

# RELAY WINTER 2023



## Note from the Chair

As 2023 rolls over into 2024, it's a good time to reflect and celebrate the good stuff from the year. My personal highlights have been:

- The continued evolution of our training sessions
- Great turnouts and performances at the many races – especially the club favourites such as Gosport half, Romsey 5, Clarendon marathon and Eastleigh 10k
- The Eastleigh 10k training programme
- The 2023 Beer Race (in the sunshine as usual)
- The successful Couch to 5k and RRR Lite programmes, supporting a new cohort of runners
- The relay events - Broadlands marathon relay, the Mile of Miles, Clarendon relay teams and the Test Way relay
- The social events – the Ganger Farm parkrun takeover, the summer and winter episodes of the Steeple Chase, as well as the pasta party, the Calshot beach run and barbeque, and the AGM/Awards Night

We continue to have a stream of new runners joining the club, and it's great to have fresh personalities, perspectives and ideas keeping us vibrant as a running community. At the other end of the spectrum, I'm so grateful for the continued dedication and support of our long-established members, some of them reaching back decades to the formation of the club in the mid eighties. On this note, I'm delighted that we've awarded lifetime honorary membership to Wendy Couper, who has been an active and highly regarded club member for many years.

Looking forward to 2024; what are your running goals? It's a good time to reflect on where you might like to focus your energy in the year ahead. Running offers so many different possibilities; 2024 might be about performance, but it could equally be about developing better health, extending your social running network, or running in new places. Personally, in addition to having a bit of a competitive streak (shh, don't tell anyone), right now I'm very focused on improving running hygiene to avoid injury and I'm particularly enjoying the potential for using parkruns as an opportunity to explore new places and enjoy a café breakfast afterwards. Happy new year!



## Editor's Note

Welcome to the Winter edition of Relay. Apologies that this edition is a bit smaller than usual, with holidays and Xmas I struggled to get much content. If you have any suggestions for articles for future editions please get in touch.

Later in this newsletter there's a resume of the AGM and Awards evening held in November. Our front page shows Penny Jennings receiving her award for RRR of the Year. A well deserved award for all the years that Penny has been the club membership secretary, welcoming new members into the club. She has now stood down from this role and Lauren and Joe have now taken this on, I'm sure they'll also do a great job.

We're now well into the winter training and it's been good to have a few new sessions to go with some of the old favourites.

We're also now in the CC6 season. These are friendly inter-club races about once a month on Sunday morning. The races are off road, mostly on good trails but just sometimes a bit of mud as well ! If you haven't yet run one I recommend them – the races are free to enter, just need to register via the CC6 website once and then turn up with a club vest or t-shirt plus your parkrun barcode (we use the parkrun system to scan barcodes at the finish for the results). There are still 4 races left in the season so plenty of opportunities to join in, and if you do 4 or more races in the season you'll be part of the year end standings.

The dates of the CC6 races are in the race calendar later in this newsletter, together with some other races which are popular with club members. Now is a good time to plan your racing for 2024!

Remember that the club runs a pentathlon competition – this ranks best performances over 5k, 5 miles, 10k, 10 mile, Half Marathon and Marathon against other members of the club. This year's competition runs until the end of Sept 2024, so get racing and be sure to submit your results to [results@romseyroadrunners.co.uk](mailto:results@romseyroadrunners.co.uk) to ensure they are included.

.Nigel

## **AGM and Awards Evening**

Our Agm and awards evening was held at the British Legion on 24<sup>th</sup> Nov.

A summary of what was agreed.

Club subscriptions in 2024 will remain unchanged at £40, absorbing an increase in the England Athletics affiliation fee from £17 to £19. Non-affiliated membership will reduce from £23 to £21. We are doing this because we have excess funds which accumulated during the pandemic. We're asking for suggestions about how we could use surplus funds for the committee to consider. I've already received one suggestion - please keep them coming!

We confirmed the committee membership for the year ahead as follows:

Chair - Mark Stileman

Secretary - Alice Lane

Treasurer - Cliff Reeves

Session Leader Coordinator - Steve Geary

Social Secretaries - Steve Geary and Emily Gordon stood down, and John Wheatley has taken over this role.

Newsletter Editor - Nigel Hemsted

Race Director - Nigel Hemsted

Club Captain - Elizabeth Prinsep

Kit Secretary - Tam Ryan

Webmaster - Sam Weston

Press Secretary - Sue Stileman stood down. I'm delighted to announce that Sam and Hayley Weston have subsequently volunteered to take on this role.

