Dec

<https://www.salisbury-arc.org/salisbury-10>

Results

June 2022

Ferndown 10k

Mark Stileman 38:03 2nd

Clovelly to Bude Marathon

Alice Lane 6:49:00

Exbury 10k

Neil Jennings 36:01 7th
Sam Weston 41:38
Hayley Weston 41:42
Hannah Semeraro 44:00
Sue Sleath 45:20 1st AG
Megan Batchelor 50:10 PB
Penny Jennings 50:54
Ray Webb 52:32 2nd AG
Lin Winsor 53:07
Molly Maslen 58:53

July 2022

Charmouth Challenge

Nigel Hemsted 1:18:08
Alice Lane 1:26:51

Snowdon Marathon

Susie Parker 6:49:00

Wendover Woods Ultra 50k

Matt Hammerton 4:27:00 1st, Course record!
Ian Ralph 6:20:00

Eton Dorney Half Marathon

Lottie Budd 2:17:00 2nd AG

Piggy Plod 10k

Sue Stileman 56:56 1st AG
Lottie Budd 1:08:40 1st AG

August

Buscot Park 10k

Mark Stileman 45:29
Sue Stileman 48:57

The Big Pilgrimage 15m

Lottie Budd 2:50:00

Dorset Duddle (52k)

Alice Lane 7:37:00

September

Mendip Marauder 30 miles

Alice Lane 6:59:26

New Forest Half

Alex Young 1:20:08 1st AG !
Sue Sylvester 1:59:11
Angela Milln 2:21:39

New Forest 10k

Moira Sankey 1:12:02

The Big Half

Nikki Baptiste 1:56:20

Great North Run

Matt Brown 1:35:35
Hayley Weston 1:39:31

CapTen

Mark Stileman 1:33:52 2nd AG
Alice Lane 2:18:07 1st AG
Sue Stileman 2:45:23

Winchester Half

Lottie Budd 2:13:15

Winchester 10k

Dave Gardner 49:24
Matt Harris 54:26

Solent Half

Hannah Shutt 1:35:01
Alice Lane 1:55:55 2nd AG

Ealing Half Marathon

Nicole Baptista 1:55:38