

# RELAY

## SUMMER 2024



## Note from the Chair

Summer has finally arrived! For many of us this is a blessing with a sting in the tail... it's wonderful to have extended daylight and to enjoy hanging out with friends without freezing up after a run... however, running in the heat can range from being a bit tough to being a real hazard. I know from experience how racing in hot weather can knock you sideways and harm your system. Please look after yourself and don't put yourself in danger.

As ever, this year's Beer Race was a fantastic event which I feel represents the very best of what we can achieve together as a club. The level of warmth and pleasure the event creates is remarkable. One chap told me 'this is the last race that I want to do', and then explained 'when I'm old and having to retire from running, this is the race I want to keep doing after all others'. What an accolade! Much kudos to Steve M-H and the organising committee for the professional organisation, especially in the face of the usual car park field becoming unavailable.

When summer turns to autumn, we'll be starting to think about the AGM and committee roles. After four years as club chair I'll be standing down. Please think about whether you might be interested in serving in this role. I'd be delighted to have a chat if you would like to know more.

Happy running!



## Editor's Note

Welcome to the Summer edition of Relay. I hope you're all enjoying the summer weather. It's not ideal for running but better than a cold rainy winter's day!

This month we're celebrating some amazing achievements from our ultra runners. I hope you enjoy reading Hannah and Matt's accounts of their recent adventures.

We're also now half way through the RR10 season. Our cover picture shows some of our runners at the last event at Marwell. It's been great to see lots of RRRs at the races. If you haven't run yet there are still a few races left and a chance to sample the atmosphere. There are runners of all abilities taking part and the races are great fun. All you need to do is to register (once) using your parkrun id at [rr10.org.uk/register](http://rr10.org.uk/register) and then turn up wearing a club vest or t-shirt – and also bring your parkrun barcode for scanning at the finish.

The last race of the season is on Wed 21<sup>st</sup> August at IBM Hursley. We're organising club that night so can't run, but we'll need lots of volunteers to help out. Please make a note in your diaries, I'll be collecting names of volunteers shortly.

Another date for your dairies is the Mile of Miles on Wed 14<sup>th</sup> August. This is an extra from the RR10 season. Relay teams of 10 runners from each of the RR10 clubs each running 4 laps of the track – about a mile. Elizabeth Prinsep is organising the 2 Romsey teams, so let her know if you'd like to join in.

At the AGM later this year there will be awards for the best runners in the club pentathlon competition. See the article later in this newsletter for details. If there are any of your performances missing please send them in to [results@romseyroadrunners.co.uk](mailto:results@romseyroadrunners.co.uk)

.Nigel

# Membership

Lauren Freestone & Joe Amber

A warm welcome to the club for Curtis Badley, Sarah Osborne, Emily Ford, Jonathan Griffiths, Marcie Perrow, Jelena Grbic, Wendy Brent, Nick Lupton, Andrew Whittingham, Charlotte Jones and Milly Stevenson.

## Nick Lupton

Hello and thanks for welcoming me into the club. I started running during the pandemic and haven't really stopped. Last year I completed my first long distance run, the Great South Run (picture borrowed from there) and impressed myself with finishing in 1:21:16 and would like to shave a few minutes off that time, somewhere between the 1 hour 15 and 1 hour 20 mark would be great.



I'm a fan of running and volunteering at Ganger Farm parkrun and it was through that I joined. I saw Nigel pulling out early due to an injury and was chatting with him after and volunteered myself to take his place in team 2 for the Romsey relay. Not only did I shave off 1:17 from my pb, the team managed to finish 4th overall! When I joined I did have a target to get sub 23:00 at parkrun and after two training sessions I got a new pb at 22:31, testament to the great training sessions. I've got my eye on sub 22 now.

## Curtis Badley



Thank you for the warm welcome so far. I've been running since 2017 and am really enjoying the structured training sessions since joining RRR which are definitely making me work harder than I'm used to.

I've done four marathons so far and am aiming for a fast time in the French Riviera Marathon (Nice to Cannes) this autumn. I've also got the Weymouth 70.3 Ironman to look forward to, so I am trying to balance my run training with the other two disciplines.

Looking forward to meeting you if I haven't already.

## Charlotte Jones

I'm Charlotte. I grew up in Romsey, moved away to go to university and stayed away for about a decade before moving back a few years ago- clearly missed Romsey too much!



I teach in a local secondary school, enjoy anything active and outside. My main sport is hockey, but am interested in getting more into running. I love running in the forest with my Labrador, Meg, and, on a whim I have entered the New Forest half in September (Meg not invited on that particular run!).



I'm looking forward to getting some variety in running training and some much needed advice from more experienced and wiser runners than I!

## SDW100 Reflections

Matt Hammerton

'...this is longer than he's used to, but he has serious speed over technical and mountainous terrain. Will it convert here....'. This quote by James Elson, the race director, sums my situation up well.

I'm a hundred-mile newbie - this is uncharted territory. Yet training had gone as well as could be expected, I knew the route inside out, the intricacies of hydration, fuelling and temperature regulation had been thoroughly thought through and planned (thanks mainly to Coach Koop) and I had a fantastic team of crew and pacers who gave me huge confidence for achieving the task ahead. Additionally, the mental boost of undertaking something greater: Supporting Trinity Winchester and kick starting an activity group, would help drive me forward when the legs didn't play ball.

The outcome goal of Sub16 SDW formed the name of the group chat. Yet, several months before the event, I discussed the riskier goal of running a sub 15-hour race with Ian and this is what we planned for. With the crews help, we planned the logistics of such a task.

The final few weeks were more nervous than usual. This was bigger than one person running a race. There were niggles galore! From knee pain to calf cramp to completely random niggles. They all came and went and tested my mental resolve. It was only par for the course. Emma, my wife, was a huge support, not just in calming those nerves but quietly dealing with all the other aspects of life to allow me to selfishly pursue this goal.

