

# RELAY WINTER 2024

## **Note from the Chair**

This is my first Chairman's message following my election at last year's AGM. It's a real privilege too lead the club, and I've got a great team working with me. If you have any suggestions or concerns regarding the club please get in touch.

Running in winter can be a challenge, but as long as you dress sensibly it can also be a delight. I've been injured since the start of December but I'm desperate to get back to running, and I'm looking forward to the warmer and longer spring days which now aren't too far away.

I imagine that a number of you are training for one of the spring races. Good luck with this and I expect to hear about lots of great performances and a few PBs.

Nigel

## **Editor's Note**

Welcome to the Winter edition of Relay, my first addition following the appointment of Editor at our November AGM, taking the baton from Nigel who had been looking after the newsletter since 2019!! No pressure.

Firstly, I would like to express a huge thank you too the committee members who decided to stand down at the AGM, a number for who have held positions for a number of years, Mark Stileman, Alice Lane and Hayley Weston, a few other committee members moved roles. These members have made significant contributions to our club, for which we are extremely grateful as we appreciate this requires time and dedication, to ensure our club remains relevant and inclusive for all.

**THANK YOU**

Please find below confirmation of members who are part of the committee and the roles they hold:

Nigel Hemsted – Chairman, Elizabeth Prinsep – Club Captain, Cliff Reeves – Treasurer, Lin Windsor – Club Secretary, Steve Geary – Session Leader Co-ordinator, Tam Ryan – Kit Secretary, Sam Weston – Website Secretary, John Wheatley – Social Secretary, Joe Amber & Lauren Freestone – Membership Secretary, Steve Melligan Hart – Race Director & Beer Race Director, Natalie Stacey – Press Secretary, Relay Editor and Welfare Officer.

In this edition you will find an article from Helen Hutchings Cox, who was successful in securing our club place at the up-and-coming London Marathon, sharing with us her training progress to date. In addition, I was keen share detail of the charity donations our club has made to our local community and a specialist children's hospital ward.

I am keen to ensure our Relay Newsletter includes interesting and informative content for all our members, so please do reach out to me if you have any ideas for an article or wish me to include any other content you would feel would be valuable to share with all our members.

Wishing you all a healthy, happy and successful 2025 and I look forward to sharing new milestones, achievements and I am sure many new PB's from across our club.

Best wishes, Natalie

### **RRR – Annual Awards – Presented at the AGM**

We would like to say another huge CONGRATULATIONS to all our award annual winners, who were recognised and presented with their awards at our AGM. Please find below confirmation of all their names and the awards they successfully secured.

- **RR10 Male** - Jonathan Pillinger-Cork
- **RR10 Female** - Elizabeth Prinsep
- **CC6 Male** - Jonathan Pillinger-Cork
- **CC6 Female** – Hannah Shutt
- **Hero in Training Award** - Sue Sylvester
- **Sally Sillence**- Mark Judkins
- **Romsey Road Runner of the year** -  
Tam Ryan
- **Chairmans award** - Alice Lane
  
- **Pentathlon Award** - Amazing times at London Marathon, David Morrison 2.56:10 and Hayley Weston 3.06
- **Veteran handicap awards** - Excellent times at Sydney Marathon, Elizabeth Prinsep 3.17 and Nigel Hemsted 3.35
- **5km time trial award** - Damien Harvey (very close, one second between top five runners)



## Membership

Lauren Freestone & Joe Amber



Please give a warm welcome to our newest club members: **Charlotte Elliott, Lucy Horne, Susan Cadd, Daniel Beale, Mark Price, Jamie Ford, Rachel Tuffin Rick Burt**



**Rick Burt** - I started running to get fit and active, I used the NHS App called Couch25K to do this. After this I took part in a sponsored run for Naomi House Hospice, Sutton Scotney. Since then I have supported them year after year, running the Santa 5K Run in Winchester, predictably in December and the Solent Airport 5K run in June, it's so enjoyable to help a charity by doing something you already enjoy.

