

RELAY

SPRING 2023



Note from the Chair

As March gives way to April, the air feels heady with new possibilities. We can pack our headtorches away, enjoy running in daylight and anticipate a new season of sessions and races. Over the next quarter we can collectively look forward to running on the lanes of Braishfield (and elsewhere), track sessions, RR10s, this year's Couch to 5k programme, the Broadlands relay, the Beer Race and the inaugural summer edition of the Steeplechase run. Fantastic!

The spring racing season was opened in great style with the Eastleigh 10k, when we had no fewer than twenty nine of us out on the sunny streets. We saw some blistering results and really gutsy efforts, including from everyone who graduated in style from the training programme. And coming up, April is a key marathon month. I'm really looking forward to the pasta party on 18 April, a few days before London; it's a great celebration for everyone who's trained hard over the winter months for a spring marathon.

I'm also looking forward to Romsey taking over parkrun volunteering at Ganger Farm on 29 April. It's remarkable how parkrun has struck a chord with so many people and become embraced as a Saturday morning staple both by so many new runners and seasoned club runners alike. It will be great to come together as a club to support our local event.

Happy running!

A handwritten signature in black ink, appearing to read 'Nigel', written in a cursive style.

Editor's Note

Welcome to the Spring 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.

I'm writing this on a rainy Tuesday morning, straight after our first Monday training session in the light. It's always a pleasure to leave behind the training sessions in the dark. No more Tadburn & Great Well Drive for 7 months !

Congratulations to everyone who has raced over the last 3 months, the results are included later in this newsletter. Our cover picture shows Alex Prinsep finishing the Salisbury 10 miles in fine style to record a big PB! Don't forget that your best performances over the year are entered into the club pentathlon competition. This runs until the end of September, so keep running and send your results to results@romseyroadrunners.co.uk to ensure that they're included.

Thanks to everyone who has volunteered for the RRR takeover of volunteering duties at Ganger Farm on 29th April. I'll be the run director that morning and I now don't have to worry about sending out pleading emails during the previous week to ensure we have a full volunteer roster. If you haven't volunteered at parkrun before I hope you enjoy it and will consider volunteering again. Parkrun only happens if we have volunteers willing to fill all the roles on the roster. Just look at the Ganger Farm parkrun website to see what roles are available on any particular Saturday.

Nigel

Beer Race

Sue Stileman

This is my first year as RD of the Beer Race and I hope to do Dan, who passed on the reins to me last year, proud. I'm ably assisted by a fantastic team: Louise Holliday as Race Secretary; Alice Lane as Chief Marshal and Charlie Brett, who has taken over the role of Course Manager from Ken West. This year, we've added a new role to the core team: Assistant Course Manager, which Tim Parker has taken on. Tim's main responsibility will be overseeing set-up of the finish field. We've also established a Cake Stall Manager role this year which Sue Sylvester and Liz Slade are sharing. Mark Stileman has been helping out as advisor to the Committee, and Sam Weston and Cliff Reeves also deserve mention for their input- Sam for providing technical assistance with the website and Facebook, and Cliff who has been invaluable working out the budget and keeping us on the financial straight-and-narrow! Matt Hammerton and Ian Ralph continue in their roles as managers of the Fun Run. Those of you who worked up a sweat lugging the heavy and somewhat cumbersome traffic cones about last year will be glad to hear we've purchased our own cones for this. They are smaller and much more manageable. No bad backs this year!

For those new to the club, the 5-mile Beer Race is Romsey Road Runners' flagship event. It's been running for 33 years and is a two-lap course along the scenic, undulating lanes of Braishfield village. We have an entry limit of 400 places; the race is very popular and usually sells out quickly. This year sales were (mercifully) a little slower than in pre-Covid times when the tickets would sell out in 48 hours. This slower rate of sales has encouraged a broader diversity of people to enter which can only be a good thing. Having a broader mix of abilities on the day will hopefully help to keep the Beer Race feeling friendly, encouraging and inclusive. It also fulfils one of our key constitution pledges - to promote racing to the local community.