Race day came and my body seemed able to function. Ian's super planning ability meant that all I needed to do was get into the van with Ian and Hannah at 4:30am to be driven to the start. We picked up a bit of a legend, Ken Fancett, at Winchester. He was a 70+ year old 100-mile veteran starting his 104th 100 miler (of which he had only ever DNF'd on one). He was planning on walking the 4 miles to the start but gratefully accepted a lift. Keen to explore the treasure trove of knowledge Ken had, 'Any tips?' I enquired. 'Miles 35 to 45 can be tricky' came back the reply. He was certainly right there!

The 6am start was uneventful. Matterley bowl was gorgeous, draped in early morning sun, casting long shadows on the hay bales in the centre. The plan was to run within myself for the first 50 miles concentrating on hydration and fuelling. I set off on the three laps of the bowl, running easy, trying to hold back and let others go.

I continued this for the first 10 miles but my splits were still too fast. I consciously sat off a 9-strong pack containing Dan Lawson, the eventual winner. Yet, they weren't moving away and on the climb up and along to Butser Hill, the group splintered with runners dropping off. As I approached the Queen Elizabeth checkpoint, at 22 miles, I had passed several of the group while still ticking along.



It was great to meet Ian and Hannah at this point and practice our first 'pit stop'. We planned to undertake 10 pit stops of less than 60 seconds, getting food and fuel on board along with key tasks. It seems to work well and I managed to stuff a rice ball down my throat – not a particularly pleasant view for the camera guy filming.



Moving between QECP and Harting Downs, I passed a couple more runners including Jez Bragg, past winner of UTMB – I never thought I would be saying a statement like that 😊. I then latched onto the coat tails of Dan where we ran most of the next two legs together, through Cocking and onto Houghton at 45 miles. We passed Dave Phillips, winner of the Northern Traverse and Summer Spine around Cocking and then started thinking about who was ahead.

Dan was so chilled and down to earth, willing to chat and share his wealth of experience. *'Just run the first 60-70 miles within yourself'* came the advice. However, while 100

miles for Dan was a very normalised process, having run far longer many times. For me, this was a seemingly impossible task that needed to be made possible. As we ran past 40 miles, I was aware I was dancing on the wrong side of the line for a finish trajectory. Hydration and fuelling were dipping, I was starting to get some gut stress and have fleeting doubtful thoughts around my ability to finish. I needed to slow down and let Dan go. I excused myself (read *'I just need to pop to the toilet, I'll catch you up'* and dashed into the bushes to relieve myself). The pace dropped and I concentrated on getting to the next crew station.

This 'pit stop' at Houghton was critical. Ian and Hannah instantly knew this stop needed to be a little longer. They vocalised this and set about making sure food and fluid was going in and I was in the moment with an achievable target ahead. A rice ball, some coke, a new ice bandana and the target of getting to 50 miles, my next pit stop and the start of the pacing section, made all the difference.

On hitting 50 miles, two crew became three, with Sue joining the team. By now, they were super slick. Ian sorted my fuelling and bandana, Hannah swopped my bottles and Sue provided me with coke. There were also a few carefully chosen words to motivate for the next step of the journey. It all worked so well. They were fantastic and critical to succeeding. It was by no means a simple task given the number of pit stops, limited time between stops and preparation needed for both crewing and pacing.

Having Mark join as a pacer at this point was a huge boost. He had the unenviable task of getting me through the next 20 miles, providing distraction, encouraging drinking and eating, maintaining the pace and opening as many of the 100+ gates along the way as possible. Yet, it was also fantastic to share this experience with him. Mark set about recounting his Southwest Coastal Path expedition which provided a great distraction but don't ask me to recount the details! We whizzed past the big Washington Aid station at 54 miles, touching the village hall wall before turning to run back up the hill we had just come down and onto the main climb.

Ascending the climb was hugely helped by knowing that I would see Emm and the kids, Eloise, Harry and Abi along the way. This was around mile 56 and in true style, the kids highlighted how close they were to not making it as Mum pulled off some impressive driving skills!

Shortly after seeing the family, we hit the top of the hill and the Iron Age Fort, Chanctonbury Ring. This marked the start of a 13-mile section of more undulations than big climbs. While I was still living a delicate balance with the gut feeling particularly bruised on the downhill and the muscles on the uphill, with Mark's help, I was maintaining pace and more importantly, a positive outlook. The tide had turned. We even got to run past the Gladiator sequel film set at Devil's Dyke on our way to finishing Mark's stint.

This got me to Clayton Windmills and mile 70, a key target in my mind. A switch of pacer, 30 miles to go and four big climbs made the finish even more likely. It was also very poignant for me as I had crewed Ian from this point several years earlier onto his epic 100-mile achievement in blistering hot conditions.



Ian was really upbeat with plenty to keep me distracted with and a keen eye on being in the moment and tackling things before they became a problem. Distraction, motivation, careful persuasion was the aim of the game. Motivation was further bolstered by passing, TeamGB 24-hour runner and 5th place, Rob Payne, who was going through his own dark patch at about 74 miles.

Running along the top of the Downs was super special with inspiring views every which way you looked. As we turned off the ridge at 75 miles, you were hit by the incredible views of the Downs ahead. The next 12 miles were neatly

laid out in front of you with all the twists and turns and undulations plain to see. It was easy to get ahead of yourself here and Ian was quick to get me back in the moment.

We dropped down to Hounsdean Farm and an official aid station. This was much needed as, by now, solid food intake was minimal and Gu gels had become my most favoured possession. I was able to pick up two gels from there and get one down in preparation for the 1st of the four climbs. This is where Ian's persuasion came to the fore, as he challenged me to run the flatter sections of the climb. The challenge paid off and I was able to run over half the climb to hit the long flat and down into Southease.