Penny Jennings stood down as Membership Secretary, and subsequently Joe Amber and Lauren Freestone volunteered to take on this role

The Beer Race Director role, not a formal committee role, is being taken on by Steve Melligan-Hart, replacing Sue

My personal thanks to all everyone mentioned above for giving their time and energy to help run the club. And a big shout out to the session leaders - Steve Geary, Steve Melligan-Hart, Cliff Reeves, Keith Morris, James Battle, Lorna Crouch, Moira Sanky, Ian Ralph and Debby Ferre - for ensuring that the training sessions take place, week after week, throughout the year.

The fun stuff - awards!

RR10 male - Matt Bennett

RR10 female - Alice Jenden

CC6 male - Alex Young

CC6 female - Penny Jennings

Pentathlon men - Alex Prinsep

Pentathlon female - Hayley Weston

Pentathlon vet men - Nigel Hemsted

Pentathlon vet female - Liz Prinsep

5km handicap - Emma Way  
Hero in training - Jonathan Pillinger-Cork  
Sally Sillence - Hannah Shutt  
RRR of the year - Penny Jennings  
Chair's award - Lottie Budd

Plus...

Special edition RRR mugs for volunteering - Moira Sankey, Ian Ralph, Steve Geary, Cliff Reeves, Sue Stileman, Karen Keane, Nigel Hemsted

The unofficial Silver Shoe award for running in challenging circumstances - Frances Curran

And finally... the 2024 London Marathon draw went to David Morrison.



## Membership

Lauren Freestone & Joe Amber

A warm welcome to the club for Edward Limbrey, Stuart Sixta-Bowie, Rosey Stevenson, Sam Clissold, Spencer Scott and Michael Harvey.

### Michael Harvey

Hi, I am Michael, and thank you for welcoming me into the Running Club. I joined at the end of November and have loved running with everyone when I was able to join you. I have been running for around 5 years and have loved my experiences. (The photo is of me walking to the end of my 7<sup>th</sup> 5 mile lap at endure 24 last year.)

I will be doing the London Marathon in April, but I find training difficult as it's more of a mental challenge than a physical one.

Therefore, I have joined Romsey Running Club as I want to run with people who have the same love the running as I do. This can help with the training and make the miles a little easier when you have someone to run with. I look forward to many runs with everyone.



### Spencer Scott



I'm looking to get back into the routine of running and need all the support I can get to stay motivated. Have been running for a few years and have completed the occasional half marathon and hope to do another in 2024, but not signed up for anything yet. I've been in the Romsey area for not far off 20 years so will know some routes well, although probably haven't run them. Have enjoyed the runs I've been out on in December and looking to get out with the club regularly in January. Planning to get back into the local Parkruns in January, although I'm not a fan of running in the mud! Also a cycling fan.

## Meet the RRR: John Wheatley

**Road shoes:** Saucony Guides

**Trail shoes:** Brooks Cascadia

**GPS Watch:** Garmin Fenix 5

**How long have you been running?** 24ish years

**Why did you start running?** Just a way to keep fit (& eat more chips)

**What do you like most about it?** I think it's good for mental health, and gives time for peace & quiet

**When did you join RRR and why?** April(ish) 2023. I've ran with a few clubs before & have always enjoyed the social aspect of a club

**What has been your best running experience to date?** Himalayan 100, a 5 day multistage event in Darjeeling province, India. Fantastic scenery.

**Describe your worst running experience.** I ruptured my Achilles on the Bournemouth marathon & couldn't run for 6 odd months afterwards

**Do you cross train and if so, what do you do?** Not any more, but used to do plenty of circuit training

**Any tips for a new runner?** To enjoy it, and to remember it will get easier

**Trail or road?** Trail

**Gel or real food?** Cliff blocs – so kinda gel

**Marathon or 10k?** Long runs, but I prefer 50k

**Sports drink or water?** Water

**What question would you ask the next 'Meet the RRR'?** Do you have any pre-race rituals or routines that you find beneficial for your performance?

**Good one! What would your answer be?** Cup of tea, with 1 sugar as a treat

# RRR Race Diary

## January 2024

**14<sup>th</sup> Jan**

**CC6 Ocknell campsite**

**20<sup>th</sup> Jan**

**Winchester Trail Half Marathon**

<https://www.ukrunningevents.co.uk/events/trail-runs/winchester-trail-run-2024>

**21<sup>st</sup> Jan**

**Romsey 5 mile**

Popular local race at Broadlands.

