GOSPORT

ERoad Runners



NEWSLETTER

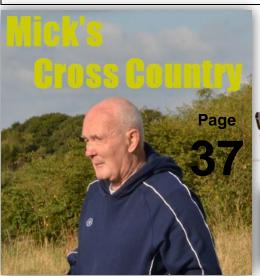
September 2014



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Members' Race Results

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The Spitfire Scramble

Saturday 30th and Sunday 31st August 2014

(By Nick MacBeath)

In late August, a team of GRRs spent the weekend in a field in Hornchurch (East London) taking part in yet another 24-hour relay race! It seems as though these are becoming popular events as this is the third such event that GRRs have taken part in this year (although it was my first).

As is the norm for me, this was a last minute decision to take part as we were asked if we wanted to replace Pete & Tine who could no longer take part. Our team of eight (Scrambled Legs) consisted of: Andrea Edwards, Rachel Gee, Lucy Hudson, David Brace, Nikki White, Kev White, Karen Phillips and myself.

There was also the Gruesome Twosome (Keith & Ange Elshaw) who ran the event as a pair and Amber Schothorst who turned up on Saturday morning and decided she was going to run it solo!

The Event

The Spitfire Scramble is a new event; like Thunder Run only smaller, flatter and closer to home. Organised by experienced club runners, quite low key, friendly and low-frills. Although there were some teething problems, as there are with all new events, I don't think there is any need for me to go over these as I'm absolutely convinced these will all be learnt from and will be sorted for next year's event.

The route proved pretty straightforward to navigate and there were lots of marshals out on the course, which was brilliant. The 5.8 mile route was actually quite scenic, until you'd done it four times........

In summary:

<u>Start:</u> Flat, with rough grassy sections, taking in ankle-twist corner, tree root central, the pot-hole slalom and a large and unruly flock of geese who migrated across the path a couple of times but mostly kept to themselves.

Mile 2: Flat, mainly on tarmac and hard paths. Here you could either bribe the marshals and skip straight to mile 4, or hang a right, take a tight left turn after the gate, a right turn through the next gate, run along Dog Poo Bin Alley, past the Free Bicycle Registration post and keep on going (and going, and going) until you reach the T-junction.

Mile 3: Turn right at the T-Junction (or left if you feel like taking a short-cut) and then swing sharp left up Zig Zag Hill and down the other side. A sharp right hand turn at the bottom and then its eyes peeled for the Water Station. Grab a drink, have a chat and then duck under the bar or leap over the stile into the field.

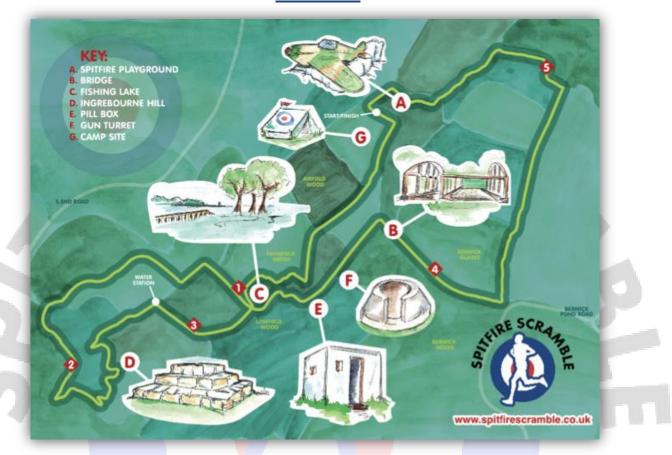
Mile 4. Run around the field until you get to the gate and then turn right, keeping your eyes peeled for any runners who've successfully bribed the marshals. Up a bit, down a bit, short sharp hill, wave to the marshal, mind the step and mind the puddles.

<u>Mile 5.</u> Up the hill, past the horses, down the hill, hurdle on and off the bridge, up the grassy track, over the broken tiles, along the field.

Mile 6: Squeeze through the gap and leap the hurdle. Along the single-file trail, through the nettles, mind the hole, down through the trees (probably my favourite part), mind the steps, along the wall, right, left, right, left, right, spot the Bunker of Benevolence, cheer at the Motor-Home of Joy, left past the playground and a right turn onto the finishing straight to hand the baton over to the next runner.