The climb out of Southease was similarly tackled spurred on by the jaw dropping panorama. Ian's pacing time was now coming to an end. I know he would have dearly loved to have continued to the finish and could have quite easily done this. But equally, he knew a switch of pacer provided a necessary change in distraction for me and a way of further breaking down this seemingly impossible task into manageable chunks.

At 86 miles, it was then Hannah job to get me over the line. She efficiently transitioned from crew to pacer. Just two more hills to go. Gels were still being consumed and fluid drunk and the running was still going surprisingly well. Hannah energetically discussed everything that had been going on as well as some dubious tactics she had observed with other crews!

The sun was becoming low in the sky and this was making for a dramatic backdrop to the final miles. We knew the penultimate climb out of Alfriston was long and steep and important to maintain my pace up. This was spurred on by nuggets of information on 5th place and distance to go. This was shorter than I had expected due to my watch under-reading. Glad it was this way round, it focussed my mind on whether a sub-15 was still possible. I crested this climb with a healthy margin on next place and a need to pee – credit to my crew – peeing at 92 miles was a sure sign they had blitzed the hydration strategy of 500mls an hour.



The final climb was upon us in no time and the parent-child transaction discourse was in full swing. I was being told in no uncertain terms what I needed to do - eat this, run up this...the marshal we passed laughed. It worked though, and I managed to run up the majority of the last hill to hit the trig point and witness Eastbourne ahead and 2.5 miles to go.

Realising the sub15-hour time had slipped from my grasp, I was still determined to push the final few miles. The narrow off-road gully down into Eastbourne prohibited opening up but once we hit the tarmac road, the 4:30minute kilometres returned, and nothing could stop us. Having said that, any rise was bringing on feelings of being about to faint, but this was short lived. No sooner had we been pounding the pavements, than the track came into view along



with the rest of the crew. What a pleasure and a relief to be on the last 300m with the end in sight. All pain in the legs disappeared and I set about savouring our achievement driving through the finish gantry and into huge hugs with the whole team. 15:04:40, 4th overall, top 10 fastest time on this course and 1st V40 . *'He did convert here!'*

I can honestly say, I would not have done this without this team. They made it happen. They made the seemingly impossible, possible. It was such an emotional moment, considering all the sacrifices that Emm, the kids, the crew and pacers had made along with the support from work colleagues, family and friends. I was and am super happy! Equally, the huge number of volunteers and Centurion Running Team was humbling. An incredibly well-run event with a brilliant ethos for British ultrarunning.



And so, from one challenge to the next. I've been super inspired by the huge generosity of others with over £1300 of sponsorship going towards Trinity Winchester to support health and wellbeing through exercise and activity. Moving medicine is a magic pill and one that is desperately needed with our homeless and vulnerable community. We all have our seemingly impossible tasks and barriers. The hope is that these can be overcome with a little bit of incentivised support. Let's see where this goes.

# Ultra Trail Snowdonia-

Hannah Shutt

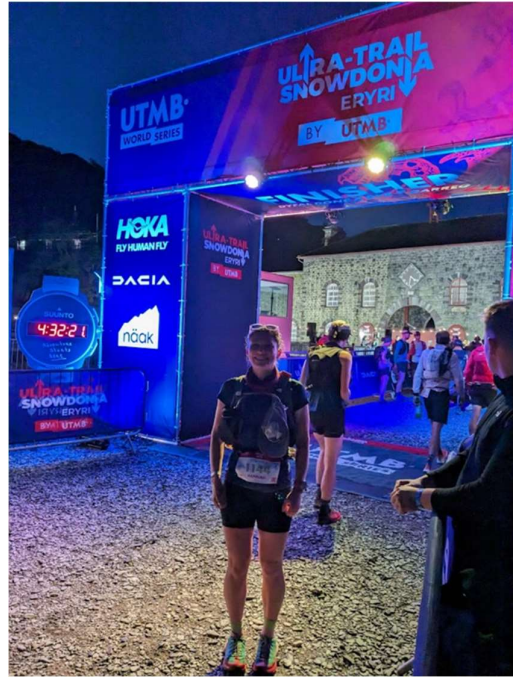
- 11th May, 4:45am start, 12th May 1:58am finish.
- 10th female. 96th overall. 3rd in age category. 21:13:23.
- 715 starters, 431 finishers.
- 103.76km, 6503m elevation

I woke at 2 am after struggling to sleep until about 11 pm, knowing I needed to be ready to leave by 3:30 am. By 3 am, I gave up trying to sleep, put the kettle on, and worked my way through my meticulous list of 'things to do before I leave.' This was the most organised I've ever been for a race. Everything about it scared me, so I think I was trying to control what I could. I had a coffee and made some porridge to eat on the way there, unappealing but I knew I needed to eat something (a theme that continues throughout the day).

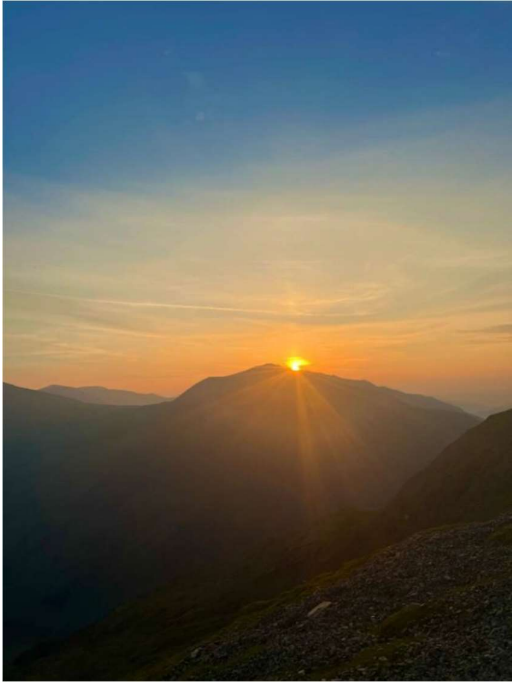
Aaron drove me to the Slate Museum, and we got parked up with no problems. We walked towards the start area, and I was more nervous than I've ever been before a race, but I had a successful all-important pre-race toilet visit, which was a good start at least. I ended up walking under the start/finish arch to the start line and found myself in the front few rows but decided to be sensible and move back to avoid a nervous dash in the first few km and the blowing up before I even reached the Llanberis path.