**28<sup>th</sup> Jan**

**CC6 Holmsley campsite**

## February 2024

**4<sup>th</sup> Feb**

**Ryde 10 miles**

HRRL race, anyone fancy a day trip to the IoW?

**11<sup>th</sup> Feb**

**CC6 Badger Farm**

**25<sup>th</sup> Feb**

**Brighton Half Marathon**

<https://brightonhalfmarathon.com/>

## March 2024

**10<sup>th</sup> March**

**Itchen Valley Country Park**

Last race of the season

**17<sup>th</sup> March**

**Salisbury 10 mile**

Nice course alongside the river. Another popular race with RRR

**23<sup>rd</sup> March**

**New Forest Trail**

Half Marathon, 15k and 10k options

<https://www.ukrunningevents.co.uk/events/trail-runs/new-forest-hinton-trail-run-2024>

## **April 2024**

**6<sup>th</sup> April**

### **Test Way Ultra**

40 mile and 50 mile options

<https://www.letsdothis.com/gb/e/the-testway-40-161436>

**21<sup>st</sup> April**

### **London Marathon**

Entries now closed, ballot for 2025 should enter soon after this year's race

## **May 2024**

**12<sup>th</sup> May**

### **Alton 10 miles**

Another HRRL race

**19<sup>th</sup> May**

### **Netley 10k**

## **June 2024**

**8/9<sup>th</sup> June**

### **Isle of Wight Festival of Running**

Tapnell 10 k on Sat 8<sup>th</sup>, Needles Half Marathon Sun 9<sup>th</sup>

<https://www.eventrac.co.uk/e/isle-of-wight-festival-of-running-2024-9726>

**23<sup>rd</sup> June**

### **Exbury Gardens 10k**

Free entry to the gardens included !

## **July 2024**

**6<sup>th</sup> July**

### **Charmouth Challenge**

8 miles, hilly but very scenic. Lovely low key race

**7<sup>th</sup> July**

### **Lordshill 10k**



# Results

## Sept 2023

### Great Scottish Run - 10k

Anna Duigan 1:03:58 3rd AG

### New Forest Half

Alex Young 1:17:26 2<sup>nd</sup>

Mark Judkins 1:59:02

### Lake District Mountain Trial

John Horton 4:10:28 2<sup>nd</sup> AG

### CapTen

Mark Stileman 1:49:13 3<sup>rd</sup>

Alice Lane 2:30:05

### Boaz Trail 10k

James Byrne 51:29

Emma Way 1:06:24

### Manchester-by-the-Sea Half

Lottie Budd 2:27:30

### Big Sky Trail Marathon

Alice Lane 4:49:47

### Hambledon Hilly 5k

Jonathon Pillinger-Cork 19:36 1<sup>st</sup>

### Hambledon Hilly 10k

Tim Parker 39:00 4<sup>th</sup>

Penny Overy 1:04:15

## October 2023

### Clarendon Marathon

Matt Hammerton 2:59:23 2<sup>nd</sup>

John Wheatley 4:05:34

Peter Baker 4:49:33

Alice Lane 5:10:19

### Clarendon Half

Mark Stileman 1:34:30 1<sup>st</sup>

Neil Jennings 1:38:32 3<sup>rd</sup>

Joe Amber 1:42:45

Duncan MacDonald 1:52:58 2<sup>nd</sup> AG

Matt Cheales 1:54:43

Penny Jennings 2:09:56 1<sup>st</sup> AG

Keith Morris 2:11:48

Ray Webb 2:14:00

Nigel Hemsted 2:23:21

Sue Sylvester 2:55:03

Lin Webb 2:59:03

Giovanni Buldrini 4:20:44

Amy Spencer 4:20:44

### Lakes in a Day 50 miles

Hannah Shutt 12:34:45 4<sup>th</sup>!

### Ageas Bowl 10k

Hayley Weston 41:34 1<sup>st</sup>!

