

RELAY

SUMMER 2023



Note from the Chair

It's been an action-packed three months since the last edition of Relay came out in March. I've gone back over the last 12 weeks and counted all the good stuff that we've done, and here's what I came up with:

- Pasta party (and of course the quiz)
- The start of the ever-popular RR10 race season
- The putting away of headtorches and the return to summer Braishfield and track sessions
- RRR takeover of Ganger Farm parkrun volunteering
- The Broadlands relay marathon
- The Beer Race – where once again the sun shone!
- The summer edition of the Steeplechase run

So many enjoyable outings and memories! We're very fortunate in Romsey to have a community of like-minded people who enjoy getting out in the fresh air, supporting each other's running and hanging out together. My grateful thanks to everyone who has helped organise all these events and make them possible.

Have you got an idea for something the club could do? We'd love to hear about it – please have a chat with one of the committee.

Happy running!



Editor's Note

Welcome to the Summer 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.

The summer season is now well and truly here, with the weather perhaps too warm for running at times. At least it's a bit cooler in the evenings, and it's been great to see so many turn out for the RR10 races. They really are suitable for all and it was great to see some of the newer runners at recent races. There have been some great performances to date, with the men's team currently top of the league !

There are 3 more races that we can take part in, and then for the last race of the season on August 16th we'll be hosting the race at IBM Hursley. We won't be able to run that night but we'll need everyone to turn out to help with marshalling the event (and also baking cakes beforehand). Please put the date in your diary, more details to follow.

Congratulations to everyone who has raced over the last 3 months, the results are included later in this newsletter. 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. All the results published in these newsletters, plus the best performances at the club challenge races and time trial are considered for the pentathlon. The current tables of best performances since 1st Oct 2022 are included later in this newsletter – please let me know if one of yours is missing.

Nigel

Beer Race

Sue Stileman

Sunday, 4 June saw the return of our popular annual public-facing event, the Beer Race.

The committee had been working hard behind the scenes to pull everything together for several months, and with Charlie (Course Manager) and me (Race Director) both new in our posts we were glad to have the more experienced Louise (Race Secretary), Alice (Chief Marshal), and Mark (former RD) there to help guide us. Sam and Cliff kindly also joined the committee to help advise on technical website and general online wizardry (Sam) and money stuff (Cliff). My thanks to all of them for all their valuable input. Matt and Ian returned as the kids Fun Run Team and did sterling work with that, with 58 small people taking part and running their little hearts out on the day.



As always, the event sold out, but at a mercifully slower pace this year- it took about a month to shift all 400 tickets, which was better than the 48 hours they used to sell out in in pre-Covid days. We managed the sales differently this year to ensure Braishfield village residents had a chance to enter, and gave tickets to the Cricket Club who were keen to take part last year but hadn't been able to secure entries. We're indebted to them for use of the start field so it felt like the right thing to do. Slower ticket sales meant a broader diversity of participants, something I am very keen to encourage. We had a charming thank you email after the race from a family who'd run it together- mum, dad, two kids and one of the kid's boyfriends- applauding the inclusive nature of the event so hopefully we're on the right track there.



We heeded feed-back from you, our wonderful marshals and volunteers, from last year and moved the cake stall away from the beer tent and so reduced the enormous queues of 2022. We also had Cliff marking runner's numbers so we knew who'd had a pint already, and put extra marshals on the road section between the Wheatsheaf and the finish.

Everyone seemed to really enjoy the day. For my part I thought it had the lovely feel of a village fete; the atmosphere was friendly and relaxed. I was hugely relieved that it didn't rain as that scuppers our car parking in the village, although we do now have Ganger lined up as a fall back should we get a wet race day.

We will be making a few tweaks to next year, nothing major, just things that you and we noticed that, if changed, should make it run even smoother, but the basic format will stay the same.

Thank you to everyone who was involved- we absolutely could not put this event on without the support and backing of the club and I'm very grateful to you all for giving up your Sunday, whether that was baking cakes, sorting out the beer, marshalling (we had lots of comments from the runners about how wonderful our marshals were), organising and running the BBQ (Nigel L, Nigel B, Lottie, Keith and Mr S), or being on the committee - it was a fabulous example of what a running club can achieve for the local community when everyone works together. Here's to next year!



