

RELAY

WINTER 2022



Note from the Chair

2022 has felt like a rich and busy year for RRR. I think this may be in part because it's been a resumption to 'normal' life after two years of Covid-induced interruption, but it really does feel as though we've collectively crammed a lot into the last twelve months. I'm looking forward to 2022's finale – the New Year's Eve Steeple Chase event, when around 40 of us will be running various distances to converge on Romsey Abbey. We'll all be running through Squabb Wood, so expect plenty of collective mud by the time we're done!

Our AGM and Awards Night last month was a great occasion for us to recognise contributions and achievements throughout the year. The AGM also represents an opportunity to have open discussions on club issues, and this year we established a clear preference to move back to Woodley Hall as our Monday venue over the winter months, with the intention to use Ganger Farm in the summer. I'm very comfortable with this – it's healthy for us to be open to change, to try out new ideas and adjust plans as we learn from them.

And on this topic, I'm delighted that the Eastleigh 10k training programme will be resuming in the new year. Committing to training for a specific race can be immensely rewarding and potentially transformative. As a club I'd love us to be doing more programmes like this. Why not give it a go?

Happy running,

Mark

Editor's Note

Welcome to the Winter edition of Relay. I hope you enjoy reading this. As always, if you have any comments on the content or suggestions for items for future editions please get in touch.

We've now passed the shortest day and could look forward (eventually) to lighter evenings again. In the meantime I expect there'll be lots of rain, and for those of us who like trail running, mud to enjoy.

I'm really please that parkrun has started up again in Romsey. Thanks to Sue and Mike Sleath for all the hard work they put in to get this going again. The new course at Ganger Farm seems popular, I look forward to continue seeing lots of familiar faces there on a Saturday morning.

Nigel

JOHN WELLS - An appreciation

Raymond Masters

I have fond memories of John, and have much to be grateful to him for.

He arrived at Romsey Road Runners and wished to coach runners, especially over the longer distances. He soon set his sights on me as a marathon runner who had room for improvement. He set about compiling schedules with my improvement in mind. My goodness me, they were tough! He also prepared schedules for Wendy Couper. Wendy and I soon had a conversation about just how much of John's demanding schedules we could manage. I remember telling Wendy that I followed his schedules in spirit, if not necessarily to the word.

I was soon to be seen running with a rucksack on my back. I was carrying 7lb of sand, soon to be raised to 10lb. I persevered and on one infamous occasion I carried the weight on a 10 mile run from Farley Mount down to King's Somborne and up again. Imagine my pleasure when I found that I was coping with the extra weight rather well, only to find that when I got back to Farley Mount that the rucksack had sprung a leak and was empty of sand!

And then there was Richmond Hill where we repeated efforts up it. John would suddenly appear from behind a bush and exhort us to greater effort. A few of us imagined that he would hide inside a wheelie bin to catch us out.

All that said, my marathon time improved by 10 minutes. For that, if nothing else, a big thank you, John.

John was able to read my mood. He knew when to encourage me, when he could cajole and even bully me, and when he detected a dark mood and silence was best.

On one infamous occasion; I was doing the South Downs 80 mile race he demonstrated all these qualities. After about 27 miles (marathon distance) he was encouraging. But the next 13 miles were a dark period for me. I was not communicating. John kept his silence and I detected his hand in the small of my back as he sent me up the hill and on my way. As the run progressed my mood brightened; I was physically and psychologically over half way. Downhill all the way (not!). Time for mind games as he cajoled me. He was with me at this point. Along a ridge ran a long fence. John asked me to cover 4 fence posts before I took a breather. I gritted my teeth and thought "I'll show you, you bugger!" and completed 6 or 7. He then upped the number of posts and I increased my number the more. We covered the ground very well. After the race, with another PB achieved I explained my strategy to him, and John replied said that he knew exactly what I was doing and he adjusted my targets accordingly. Everyone was a winner.

Thanks a lot for everything John.

You will be missed, but never forgotten.