The Route



As neither Karen nor myself had done much head torch running before (I was actually a head-torch virgin), we were a little wary of the night time runs so we decided that I would run Karen's night time lap with her.

This was only my second lap and, as I'd managed to get a bit of rest before hand, I was feeling relatively fresh. Running together did help but I found the first of my darkness laps pretty straightforward and really quite enjoyable. There was quite a lot of light pollution in the open sections of the course and I was surprised at how much light the head torch actually gave out. The course provided plenty of challenges in the dark, especially the little bridges with handily located beams of wood to catch you on the shins if you didn't slow down and step over them, but, amazingly, I didn't fall over or run into anything. Incidentally, the downhill section through the woods was so much more fun in the dark.

Our team completed 26 laps it a total time of 24hrs and 23 minutes, the Gruesome Twosome completed 12 laps in 18hrs and 18 minutes and Amber Schothorst 6 laps in 6hrs 50 minutes.

In summary: I LOVED IT..... and the best part for me was feeling part of the GRR team again. Having not run much this year, I felt like I've been away from it for so long but team GRR never let you down. A great weekend away with a great bunch and lots and lots of laughs..... the running in between was just a distraction!



Team: GRR Scrambled Legs

| Lap | Name | Chip Time |
|-----|----------------|-----------|
| 1 | Andrea Edwards | 00:51:10 |
| 2 | Rachel Gee | 01:00:32 |
| 3 | Lucy Hudson | 00:56:03 |
| 4 | David Brace | 00:53:22 |
| 5 | Karen Phillips | 00:52:00 |
| 6 | Nikki White | 00:51:26 |
| 7 | Kev White | 00:39:36 |
| 8 | Nick MacBeath | 00:48:55 |
| 9 | Andrea Edwards | 00:50:40 |
| 10 | Rachel Gee | 01:01:02 |
| 11 | Lucy Hudson | 01:01:22 |
| 12 | David Brace | 01:01:16 |
| 13 | Karen Phillips | 01:06:02 |
| | | |

| | Lap | Name | Chip Time |
|---|-----|----------------|-----------|
| | 14 | Nikki White | 00:55:26 |
| | 15 | Kev White | 00:45:51 |
| | 16 | Nick MacBeath | 01:08:07 |
| | 17 | Andrea Edwards | 00:54:23 |
| | 18 | Rachel Gee | 01:06:49 |
| | 19 | Lucy Hudson | 01:06:51 |
| | 20 | David Brace | 00:55:48 |
| | 21 | Karen Phillips | 01:09:44 |
| 7 | 22 | Nikki White | 00:58:36 |
| | 23 | Kev White | 00:42:54 |
| | 24 | Nick MacBeath | 01:00:01 |
| | 25 | Andrea Edwards | 00:58:44 |
| ĺ | 26 | Kev White | 00:46:26 |
| | | Overall Time | 24:23:06 |

Team: The Gruesome Twosome

| Lap | Name | Chip Time |
|-----|--------------|-----------|
| 1 | Ange Elshaw | 01:04:55 |
| 2 | Ange Elshaw | 01:30:52 |
| 3 | Ange Elshaw | 01:34:11 |
| 4 | Keith Elshaw | 00:56:29 |
| 5 | Keith Elshaw | 01:08:31 |
| 6 | Keith Elshaw | 01:28:57 |

| Lap | Name | Chip Time |
|-----|------------------|-----------|
| 1 | Amber Schothorst | 01:02:59 |
| 2 | Amber Schothorst | 01:03:15 |
| 3 | Amber Schothorst | 01:05:12 |

| Lap | Name | Chip Time |
|-----|------------------|-----------|
| 7 | Keith Elshaw | 01:42:08 |
| 8 | Keith Elshaw | 01:49:47 |
| 9 | Ange Elshaw | 01:25:01 |
| 10 | Ange Elshaw | 01:46:45 |
| 11 | Ange Elshaw | 01:49:04 |
| 12 | Ange Elshaw | 02:01:54 |
| | Overall Time | 18:18:34 |
| Lap | Name | Chip Time |
| 4 | Amber Schothorst | 01:13:48 |
| 5 | Amber Schothorst | 01:09:44 |
| 6 | Amber Schothorst | 01:15:40 |
| | Overall Time | 06:50:38 |





































