

RELAY

SPRING 2024



Note from the Chair

As March rolls into April, I'm full of optimism and excitement about the weeks and months ahead. Training sessions in daylight, spring marathon season, the start of the RR10 series; there's much to look forward to!

Spring also feels like a good time to review what we do and experiment with new things. To this end, we're trialling a set of club-focused yoga and pilates sessions. We all understand that exercises that promote agility, balance and suppleness are good for us, but many of us know we should be doing more. Please consider taking advantage of this opportunity – at no cost – to boost core strength and resilience.

On the topic of experimentation, the session leaders have mixed up the Monday groups this month to test the option of having three led groups, rather than the two combined '1 & 2' and '3 & 4' groups. Did you take part in either of these sessions? If so, what did you think? Are there other ways in which we can improve what we do? I'm a great believer in trying new things – that way we can adopt the things that work and discard those that don't without regrets.

Talking of session leaders, we're recruiting! We would like to have leaders across all levels of prowess and speed. Training is provided. This is a great way of broadening your skillset and supporting your club. If you'd like to know more or think you might be interested, please have a chat with one of the current session leaders.

Happy running!

A handwritten signature in black ink, appearing to read 'VARK', with a stylized, sweeping flourish extending to the right.

Editor's Note

Welcome to the Spring edition of Relay. Spring is my favourite time of the year. The countryside is greening up and we can say goodbye to running round Romsey in the dark – no more Chambers of Horror hills! I'm sure that Steve and the other session leaders have some suitable alternatives planned.

It was great to see so many runners from the club at Eastleigh 10k last weekend. Our front cover shows Mark Judkins sprinting for the line, and later in the newsletter we have a race write up from Steve Geary's training group. I hope everyone who ran enjoyed it. Although it's not the most scenic of courses it's a well organised race and mostly flat, so we had a number of new PBs.

Later in this newsletter there's an appreciation of Ray Masters who died recently. I'm too new to the club to have known Ray, but he was clearly a much loved member of the club.

Spring is also marathon season, and good luck to all those running London or one of the other spring marathons. The annual club pasta party will be held on Wed 17th April at the Hunters Inn. It should be a great night, including the customary quiz. If you haven't already signed up please do – John Wheatley has sent round an email with details. I won't be able to be there but I do plan to be on the start line in London a few days later!

The CC6 season is now over, but the RR10 season starts later in April. There's a review of the CC6 season later in this newsletter. I hope to see lots of RRRs at the RR10 races this summer – we have the men's trophy to defend! All the dates are in the race calendar at the end of the newsletter.

.Nigel

Membership

Lauren Freestone & Joe Amber

A warm welcome to the club for Damien Harvey, Simon Williamson, Paul Cutbill, Tim Pitman, Jonathan Mellows, Lorraine Connor, Mark Adams, Isabelle Sumner, Izzy Thompson, Shaun Brown, Ross Stanton and Susie Blackburn

Damien Harvey

Hi I'm Damien, I joined the running club at the beginning of this year as I've recently moved to Downton, originally from Essex. I've been running for about 12 years now, and enjoy all distances and terrains and regularly compete in races from 5k up to half marathon.

I'm currently working towards my first marathon (Brighton) which is in 3 weeks, a tad nervous! But I enjoy the discipline and progression that comes with the training, looking forward to meeting more friendly faces at the club.



Shaun Murray-Brown



I returned to running in 2012, because a friend bet he could beat me in a marathon. As I formally ran in school I thought I better up my game and therefore joined a club (Tyne Bridge Harriers in Newcastle). I soon realised how much I loved running and have been doing it ever since.

I moved down to Southampton in 2015, and after a couple of injury-prone years and house moves joined City of Salisbury in 2017. I've run for them ever since, but recently realised I would like to try something new which led me to your wonderfully welcoming club.

My next race (and first in a RRR vest) is the Eastleigh 10k, then after that, I will probably aim for some fast 5ks (Westbury or Gosport maybe) over the summer and potentially a half in the autumn. I'd also like to sample the RR10s, although these seem to clash with my daughter's swimming lessons - maybe she'll have to miss the odd one!

Isabelle Sumner

I joined the running club in January and have really loved running with the group so far. I've been running for about 8 years but until now I hadn't run with a club as have moved around a lot. Since I am now based in Romsey, it's been lovely to be part of the club! It's so easy to get into a pattern of doing the same sort of running when running alone so it's been great to do a variety of training sessions with the group.