Awards Night

Elizabeth Prinsep

Thank you all who attended the AGM and awards evening. A lovely evening was enjoyed by all. Thanks to Steve Geary and Lee Harris for organising the event.

Here is the list of awards and winners

The Ryan Snell Award - Keith Morris - for his wardrobe malfunction!!!

RR10 Male – best performance in the RR10 series Matt Bennett

RR10 Female Megan Batchelor

CC6 Male – best performance in the CC6 series Neil Jennings

CC6 Female Elizabeth Prinsep

Men's Pentathlon – best results over 5 out of 6 of 5k, 10k, 5 miles, 10 miles, half and full marathon Alex Prinsep

Female Pentathlon Elizabeth Prinsep

Pentathlon Veterans (over 50) Nigel Hemsted

5km handicap Angela Milln

Hero in training Duncan MacDonald

Sally Sillence Lin Windsor

Chair's Award Sue Stileman and Karen Keane

RRR of the year Steve Geary!!!!

Well done everyone.

Happy running for the coming year

Membership

Penny Jennings

A warm welcome to the club for Stuart Rowe, Kailea Parrish, Emma Bailey, Alice Jenden and Shona Blackmore

Emma Bailey

Hi guys, my name is Emma! So lovely to have already met a lot of you during training sessions. I am really enjoying being part of RRR so far, everyone is so friendly and the training is so varied. I only got into running during the first covid lockdown but haven't stopped since then. I have now completed 3 half marathon races and did my first marathon (Yorkshire marathon) back in October which I loved! Very keen to do a lot more races and events in the future... still debating whether to sign up for another marathon in the spring.

I also play netball weekly and enjoy walking/hiking and being outdoors as much as possible. I enjoy a parkrun on a Saturday morning, so excited to try out the new one in Romsey and see some familiar faces.



Alice Jenden



'Hi everyone, I'm Alice and I'm excited to have joined Romsey Road Runners! I grew up in Romsey and have recently moved back to the area.

I have always enjoyed exercising but was inspired this year to run a half marathon by a friend. So this October, I completed Oxford Half marathon and really enjoyed it. I caught the running bug whilst training for the half and so decided I'd like to join a club to meet and run with new people. I'm keen to keep pushing myself and improve on my half marathon time and do some other shorter races. I'm looking forward to meeting and running with those of you I haven't yet met.

Shona Blackmore

Hi all, firstly can I thank you for the very warm welcome to the club, everyone is chatty and friendly. A bit about me, I am not new to running and would typically be found with a body torch running early doors in the dark around the roads and lanes near home most week day mornings, my 'me' time.

I have historically completed a number of small triathlons, run Southampton and Edinburgh half marathons and the great south run a number of times and was getting fairly speedy until a rather catastrophic ACL rupture during skiing in 2019, 4 operations later and I'm back to running albeit slower pace now.

I have a 9 year old daughter who is keen to do a bit of running and possibly a kids triathlon next year, she and my husband particularly love cheering me on at events but that could be to do with the cheese burger treat they get as they wait for me to pass the finish line! I've already seen an improvement in my running style and habits from just attending a few sessions. I've chatted with friends about the fact that I could just have a marathon in me at some point, need to work up to that! I would absolutely like to do the Great South Run quicker next year than my attempt this year so that's a definite goal.



Stuart Rowe

Hi, I am Stuart Rowe and moved to Awbridge 7 years ago from Hertfordshire



Have to admit that football is my first love but I always enjoyed orienteering and cross country as a teenager. Once I turned 40 and broke my leg playing, boots were swapped for trainers and I set my sights on completing a marathon. Duly completed in Berlin, I kept up the odd run here and there, mainly to keep fit to umpire hockey, which my wife played.

Having moved to Hampshire and spent time supporting my daughter from the side of a lacrosse pitch, the running bug returned and I have gradually progressed from Awbridge Fun Run to Winchester & Ageas Bowl 10ks, often following a Romsey Road Runner! I set myself a target of a 10k race each month but after repeated injuries decided to join a running club to learn how to do it properly. So here I am and after regular Monday night training sessions, I am sure regular 10ks will become a walk in the park, so maybe, just maybe it has to be another.....