Some comments from participants

What a great day today. (CS)

Thank you for a great event at the weekend! (ES)

Thank you for organising such a great event today. (EK)

I just wanted to say what a great morning it was, from start to finish.
It was my first time doing it and will certainly be looking forward to next year.
It was also my daughter's first race (4 years old) and she was delighted with her medal, sweets and cake!! (JS)

Fabulous race today. Thank you to all for the organisation. One of the best races I have done! First time for me. (AM)

Thank you for such an amazing race at the weekend - always a favourite of mine! (CC)

It was amazing, lovely day, so well organised, beautiful scenery. The main reason I run it is because it goes past my great granny's cottage, Chalkpit cottages where I spent a few months of my early life. I'll def be back. (JR)

I would just like to thank you and the team for such a great event on Sunday. You even provided excellent weather. The cake and beer were good too 😊 (JG)

Thank you for a really good event ! I loved the route (not so much the hills !!!) the organisation was spot on and the marshals were great fun !
Thank you , again (KC)

I hope you've had chance to have a rest today! I just wanted to email to say a huge thank you for yet another brilliant Beer Race event. The atmosphere was so amazing yesterday. The marshals were fantastic and the cake outstanding. It really is a highlight on the calendar. It was great to have so many from our club Swifts there yesterday but also personally we all ran as a family, myself, my husband and my two daughters and my eldest's boyfriend. It's such an inclusive event that even non club runners enjoy taking part. Please do pass on my huge thanks to all involved and we look forward to next year's event! Well done and thank you for all your hard work. (P&DG)

Just a quick note to say thank you to RRR for an excellent run on Sunday. I have been running for well over 40 years, running in many hundreds of races and your Beer Race was the best organised run I can ever remember. The marshalled signage for vehicles was excellent, marshals en route were friendly and encouraging, water stops were plentiful on a hot day and the beer and cake were brilliant. Thanks to you and the team. (MD)

Membership

Penny Jennings

A warm welcome to the club for Helen Cox, Julie Cooke, Samantha Hoyles, Charlotte Golby, Lee Oxley, Jess Steinborn-Busse Peter Baker, Delia Cloete-Hopkins, Keith Mack and Hannah Bailey

Helen Cox

'Hello, I'm Helen, very new to running and extremely slow - so thank you to everyone for their patience and just generally being lovely at club sessions - it's been very welcoming! I live in North Baddesley and am relatively new to the area; working in London though, so the running nights are the most I've explored! I'm attempting to do a half marathon in October - I've always wanted to run but made excuses for myself, but I'm turning 30 this year and had a stroke in January so I've had a double whammy of things that have finally made me realise I need to stop putting it off or it might be too late...'

Also, I know I've been AWOL at club sessions but I haven't left - promise! Just have been up in London on a project all of May so it's been tricky to get back for 6.30 - hopefully next week!



Charlotte Golby



Returning to running after 2 years away now doing Couch to 5k with Romsey road runners. Previously taken part in several trail half marathon events. Next goal is park run.

Charlotte is on the right 187

Lee Oxley

Thanks for welcoming me to the club recently, I've really enjoyed my first few sessions and meeting as many of you as possible whilst still trying to remember as many names. I even had a little run out for Romsey on the last RR10 for a nice evening in some great weather.

Running has been a bit of a lifelong affair for me and seemed to come back in a big way circa 2018. Since then, I've only been finding more enjoyment and adventure underfoot. My heart lies in the hills and that's where I feel most at home with a growing love for some of the longer endurance events.

I ticked off a huge wishlist item in April, running 'The Northern traverse' in 66.5hr so I'm enjoying some faster paced running right now. My event schedule tends to be quite spontaneous and I enjoy all aspects of running but with that said, I'm looking to head back to the hills in July for the Beacons way ultra 100km.

In the meantime I'm looking forward to more sessions and friendly faces with the club, thanks for having me. 😊



Jess Steinborn-Busse



Hi I'm Jess! I started running during lockdown 2020 following the couch to 5k app. I have a very busy life so running is my 'me time'. I have fallen in love with running and I am always looking for events/races to sign up to. I completed the great south run last year with the most horrendous blisters! I have just signed up to the new forest half marathon, which will be the furthest I have ever ran. I would love to do the London marathon one day!