2023's race is to be held on **Sunday, June 4th** with a 10am start at the village cricket pitch. Every finisher receives a pint glass filled with either a pint of Flack Manor beer or a soft drink, and a piece of cake provided by the excellent bakers at Romsey Road Runners. Prizes are awarded to 1st, 2nd and 3rd placed male and female runners, and we also have age category winners and some spot prizes provided by Up and Running. The 1km children's fun run follows the adult race. Open to 4-14 year olds, it is held on Braishfield Rec ground. Entries are taken on the day and all participants go home with a medal. Braishfield Pantry is open for hot drinks and snacks on the day, and our very own Giovanni Buldrini is offering free post-race leg massages (for the runners!).

Alice will be in touch before June to ask RRR members to volunteer for the various marshal and other positions required on the day to put the event on, and Liz and Sue will be asking for cakes. We really hope everyone will want to be involved. We have a BBQ on the rec ground field after the race which is our way of saying thank you to everyone who helps put the event on. Please put the date in your diaries and whisper a prayer to the running gods for good weather on the 4th!

Membership

Penny Jennings

A warm welcome to the club for Tom Russell, Rebecca Van Rooijen, Aurelie Sanner Theaker, Frances Cubbon, Isobel Anderson, Steven Melligan-Hart, Ian Lewis, Faye Trant, Emma Way and John Wheatley

Aurelie Sanner-Theaker

Hi everyone,

Thanks for making me feel so welcome the past few weeks.

I have been running for quite some time, but taking part in the club has really helped me to focus more. I have completed a couple of Cancer Research races back in Hertfordshire, the Vitality Big Half in London and more recently, the Broadlands race in Romsey. It has been such a pleasure to aim for more. Because of my humble timings, my target for this year is to keep running regularly and avoiding injuries. I like the idea of competing more once I get more time at home.



Frances Cubbon



Been running very modestly all my life. Love running with my dog, Tosca, and dabble with canicross. Am a member of the New Forest Canicross Club. Would like to thank RRR for welcoming me so warmly into a new running adventure. Here's hoping I can get fitter!!

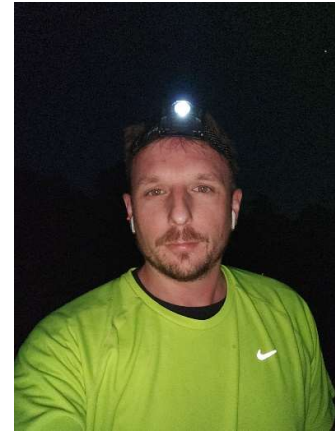
Faye Trant

Hello, I m Faye. I m relatively new to running. I have done a couple of 10k events and parkruns. I have entered a half marathon for later this year. Amongst work and family commitments, I enjoy keeping fit with bike rides, walking and tennis. I have enjoyed my short time with RRR. Everyone has been really welcoming and it is great meeting new people. I m looking forward to future events.



Steven Melligan-Hart

I have always been an active guy, starting from the early years of football, rugby, running for Hampshire in the 90s. Unfortunately, I have been in and out of running for the past few years due to several injuries, such as a broken leg, broken foot and two hip operations. My goal is to participate in my first ever marathon in late 2023/Early 2024 and hit some PBs on the way, along with completing my LiRF & CiRF (Leader in Running Fitness & Coach in Running Fitness – Ed) over the coming months with the support of this amazing club. I look forward to meeting you all soon.



Ian Lewis

I did a little bit of running in my younger years, but life and children got in the way somewhat, so I've done very little for a while. I've recently got back in to it, and having lived in Romsey for 15 years, and seen the people in high-viz running around on Monday/Thursday evenings, thought I'd find out where they were all coming from. I've been with the club for 4 weeks, and had a very friendly welcome. I'm looking forwards to getting some encouragement to stick with the running, and maybe eventually get myself ready for a marathon.