Becoming a Session Leader

Cliff Reeves

All of our RRR session leaders hold, as a minimum, the Leader in Run Fitness (LiRF) Award, usually from England Athletics (EA), or one of the other UK governing bodies. This helps to ensure that the Club develops and runs sessions that are foremost safe and inclusive for runners of all abilities, and that those sessions encourage achievable and progressive running activity.

Everyone will have their own motivation to become a session leader. For me, it was partly about giving something back to the Club. I've been a member for around five years, and found it very easy to rock up any Monday or Thursday and know that there will be a pre-planned session with someone to guide you around it. It, too, was about pushing myself out of my comfort zone to lead in a very different sense to how I do in my desk-based day job. Finally, it was a desire to encourage, and share, the enjoyment and benefits of running. Helping Steve and Moira with the C25K programme was immensely rewarding. It was brilliant seeing the group progress from running for one minute at a time to thirty minutes, just in the space of a few weeks, knowing that you'd helped in some small way. It was also loads of fun; we had such a great bunch.

Anyone can become a session leader. You don't need to be a certain type of person or a particular type of runner. All that's needed is some enthusiasm and commitment! If you want to find out more, then chat to any of the other session leaders who will be happy to share their experiences. The next step is to talk to Steve. As Session Leader Coordinator, he keeps the whole show on the road (or on the trail from time-to-time). Each year, the Club budgets for several new leaders to attend the LiRF course and gain their licence. In return, there is an expectation that you will lead around two sessions each month for three years.

The course includes four online learning modules of an hour each, a safeguarding module, a first aid module, and a practical session. Currently EA only offers the practical session virtually and asks you to record videos of your activities. If you prefer to do this in-person, then Welsh Athletics and Scottish Athletics offer half-day sessions. The LiRF Award is also the gateway to more advanced courses if you're thinking you might wish to further your coaching skills in the future.

The idea of recording my activities all felt rather contrived and I spend way too much time in virtual meetings, so I travelled to Cardiff for my practical. After an early start and plenty of coffee, I was met with a gloriously fresh sunny morning, six confident looking coaches, and around twenty slightly nervous fellow participants. We started with a warm up and a refresher on the key points from the online courses. After being split into small groups of around five plus one of the coaches, we each took turns to lead the rest of our group through a five minute structured warm up. Then came the opportunity for feedback and tips from both our coach, and from the rest of the group.

One thing that really struck me is how easily everyone will do almost exactly what you tell them, regardless of how 'right' it is, but at the same time, just exactly how difficult it can be to clearly communicate what you're wanting them to do! It was really helpful to be with like-minded people, to interact and learn together, to bounce off one another, and swap stories about what their clubs did or didn't do. Can you believe there are runners out there who never learned to open the gate, shoo the chickens, and then close the gate?!

After a break, and another recap from the online modules, we moved to leading our group through a 'main' session. As with the warm up, structure and safety played just as important a role as communication. I'm not quite sure why everyone else in my group wanted to lead with sprint reps, but in return I "rewarded" them with shorter recoveries during a brief fartlek session.

Back at RRR, leading my first session was quite daunting - especially as there was a huge turnout at Club that evening. I had over thirty runners to shepherd around the session. Luckily for me it was Brook Way, which meant that apart from the run out it was going to be pretty difficult to lose anyone (I didn't!). Already knowing the session well and all of its hazards helped too. I even led some stretching back at Ganger Farm for some of the newer

members, something we really ought to do more of in a structured way. Of course, there were many things I forgot to do or say, but all-in-all, it seemed to go well. One down.

Second session, out to Fishlake industrial via Cupernum Lane, this time with a grouchy knee. Leading meant that, for some of the efforts, I was able to send everyone out while I gently jogged a short-cut while nursing my knee, and meet them all at the end of the effort - perfect! It also made me think about how some of our sessions and efforts can be tweaked for different abilities.