Thank you for making me feel so welcomed and encouraging me on! Looking forward to meeting everybody over the coming months

Samantha Hoyles

Thank you all for making me feel so welcome and not out of my depth!

I love running and when I am not running I want to be running. Any time I get to myself I try to go out. I have completed various races at different distances already this year, with a few more up and coming to complete the year. My distances range from 10k to half marathon.

I am thoroughly enjoying my time with RRR, I am looking forward to future events and training sessions.





Keith Mack

My partner Julie has just joined Romsey Road Runners couch to 5k training and that inspired me to get back into running once again

I have been a member of Lordshill since I started running in 2004 and did most of the RR 10 and CC6 and some local races but over the last 7 / 8 years just lost the enthusiasm to do any running and training

In joining Romsey road runners along with Julie I am looking forward to getting back into running once again

We have also both entered Exbury 10k and the Great South

Julie Cooke

Hi I'm Julie and I'm a novice runner in my 60's

I was inspired by a Lesley from our Slimming world group and decided when I dropped to a certain weight to start the C25K (less impact on the knees!)

To begin with I kept it secret just in case I gave up. Shortly after I started the NHS App my daughter did the great south run. We went down to support her - what a great day and fab event. Thousands of runners and spectators, the sun was out and it wasn't windy, I gather that's important on the last mile back along the front as westerly winds which make it tough. I suggested to Keef that we all did it next year and he replied that I'd have to start running first - my secret was out!

Lesley and I set a date for the first parkrun 12 December Ganger Farm was in the diary. Had we not have done so I doubt we would have turned up it was minus 6°C. We both came in around 39 minutes. We were chuffed to bits. SW put a team together for the relay at Broadlands that was a piping hot day. I believe RRR came joint first.

Later in the new year another lady from SW told the group about RRR's C25K training at Mountbatten School. I met Steve Geary and Penny Jennings at parkrun Saturday and signed up. A big Thanks to Moira, Cliff and Steve for organising C25K on Tuesdays. I was so keen I turned up a week early!

I've teamed up with some of the runners who did C25K last year (Karen, Clare, Jess and Gemma) and between us we cover 5 decades.

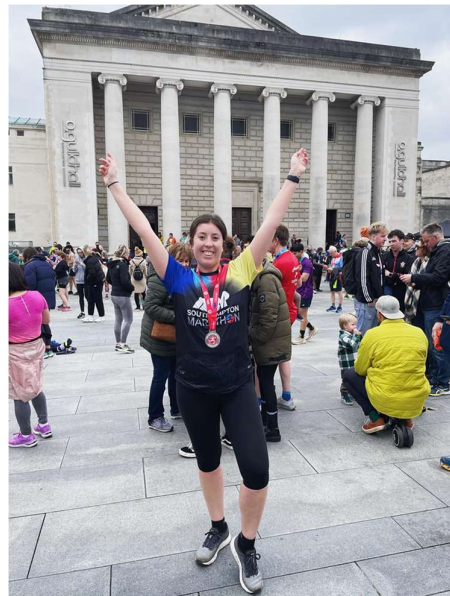
We completed our first RR10 at Hursley a week ago and we're off on Saturday to Exbury for the 10K.



Hannah Bailey

Hi everyone, I'm Hannah and I'm excited to have joined Romsey Road Runners. Everyone has been so friendly and welcoming.

I have been running for a little while now on and off and completed a couple of 10km runs but this year I have challenged myself to complete a half marathon!



Pete Baker



Hi everyone I'm Pete and been with RRR for about a month. Thanks for the warm welcome, everyone has been really friendly.

I wanted a bit more motivation to run a few more miles and speed up a bit and I'm already seeing results so that's brilliant. I'm looking forward to entering a few events over the summer.

Meet the RRR: Ben Sharman

Road shoes: Brooks

Trail shoes: Merrell

GPS Watch: Garmin Fenix 5s

How long have you been running?

I ran the London marathon twice in the early 2000s, when it was easier to get a place. I did that to challenge myself but at the time I wasn't a member of a running club. I remember running alongside Adrian Chiles, dressed as Baggie Bird and finished alongside the Cheeky Girls.. In 2003 Paula Radcliffe smashed the world record, so there was a particularly joyful atmosphere that year.