The UTMB atmosphere was a bit overwhelming, and I've realised I enjoy the low-key race vibe more. The hyped emotive music played at the start wasn't what I needed, and I had to really block it out to stop my emotions getting the better of me before we even set off.

And then we began. As always, the atmosphere, springy legs fresh out of taper, and all the excitement make it hard to not go out too fast, but I was pretty reserved and just stayed focused on my own rhythm and race, trying to ignore everyone around me. A wise running friend, Matt, had told me to 'feel sorry for the people that sprint off as they are probably going to suffer later,' so I tried to remember that. So a steady jog out of Llanberis, and we were soon climbing the path up Snowdon.







Seeing sunrise over Snowdon was very special. The atmosphere amongst runners was one of quiet trepidation of what was to come, so it all felt quite tense on that first climb. The silence apart from the clatter of poles on the gravel made it hard to not think about the distance that was to come. I tried to stay focused on the climb and the first checkpoint, which was going to be my strategy for the race. Break it down. Even the impossible is possible if you break it down into possible chunks.

Up and over Snowdon, we started the descent down the Pyg track to the first checkpoint. This was the only part of the course I hadn't recce'd, and it was quite a lot more technical than I'd anticipated. And busier, despite it being around 6 am. A lot of apologising and thanking walkers later, I got to the first checkpoint, speedily refilled my bottles, and began the ascent up to Glyder Fawr. I had my second bit of food and plodded up, pleased it was significantly less boggy than the recce, and well marked. I started thinking the race would be much easier than the recces I had done considering the conditions and the waymarking, and my confidence grew. Then I remembered that when I recce'd this last section I fell twice and whacked my shin

on a gate, so I decided the next mission was to get through this section with unbruised shins, which seemed like a reasonable ambition! Making my way down Devil's Kitchen, where I had previously fallen, it was much easier with the dry rock, and I was pleased that my trainers, Merrell Agility Peak 5, were sticking well to the rocks and dealing well with loose gravel. I flippin' love these shoes; they perform so well on all different terrain.

Coming down out of Devil's Kitchen, I got chatting to another female runner, and as is often the case, conversations get meaningful very quickly. We were sharing our experiences of training for these sorts of events while juggling kids and counselling each other out of feeling mum guilt today and allowing ourselves to embrace and enjoy the experience.

After we'd run past Llyn Idwal, we turned to head up around Tryfan. I had my poles away as I was eating and found I was moving much quicker on the technical uphill terrain without them and got a bit frustrated being stuck behind runners on the ascent and found myself skirting around people just to keep my rhythm. It was good to be feeling fresh on that climb that I had found daunting in the recce.

I met Olivia at the top who chirpily said 'another lady!' as I approached her; we were few and far between in that pack. We were chatting on the descent towards the checkpoint, both excited to see our supporters there. Aaron would be waiting with my flasks and smash potato, which was actually quite appealing, despite it being around 9 am! He was very efficient when I arrived; clearly, my two sides of A4 instructions had worked, and quickly swapped over my flasks and had my food ready and got me set up with my cap as the sun was getting hotter now. He did seem to forget the 'rub my shoulders' whilst I'm eating bit of my instructions, but I'll let him off!

I kissed and waved him off and started the (relatively!) gentler ascent up to Carnedd Dafydd. I was feeling good, well-hydrated, and knew I had some beautiful ridge running to come in the next section. But I was also daunted at the length until the next checkpoint and knew I needed to hydrate and fuel well. Some bits along this section were quite



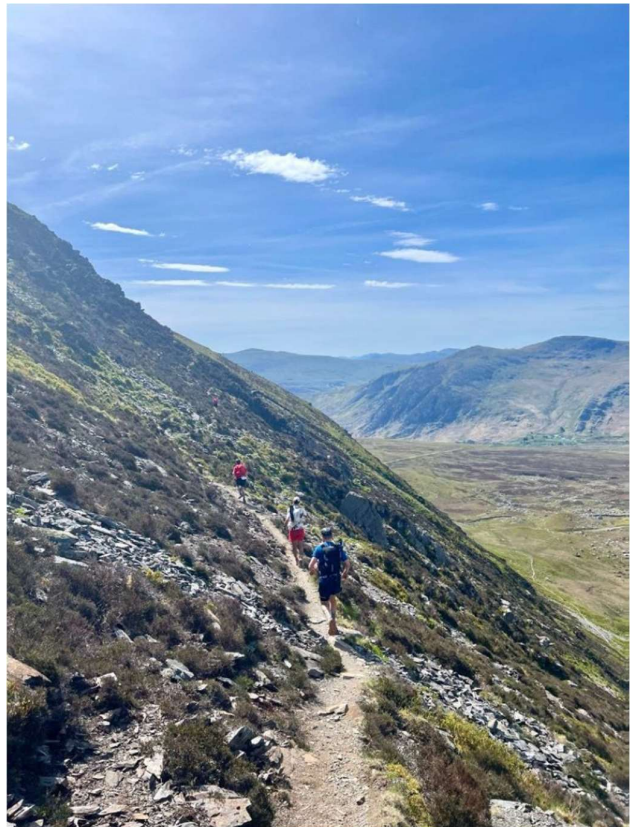
technical, and there was some scrambling. I did have to give myself a solid talking-to around Carnedd Llewelyn, but a friendly runner helped me find a round down off the rocks, and I did my usual post-adrenaline rush scream, which seems to get it out of my system!