John Wheatley

Hi my name is John Wheatley, from Awbridge. I am new to the club, but not running. I enjoy all distances, especially ultras, my next being the Goring Gap run later this year



Summer Steeplechase 17th June 2023

Sue Stileman

Back in the day, the Club used to host a Christmas run between Winchester Cathedral and Romsey Abbey. A chance conversation with David Nixon last year led to me revamping the run and offering it up to the Club on New Year's Eve.

It coincided with some truly terrible weather!!! It had rained for several days before NYE so the land was already pretty soggy, and it rained all day on NYE which turned sections of the Test Way into a river. However, nothing can dampen the spirits of the hardy RRR membership, and the best part of forty of us set off from the four locations of

Winchester Cathedral, Farley Mount, King's Somborne Church and Mottisfont Abbey (well, the Church in the village) at various times during the day to run to Romsey Abbey along the Clarendon and Test Ways with the aim of all converging there at 2pm.

The timings more-or-less worked; the ten-mile gang caught up with the five (more like six) mile gang at Mottisfont so we all ran to the Abbey together, and the front-runners of the twenty-mile group caught up with us in Squabb Wood. A drink in the Cocky Anchor at the end was well-deserved.



After the mud had been washed off, I asked whether there was an appetite to put on a summer version of the Steeplechase and received back a resounding YES! So, the date for your diaries is **Saturday 17th June 2023**. Let's hope for better weather!

We'll use the same format as for NYE- four distances (20 miles, 13 miles, 10 miles and 5 ish miles) from the same start points as before, and we'll converge on the Abbey at 2pm and head off for drinks afterwards, probably to the Cromwell Arms but I'll confirm nearer the time. We'll use a dedicated WhatsApp group for the organising and H&S again as well. I'll be contacting everyone nearer the time to ask who'd like to take part.

Fareham Parkrun Review

James Byrne

In early March (partially motivated by seeking to complete the tourist challenge!) I thought I'd try another of the Hampshire parkruns, enter Fareham.

A straightforward out and back but in a great setting as we ran on a path alongside the Salterns Lake, all the morning swans, geese and gulls going about their business. As ever the volunteers were cheering everybody on and had even gone to the trouble of counting the nearly 100 puddles on the course that morning! Whilst this caused quite a few jumps and splashes along the route about halfway round we all had a second wind from one of the volunteers playing 'eye of the tiger' (and quite appropriately 'parklife' on the return leg!).

One nice feature of this parkrun was that the race director had a folder of sashes to loan out to anyone doing a milestone that day, it was a great idea which I haven't encountered at any other parkrun and one of the things which really highlights the parkrun ethos.

One definitely to revisit in the summer and a great one to tick off if you're feeling like a bit of local parkrun tourism!
Trail shoes a must in winter.

<https://www.parkrun.org.uk/fareham/course/>

Meet the RRR: Lin Windsor

Road shoes: Brooks Levitate

Trail shoes: On

GPS Watch: Garmin Forerunner35

How long have you been running?

It will be 2 years in May 2023

Why did you start running?

As moral support for my husband Simon who wanted to get fit

What do you like most about it?

Sense of achievement afterwards!

When did you join RRR and why?

In May 2021 - I did RRR's Couch to 5k

What has been your best running experience to date?

RRR's Test Way Relay in September 2022

Describe your worst running experience

Attempting to keep up with faster runners which left me unable to breathe – scary stuff!

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

Pilates

Any tips for a new runner?

Join a friendly running club!

Trail or road?

Trail for the scenery & the challenge

Gel or real food?

Not tried either except jelly sweets whilst running

Marathon or 10k?

10k definitely. Took me a long time to recover from my only half marathon!

Sports drink or water?

Water for shorter distance runs

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

At what point did you realise that you actually enjoyed running rather than the sense of achievement afterwards?

Good one! What would your answer be?

Eastleigh 10k 2022. First proper race & had done lots of training (thank you Ian & Steve). That along with all the crowd support.