My running was a bit on and off until my Niece mentioned that there was a ParkRun a couple of minutes down the road from home. I took part in on 21st January 2022 and since then I have been running regularly 3 times a week, almost all of these have been running on tarmac. I do enjoy volunteering at the ParkRun events it makes the morning a very enjoyable experience.

My aim for the future running wise is to keep on improving my fitness and will be aiming to run 5 and 10K races, as well as aiming for another PB of course

**Daniel Beale** - Hello. It's been great meeting everyone recently. Thank you for the opportunity! I've been running for many years now. I started out doing swim-bike-runs with the local tri club, and competed in the surrounding area.

After Covid shut everything down I moved onto body building for a while, and got a bit hooked on it - just a jog every week! I only just decided to move back to running more seriously again in the last month or so. Unfortunately the pace has deteriorated a bit, so hopefully I can work towards an improvement going forward.

It's great to run in a club because you get the benefit of meeting new people, and sharing information and ideas. It also helps to pull you forward and push a bit harder than usual.

See you soon, Daniel.





**Rachel Tuffin** - Hello , I'm Rachel and I have just joined the RRR group! I live and work just outside of Romsey but know Romsey well having both lived and worked there many years ago !

I started my running journey thanks to a great friend who inspired me to give it a go . I was always seeing a Facebook notification of her at a running event or training session and it always came across positive and so rewarding from both an individual and team perspective!

So I contacted my friend and she gave me some advice and that's when I put on my running gear and off I went!

Slowly I built up my running to 5 km ,then I entered my first race which was The Broadlands 5 miles. It was then that I fell in love with running on many levels.

Over the four years I have enjoyed Park Runs , team relays ,a trail(17km ), Race for Life to races between 5, 8km and 17 km. One highlight especially for me was The Great South Run in 2021.( 1hr 38 mins).

In 2024 I was able to gain a couple of PBs - 24.49 for a 5 km and 54.51 for a 10 km . I was pretty chuffed !

My ambition this year is to complete a half marathon so I am entered for The Awbridge and Lockerley trail half (Out there running) in February and The Southampton half in April. On my bucket list is to one day run a marathon in another country !

Finding and joining the RRR has been great in giving me a training platform to build and improve my running fitness. It is also refreshing to run as a group.

Thank you for welcoming me and for being so helpful and friendly!

Rachel .



## Helen's Marathon Journey – Part 1

My journey to the London marathon...

As I write this, I'm reflecting on how I got myself into this mess. I am not athletic, nor have I ever been athletic, but I was always in awe of people who were, especially people who could run. Some of you know this already but two years ago almost to the day (as I'm typing this in Jan), I had a mini-stroke at the grand old age of 29 and ever since have adopted a 'well the next one might kill me, so I might as well do the thing now or I might never get the chance' approach to life.

One of my 'do the thing' things was that I was going to learn how to run a 5k (which if you've noticed my running gait\*, I still haven't achieved, but I bumble along), which morphed into then joining RRR (thank you for all being so lovely), which then turned into a 10k and then into a half marathon, and my 'thing' for 2024 was to get a medal a month. I've slowly improved my times and distances, and have quite a rack of participation medals now, but it's still nothing to write home about.

I distinctly remember getting the reminder email for the club ballot from Alice, and turning to my husband explaining how it worked to him, and say 'ha, imagine if I actually get it, and suddenly have to train for a marathon...' Skip forward to the night of the AGM and I opened Alice's email whilst on the train home from work...'Oh shhhhii...' Official training started the next day, and if you recall, it was the weekend of the quite bad storms and I quite like staying warm and dry, so many grumbles were had, however as it is the club place and I know how extremely lucky I am to get it especially given my relatively short standing with the club, I forced myself out and I've started ticking off the distances.

Prior to Christmas I'd got myself back up to around a comfortable (but slow) 18k and had found some routes around the area I felt safe toddling around on my own, but had a slight hiccup when I had skiing accident (again, am not a skier nor have ever been a skier) on my first day of the holiday and smashed up my knee – I spent the week looking out of the window at a mountain with my knee propped up, terrified about whether I'd be out of the marathon, but it turns out I was overreacting and two weeks and lots of moaning later, I was back up and tailed at Steve's Dark Moor's 10mile race to check I could - it was fine and no-one had to sweep the sweeper so training is back on plan.