Bristol Half Marathon

Sunday 21st September 2014 (By Caroline Oakes)

My ultimate running goal has always been a half marathon, although I never thought I'd actually be able to achieve it! I decided to sign up to the Bristol Half after I'd got a few 10 milers under my belt. I grew



up in Bristol and loved the idea of running my first proper half marathon there. I'd run the Bristol 10k a few months before and had been impressed with the goodie bag and overall organisation of the race.

However, I was a bit anxious in the lead up to this race as I found out I was pregnant a month or so before. A lot of people thought I was crazy to run whilst pregnant, but I used Jen Desmoulins as a good role model (and Paula Radcliffe!) I spoke to my midwife and she said I would be fine as long as I didn't push myself too hard and listened to my body.

I made sure I trained properly and ran a good number of 8-11 milers on the weekends leading up to the race as well as shorter runs through the week at club nights. Two weeks before the race, I decided to give the distance a trial run. I made sure that I had some decent headphones and gel shots (from Absolute Running, of course!) and managed to comfortably run the 13.1 miles around Gosport. I also ran the Denbies Half Marathon a week before with no problems. I was ready!

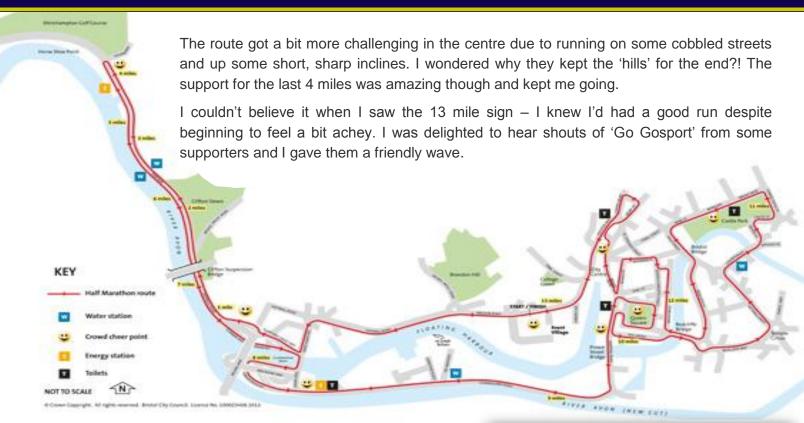
I wasn't wrong about the organisation of the race. The park and ride service into the town centre was excellent; there were free regular buses throughout the day for runners and supporters. The bus dropped us (myself and Rich) a short distance from College Green, where there were plenty of toilets and a warm up going on. The race was in two waves and I was in Wave 2 which started at 10. We were called to our pen at 9:45 and I got to the start just after 10. Not too much waiting around despite the large numbers of runners!

I felt pretty confident as I crossed the start line, mainly due to the lovely support I'd received the night before from fellow GRRs. I put my playlist on and set off. I made sure I ran at a steady 10 minute mile, allowing myself to slow down when I picked up the pace. I reminded myself that today was about being able to run the whole way and feeling good, not being super speedy! I had Mini Oakes to think about after all!

The support on the course was brilliant when the race began, and I loved running under the Clifton Suspension Bridge and taking in the amazing view of the Avon Gorge. The first 7 miles of the course was a long out and back along the Portway Road along the river, but there were plenty of water and energy stations (and loos) to keep runners going. I passed a number of people in fancy dress and wondered how on earth they were running in the heat dressed as beavers and teddy bears!

After 8 miles, I was feeling good and I was looking forward to running through the centre. I managed to grab a few Jelly Babies from the friendly marshals at around 9 miles and broke the last few miles up into 2 lots of 2 miles. That way, it seemed less than 4 miles somehow!





I sped up for the final 100 metres and leapt over the finish line, ecstatic that I'd achieve my running goal, and even more ecstatic that Mini Oakes hadn't made me sick on the way round!