As we ran down towards the farm and then joined the canal path, I was feeling confident about the next section and looking forward to seeing Kathryn, a mountain guide I had spent the day with earlier in the year, at the water checkpoint. But the sun was really getting hot now, and I was conscious I needed to keep drinking plenty and dipping my cap in every available stream. As we turned the corner to start the short descent to Llyn Cowlyd Reservoir, I thought I must have been hallucinating as there were two lads there with ICE! I have no idea how they got there; there are no roads nearby. So I quickly confirmed they were real and I hadn't lost it so early on in the race, and then fashioned an ice neckerchief with my buff and a hair bobble (was quite chuffed with myself for that ingenuity!) and it felt absolutely amazing to run with that coolness as we entered the hot bowl of the reservoir. I plodded along, having a lovely chat with Frederick and his friend, who were hitting a bit of a low, so we tried to distract each other and focus on getting to the water tent. Another quick stop there, lovely to see Kathryn and give her a hug (she probably didn't want that, very sweaty at this point), and then started the short climb out of Creigiau Gleision where I bumped into Tom who was staying at the same campsite as me. It was great to chat with him, and we ran together most of the way to the next checkpoint. I had rather overconfidently told him there wouldn't be much bog on the route, so he was pretty miffed with me when we had to navigate through quite a lot of bog in the forest, but I did say it was all relative and I had been in up to my thighs a few weeks before, so we should be grateful it was only ankle deep!

We made it down into Capel Curig to the next checkpoint, and I wasn't in a great way in terms of being able to eat, which was the start of the onwards food/sickness battle for the rest of the race. I was temporarily distracted from this by seeing Nick who I had chatted to on the bus a few days ago who came into the checkpoint just after me and warmly said hello before turning to the hall, loudly asking if anyone had any chaff cream, happily taking a scoop of a fellow runners 'nut butter', and then proceeded to rub it into his privates whilst staring vacantly into the rest of the room. I didn't see him again after that, but I saw he finished in under 20 hours so it clearly worked for him! The nausea at this point was strong, I am still not entirely sure what the cause was, did I eat too much in the first few hours, overly worried about under-fuelling, was it the heat, the type of food? All things to play around with and consider, but I didn't know what I wanted to eat. I had a bag of crisps and some orange slices, but in hindsight, that wasn't anywhere near enough to fuel me for the next big climb up Moel Siabod. Anyway, I made it up at a fair pace surrounded by some other guys so we kept each other in a good rhythm. Up and over the top, it was a nice spongy grassy descent, but I did have to do some metronomic counting to get my legs to start running downhill. I'd tell myself, you're going to count to 1000, and then you can walk a bit, but then normally would either lose count or forget or decide I felt OK, so managed to run most of the way down and into the next checkpoint.



At Gwastadannas Farm checkpoint, I decided that savoury was what I wanted. The volunteers were absolutely amazing, and nothing was too much effort. They gave me some magical soup with carbs and lots of salt, and it tasted great and hit the spot. I had a mug of that and made sure I had some crisps and a bar accessible and then headed off. Running along the valley felt OK; it was nice to know the route and what was to come, but the closer we got to the foot of Snowdon, the more daunted I felt by what was to come, and the sicker I felt as well. By this point, I hadn't eaten anywhere near enough over the last few hours, and I now couldn't face eating anything at all, so it was going to be a very long slog to the top of Snowdon. It was just before we hit the Cambrian way that I started my full-blown pity party. I wasn't sure I was going to be able to finish, I felt really rough, and I was really, really angry that Snowdon was such a high mountain. All of this bottled up inside, I decided I needed to let it out. Conveniently, two young people were descending Snowdon blaring dance music out of a loudspeaker, so I, quite out of character, gave them a real telling off, letting them know how disrespectful it was, that people came to the mountains to enjoy peace and quiet and if they wanted a rave, they could get off the mountain. The lad smirked and shrugged his shoulders at me, clearly didn't give a hoot, but I felt much better for letting out my frustration!



And so the descent of Snowdon began, and as I was declining in terms of elevation, so was my mood. As much as I tried to get into a running rhythm, trying to channel the enthusiasm I had had just a few weeks earlier when I was descending Snowdon in the hail yet feeling on top of the world, I just felt totally empty and sick and could achieve little more than a shuffle down the mountain. I tried to take some encouragement that I was still overtaking groups of walkers, so I must have been moving at an OK speed, but it felt glacial and like I would never reach the bottom. Whenever I tried to start running, my stomach couldn't cope with the motion, so I had to revert back to the shuffle. I was hanging on to knowing I would see Aaron at the bottom, and I had promised myself a 5-minute power nap at the checkpoint and also a chance to change my socks as I now had a small collection of tiny stones moving around inside my shoe which was really pissing me off! I was using all my energy to try to keep a semi-positive attitude, and then with about 2 km to go to the checkpoint, my body decided that it was a good time for my period to start which absolutely pushed me over the edge. Sorry to anyone who is reading this that thinks it is too much information, but quite frankly, I think there should be more honesty about the realities of what women have to juggle in sport. I knew it was due but was hoping it might hold off till after the race, but alas. I am now fairly sure that was a major contributor my highly emotional state and also a much lower pain threshold than I usually experience. So, that happening sort



of pushed me over the edge into a sobbing mess, when I ran past the fantastic Margot, the partner of another runner who had been at various points along the course cheering him on and always cheering me, saying “go on Hannah, you are amazing”. She was an absolute legend and dealt with my oversharing sob with no drama, giving me a tissue, telling me of course I could still finish, and that I was superwoman. Just the sort of encouragement I needed, and I ran off (still crying!) but telling myself I was going to finish for all women who have to put up with this crap!! I rolled into the next checkpoint, and the next 10 minutes were a very sorry situation for Aaron and Alice (a fellow Romsey Runner who was volunteering at the checkpoint- legend) to deal with. Aaron changed my socks, fed me some potato and soup, filled my bottles, and let me sleep for 2 minutes. I then shuffled out the tent shouting to Aaron “I love you, but you didn’t even rub my shoulders, but I do love you, I’m going to finish this \*\*\*\*\* race”.