I'm also currently trying to work out what works best for race nutrition as I've heard horror stories about gels and funny tummies, so I'm a bit scared to try them – at the moment the Kendall Mint Cake bars seem to be a winner, and I picked up some ideas for flapjack recipes from the other marshals last night.

Basically, all of the above was my long winded way of saying 'please don't expect great things from me but I'll do my best, promise!' and please let me know all of your hints and

tips! I'd also love to know about any 20 mile races as London prep as everyone says that is the magic distance?

Helen x

(\*as a more than a few people have been able to pick me out in the darkness from my running 'style', I've got the hint that it's distinctive and probably not in a good way. I'm imaging Phoebe from friends. If you want to tell me how I can stick out less, I'm all ears! Imagine if I flap my way weirdly around a whole marathon...)



### Club Donations to Charity

As many of you know our club is always keen to provide support to our local community and through profits we obtained from our annual Beer Race, the committee agreed to donate £500 to 2 charities

£180 was given to Ganger Farm Parkrun to support the purchase of a new loudspeaker. Some of you will no doubt have seen it in action during recent Parkrun's and agree you can now here the Race Directors much better than the previous hand held version



£320 was donated to Piam Brown Children Ward at Southampton Hospital, a charity some of our members have received valuable support from.

## Celebrating our running legend Derek

Derek Kelly has been a member of Romsey Road Runners since 2003 as he wanted to run the London Marathon and is viewed as true 'inspiration' within our club. During his running career to date Derek has completed many marathons as well as several triathlons well into his 70's, gaining many awards for best in age and along his journey he encouraged many members to join him.

Within our club Derek has held roles to continue his support and dedication to Romsey Road Runners, one of his most successful posts was Race Director of our annual Beer Race. Creating an amazing foundation for this event to continue to flourish as it does today to being a sell out race.

Derek is always extremely warm in welcoming all our members and so supportive and selflessly encouraging us all at the highs and lows of our fitness. He arrives at every training session with a bright smile, leading by example always with such a positive and committed attitude to what at times are extremely challenging sessions.

Recently we were very fortunate to celebrate with Derek as he achieved a new milestone of his '80<sup>th</sup> birthday', his commitment levels of his actual birthday to both the club and his fitness did not falter. He attended our Thursday club session for a run around Romsey, before we had the privilege of going to the pub with him to continue his birthday celebrations.

Derek continues to lead our annual 'Christmas Lights Run', which is a crucial date for all members and is highly attended, he even tests our vocal cords by conducting us as we sing carols at the end of the run around the tree in Romsey Town Centre.

Derek continues at the wonderful age of 80 to embrace many running challenges, just 2 days after his birthday he was representing Romsey Road Runners by running in the George Skeates 8 mile Fun Run (Fun if you like hills) in Stockbridge!

Thank you Derek, for everything you have done and continue to do for us at the club, you truly are our 'running legend', from all the members at Romsey Road Runners.



## **Welfare Officers**

In light of the positive growth in membership numbers we are looking for at least one but potentially two additional Welfare Officers for the club. Our aim is to appoint one male and one female Welfare Officers to support us in this position.

These roles are an important function to ensure that all our members have a safe and positive experience in our club. Please find the link below to England Athletics detailing, the role and process in being appointed, please do familiarise yourself with this prior to expressing your interest:

<https://www.englandathletics.org/clubhub/collection/the-role-of-a-club-welfare-officer>. If this role is of interest to you, please contact our Chairman Nigel Hemsted on 07815 124302 or please email at [nigelhemsted@hotmail.com](mailto:nigelhemsted@hotmail.com)

## **Romsey Road Runners – Beer Race**

Our annual Beer Race shall be taking place on Sunday 1<sup>st</sup> June in Braishfield. We are looking for a great number of members to volunteer (as you always do fantastically) for a number of roles eg marshalling, tail runners, refreshments etc. Alice shall be reaching soon to ask members to confirm their availability to support.