After that I didn't run for many years before joining Romsey Road Runners in 2017, when I moved back to Hampshire from London.

Why did you start running?

I started to run in 2002 whilst training to run the London marathon as a challenge. Latterly I run because I am keen to keep physically and mentally fit.

What do you like most about it?

I like running in a club because it offers support, friendship and motivation. When I'm running well, I enjoy the feel good endorphins, the satisfaction of improving and numerous benefits to my mental health.

When did you join RRR and why?

I joined in 2017 because I was back in Hampshire after many years and didn't really know many people in the area. I knew that joining a running club would give me some motivation and support to get fit and challenge myself.

What has been your best running experience to date?

I've had so many great experiences. I ran the Jerusalem marathon in 2018 because it was a place I hadn't visited before, and I decided to explore the city and run the marathon. It was a tough course however and I really should have checked the fact that Jerusalem is a city built on seven hills before I signed up! I also had a long weekend away in Normandy with friends and ran the Mont Saint-Michel marathon, which was unbelievably flat, and I think the only marathon where you can see the finish from the start! I've also done a few long-distance walks such as Trailwalker 100km and the Camino de Santiago (Portuguese in 2022 and French in 2014). My favourite however must be the London Marathon. The atmosphere is electric, and the crowds of people urge you on from the start all the way to the finish and I always find it very emotional!

Describe your worst running experience

In 2002 I was doing voluntary work in the south of Costa Rica and was training for London. I was running in extremely high temperatures and at one point got severe heat stroke.

Injury is extremely frustrating and recently I was unable to run for about 18 months due to plantar fasciitis.

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

I really need to start doing cross training and working on my strength.

Any tips for a new runner?

Get out there, meet new people, embrace new running challenges but most importantly have fun!

Trail or road?

I prefer trail running because you really have to focus on your surroundings and be careful not to trip, which heightens the experience – I really enjoy the RR10 races, which are off road.

Gel or real food?

Real food, although gels are important on longer runs.

Marathon or 10k?

I have retired from marathons now..., but always preferred the shorter distances anyway.

Sports drink or water?

Water with some electrolytes is the best.

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

If you could run any marathon in the world, which one would you choose?

Good one! What would your answer be?

I've always wanted to run the Hawaii or North Korean Marathon.

RRR Pentathalon

At the club annual awards night one of the key prizes is the club pentathalon. 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	0:40:56	1:10:10	1:25:05	3:02:40
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	3:01:58
Derek K	0:33:12	0:54:12	1:17:46	0:00:00	0:00:00	0:00:00
Duncan M	0:00:00	0:35:45	0:45:53	1:13:36	1:52:56	0:00:00
Giovanni B	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	4:06:00
Ian R	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	3:51:24
James Byrn	0:00:00	0:37:32	0:47:03	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
John W	0:00:00	0:00:00	0:41:57	0:00:00	0:00:00	0:00:00
Jonathan P	0:17:46	0:00:00	0:00:00	0:00:00	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 Morris	0:00:00	0:36:44	0:45:50	1:17:14	1:47:23	0:00:00
Keith Mack	0:00:00	0:00:00	0:49:33	0:00:00	0:00:00	0:00:00
Mark J	0:00:00	0:00:00	0:48:47	0:00:00	0:00:00	4:37:44
Mark S	0:17:59	0:00:00	0:37:20	1:00:21	1:34:23	0:00:00
Matt B	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 B	0:00:00	0:27:30	0:34:45	0:57:59	0:00:00	0:00:00
Neil J	0:00:00	0:00:00	0:34:53	0:58:54	1:19:23	0:00:00
Nigel H	0:20:48	0:35:35	0:44:22	1:14:30	1:41:47	3:27:45

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
Rob S	0:00:00	0:00:00	0:00:00	0:00:00	1:51:35	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	0:41:16	1:09:30	1:32:40	3:18:13
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
Steven M	0:00:00	0:00:00	0:42:38	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	1:59:52	0:00:00
Tim P	0:00:00	0:31:01	0:36:28	0:00:00	0:00:00	0:00:00