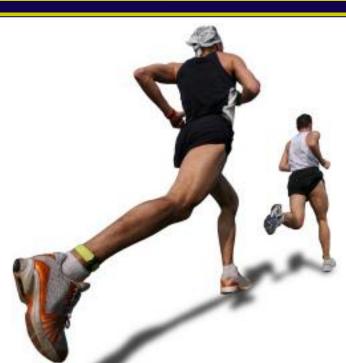
I collected my goodie bag of a medal, a technical t-shirt, some chocolate, a sports drink, a local paper and a cereal bar and I saw a very relieved Rich waiting for me. He said, 'Thank God that's out of the way. You can go back to running 3 miles now.' Bless him.

Overall, I had a great day. Surprisingly, I quite enjoyed running by myself and I was very proud of what I achieved. I recommend this race as a good PB course, and it can be combined with a great weekend in Bristol too. A medal AND a technical t-shirt? What's not to like?!









Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Saturday 30th August 2014

Headington 5 (5 mile)

| Chip Pos | Name | Chip Time |
|----------|------------|-----------|
| 135 | Dave Croft | 00:39:30 |

This event took place on the 30th of August and was only the second time it had been held. They say you should always learn from your mistakes, apparently last year the lead runners were miss-directed and as a result ended up only doing 4.4 miles, so you can imagine this year the pressure was on to get it right. Well they did you could not fault anything, marshalling, signage, baggage, you name it, it could not have run smoother. OK scenery was not the best in the world, but who has time to admire scenery when running a 5 miler.

Apart from a bit of a rise at the start, the course was fairly flat, a possible PB'er. They even had The Lord Lieutenant of Oxfordshire (the Queens representative, no less) in full regalia presenting the Ladies Awards and the Mayor of Oxford presenting the Men's prizes. Unfortunately for me they did not have a VM70 category, hence my position of 11th in the VM60's. However my finishing time of 39:30 is a course record for a GRR, a challenge for next year.??

As is the case in our half, all proceeds go to charity, in this instance OXSRAD, so well worth the entry fee.







Sunday 31st September 2014

Portsmouth Sprint Triathlon

| Pos | Name | Swim | T1 | Bike | T2 | Run | Overall | |
|-----|-----------------|----------|----------|----------|----------|----------|----------|--|
| 132 | Fiona Tomlinson | 00:34:03 | 00:04:39 | 00:40:44 | 00:02:02 | 00:25:23 | 01:46:52 | |

3rd lady over 50 (beaten by 36 seconds and did a faster run and bike than said lady!!!

Sunday 7th September 2014

Great North Run

| Chip Pos | Name | Chip Time | Comment |
|----------|----------------|-----------|---------|
| 1554 | Terry Arnott | 01:35:22 | |
| 8848 | Peter Hewitt | 01:55:06 | |
| 16505 | Joanne McBride | 02:08:10 | |
| 26498 | Sarah Down | 02:26:25 | |
| 26514 | Kerry Down | 02:26:27 | |
| 27765 | Rikki Hatherly | 02:29:00 | |





Terry, Sarah, Kerry & Rikki after with their medals after completing the Great North Run



Sunday 7th September 2014

Overton 5 – HRRL Event

| Chip Pos | Name | Gun Time | Chip Time | Comment |
|----------|----------------|----------|-----------|---------|
| 122 | Kev White | 00:33:05 | 00:32:50 | |
| 194 | Tim Durant | 00:35:36 | 00:35:25 | |
| 242 | Auz Gray | 00:37:41 | 00:37:27 | |
| 260 | Ray Bernice | 00:38:14 | 00:37:50 | |
| 267 | Sarette Martin | 00:38:24 | 00:38:11 | |
| 346 | Jenny Shilling | 00:42:22 | 00:41:52 | |
| 417 | Karen Williams | 00:46:23 | 00:45:59 | |
| 418 | Sue Barrett | 00:46:23 | 00:45:53 | |



Kev, Jenny, Karen, Tim, Ray, Sue, Sarette and Auz 'the Jolly Giant' before the Overton 5