CC6 Review and RR10 Preview

The CC6 and RR10 leagues are friendly inter-club leagues with off road races on Sunday mornings during the autumn and winter (CC6) and Wednesday evenings (RR10) during the spring and summer. The club pays a membership fee which covers all costs – so races are free for all club members, the only stipulation being that runners should wear a club vest or t-shirt.

The 2022 / 23 CC6 season has just finished. Whereas in previous seasons there had been 8 races, additional costs associated with events in the New Forest meant that this season was reduced back to 6 races. Each club helps in the organisation of one event and therefore each club has 5 races available. 13 women and 16 men from Romsey completed at least one of the races. Over the season our ladies team finished 10th out of 18 teams, whilst the men finished 5th out of 17 teams. In the individual competition (based on best 4 results), the overall men's champion was Alex Young, and Ray Webb was top in the V70 category.



The RRR team at the final CC6 race at Itchen Valley Country Park

With the onset of spring we now switch to the RR10 league, with the first race scheduled for 1900 on April 19th at Fleming Park. Hopefully you will have seen the messages re the change to the results process for this season. In order to streamline the process and lessen the burden on Alan Tulip from Winchester who manages the results, the league is switching to a process similar to that used by parkrun. We are asking all runners to register with parkrun (if not already a seasoned parkrunner), and then provide details of their parkrun id to the RR10 league – details are on the RR10 website rr10.org.uk

We then ask that all runners bring their parkrun barcode to the RR10 races so that this can be scanned, together with a finish token, at the end of the race. This will avoid the need for each club to collect their own results and email them in (although for the first couple of races the old system will be retained as a backup in case of unforeseen issues). The barcode can be in any of the forms accepted at parkrun – so printed on paper, wristband, on a mobile phone or QR code on a running watch.

So if you haven't already done so, please register, hope to see lots of RRRs on the 19th. Dates and times for all the races are in the race diary later in this newsletter. Note that for the final race on 16th Aug at IBM Hursley we are organising the race – so we don't run but will need lots of volunteers to help out !

RRR Pentathlon

At the club annual awards night one of the key prizes is the club pentathlon. This awards the best male and female runners, plus the best performance from a vet over 50, based on results from races of the following distances – 5k, 5 miles, 10k, 10 miles, Half Marathon and Marathon. Points are awarded starting at 40 for the fastest time of the year, and the best 5 results for each runner combined to an overall score. All races over these standard distances are eligible, including the club challenge races and the summer club 5k handicap.

The qualifying period is from 1st October 2022 until 30th Sept 2023. The current best times are shown in the tables below. If you've raced over the qualifying period and your time isn't included please email details to results@romseyroadrunners.co.uk