Tom Russell 42:00

Emma Bailey 49:47

Liz Slade 55:12 1<sup>st</sup> AG

### Chester Marathon

Elizabeth Prinsep 3:26:24 2<sup>nd</sup> AG

### Bournemouth Half Marathon

Lottie Budd 2:25:26

### Bournemouth 10k

Mark Judkins 56:36

### Run to the Sea 50k

John Wheatley 4:16:38

### Bath Half Marathon

James Byrne 1:55:12 PB

### Great South Run

Matt Brown 1:04:47

Amanda Hull 1:05:02

Hayley Weston 1:08:04

Andy Brown 1:12:52

Elizabeth Prinsep 1:13:37

Nigel Hemsted 1:13:40 PB

Alice Lane 1:19:19 PB

Ray Webb 1:20:54

Nicole Baptista 1:21:32

Mark Judkins 1:27:36

Liz Slade 1:32:23

Diane Thompson 1:35:55

Angela Milln 1:37:47

Lottie Budd 1:41:26

Jessica Steinhorn-Busse 1:50:22

Mathilde Fortier 1:57:30

### Amsterdam Half

Alex Prinsep 1:14:28

### Studland Stampede

Susie Parker 1:07:33

Lin Windsor 1:20:51

Derek Kelly	1:28:04	Neil Jennings	1:07:47 4 <sup>th</sup> !
Julia Abab	1:28:05	Ian Ralph	1:11:27
Debby Ferre	1:28:44	Hannah Shutt	1:11:40 3 <sup>rd</sup> !
Julie Shanker	1:28:45	Steve Melligan-Hart	1:13:06
<b>Abingdon Marathon</b>		Sue Sleath	1:17:16 1 <sup>st</sup> AG
Alice Lane	3:53:00 PB!	Lorna Crouch	1:17:46
<b>Andover Half Marathon</b>		Duncan MacDonald	1:19:30
Alice Lane	1:59:41 3 <sup>rd</sup> AG	Nigel Hemsted	1:22:46
Susie Parker	2:01:07	Susie Parker	1:27:28
Lottie Budd	2:23:03	Em Gordon	1:28:51
<b>November</b>		Penny Jennings	1:34:42
<b>New York Marathon</b>		Penny Overy	1:38:44
Hayley Weston	3:28:37	<b>Salisbury Plain Half Marathon</b>	
<b>Gosport Half Marathon</b>		Tim Parker	1:45:07 2 <sup>nd</sup> !
Steven Melligan-Hart	1:33:10 PB!	<b>Salisbury Plain Marathon</b>	
Hayley Weston	1:33:49 4 <sup>th</sup> AG	Nicola Sparkes	4:56:33
Nigel Hemsted	1:40:43 4 <sup>th</sup> AG	<b>Victory 5 miles</b>	
Keith Morris	1:49:06	John Wheatley	30:32 PB!
Ian Lewis	1:55:49	Steve Melligan-Hart	32:33 PB!
Mark Judkins	1:58:37	Elizabeth Prinsep	34:59 2 <sup>nd</sup> AG
Ben Sharman	1:58:46	Nigel Hemsted	35:08
Angela Milln	2:18:36	James Byrne	36:47 PB!
<b>Tatton Half Marathon</b>		Brenda Topliss	49:17 1 <sup>st</sup> AG!
Mark Stileman	1:22:12 4 <sup>th</sup> AG	<b>Mapledurham Half Marathon</b>	
<b>Roly's Run 21 Miles</b>		Lottie Budd	2:36:02
John Wheatley	3:09:58	<b>St Edmunds Trail Marathon</b>	
Susie Parker	4:31:53	Alice Lane	4:36:23
Alice Lane	4:31:53	<b>Turkey trot half marathon</b>	
<b>Roly's Run 15 miles</b>		Matt Hammerton	1:13:45 1st v40 Pb!
Lauren Freestone	2:57:32	<b>Endurance Dorset half marathon</b>	
Joe Amber	2:57:32	Mark Stileman	1:50:54
<b>Brighton 10k</b>		<b>Telford 10K</b>	
Elizabeth Prinsep	44:50 5 <sup>th</sup> AG	Alex Prinsep	34:08
<b>Southampton 10k</b>		Elizabeth Prinsep	43:39 - PB! 1st AG
Amanda Hull	39:30 1 <sup>st</sup> !	<b>The Slow and Dirty 19k</b>	
Dave Gardner	44:54	Jon Pillinger-Cork	1:11:00 2nd!
Alice Lane	47:10 1 <sup>st</sup> AG! PB		
Lottie Budd	58:42		
<b>New Forest Stinger 10m</b>			
Matt Hammerton	1:00:37 1 <sup>st</sup> !		