Next up, the 1s and 2s. How am I even going to keep up on the run out? And it's a completely new route! This called for a bit of planning - a recce the day before and writing the session down on a card. But then we switched back to the original session, Brook Way again. The knee was still giving me some bother, so the bike provided the solution to the "how to keep up" question. Following the racing that weekend and the poor weather that evening I had a small group. Aside from the inevitable joshing ("Isn't this a *running* club, Cliff?"), it seemed to go easier. Like many things, running included, the more you do it, the more confidence you gain. You learn both from your own experience and take a more critical eye to see what works well for other leaders.

And then, once every couple of months we meet (usually in the pub!) to discuss the training programme, new runs, what works, what doesn't, and any other ideas. I've only been to one so far and Steve bought the drinks, so I'm guessing that's a regular thing, right? Or, is it my turn next? Either way, it's definitely my shout when you join us as the next new leader.

Finally, returning to my opening comments about my motivation, many thanks to all the session leaders past and present. You have been there every single week without fail, come sunshine, wind, and rain, since I joined the Club five or six years ago. RRR simply wouldn't exist without you!

Parkrun

James Byrne

At Ganger Farm, long awaited, much delayed, a parkrun has finally returned to Romsey!

Kicking off with 369 participants at the first event on 19th November, a pleasant and mainly flat course with two and a half laps. A couple of spots likely to get muddy during damp weather so trail shoes advised when wet, otherwise you can get away with road shoes.

For those of you who aren't able to make club training during the week, it's a great chance to see your RRR running buddies on a Saturday morning. There are almost always familiar faces from club during the events, both running and volunteering (there were so many RRR runners and marshals to say hi to during the inaugural event that the writer was even jokingly asked by one participant on the second lap whether he knew everyone on the course!)

Keep an eye on the RRR emails as there may be the occasional appeal for a volunteer takeover by the club, something which does occur at other parkruns across the country.

One other point for those in training... it's an easy cycle out of the town to the start so it's always an excuse for a reverse duathlon on a Saturday morning!"

Meet the RRR: Steve Geary

Road shoes: New Balance Fresh Foam X Tempo

Trail shoes: Solomon Ultra Glide. New Balance 460 Trail.

GPS Watch: Garmin Forerunner 745.

How long have you been running?

9 years, although I was a keen runner at school and trained with a Winchester club for track & field events.

Why did you start running?

I gave up smoking when I turned 40 and wanted something to take my mind off it.

What do you like most about it?

The freedom. You can pop on your shoes and go anywhere at any time.

When did you join RRR and why?

I joined about 8 years ago. I wasn't great at getting out on my own so I decided to join a club.

What has been your best running experience to date?

It would have to be my first Ultra. I ran along the Jurassic coast- although it was the hardest race I've ever done it was also the most beautiful.

Describe your worst running experience

I wouldn't say that one stands out as being the worst as even a bad race I tend to take positives from, but running the last 20k of a 50k race with cramp wasn't nice so it would have to be that.

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

I haven't done so in the past as I have a very physical job but in an effort to train harder without putting my body under any more strain I have brought myself a spin bike.

Any tips for a new runner?

Never skip a hill training session.

Trail or road?

Trail every time.

Gel or real food?

Both play an important part in races and it all depends on the distance you are running. Gels are fine up to 20K but after that you have to take on real food. I find fruit works best for me.

Marathon or 10k?

Marathon.

Sports drink or water?

Water on shorter runs and Tailwind on the longer runs.

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

What's your favourite local place to run.

Good one! What would your answer be?

Any trail run around the forest, but Fritham has to be my favourite place to run.

Can the old man cut it?