I've done one half marathon before but would love to do another and am keen to sign up for more races and especially try out more trail running!



Lorraine Connor

Since signing up in mid Jan I've achieved the main aim of increasing my level of fitness and also to meet new people along the way - thank you to those I've met so far, you've made me feel so welcome 😊

I continue to be motivated each week and at the very least aim to get some 10K's under my belt this year and who knows maybe even a cheeky half at some stage..I finished first in my age category for Parkrun a few years ago; maybe I'll get that title back one day!



Susie Blackburn



Hello, I'm Susie and thanks for welcoming me to your club. I started running after having my children and I joined Solent Running Sisters and completed their Couch to 5k. Since then I have completed a couple of half marathons including the London Landmarks (which I ran for charity as my son has kidney disease), The Great North (which should be renamed the Great North Queue!), Great South and even a Marathon (which I am still in shock about!).

However last year I completely lost my running mojo. Many friends have encouraged me (or nagged me!) to join Romsey Road Runners as it is friendly and local and I have really enjoyed the couple of Monday night sessions. I really struggle to fit running in due to work and being my kids uber driver, chef, personal assistant etc! You may see me running round Romsey with Pickles, the Jack Russell and 2 kids on their bikes - multi-tasking!

Simon Williamson

A new year, a new challenge. For those of you that know me, I love a challenge and if it involves running then all the better.

For those of you who don't know me here is a brief background. I took up running in 2013, when I decided to play less rugby. A marathon was on my bucket list and I completed my first one in September 2013. There were countless times during that first race when I thought 'what am I doing?' but like most foolish people who find themselves at the finish line of a marathon, I felt such a sense of achievement afterwards that I went straight ahead and booked the next one! The same thing happened again - weird I thought! After four marathons in four months this pattern started to settle and more than that, to feel sustainable. And so it was that 100in10 was born; my goal to run 100 different marathons in 10 years. In 2021 after 8 years I completed my 100th marathon at a very special event around Awbridge village. The village came together to help me celebrate for which I will be forever grateful. More importantly the challenge raised over £15,000 for Parkinson's UK, a charity very close to home. My mother was diagnosed some 25 years ago and she was on the finish line to celebrate with me.

So what happened next? We were in the midst of COVID and I was struggling with running motivation. One minute I was like a Duracell bunny with endless amounts of spare time, the next I couldn't motivate myself to get out of my chair. Also at that time I was feeling a little aimless as 100in10 was over. So, in February 2021 I decided to run 1km on the 1st, 2 on the 2nd, 3 on the 3rd and so on. As you can imagine this got a bit testing in the last week but was great fun all the same. Note February being a short month, clever right? Then the following month in March 2021 I ran with a different person each day of the month, any distance, any pace and any route. It was great to see so many different people especially as it was the time during COVID when we could only train with one other person (socially distanced of course). Not only was it nice to catch up with friends and family but we were staying active and I got to see some lovely new routes and trails.

Now onto to this year's challenge #syrun365. Following on from my last challenge I have decided to run with a different person every day of 2024. At the time of writing this I am currently on Day 77 (17th March 2023). I have not failed to date and have run with 77 lovely, chatty, interesting, kind, supportive people. I have been blown away by the support and willingness of my fellow runners and feel sure this will continue. I am happy to run or walk with anyone, any distance, any pace (if you're not too quick) and in any place (within reason). All I ask for is a selfie and a small donation for Parkinsons UK. I have managed to secure 8 of 12 sponsors for each month for which I am very grateful. The sponsors will give everyone a free running cap as a token of my, my mother's, Parkinson's UK and all Parkinson sufferers appreciation.

Please, please, please sign up here, you are all most welcome www.calendly.com/simonwilliamson/#syrun365. The link to my fundraising page is www.justgiving.com/simonjwilliamson. Together, we aim to raise another £15k in 1 year which took me 8 years to raise before. Looking forward to you being my run buddy at some point this year.



Best wishes
Sy

Remembering Ray Masters

Sadly Ray died recently. He was a much loved past member of the club who had been a great chairman and editor of the Relay magazine. His tales from the dentist's chair were legendary.

He loved distance races such as The Dorset Duddle, Purbeck plod and South Downs way.

Always charming and very funny with many jokes up his sleeve which involved much laughter. Many club members have messaged and shared their memories.