To be completely honest, I don’t remember much of the next climb up Mynydd Mawr. I remember having a wee and celebrating that my kidneys were clearly still functioning, and getting my head torch sorted ready to embrace the nighttime hours and counting into the thousands to distract me whilst trying to “run” down the next checkpoint. I arrived into Betws Garmon like a zombie, plonked myself down on a chair, and stared vacantly at nothing. Yet more amazing volunteers filled my water, I managed to eat a bit of watermelon, and after asking how much further it was to go, one of the volunteers kindly but bluntly said the only way to the finish was to get out the tent and get moving. So I did, without really thinking too much about it. It was OK underfoot as I headed through the fields out of Betws Garmon, which was a relief as when I had reced that section I had got lost several times and ended up in horrendous bog. I made it through the forest and then got overtaken by another female runner. I was so focused on just being able to finish I was totally over what position I was going to come in by this point, so we had a nice chat (the contents of which I can’t recall at all!) and then she powered off. It was inspirational to see how well some people were still moving at this point of the race, and if anything could possibly make me want to do it again, it would be to see if I could get closer to the end and still be moving that well. She powered off up Moel Eilio, and I trudged up behind, occasionally having a little lie down on the grass for a minute or so before telling myself to get my ass up off the floor and get moving! It felt like it took an age to get down off that peak, but I made it onto the Ranger Path and knew I was on the home stretch to Llanberis.

Now, I had visualised this stage of the race many, many times and was certain I was going to push through all my pain and run a 5k personal best into the town. What a fool I was!! The sick feeling was pretty overwhelming by this point, so the shuffle continued, interspersed with walking, and I made slow but constant progress towards the town. My watch ran out of battery with about 3 km to go, which was a bit of a bummer, but by this point, I really didn’t care! I debated rolling down the really steep road into Llanberis, and I imagined what it would be like to be wearing those shoes with wheels hidden in the soles. But concluded they wouldn’t have been that practical for the first 100k of the race. I made it into town and was saying quite loudly out loud (like a crazy woman) “I don’t want to keep running, but I can keep running, so I will keep running”. I must have said that a good hundred times before I turned the corner to see the finish gantry and Aaron yelling my name. I crossed the finish line, burst into a messy sob, collected my medal, and told Aaron I was never EVER going to do that again. It’s now the Monday after the race and the thoughts have already crept in... if I knew now what I do about fuel, hydration, the course, pacing, approaching checkpoints... now I know all of that, how would I do if I did it again

## **Club Pentathlon**

At the club AGM in the autumn there are trophies for the club pentathlon. This is based on performances over 6 distances – 5k, 5 miles, 10k, 10 miles, half marathon and marathon. Points are awarded based on where each athlete’s best time compares to the other club runners, and then the best 5 points out of the 6 distances making up the total score.

There are men’s and women’s awards for the top scores, plus awards for best male and female veteran (over 40) based on their performance versus others in their age group.

I try to pick up performances through the year (from 1<sup>st</sup> Oct 2023 to 30<sup>th</sup> Sept 2024) from the club shout outs. The tables below show the best performances I have for everyone. If you think that something is missing from your record please send details to [results@romseyroadrunners.co.uk](mailto:results@romseyroadrunners.co.uk).

I will be adding everyone's best times from the club summer time trials once these have finished in September.

Display name	5 km	5 mile	10 km	10 mile	Half marathon	Marathon
Alex P	0:00:00	0:00:00	0:33:43	0:00:00	1:14:28	0:00:00
Alex Y	0:00:00	0:00:00	0:33:56	0:00:00	1:17:26	0:00:00
Andy B	0:00:00	0:00:00	0:41:09	1:12:52	0:00:00	3:49:43
Ben S	0:00:00	0:00:00	0:00:00	0:00:00	1:58:46	0:00:00
Curtis B	0:00:00	0:00:00	0:00:00	0:00:00	1:29:15	0:00:00
Damien H	0:17:08	0:00:00	0:00:00	0:00:00	0:00:00	2:53:09
Dan d	0:00:00	0:00:00	0:00:00	0:00:00	1:50:31	0:00:00
Dave G	0:00:00	0:35:28	0:44:37	0:00:00	0:00:00	0:00:00
David M	0:00:00	0:31:01	0:00:00	0:00:00	1:21:00	2:56:10
Duncan M	0:00:00	0:00:00	0:43:22	1:16:07	1:52:58	0:00:00
Giovanni B	0:00:00	0:00:00	0:00:00	0:00:00	4:20:44	0:00:00
Ian L	0:00:00	0:00:00	0:00:00	0:00:00	1:55:49	0:00:00
Ian R	0:00:00	0:00:00	0:00:00	1:11:27	0:00:00	0:00:00
Jack W	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	3:39:00
James By	0:00:00	0:36:47	0:46:41	0:00:00	1:55:12	0:00:00
Joe A	0:00:00	0:31:03	0:00:00	0:00:00	1:42:45	0:00:00
John W	0:00:00	0:30:32	0:38:11	0:00:00	1:33:02	4:05:34
Jonathan P	0:17:02	0:00:00	0:46:13	0:00:00	0:00:00	0:00:00
Keith Morris	0:00:00	0:38:03	0:47:15	1:19:33	1:49:06	0:00:00
Keith Mack	0:00:00	0:00:00	0:47:35	0:00:00	0:00:00	0:00:00
Mark J	0:00:00	0:39:01	0:48:33	1:27:36	1:54:25	0:00:00
Mark S	0:00:00	0:00:00	0:00:00	1:01:22	1:22:12	0:00:00
Matt Brown	0:00:00	0:00:00	0:00:00	1:04:07	0:00:00	0:00:00
Matt C	0:00:00	0:00:00	0:46:05	0:00:00	1:54:43	0:00:00
Matt H	0:00:00	0:00:00	0:00:00	1:00:37	1:13:45	2:59:23
Matt Bennett	0:00:00	0:00:00	0:34:59	0:57:29	0:00:00	0:00:00
Michael H	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	3:48:27
Neil J	0:00:00	0:00:00	0:36:58	1:07:47	1:38:32	0:00:00
Nigel H	0:00:00	0:35:08	0:44:15	1:13:40	1:40:43	0:00:00
Paul B	0:00:00	0:00:00	0:49:06	0:00:00	0:00:00	0:00:00
Peter B	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	4:49:33
Ray W	0:00:00	0:00:00	0:50:26	1:20:54	2:14:00	0:00:00
Sam W	0:00:00	0:32:11	0:39:42	0:00:00	0:00:00	0:00:00
Shaun M	0:16:50	0:00:00	0:34:23	0:00:00	0:00:00	0:00:00
Steve G	0:00:00	0:00:00	0:00:00	0:00:00	1:31:56	0:00:00
Steven M	0:00:00	0:32:33	0:00:00	1:13:06	1:24:11	0:00:00
Tim Parker	0:00:00	0:00:00	0:39:00	0:00:00	1:31:53	0:00:00
Tim Pitman	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	3:25:25
Tom R	0:00:00	0:33:25	0:42:00	0:00:00	0:00:00	0:00:00