This is always a great event and fun to support, with a beer at the end what more can you ask for! Also a great opportunity for us promote our local community and surrounding villages.

On a final note this event is not open to Romsey Road Runner members, as it is our event to host vs physically running it.





## **Race Diary**

**Romsey Relay Marathon** – I am delighted to confirm as a club we have entered 3 teams into this local event, which is great to support the local community and an opportunity for members across the club to come together as a team to complete the challenge! The event is taking place on Sunday 18<sup>th</sup> May 2025, if you are interested in participating, please can you reach out to Elizabeth Prinsep via email [elizabethprinsep@gmail.com](mailto:elizabethprinsep@gmail.com) or at club sessions.

### **February**

8<sup>th</sup> February – New Forest (North) 16k and 21k trail run

9<sup>th</sup> February – CC6 Race 6 Badger Farm

### **March**

2<sup>nd</sup> March – CC6 Race 7 – Itchen Valley Country Park

8<sup>th</sup> March – New Forest (South) 10k, 15k & 22k

23<sup>rd</sup> March – Eastleigh 10k

### **April**

6<sup>th</sup> April – Salsbury 10 miles

6<sup>th</sup> April – Southampton 5k, 10k, Half Marathon & Marathon

23<sup>rd</sup> April – RR10 - Fleming Park

27<sup>th</sup> April – London Marathon and Manchester Marathon

### **May**

7<sup>th</sup> May – RR10 – Itchen Valley Country Park

11<sup>th</sup> May – Houghton 4k & 11k

18<sup>th</sup> May – Romsey Relay – see note above regarding 3 RRR teams entered

21<sup>st</sup> May – RR10 – River Hamble Country Park

### **June**

4<sup>th</sup> June – RR10 – Badger Farm

9<sup>th</sup> June – Copythorne 5k & 10k

11<sup>th</sup> June – RR10 – Ampfield Woods

15<sup>th</sup> June – Hampshire Hobbit 10k, Half Marathon & Marathon

22<sup>nd</sup> June – Exbury 10k

June 25<sup>th</sup> – RR10 - Marwell

## Results

October 2024

<i>Kaiser Marathon (mountains!)</i> Em Gordon 5:41:00	<i>Solent Half Marathon</i> Sam Hoyles 1:55:50
<i>Race to the Sea 50k</i> Susie Parker 5:56:13	<i>Lakes in a Day</i> Lee Oxley 13:14:02
<i>Studland Stampede</i> Julie Shanker 1:26:32 Helen Cox 1:28:46 Derek Kelly 1:33:30 Debby Ferre 1:33:30 Julia Abab 1:33:30 Jelena Grbic 1.34.09	<i>Bohulans Basta 22k Trail</i> Lottie Budd 3:14:00
<i>Cardiff Half Marathon</i> Lottie Budd 2:37:39 <i>Roly's Run 35k</i> Joe Amber 6:43:00 Lauren Freestone 6:43:00	<i>A100 Miles</i> Ian Ralph 22:15:00
<i>Chester Marathon</i> Elizabeth Prinsep 3:27:13 4th AG	<i>Chicago Marathon</i> Hayley Weston 3:25:46
<i>Clarendon Marathon</i> Duncan Macdonald 4:39:36 Matt Cheales 4:39:36 Alica Lane 5:10:48 Lin Windsor 6:09:50	<i>Abingdon Marathon</i> David Morrison 2:55:36 PB!
<i>Clarendon Half Marathon</i> Neil Jennings 1:30:53 1st ! David Morrison 1:31:15 3rd Nigel Hemsted 1:53:08 2nd AG Ian Lewis 2:02:30 Mark Judkins 2:02:38 3 rd AG Penny Jennings 2:09:12 1 st AG Keith Morris 2:24:29 Ray Webb 2:26:01 Jo Mckenzie 2:45:35 Lin Webb 3:08:20	<i>Pollok Park 10k</i> Steve Melligan-Hart 42:07 PB!
	<i>Andover Half Marathon</i> Lottie Budd 2:44:14
	<i>Rosemullion 10k</i> Alice Lane 1:07:26
	<i>New Forest 10 miles</i> Matt Bennett 57:49 Neil Jennings 1:01:23 Mark Judkins 1:19:05 Sam Hoyles 1:24:10 Penny Jennings 1:27:30 Lin Windsor 1:32:33 Penny Overy 1:35:39 Emma Way 1:40:08 Lorraine Connor 1:41:10 Mathilde Fortier 2:01:14