Mark Stileman

At some point in the summer, about the time I turned 55, I decided to have a crack at qualifying for the England Masters team in 10k and half marathon races. My target race was the Telford 10k on 11 December, described as 'the fastest 10k course in the country'. To qualify, I needed to complete in a time better than 39 minutes, a time well within my grasp. But here's the crunch – I needed to finish in top 3 of the M55 age category. Last year I would have had to finish in just over 36 minutes, 30+ seconds faster than my best result this century – that was Stubbington in 2020. It was going to be a long shot, but worth committing to training and designating this as my A Race.

I put together a training plan from Pfitzinger and Latter's book '[Faster road racing](#)' and managed to stick to it pretty closely over a 12-week period, notwithstanding a few days off the wagon with Covid in October. This meant turning up for a few Monday and Thursday sessions to say hello, and then peeling off to do whatever Pfitzinger and Latter had in store for me.



Our plan was to have a leisurely drive on Saturday to stay with friends in Cheltenham who were also running Telford. But a family funeral in King's Lynn on Saturday forced a change of plans, and instead Sue and I drove from King's Lynn to Telford on Saturday evening. We were in the grip of a proper cold snap. The weather forecast had been calling a max temp of zero on Sunday, but what we hadn't expected when we looked out of the hotel window was a dusting of snow.

We parked up in central Telford, close to the start, in good time. It wasn't the most exhilarating venue; the Christmas funfair was looking decidedly bleak, with all the rides

covered in damp snow. We headed to a coffee shop, which was blessedly warm and full of sinewy, hard-looking running folk.

The race was taking place over 3 waves – the elites, the sub-40 minuters and then the rest. We went outside to watch the elite start. The ferocity of the starting pace was quite something.

I started warming up for the Wave 2 start 40 minutes later. There were hyper-fit, uber-focused people everywhere, in their own zones of preparation. Strides, leg swings, A-steps, chicken-feeding... it was all happening. What was I going to wear? As I warmed up, I decided to ditch the thermal base layer and go vest, hat and gloves. It was eye-wateringly cold, but with minimal wind.

The tannoy called runners to the start. I stripped down, exchanged goodbyes and good lucks and gathered with the other runners. Last minute-decision – ditch the hat.



A countdown, and we were off. Easy, easy, keep it gentle, not too fast! But this was a challenge because (a) the first km was all downhill and (b) we were all jammed together on a narrow winding tarmac track in icy conditions. I tried to stay calm through the opening minutes, but in truth it was a very intense time, with us all jammed together running downhill. Twice I was almost tripped. It was much faster than I'd planned, but I had realised from a recce beforehand that the downhill start would distort timings.

I had a home-made M55 label on my back, as required by England Athletics. I didn't see any others, although I saw three M60s ahead of me. They pulled out of sight, and I knew that qualifying today was going to be most unlikely. The course was needle-shaped; two laps with a small loop at one end and a long two-way stretch with a hard turn. At one point on the first lap I was confused by a cyclist bombing along against the flow... before I realised it was the lead bike, clearing the way for the leading runners who came flying past, while the rest of us had to cram into the left side of the track.

I can't say I loved this race, as I was being regularly overtaken. By about halfway I was losing control of my breathing and having to labour very hard. The snow really started to pile down. It really was one of the most full-on race experiences I've ever encountered, surrounded by extremely talented runners wedged together on a narrow course while the snow swirled around.



What am I doing here?

I heaved myself over the finish line in 37:32, 6th M55 and 455th overall. I was a bit disappointed to be 10 seconds slower than my Eastleigh time this year, but I found much of this race to be a proper struggle - the weather, the narrow course and the lack of any real peers to hang in with.

No cigar today - but it was a real privilege to run this race. Not getting the result was a shame, but it wasn't everything. It was about the process, the journey and the ambition. As JFK didn't quite say, I dared to be an M55 challenger not because it was easy, but because it was hard.

And it ain't over yet. Next stop is the Farnborough half marathon on 22 January, where I'll be wearing the M55 label again. This distance is closer to my natural hunting ground, and moreover, I've sacked Pfitzinger and Latter. Mrs S has written my training plan - and it was her previous plans that got me by century-best times at both Stubbington 10k and Bath half. Really, what was I thinking of going elsewhere? Perhaps I should take inspiration from Top Gun's Maverick, for whom the first one crashed and burnt, but whose second one is looking good so far.