Aside from being active in the club, he arranged many 10ish mile walks along the Dorset coast. Pub stops included The Square and Compass at Worth Matravers and The Scott Arms at Kingston overlooking Corte Castle. The views and company were amazing. We also did walking trips to the lakes. Several of us braved Keswick youth hostel staying in single sex rooms. Ray and Diana chose wisely to stay in a B&B nearby and certainly got more sleep. One of Rays other loves was high altitude mountain climbing. He attempted Aconcagua (Andes) several times. He was often at club training with a weighted rucksack in preparation for these climbs.



Ray loved Farley Mount and often arranged weekend long club runs there. To this day the hill coming up to the track leading to the monument is fondly known as Ray's hill. Those of you that have done leg 3 of the Clarendon relay will know which hill I mean!

We will miss you Ray. RIP

Eastleigh 10K Training Program

Once again this year we decided to launch the Eastleigh 10k training program with a total of 13 signing up. Over the 10 weeks of training we concentrated firstly on Speed, Economy and then Endurance with homework runs throughout the week.

A total of 10 ran Eastleigh on Sunday with no less than 9 runners claiming a PB on the day. A special thanks to Ian for putting together this year's training plan and a big thank you and a massive well done to everyone who trained so hard over the 10 weeks.



Gemma Ingason

Through wind and rain, dark nights and cold evenings, Steve motivated us through the ten week training programme with enthusiasm, warmth and good humour. He artfully dodged all suggestions that we bunk off and go to the pub instead, and drove every runner in the group on to improving their time race day. We are very grateful to Steve and to the Road Runners.

Angela Milln

Not my first 10k but first time at Eastleigh and first time following the club 10k programme. Great motivator, which definitely kept me going through the winter months. Huge thanks to Steve (even though he refused to let us skip training and eat pizza)

Natalie Stacey

The 10k training programme was a perfect structure to not only increase our capability in distance but also in stamina, with new running techniques. In January I started with a pace of 7.07 per k and I was only able to run about 6k without walking for a bit. The end result of Steve's direction, support and encouragement I was able to achieve 6.02 per k and obtain a PB at both 5k and 10k on race day! The success of this program has driven me to sign up to several more 10ks to not only maintain but to increase my running distance with the Great South Run and my first half marathon in September.

CC6 & RR10

The 23/24 CC6 season kicked off in October 23 on a beautiful warm & sunny autumn day at Roundhill campsite near Brockenhurst. RRR were organisers that day, thanks to everyone who turned out to help. Of course the lovely weather couldn't last and as you'll remember the winter was very wet and the last race of the season at Itchen Valley was a real mudfest!

Congratulations to everyone who took part, and in particular to Jon Pillinger-Cork who was 4th male and 1st M40 for the series, to Hannah Shutt who was 4th lady and to Ray Webb who was 2nd M70.

The RR10 season starts on Wed 24th April at Fleming Park with race start at 1900 and continues with races roughly every couple of weeks until the final race on 21st August at IBM Hursley. We're the organising club for the final race so we can't run but we'll need lots of volunteers for marshalling etc. As a bonus I expect that the bar will be open, and hopefully Chandlers Ford, who will be helping us on the night, will provide food for the volunteers again.

I'd encourage everyone to run these races. They're free to enter for club members. You just need to register your parkrun id once via the RR10 website rr10.org.uk, and then turn up and wear a club vest or t-shirt. You also need to bring your parkrun athlete barcode, as we use the parkrun system to collate the results. There are 9 races that you can take part in, if you complete 6 you'll be included in the end of season rankings.

Note that from this season runners are not allowed to wear headphones – this is for safety to ensure that runners can hear any instructions from marshals.

Last year Matt Bennett was the men's champion and Romsey the top men's team – so we have some titles to defend!

Meet the RRR: Steven Melligan-Hart

Road shoes: Saucony Endorphin Speed 3

Trail shoes: Hoka Speedgoat 5

GPS Watch: Fenix 6 Pro

How long have you been running? On and off for a few years. Only recently have I started to take it seriously and to the next level.

Why did you start running? Stress Relief – from work, not the wife and kids

What do you like most about it? Running has many benefits for mind and body. It can improve your overall health, reduce health risks, while building self-esteem and community. Even a once weekly run can bring you the positive effects of running and you can always build the habit slowly.

When did you join RRR and why? Just over a year ago. To join a Community that helps to inspire and motivate me to continue running.