## November 2024

<p><i>Thorney Island Trail Half Marathon</i> Alice Lane 2:07:07</p> <p><i>Hayling 10 miles</i> Damien Harvey 1:01:56 Elizabeth Prinsep 1:12:04 1 st AG Nigel Hemsted 1:12:38 PB 2 nd AG</p> <p><i>Nice-Cannes French Riviera Marathon</i> Curtis Badley 3:14:31 Emma Bailey 4:05:26 PB</p> <p><i>Wendover Half Marathon</i> Lottie Budd 2:43:25</p> <p><i>South Downs Half Marathon</i> Thomas Wharton 1:50:08</p> <p><i>Big Night Out 21km</i> Samantha Hoyles 2:28:19 Lottie Budd 3:09:06</p> <p><i>Big Night Out 11k</i> Louise Holliday 1:27:35</p> <p><i>Dorney Lake Half Marathon</i> Andrew Maundrell 2:22:53 1 st AG</p> <p><i>Wendover Woods 50 miles</i> Matt Hammerton 7:50:03 3 rd , 1st AG</p> <p><i>Brighton 10k</i> Elizabeth Prinsep 43:06 4th AG</p>	<p><i>Wimborne 10 miles</i> Mark Suddaby 1:06:30 Duncan MacDonald 1:15:04 Susie Parker 1:27:22</p> <p><i>Southampton 10k</i> Alex Young 35:23 7 th Helen Cox 1:01:47</p> <p><i>Gosport Half Marathon</i> Matt Bennett 1:14:38 John Wheatley 1:24:51 PB Steve Melligan-Hart 1:31:03 Hayley Weston 1:37:57 Nigel Hemsted 1:38:31 Alice Jenden 1:45:40 PB Keith Morris 1:46:53 Alice Lane 1:52:03 Penny Overy 2:01:00 Lottie Budd 2:28:10</p> <p><i>New Forest Stinger 10 miles</i> Mark Adams 1:09:44 5 th 1st AG Steve Melligan-Hart 1:17:32 Nick Lupton 1:20:03 PB! Sue Sleath 1:21:53 1st AG Nigel Hemsted 1:24:54 3rd AG Alice Lane 1:38:35 Andy Whittingham 1:44:01 Jo McKenzie 1:49:03</p>
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## December 2024

<i>New Forest Trail Half</i> Lottie Budd 2:43:59	<i>Celtic Ultra 24 55k</i> John Wheatley 6:33:00
<i>New Forest Trail 14k</i> Natalie Stacey 1:48:33	<i>HLDR Meon Winter X 21k</i> Lin Windsor 2:47:00 Penny Overy 2:47:00
<i>Victory 5</i> Damien Harvey 29:30 Steve Melligan-Hart 32:10 PB Nick Lupton 35:01 PB Nigel Hemsted 35:19 Andy Whittingham 38:58	<i>HLDR Meon Winter X 10k</i> Louise Holliday 1:13:00
<i>Lanzarote Half Marathon</i> Lottie Budd 2:42:00	<i>Portsmouth Coastal Marathon</i> Alice Lane 4:16:28
<i>Endurancelife Dorset 10k</i> Mark Stileman 47:36	<i>Portsmouth Coastal Half</i> Lottie Budd 2:35:25
	<i>Buntingford 10</i> Matt Bennett 55:56 2nd AG

As a committee we love receiving your race results and sharing them regularly at training sessions, social media and in our newsletter. To ensure we capture them all please can I remind everyone to email to [results@romseyroadrunners.co.uk](mailto:results@romseyroadrunners.co.uk).