Name	5 km	5 mile	10 km	10 mile	Half marathon	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
Anna D	0:00:00	0:00:00	1:12:58	0:00:00	0:00:00	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	1:06:12	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	1:57:19	0:00:00
Emma W	0:00:00	0:00:00	1:08:04	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	0:43:17	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	3:17:20
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	1:08:52	0:00:00	0:00:00	0:00:00
Julie C	0:00:00	0:00:00	1:19:56	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	1:13:24	0:00:00	0:00:00	0:00:00
Lauren F	0:00:00	0:43:12	0:54:08	1:41:22	2:04:35	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	1:06:24	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
Lorna C	0:00:00	0:00:00	0:45:18	0:00:00	0:00:00	0:00:00
Lottie B	0:30:10	0:00:00	0:57:55	1:37:04	2:07:22	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
Moiria S	0:36:54	0:00:00	1:13:47	0:00:00	0:00:00	0:00:00
Natalie S	0:00:00	0:00:00	1:25:48	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	0:50:59	1:26:42	1:55:07	0:00:00
Penny O	0:00:00	0:00:00	0:00:00	1:36:00	0:00:00	4:53:38
Sue Sleath	0:00:00	0:00:00	0:00:00	1:17:12	1:50:01	0:00:00
Sue Stilem	0:24:20	1:03:37	0:49:31	1:27:00	1:54:34	4:47:17
Sue Sylv	0:00:00	0:00:00	0:52:19	0:00:00	1:58:14	0:00:00
Susie P	0:00:00	0:38:31	0:48:28	0:00:00	1:46:42	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: Emma Way

Road shoes: Brooks Adrenaline GTS 22

Trail shoes: Not invested yet

GPS Watch: I have a 12-year-old Garmin - look out for it on Antiques Roadshow.

How long have you been running?

I began running in my early 40s. I trained and ran a couple of marathons in 2012, but managing a business and the social lives of 2 teenagers put running on the back burner.

Why did you start running?

I restarted recently as I have more time; my children are both at university and I now have a sedentary job (boo) and want to keep fit and healthy as I get older (yay).

What do you like most about it?

The endorphins.

When did you join RRR and why?

I joined in a very wet and dark February 2023 to help with motivation. I chose RRR because in my previous running incarnation I had seen a few RRRs and thought they looked a friendly bunch! I was also impressed by the friendly & welcoming website. I've not been disappointed.

What has been your best running experience to date?

Running my first marathon in 4hrs 32mins and more recently seeing my daughter take up running and doing her first half marathon, much quicker than I could.

Describe your worst running experience

Mile 21 of my first marathon. I had to dig very deep for those last 5 miles.

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

I dabble in a bit of Yoga for flexibility and weights for strength

Any tips for a new runner?

Join a club - you won't regret it

Trail or road?

Don't mind

Gel or real food?

Gel for racing, real food at every other opportunity

Marathon or 10k?

At the moment, 5-10k! but never say never

Sports drink or water?

Water

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

What helps motivates you to train regularly?

Good one! What would your answer be?

Joining a running club and setting a goal – mine is 10K in under a hour

RRR Race Diary

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

9th July

Horton Heath 10k

At Fair Oak, organised by Hedge End running club

16th July

Valley Park Tour of the Woods

10k race, with rest periods ! Organised by Chandlers Ford Swifts

<https://chandlersfordswifts.wixsite.com/swifts/events>

19th July

RR10 Wide Lane, University Playing Fields

22nd / 23rd July

Cider & Piggy Plod Races

Multi lap races (Saturday), 10k on Sunday

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 2nd

Club Test Valley Relay. Get a team organised and join in the fun !

Sept 23rd

Hambledon Hilly

10k & 5k options

October

Oct 1st

Clarendon Marathon

Full, Half, Relay and 5 mile options. A big favourite with RRRs. Trail run with beautiful scenery.