What has been your best running experience to date? I would have to say my recent 50k Ultra, this showed that you can do more than you realise, if you put your mind to it and be willing to listen and follow advice, others experience and a well thought-out training plan.

Describe your worst running experience ? Deciding the the London landmarks half marathon was a good idea the morning after a stag. Still managed a 1:50 but I was ill for days after.

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

Any tips for a new runner? understand and practice the 8 basic running types - Recovery, base, long, progression, fartlek, hill repeats, tempo and intervals.

Trail or road? I'm loving the trails

Gel or real food? Gel (High5)

Marathon or 10k? 10k , I have never actually ran a marathon race.....yet

Sports drink or water? Water, however the recent introduction to tailwind has been a game changer in my longer runs.

What question would you ask the next 'Meet the RRR'? What athlete inspires you and why.

Good one! What would your answer be? Damian Hall, because He did his first half marathon in 2011, his first ultra a year later, and has since set record times for top UK trails the Paddy Buckley Round, the South West Coast Path and the Cape Wrath Trail. He has done four UTMBs, won the Ice Ultra and was second at the Mozart 100 in 2018 and won the Ultra Tour Monte Rosa, RAT and Ultimate Trails 55K last year

RRR Race Diary

April 2024

6th April

Test Way Ultra

40 mile and 50 mile options

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

21st April

London Marathon

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

24th April

RR10 Fleming Park

1st race of 2024 season, just turn up with a club vest and your parkrun barcode and join in the fun!

May 2024

8th May

RR10 Itchen Valley Country Park

12th May

Alton 10 miles

Another HRRRL race

19th May

Romsey Relay Marathon

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

22nd May

RR10 River Hamble Country Park

June 2024

5th June

RR10 Badger Farm

8/9th June

Isle of Wight Festival of Running

Tapnell 10 k on Sat 8th, Needles Half Marathon Sun 9th

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

12th June

RR10 Ampfield Woods

23rd June

Exbury Gardens 10k

Free entry to the gardens included !

26th June

RR10 Marwell

July 2024

6th July

Charmouth Challenge

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

7th July

Lordshill 10k

10th July

RR10 River Hamble Country Park

24th July

RR10 Wide Lane

August 2024

7th August

RR10 Cadland Estate

21st August

RR10 IBM Hursley

Our race, so marshalling rather than running

September 2024

24th September

Overton 5 miles

First HRRL race of the season

29th September

CC6 Itchen Valley Country park

First race of the 24/25 season

October 2024

6th October

Clarendon Marathon

Very popular with RRR (and my favourite race of the year). Marathon, Half Marathon 5 mile and relay options, mostly trails

Solent Half Marathon

Road Half Marathon from Hardley to Exbury, Lepe and back

13th October

CC6 Roundhill campsite Brockenhurst

Our race to organise, volunteers will be needed!

27th October

New Forest 10 mile

November 2024

3rd November

Hayling 10 miles

10th November

CC6 Holmsley campsite

17th November

Gosport Half Marathon

HRRRL race, fast course as long as not a gale!

24th November

Boscombe 10k

December 2024

1st December

Victory 5 miles (North Harbour Cosham)

8th December

CC6 Race 4, venue tbd

Results

Jan 2024

Polar Night Half Marathon Tromso

Lottie Budd 2:41:00

Stubbington 10k

Andy Brown 41:09
Hayley Weston 41:44
Elizabeth Prinsep 43:20 1st AG PB!
James Byrne 46:41 PB!
Paul Burnage 49:06

Southampton Common 10k

Alice Lane 49:04

CTS Marathon Cornwall

Alice Lane 6:43:04

Lisbon Half Marathon

Em Gordon 1:55:00

George Skeates Run

James Byrne 1:07:00
Julia Abab 1:27:00
Karen Keane 1:35:00
Ann Duigan 1:35:00
Derek Kelly 1:37:00

Winchester Trail Half Marathon

Tim Parker 1:31:53
John Wheatley 1:33:02
Steve Melligan-Hart 1:40:55
Alice Lane 2:01:55
Lin Windsor 2:33:20