Display name	5 km	5 mile	10 km	10 mile	Half marathon	Marathon
Alex M	0:00:00	0:48:10	1:07:09	0:00:00	0:00:00	0:00:00
Alex P	0:16:23	0:00:00	0:33:57	0:56:08	1:18:52	0:00:00
Alex Y	0:16:53	0:29:10	0:34:20	0:00:00	0:00:00	0:00:00
Andrew A	0:23:49	0:36:43	0:00:00	0:00:00	0:00:00	0:00:00
Andy B	0:00:00	0:00:00	0:43:13	1:10:10	1:25:05	3:28:09
Ben S	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	4:14:49
Bob G	0:00:00	0:00:00	0:00:00	0:00:00	2:35:39	0:00:00
Charlie B	0:29:05	0:47:55	0:00:00	0:00:00	0:00:00	0:00:00
Cliff R	0:00:00	0:00:00	0:00:00	1:36:19	0:00:00	0:00:00
Dave G	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	6:34:11
David M	0:19:04	0:31:43	0:00:00	1:09:17	0:00:00	0:00:00
Derek K	0:33:12	0:54:12	0:00:00	0:00:00	0:00:00	0:00:00
Duncan M	0:00:00	0:35:45	0:00:00	1:13:36	1:52:56	0:00:00
Ian R	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	3:51:24
James Byrne	0:00:00	0:37:32	0:47:19	1:19:07	0:00:00	0:00:00
Joe A	0:00:00	0:00:00	0:00:00	1:10:32	0:00:00	0:00:00
John H	0:00:00	0:00:00	0:51:43	0:00:00	0:00:00	0:00:00
John Q	0:00:00	0:00:00	0:00:00	1:17:06	0:00:00	0:00:00
Jonathan S	0:00:00	0:00:00	0:00:00	0:00:00	1:37:03	0:00:00
Keith M	0:00:00	0:36:44	0:45:50	1:17:14	1:47:23	0:00:00
Mark J	0:00:00	0:00:00	0:48:47	0:00:00	0:00:00	0:00:00
Mark S	0:00:00	0:00:00	0:37:31	1:00:21	1:34:23	0:00:00
Matt Brown	0:00:00	0:00:00	0:37:36	1:02:56	1:43:14	0:00:00
Matt C	0:00:00	0:51:47	0:00:00	1:17:53	1:46:46	0:00:00
Matt H	0:00:00	0:00:00	0:00:00	0:00:00	1:13:57	3:11:01
Matt Bennett	0:00:00	0:27:30	0:00:00	0:57:59	0:00:00	0:00:00
Neil J	0:00:00	0:00:00	0:34:53	0:58:54	1:27:47	0:00:00
Nigel H	0:00:00	0:35:35	0:44:22	1:14:30	1:41:47	0:00:00
Paul B	0:00:00	0:00:00	0:00:00	1:22:40	0:00:00	0:00:00
Ray W	0:00:00	0:00:00	0:50:39	1:25:04	0:00:00	0:00:00
Richard V	0:00:00	0:48:38	0:00:00	0:00:00	0:00:00	0:00:00
Rob G	0:00:00	0:00:00	0:58:41	0:00:00	0:00:00	0:00:00
Ryan S	0:00:00	0:00:00	0:00:00	0:56:36	1:16:40	2:42:25
Sam W	0:00:00	0:31:59	0:42:32	1:09:30	1:32:40	0:00:00
Stephen E	0:00:00	0:00:00	0:00:00	1:22:44	0:00:00	0:00:00

Steve G	0:00:00	0:00:00	0:44:57	0:00:00	0:00:00	0:00:00
Stuart R	0:00:00	0:40:59	0:55:16	0:00:00	0:00:00	0:00:00
Thomas W	0:00:00	0:33:35	0:00:00	0:00:00	0:00:00	0:00:00
Tim P	0:00:00	0:31:01	0:00:00	0:00:00	0:00:00	0:00:00