Oct 8th

Ageas Bowl 10k

Fast course, starts and finished at the Ageas Bowl

<https://racesignup.co.uk/site/event.php?eventid=3331>

15th Oct

Great South Run 10 miles

10 miles at Portsmouth, flat and popular event

Results

April 2023

Southampton Half Marathon

Neil Jennings	1:19:23
Rob Sherrington	1:51:35
Susie Parker	1:51:49
Penny Jennings	1:55:07 4 th AG
Alice Lane	1:56:10
Emma Bailey	1:57:19
Sue Sylvester	1:58:14
Lauren Freestone	2:04:35

Southampton 10k

Mark Stileman	39:21 2 nd AG
Andy Brown	40:56
Steven Melligan-Hart	42:38
Sue Stileman	52:26 2 nd AG
Bridget Wells	1:15:29

Brighton Marathon

David Morrison	3:01:58 PB!
Mark Judkins	4:37:44

Maratona di Russi

Giovanni Buldrini	4:06:00
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Test Way Ultra 50 miles

Hannah Shutt	9:37:00 1 st !
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Newport 10k

Sue Sylvester	52:19
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XV Bieg Piasnicki 10k

Dorota K-Hatch	1:06:12
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Kew Gardens Half Marathon

Lottie Budd	2:07:22
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Manchester Marathon

Andy Brown	3:02:40
Sam Weston	3:18:14

Boston Half Marathon

Lottie Budd	2:09:42
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Corsham 10k

Mark Stileman	37:19
Sue Stileman	50:58

London Marathon

Hayley Weston	3:17:20
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Nigel Hemsted	3:27:45
Alice Lane	4:05:31
Penny Overy	4:53:38

Pewsey Downaround 36 miles

Sue Sleath
Tam Ryan

Pepperbox Half Marathon

Tom Wharton	1:59:52
Alice Lane	2:29:20

Pepperbox 10k

Lin Windsor	1:06:24
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Hurstbourne Tarrant 5 miles

James Byrne	41:29
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Worthing Half

Susie Parker	1:46:42 PB!
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Wherwell 10k

Liz Slade	1:02:04
Emma Way	1:08:04
Julia Abab	1:08:52
Anna Duignan	1:12:58
Karen Keane	1:13:24
Derek Kelly	1:17:46
Moira Sankey	1:24:35

Lymington 10k

Mark Stileman	37:30
Sue Stileman	50:42

Newbury 10k

Mark Stileman	47:01
James Byrne	47:03 PB!
Sue Stileman	50:44

Grasmere Galop

Moira Sankey	1:20:00
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Dartmoor Discovery 50k

Andy Brown	5:49:33
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Blenheim Palace Tri

Matt Bennett	1:31:37
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Wytham Wood 10k

Mark Stileman	43:11 2 nd AG
Sue Stileman	1:00:37

Needles Half Marathon

Hayley Weston	1:55:00 3 rd !
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Endurance Life Exmoor 50k

Alice Lane	7:49:17
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Race to the Kings 50k

John Wheatley	4:45:01 4 th
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Copythorne Carnival Run 5k

Jonathan Pillinger-Cork	17:46 3 rd
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Lottie Budd	30:10
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Copythorne Carnival 10k

Tim Parker	36:28 3 rd
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Sam Weston	41:16
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John Wheatley	41:57
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Hannah Shutt	43:17 2 nd !
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Lorna Crouch	45:18 2 nd AG
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Susie Parker	48:49 3 rd AG
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Megan Batchelor	51:32 4 th AG
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Emma Bailey	52:17
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Ultra London 55k

Sam Weston	6:00:38
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Exbury 10k

Matt Bennett	34:45 1 st !
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Neil Jennings	36:14 5 th
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Mark Stileman	38:36 4 th AG
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Hayley Weston	43:33 3 rd AG
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Duncan Macdonald	45:53
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Elizabeth Prinsep	47:58 3 rd AG
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Sue Stileman	49:31
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Keith Mack	49:33
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Penny Jennings	50:59 4 th AG
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Emma Bailey	52:29
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Megan Batchelor	53:25
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Liz Slade	55:14
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Alice Lane	1:02:19
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Lottie Budd	1:02:37
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Gemma Ingason	1:11:48
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Moirra Sankey	1:13:47
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Jessie Hughes	1:16:40
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Bridget Wells	1:17:33
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Julie Cooke	1:19:56
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Natalie Stacey	1:25:48
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Leamington Spa Half Marathon

Nicole Baptista	1:54:43
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LDWA Purbeck Plod -43k

Tam Ryan	5:42:41
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Em Gordon	5:43:15
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Wellow 10k

Alice Lane	55:22 1 st Lady!
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