Meet the RRR: Alice Lane

Road shoes: Always Brooks!

Trail shoes: I chop and change. At the moment it's Asics as I recently visited the discount store at Gunwharf.

GPS Watch: Garmin

How long have you been running?

I always used to run the 5km Race for Life races but joined the club in 2011 and pushed myself further.

Why did you start running?

I stopped smoking and decided to get healthy!

What do you like most about it?

I love the afterglow, that feeling when you're exhausted and happy. It's like being drunk but with no hangover. There are a lot of 'I love you's' to unsuspecting marshals!

When did you join RRR and why?

In 2011 I took part in my first track session. Everyone was so lovely and encouraging. It was meeting new people who weren't work or home related.

What has been your best running experience to date?

There have been loads. The early days of Endure 24 were always fun. The Thunder Run in 2013 in Derbyshire. It was literally raining and thundering. Lots of us took part and I think felt bonded forever afterwards.

Describe your worst experience

Probably when I went up to claim a prize for an Alex Lane who was 30 years younger than me. It was very embarrassing but very funny too!

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

I'm a huge fan of cross training. I love body combat, yoga, cycling and swimming.

Any tips for a new runner?

Believe you can do it. Few people are born runners, they just keep training and pushing. As Tam says: dream, believe achieve!

Trail or road?

Trail. It's a huge adventure.

Gel or real food?

Gels are good for the faster races but long term i think they're pretty gross. I find oranges and apples work well for me on a trail run.

Marathon or 10k?

I am a marathon addict I confess!

Sports drink or water?

I've had a lot of success recently with an effervescent drink called four five hydrate. So yes, I think I'd go for sports drinks.

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

Which race is on your bucket list if qualifying was no barrier?

Good one! What would your answer be?

So many...UTMB, Badwater or Western States!

RRR Race Diary

January 2023

8th January

George Skeates run

8 miles, mostly trail starting and finishing in Stockbridge

<https://www.heartbeat.co.uk/event/35th-george-skeates-cross-country-charity-event-stockbridge>

29th January

CC6 Holmsley Campsite

Free race for club members – just put on your club vest or t-shirt and turn up

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

Bramley 10 & 20 miles

Race along nice country lanes. Perfect preparation for a spring marathon

<https://readingroadrunners.org/races/bramley/>

March 2023

11 & 12th March

WSR Larmer Tree Races – 7m, 10m HM and 20m

<https://whitestarrunning.co.uk/larmer-tree-races-2023/>

12th March

CC6 Fleming Park

Last race of the series.

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 !

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

April 2023

23rd April

London Marathon

Iconic race, on most runners bucket list!

May 2023

13th May

Marlborough Downs Challenge 20 & 33 miles

Scenic routes, entries just open !

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

Results

October 2022

London Marathon

Elizabeth Prinsep	3:48:54
Megan Batchelor	3:59:34
Alice Lane	4:03:07
Ben Sharman	4:14:49

London Virtual Marathon

Hayley Weston	3:33:52
Dave Gardner	6:34:11

Clarendon Marathon

Matt Hammerton	3:11:01 1st AG
Ian Ralph	3:51:24
Sue Stileman	4:47:17
Dorota Koschmidder-H	5:15:53

Clarendon Half

Neil Jennings	1:27:47 1st !
Matt Brown	1:43:14 5th
Sam Weston	1:49:36
Sue Sleath	1:50:01 2nd, 1st AG
Duncan MacDonald	1:52:56 1st AG
Nigel Hemsted	1:55:04 2nd AG
Penny Jennings	2:13:49 4th AG
Keith Morris	2:14:35
Chris Langley	2:14:57
Sue Sylvester	2:19:34 1st AG
Lottie Budd	2:32:33
Bob Gold	2:35:39