<i>Display name</i>	5 km	5 mile	10 km	10 mile	Half marathon	MIN of Marathon
Alice J	0:00:00	0:00:00	0:46:04	0:00:00	0:00:00	0:00:00
Alice L	0:00:00	0:40:50	0:52:18	1:27:54	1:53:50	4:03:07
Amanda H	0:00:00	0:31:04	0:39:23	0:00:00	0:00:00	0:00:00
Angela2 M	0:00:00	0:44:43	0:55:43	0:00:00	2:08:49	0:00:00
Brenda T	0:00:00	0:54:27	0:00:00	0:00:00	0:00:00	0:00:00
Bridget W	0:00:00	0:00:00	0:59:43	1:46:38	0:00:00	0:00:00
Clare S	0:00:00	0:00:00	1:11:48	0:00:00	0:00:00	0:00:00
Deborah R	0:00:00	0:00:00	1:11:26	0:00:00	0:00:00	0:00:00
Debra F	0:36:07	0:54:47	0:00:00	0:00:00	0:00:00	0:00:00
Dorota K	0:00:00	0:52:50	0:00:00	0:00:00	0:00:00	5:15:53
Elizabeth P	0:00:00	0:34:54	0:45:14	1:16:22	1:36:39	3:48:54
Em G	0:00:00	0:00:00	0:00:00	1:17:57	1:46:45	0:00:00
Emma B	0:00:00	0:00:00	0:49:12	0:00:00	0:00:00	0:00:00
Gemma I	0:00:00	0:00:00	1:04:36	2:03:35	0:00:00	0:00:00
Hannah S	0:00:00	0:32:05	0:00:00	0:00:00	1:34:23	0:00:00
Hayley W	0:00:00	0:32:54	0:42:27	1:11:17	1:33:27	3:33:52
Jane J	0:00:00	0:47:44	0:00:00	0:00:00	0:00:00	0:00:00
Jessie H	0:00:00	0:00:00	1:12:24	0:00:00	0:00:00	0:00:00
Julia A	0:30:12	0:49:24	0:00:00	0:00:00	0:00:00	0:00:00
Karen C	0:00:00	0:00:00	1:20:53	0:00:00	0:00:00	0:00:00
Karen K	0:34:02	1:03:54	0:00:00	0:00:00	0:00:00	0:00:00
Lauren F	0:00:00	0:43:12	0:54:08	1:41:22	0:00:00	0:00:00
Lin W	0:00:00	0:00:00	1:01:42	1:44:32	0:00:00	0:00:00
Linda W	0:29:37	0:41:02	0:00:00	1:28:07	2:04:19	0:00:00
Liz S	0:28:54	0:44:22	0:52:28	0:00:00	0:00:00	0:00:00
Lottie B	0:00:00	0:00:00	0:57:55	1:37:04	2:09:50	0:00:00
Louise H	0:00:00	0:00:00	0:00:00	1:46:42	0:00:00	0:00:00
Megan B	0:00:00	0:39:50	0:48:40	0:00:00	0:00:00	3:59:34
Moira S	0:36:54	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Nicole B	0:00:00	0:00:00	0:00:00	1:26:46	0:00:00	0:00:00
Nikki S	0:00:00	0:00:00	0:58:16	0:00:00	0:00:00	0:00:00
Penny J	0:00:00	0:41:34	0:00:00	1:26:42	2:13:49	0:00:00
Penny O	0:00:00	0:00:00	0:00:00	1:36:00	0:00:00	0:00:00
Sue S	0:00:00	0:00:00	0:00:00	1:17:12	1:50:01	0:00:00
Sue2 S	0:00:00	1:03:37	0:57:55	1:27:00	1:54:34	4:47:17
Sue3 S	0:00:00	0:00:00	0:00:00	0:00:00	2:19:34	0:00:00
Susie P	0:00:00	0:38:31	0:48:28	0:00:00	0:00:00	4:05:54
Tam R	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	5:38:00

Meet the RRR: Charlie Brett

Road shoes: Brooks Adrenaline

Trail shoes: N/A

GPS Watch: Garmin Forerunner

How long have you been running? Like many others I started the couch-to-5k during lockdown. Before that I always dismissed running as an exercise option, in favour of playing badminton or football.

Why did you start running? For exercise during lockdown and because my cousin told me that she had done the couch-to-5k, so I thought I might give it a go. I had put on some weight and needed to sort that out, but other benefits became clear pretty quickly.

What do you like most about it? It's just incredibly positive for mental health. I couldn't have imagined how good it feels when I've run further or for longer than before. The benefits are almost instant. It's great to be outside and it genuinely challenges me. If I am honest, it has taken me quite a while to really enjoy running, but now I am hooked.

When did you join RRR and why? I knew running was great exercise and I thought I would enjoy it a lot more if I did it with others. Although I don't get to come to club training nights as often as I'd like, I always really enjoy them...although if I check the website and it's the North Baddesley loop, I suddenly have a list of jobs to do!

What has been your best running experience to date? Training for a 10k has been amazing. When I first joined RRR I had found a Parkrun to be a huge effort. Whilst 10k might be normal for many runners, I have been working towards it slowly, and now 5k just doesn't feel far enough to make a run worthwhile.

Describe your worst running experience There was one morning on holiday in Tenerife when I went for a run after a heavy night out. The detail isn't necessary.

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

Any tips for a new runner? Careful, it might become addictive...

Trail or road? Road although I could grow to love trail, I'm sure.

Gel or real food? Never tried gels

Marathon or 10k? Definitely a 10k. I just cannot imagine even considering a marathon, although I like listening to some members telling me about their super-long distance runs.