<i>Display name</i>	5 km	5 mile	10 km	10 mile	Half marathon	Marathon
Alice L	0:00:00	0:00:00	0:47:10	1:19:19	1:48:01	3:53:00
Amanda H	0:00:00	0:00:00	0:39:12	1:05:02	0:00:00	0:00:00
Amy S	0:00:00	0:00:00	0:00:00	0:00:00	4:20:44	0:00:00
Angela M	0:00:00	0:50:47	0:59:07	1:37:47	2:18:36	0:00:00
Anna D	0:00:00	0:00:00	1:03:58	0:00:00	0:00:00	0:00:00
Brenda T	0:00:00	0:49:17	0:00:00	0:00:00	0:00:00	0:00:00
Diane T	0:00:00	0:00:00	0:54:22	1:35:55	0:00:00	0:00:00
Elizabeth P	0:00:00	0:34:59	0:42:52	1:12:03	1:35:59	3:26:24
Em G	0:00:00	0:00:00	0:00:00	1:28:51	1:55:00	0:00:00
Emma B	0:00:00	0:00:00	0:49:47	0:00:00	1:55:10	0:00:00
Emma W	0:00:00	0:47:16	1:06:24	0:00:00	0:00:00	0:00:00
Frances C	0:00:00	0:00:00	1:12:48	0:00:00	0:00:00	0:00:00
Gemma I	0:00:00	0:54:39	1:06:38	0:00:00	0:00:00	0:00:00
Hannah S	0:00:00	0:00:00	0:00:00	1:11:40	0:00:00	0:00:00
Hayley W	0:00:00	0:32:36	0:38:54	1:08:04	1:33:49	3:06:02
Heidi G	0:00:00	0:00:00	0:56:43	0:00:00	0:00:00	0:00:00
Helen C	0:00:00	0:46:50	0:58:14	0:00:00	2:12:01	0:00:00
Jessica S	0:00:00	0:51:03	1:01:09	1:50:22	2:34:34	0:00:00
Jessie H	0:00:00	0:52:51	1:07:13	0:00:00	0:00:00	0:00:00
Julie C	0:00:00	0:00:00	1:09:47	0:00:00	0:00:00	0:00:00
Karen C	0:00:00	0:00:00	1:15:08	0:00:00	0:00:00	0:00:00
Kirsty T	0:00:00	0:00:00	0:44:46	0:00:00	0:00:00	0:00:00
Lauren F	0:00:00	0:41:42	0:00:00	0:00:00	2:04:29	0:00:00
Lin W	0:00:00	0:00:00	1:05:04	0:00:00	2:59:03	0:00:00
Linda W	0:00:00	0:00:00	0:54:19	0:00:00	1:57:00	0:00:00
Liz S	0:00:00	0:00:00	0:55:12	1:32:23	0:00:00	0:00:00
Lorna C	0:00:00	0:00:00	0:00:00	1:17:46	0:00:00	3:43:38
Lorraine C	0:00:00	0:00:00	1:03:26	0:00:00	0:00:00	0:00:00
Lottie B	0:00:00	0:00:00	0:58:42	1:41:26	2:14:52	0:00:00
Louise H	0:00:00	0:00:00	1:00:56	0:00:00	0:00:00	0:00:00
Mathilde F	0:00:00	0:00:00	0:00:00	1:57:30	0:00:00	0:00:00
Natalie S	0:00:00	0:00:00	0:58:09	0:00:00	0:00:00	0:00:00
Nicola S	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	4:56:33
Nicole B	0:00:00	0:00:00	0:00:00	1:21:32	1:55:40	0:00:00
Penny J	0:00:00	0:00:00	0:50:16	1:34:42	2:09:56	0:00:00
Penny O	0:00:00	0:00:00	1:04:15	1:38:44	2:32:00	0:00:00
Samantha H	0:00:00	0:00:00	0:00:00	1:28:33	1:52:04	0:00:00
Sue Sleath	0:00:00	0:00:00	0:00:00	1:17:16	0:00:00	0:00:00
Sue Sylvester	0:00:00	0:00:00	0:00:00	0:00:00	2:55:03	0:00:00
Susie P	0:00:00	0:00:00	0:00:00	1:27:28	2:01:07	0:00:00
Tam R	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	4:31:35