Romsey 5 Miles

David Morrison 0:31:01
Joe Amber 0:31:03
John Wheatley 0:31:45
Sam Weston 0:32:11
Hayley Weston 0:32:36 3rd !
Tom Russell 0:33:25
Nigel Hemsted 0:35:13
Dave Gardner 0:35:28
Keith Morris 0:38:03
Mark Judkins 0:39:01
Lauren Freestone 0:41:42
Helen Cox 0:46:50
Emma Way 0:47:16
Brenda Topliss 0:49:56 3rd AG
Angela Milln 0:50:47

Jess Steinborn-Busse 0:51:03
Jessie Hughes 0:52:51
Gemma Ingason 0:54:39

Farnborough Half Marathon

Elizabeth Prinsep 1:35:59

Seville Half Marathon

Steve Geary 1:31:56 PB

Stonehenge Stomp Marathon

Tam Ryan 4:31:35

Watford Half Marathon

Nikki Baptista 1:55:40

Ryde 10 Mile

Sam Hoyles 1:28:33

Goodwood Half Marathon

Sam Hoyles 1:52:04

Victoria Park Half Marathon

Steve Melligan-Hart 1:24:11

Punchbowl 30 miles

Tam Ryan 6:20:00
Sue Sleath 6:20:00

Punchbowl Marathon

Alice Lane 6:09:00

Winchester 10k

Tom Russell 43:32
Alice Lane 49:56
Mark Judkins 50:52
Helen Cox 58:14

Portsmouth Coastal Half Marathon

Lottie Budd 2:28:00

Brighton Half Marathon

Alice Lane 1:48:01
Lottie Budd 2:16:54

Wokingham Half Marathon

David Morrison 1:23:37

Big Mud 16 miles

Penny Overy 3:42:11
Lin Windsor 3:42:14 2nd AG

London Winter Run 10k

Hayley Weston	38:54 2 nd 0:38:54
Sam Weston	39:42 PB

Exeter 10k

Elizabeth Prinsep	43:52
-------------------	-------

Up on the Downs 10k

Jon Pillinger-Cork	46:13 5 th
--------------------	-----------------------

Up on the Downs Half Marathon

Alice Lane	2:33:11
------------	---------

Thames Meander Half Marathon

Lottie Budd	2:28:19
-------------	---------

Maverick Long Trail Race

Alice Lane	2:31:51
------------	---------

Centurion 100 Hills 50k

Hannah Shutt	5:01:08 4 th
Ian Ralph	5:20:16
Steve Melligan-Hart	5:28:27
Susie Parker	6:56:08

Salisbury 10 miles

Matt Bennett	57:29
Mark Stileman	1:01:22
Neil Jennings	1:08:19
Elizabeth Prinsep	1:12:03 PB
Duncan Macdonald	1:16:07
Keith Morris	1:19:33

Grizzly Cub

John Horton	1:38:58
-------------	---------

Weymouth Half

Alice Lane	1:50:52 3 rd AG
------------	----------------------------

Bath Half Marathon

Lottie Budd	2:22:07
-------------	---------

Great Welsh Marathon

Hayley Weston	3:07:24 1 st !
---------------	---------------------------

QE Country Park Trail Half

Penny Overy	2:32:00
-------------	---------

Ox 'n Wood 20 miles

John Wheatley	2:51:10 2 nd
Nigel Hemsted	3:32:07

Fleet Half Marathon

David Morrison	1:21:00
----------------	---------

LDWA Cerne Giant 33k

Em Gordon	4:19:09
-----------	---------

LDWA 50k

Tam Ryan	7:16:01
----------	---------

Eastleigh 10k

Alex Prinsep	33:43 PB!
Alex Young	33:56
Shaun Murray-Brown	34:23
John Wheatley	38:11
Amanda Hull	39:12 4 th AG
Andy Brown	42:46
Elizabeth Prinsep	42:52 PB! 4 th AG
Neil Jennings	43:11
Duncan Macdonald	43:22 PB!
Nigel Hemsted	44:15 4 th AG
Dave Gardner	44:37
Keith Morris	47:15
Keith Mack	47:35
Ian Lewis	48:00
Mark Judkins	49:42
Ray Webb	50:26 5 th AG
Diane Thompson	54:22
Heidi Godfrey	56:43
Angela Milln	59:07
Lottie Budd	1:00:16
Natalie Stacey	1:00:32
Jess Steinborn-Busse	1:01:09
Joanna Puttick	1:04:46
Lin Webb	1:05:04
Gemma Ingason	1:06:38
Jessie Hughes	1:07:13
Julie Cooke	1:09:47
Frances Cubbon	1:12:48