Sports drink or water? Water

What question would you ask the next 'Meet the RRR'? If running is 90% mental, how do you keep yourself going on a long run or when training in bad weather?

Good one! What would your answer be? I need a target to aim for. As soon as I booked a 10k race, I started training for it and increasing my distances. Without the booking I don't think that would have happened.

RRR Race Diary

April 2023

19th April

Fleming Park RR10

1st race of the season, just put on your club vest and turn up (plus now also don't forget your barcode!)

23rd April

London Marathon

Iconic race, on most runner's bucket list!

May 2023

3rd May

RR10 Itchen Valley Country Park

13th May

Marlborough Downs Challenge 20 & 33 miles

Scenic routes

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

14th May

Houghton Trail Event

Local village event, 11k trail and camicross options

Alton 10 Miles

HRRL (Hampshire Road Race League) Race

<https://www.altonrunners.co.uk/contents/396-alton-ten>

17th May

RR10 River Hamble Country Park

21st May

Broadlands Marathon Relay

Fun event, teams of 10 each running 2.6 miles. Let Elizabeth Prinsep know if you'd like to join one of the RRR teams

Netley 10k

<https://www.southamptonathleticclub.org.uk/wordpress/netley-10k-race-2/>

31st May

RR10 Cadland Estate

My favourite RR10 of the season, lovely single lap course

June

4th June

RRR Beer Race Braishfield

Please volunteer to help with our key fundraising event

7th June

RR10 Ampfield Woods

Likely to be muddy, trail shoes recommended

12th June

Copythorne Carnival Run 5k and 10k

17th June

Steeplechase Run

Various distances from 5 up to 20 miles, all finishing at Romsey Abbey. See Sue Stileman for details

18th June

Alresford 10k

<https://alresford-rotary.org/10k-race/>

21st June

RR10 Marwell Zoo

25th June

Exbury 10k

Includes free entry to the gardens !

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

July

1st July

Charmouth Challenge 8 miles

Lovely low key event in beautiful countryside. Not flat !

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

2nd July

Lordshill 10k

<https://www.lordshillroadrunners.org.uk/races/lordshill-10k/>

5th July

RR10 River Hamble Country Park

19th July

RR10 Wide Lane, University Playing Fields

August

2nd August

RR10 Badger Farm, Winchester

16th August

RR10 IBM Hursley

Our event to organise, no RRRs to run, but please volunteer !

September

Sept 3rd

Likely date for club Test Valley Relay. Sue Stileman will send out details in due course. Get a team organised and join in the fun !

October

Oct 1st

Clarendon Marathon

Full, Half, Relay and 5 mile options. A big favourite with RRRs. Trail run with beautiful scenery. Early bird prices up to 31st May!

Results

January 2023

George Skeates Run

Hannah Shutt	57:51 1 st !
Nigel Hemsted	1:05:58
James Byrne	1:07:29
Giovanni Buldrini	1:08:01
Penny Jennings	1:18:53
Julie Shanker	1:32:15
Debby Ferre	1:32:42

Stubbington 10k

Ray Webb	52:44 4 th AG
Lin Webb	1:04:09

Winter Cross Ultra 50k

Alice Lane	6:02:00
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Romsey 5 miles

Matt Bennett	27:30 1 st AG
Amanda Hull	31:04 2 nd
Sam Weston	31:59
Hannah Shutt	32:05 3 rd
Hayley Weston	32:54 1 st AG
Tom Wharton	33:35
Duncan Macdonald	35:45
David Trimble	36:20
Andrew Archibald	36:43
Keith Morris	36:44
James Byrne	37:32
Megan Batchelor	39:50 3 rd AG
Alice Lane	40:50
Stuart Rowe	40:59
Lin Windsor	41:02 3 rd AG
Lauren Freestone	43:12
Angela Milln	44:43
Jane Jackson	47:44
Alex Millard	48:10
Richard Vie	48:38
Matt Cheales	51:47