# **RRR Race Diary**

## **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**

**10<sup>th</sup> July**

### **RR10 River Hamble Country Park**

**24<sup>th</sup> July**

### **RR10 Wide Lane**

## **August 2024**

**7<sup>th</sup> August**

### **RR10 Cadland Estate**

**21<sup>st</sup> August**

### **RR10 IBM Hursley**

Our race, so marshalling rather than running

## **September 2024**

**24<sup>th</sup> September**

### **Overton 5 miles**

First HRRL race of the season

**29<sup>th</sup> September**

### **CC6 Itchen Valley Country park**

First race of the 24/25 season

## **October 2024**

**6<sup>th</sup> 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

**13<sup>th</sup> October**

**CC6 Roundhill campsite Brockenhurst**

Our race to organise, volunteers will be needed!

**27<sup>th</sup> October**

**New Forest 10 mile**

**November 2024**

**3<sup>rd</sup> November**

**Hayling 10 miles**

**10<sup>th</sup> November**

**CC6 Holmsley campsite**

**17<sup>th</sup> November**

**Gosport Half Marathon**

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

**24<sup>th</sup> November**

**Boscombe 10k**

**December 2024**

**1<sup>st</sup> December**

**Victory 5 miles (North Harbour Cosham)**

**8<sup>th</sup> December**

**CC6 Race 4, venue tbd**

## Results

### April 2024

#### Kew Half Marathon

Lin Windsor	1:57 3rd in age PB!
Lauren Freestone	2:04:29 PB!
Helen Cox	2:12:01
Lottie Budd	2:14:52

#### Test Way Ultra

Steve Melligan-Hart	6:49:36
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#### Brighton Marathon

Damien Harvey	2:53:09
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#### Southampton Half Marathon

Daniele de Corte	1:50:31
Mark Judkins	1:54:25
Jess Steinborn-Busse	2:34:34

#### Southampton 10k

Hayley Weston	41:05 2 <sup>nd</sup> !
Dave Gardner	46:21
Helen Cox	59:00

#### Berlin Half Marathon

Lottie Budd	2:25:00
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#### Boston Marathon

Hayley Weston	3:12:21
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#### Cheesy Otter 50k

Tim Parker	
Jonathan Pillinger-Cork	
Steve Geary	
Steve Melligan-Hart	
James Battle	
Tam Tyan	
Em Gordon	
Susie Parker	

#### Cheesy Otter Half Marathon

Duncan Macdonald	
Matt Cheales	

#### Stratford on Avon Half Marathon

Lottie Budd	2:21:36
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#### London Marathon

David Morrison	2:56:10 PB
Hayley Weston	3:06:02 PB
Tim Pitman	3:25:25 PB

Jack Wood	3:39:00 PB
Lorna Crouch	3:43:38 PB
Michael Harvey	3:48:27 PB
Andy Brown	3:49:43
Joanna Puttick	5:12:23 PB

#### UTS Snowdonia 100k

Hannah Shutt	21:13:23 3 <sup>rd</sup> AG
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### May 2024

#### Lymington 10k

Kirsty Jones	44:46 PB
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#### Houghton Trail 11k

Jon Pillinger-Cork	1 <sup>st</sup>
Lots of others !	

#### Goring Gap 52k

John Wheatley	5:04:00
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#### North Downs 50 miles

Tam Ryan	11:24:37
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#### Welsh 3000 50k

Em Gordon	14:31:00
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#### North Downs Marathon

Alice Lane	5:26:32
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#### Gothenburg Half Marathon

Lottie Budd	2:30:19
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#### South Downs 100

Matt Hammerton	15:04:40 4th
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### June 2024

#### Copythorne 5K

Jonathon Pillinger-Cork	17:02 2nd PB!
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#### Copythorne 10K

Natalie Stacey	58:09 PB!
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#### Westbury 5k

Shaun Brown	16.50
Damien Harvey	17:08

#### The Big Sky 18m

Louise Holliday	
Lottie Budd	
Penny Overy	



**Grasmere Gallop**

Moira Sankey 1:19:16

**Spitsbergen (Svalbard) half**

Lottie Budd 2:27:19

**Dorset Maverick 14K**

Thomas Wharton 1:23:00

**Southampton 10K**

Mark Judkins 53:46

**Exbury 10k**

Matt Bennett 34:59 5<sup>th</sup>  
Neil Jennings 36:58  
Hayley Weston 41:51 2<sup>nd</sup>  
Nigel Hemsted 45:10 5<sup>th</sup> AG  
Duncan Macdonald 45:22  
Matt Cheales 46:05  
Mark Judkins 48:33  
Keith Mack 48:35  
Penny Jennings 50:16 3<sup>rd</sup> AG  
Lin Windsor 54:19  
Natalie Stacey 1:00:21  
Louise Holliday 1:00:56  
Lorraine Connor 1:03:26

**Wellow 10k**

John Wheatley 40:29 1<sup>st</sup>  
Alice Lane 54:10  
Penny Overy

**Southampton Common 10k**

Alex Young 35:00 1st

**Midsummer Murder Trail Race**

Lottie Budd 2:13:09

**NDW 50 miles**

Tamatha Ryan

**LDWA Purbeck Plod**

Sue Sleath  
Tamatha Ryan

**Leamington Spa Half Marathon**

Curtis Badley 1:29:12  
Emma Bailey 1:55:09

**14 Peaks Ultra 52k**

Ian Ralph 11:18:45