Bournemouth Half Marathon

Matt Cheales	1:46:46
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Bournemouth 10k

Mark Judkins	49:22
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Ageas Bowl 10k

Neil Jennings	36:15 4th
Alex Prinsep	36:22 6th
Matt Brown	37:36 9th
Elizabeth Prinsep	45:26 1st AG
Andy Brown	47:17
James Bryne	47:19 PB
Liz Slade	52:28 2nd AG
Nicola Skeats	1:05:14
Bridget Wells	1:05:25

The Race on the Chase – trail marathon

Alice Lane	5:21:00
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Great South Run

Ryan Snell	56:36
Matt Brown	1:02:56
Sam Weston	1:09:30
Hayley Weston	1:11:17
Nigel Hemsted	1:15:12 4th AG
John Quayle	1:17:06
Em Gordon	1:17:57
Elizabeth Prinsep	1:19:20
Ray Webb	1:25:04 6th AG
Mark Judkins	1:25:18 PB
James Bryne	1:25:43
Nikki Baptista	1:26:46
Alice Lane	1:28:13
Lin Windsor	1:30:50
Cliff Reeves	1:36:19
Lottie Budd	1:37:04
Lin Webb	1:44:32
Bridget Wells	1:46:38
Gemma Ingason	2:03:35

Bath Half Marathon

Jonathan Stevens	1:37:03 PB
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Studland Stampede

Sue Sleath	1:00:52 4th, 1st AG
Julia Abab	1:31:34
Derek Kelly	1:31:34

Abingdon Marathon

Sue Sylvester	4:10:57
Alice Lane	4:13:57

New Forest 10 Miles

Neil Jennings	1:01:28 5th
Hayley Weston	1:17:40 5th AG
Paul Burnage	1:22:40
Steve Edwards	1:22:44
Penny Jennings	1:26:42
Alice Lane	1:33:45
Penny Overy	1:36:00

CTS Endurance Life – Gower 45k

Alice Lane	6:17:00
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Bideford 10m

Ryan Snell	56:51 3rd AG
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Winchester Big Night Out 15 Miles

Sue Sleath	2:23:13 1st AG
James Battle	2:23:15
Ian Ralph	2:33:29

Steve Geary	2:33:30
Em Gordon	2:35:18
Tam Ryan	2:35:23
James Cole	2:35:25
Alice Lane	2:59:51A

Southampton 10k

Amanda Hull	39:23 2nd
Alice Lane	52:18
Lottie Budd	58:40

Gosport Half Marathon

Ryan Snell	1:16:40 3rd AG
Alex Prinsep	1:18:52 PB
Andy Brown	1:34:01
Hayley Weston	1:34:10
Mark Stileman	1:34:23
Hannah Shutt	1:34:23 PB
Elizabeth Prinsep	1:38:06 2nd AG
Nigel Hemsted	1:41:47 5th AG
Keith Morris	1:47:23
Sue Stileman	1:54:34
Alice Lane	1:59:22 9th AG
Lin Windsor	2:04:19 PB 6th AG
Lottie Budd	2:09:50

Turkey Trot HM

Matt Hammerton	1:13:57 1st !
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CTS Endurance Life Dorset Marathon

Alice Lane	6:56:09
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New Forest Stinger 10 Miles

Neil Jennings	1:01:30 4th
David Morrison	1:09:17
Joe Amber	1:10:32
Sue Sleath	1:17:12 2nd, 1st AG
Nigel Hemsted	1:21:15 2nd AG
Penny Jennings	1:33:08
Lauren Freestone	1:41:22

Valencia Marathon

Ryan Snell	2:42:25
Andy Brown	3:28:09

Victory 5 Miles

Elizabeth Prinsep	34:54 3rd AG
Nigel Hemsted	35:35 3rd AG
Alice Lane	42:14

Goodwood Marathon

Susie Parker	4:05:54
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Telford 10k

Mark Stileman	37:31
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Milton Keynes Half Marathon

Sam Weston	1:32:40
Hayley Weston	1:33:27