Richmond Half Marathon

Lottie Budd	2:15:10
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Endurance Life Ultra

Alice Lane	7:52:36
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Dark Moors 5 Miles

Tim Parker	31:01 1 st !
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Marrakesh Half Marathon

Em Gordon	1:46:45
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Longleat 10k

Hayley Weston	42:37 1 st AG
Sam Weston	42:32

February

London Winter 10k

Angela Milln	55:43 PB!
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Ryde 10 miles

Alice Lane	1:27:54
Louise Holliday	1:46:42

Battersea Park 5k

Alex Prinsep	16:23 PB!
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Bramley 20 mile

Elizabeth Prinsep	2:33:11
Andy Brown	2:34:16

Marriot's Way Trail Marathon

Alice Lane	4:35:23 2 nd AG
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Winchester 10k

Megan Batchelor	50:42
John Horton	51:43
Susie Parker	1:18:59

Brecon to Cardiff Ultra 71k

Alice Lane	9:12:29
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Brighton Half Marathon

Alice Lane	1:53:50
Lottie Budd	2:10:31

Wokingham Half Marathon

Andy Brown	1:25:05 PB!
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Terrex Maverick 10 miles (ish)

Tim Parker	1:09:36 2 nd
Tom Wharton	1:22:04

March

The Grizzly – 20 (tough) miles

Tam Ryan	3:54:10
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The Grizzly Cub

John Horton	1:32:53
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Paris Half Marathon

Angela Milln 2:08:49 PB!

Up on the Downs Half Marathon

Alice Lane 2:17:43

Up on the Downs 11k

Lin Windsor 1:06:36

Surrey HalfElizabeth Prinsep 1:36:39 2nd AG

Alice Lane 1:55:11

Endurance Life Sussex UltraMatt Hammerton 4:27:41 1st !**Endurancelife Sussex Marathon**Tam Ryan 5:38:38 2nd AG**Cerne Giant 30 miles**

Alice Lane 6:52:00

Big Night Out 15 milesTim Parker 1:51:05 3rdHannah Shutt 2:08:01 1st !

Steve Geary 2:13:16

Eastleigh 10k

Alex Prinsep 33:57 PB!

Alex Young 34:20 PB!

Neil Jennings 34:53 PB!

Matt Brown 37:37

Andy Brown 43:13

Nigel Hemsted 44:22

Steve Geary 44:57

Elizabeth Prinsep 45:14

Keith Morris 45:50

Alice Jenden 46:40 PB!

Susie Parker 48:28

Mark Judkins 48:47 PB!

Emma Bailey 49:12

Ray Webb 50:39

Lauren Freestone 54:08

Stuart Rowe 55:16

Sue Stileman 57:55

Lottie Budd 57: 55 PB!

Mark Stileman 57:56

Nikki Skeates 58:16

Bridget Wells 59:43

Rob Gowman 58:41

Lin Webb 1:01:42

Gemma Ingason 1:04:36 PB!

Alex Millard 1:07:09

Deborah Rees 1:11:26

Clare Somerton 1:11:48

Jessie Hughes 1:12:24

Karen Collins 1:20:53

Queen Elizabeth CP Half Marathon

Alice Lane 2:19:57

Queen Elizabeth CP 9k

Charlie Brett 59:22

Salisbury 10 milesAlex Prinsep 56:08 8th PB!

Matt Bennett 57:59

Neil Jennings 58:54

Mark Stileman 1:00:21 1st AG

Andy Brown 1:10:10

David Morrison 1:10:36

Duncan Macdonald 1:13:36 PB!

Nigel Hemsted 1:14:30 2nd AG PB!Elizabeth Prinsep 1:16:22 3rd AG

Keith Morris 1:17:14 PB!

Matt Cheales 1:17:53 PB!

James Byrne 1:19:07 PB!

Sue Stileman 1:27:00

Penny Jennings 1:27:14 3rd AGLin Windsor 1:28:07 5th AG PB!**Cardiff Bay 10k**

Megan Batchelor 48:40 PB!