Sunday 7th September 2014

Cardiff 10k

Chip Pos Name **Gun Time Chip Time 584 Anthony Horne** 00:49:59 00:46:38

Commen



Cheltenham Half Marathon

| Chip I | Pos | Name | Chip Time | Comment |
|--------|-----|----------------|-----------|--|
| - | | Sharon Clutton | 02:03:59 | |
| - | | Andy Clutton | 02:50:06 | Andy ran with a work colleague running her 1st ever race |



Sharon, Jules & Andy before the Cheltenham half marathon

Wolverhampton Half Marathon

| Chip Pos | Name | Gun Time | Chip Time | Comment |
|----------|-----------------|----------|-----------|--|
| 274 | Fiona Tomlinson | 01:54:21 | 01:54:14 | 2 nd Lady over 50 – 29 th Lady overall |



Tuesday 9th September 2014

Absolute Running – Gosport Summer 5k Series, Race 4

| Chip Pos | Name | Chip Time |
|----------|-----------------------|-----------|
| 21 | Ben Jarvis | 00:19:07 |
| 28 | Terry Arnott | 00:19:32 |
| 36 | Tim Durant | 00:20:06 |
| 44 | Nick Carter | 00:20:49 |
| 56 | Jenna Knight | 00:22:06 |
| 57 | Kirsten Maw | 00:22:08 |
| 58 | Sarette Martin | 00:22:17 |
| 96 | Adam Walters | 00:27:12 |
| 98 | Jenner Moore | 00:27:20 |
| 100 | Sarah Down | 00:27:24 |
| 101 | Kerry Down | 00:27:24 |
| 105 | Kevin Robinson | 00:28:07 |
| 106 | Maree Louise O'Rourke | 00:28:09 |
| 110 | Emma Mundy | 00:30:19 |
| 118 | Karen Hoggarth | 00:31:32 |



Jamie MacBeath & Ethan Barrett



Ben Jarvis

Children's 1k Sprint Race

| Chip Pos | Name | Chip Time |
|----------|----------------------|-----------|
| 4 | Ethan Barrett | 00:04:08 |
| 5 | Jamie MacBeath | 00:04:09 |
| 10 | Luke Adolpho-Pugh | 00:04:35 |
| 11 | Charley Middleton | 00:04:37 |
| 24 | Jessica Adolpho-Pugh | 00:05:39 |
| 26 | Maddison Moore | 00:05:46 |
| 29 | Aaron Moore | 00:05:55 |



Absolute Running – Summer 5k Series













Photos courtesy of



http://www.wavephotography.co.uk





Sunday 14th September 2014

Victory 5 – HRRL Event

| Chip Pos | Name | Gun Time | Chip Time | Comment |
|----------|-----------------|----------|-----------|---------|
| 106 | Kev White | 00:31:39 | 00:31:34 | |
| 121 | Terry Arnott | 00:32:14 | 00:32:09 | |
| 212 | Colin Gardner | 00:35:30 | 00:35:10 | |
| 223 | Ben Wales | 00:35:43 | 00:35:35 | |
| 259 | Nick Carter | 00:36:58 | 00:36:52 | |
| 287 | Karen Williams | 00:38:02 | 00:37:52 | |
| 326 | Tracey Wales | 00:39:46 | 00:39:37 | |
| 340 | Jenny Shilling | 00:40:40 | 00:40:15 | |
| 352 | Nick MacBeath | 00:41:18 | 00:40:53 | |
| 354 | Fiona Tomlinson | 00:41:20 | 00:40:55 | |
| 379 | Michael Stares | 00:43:03 | 00:42:43 | |
| 458 | Kim Carter | 00:49:09 | 00:48:27 | |



What a good looking bunch..... especially him on the right!



Sunday 14th September 2014

Victory 10k

| Chip Pos | Name | Gun Time | Chip Time |
|----------|------------|----------|-----------|
| 180 | Kath King | 01:16:43 | 01:16:03 |
| 181 | Sue Barker | 01:16:44 | 01:16:04 |



| Chip Pos | Name | Gun Time | Chip Time |
|----------|-----------------|----------|-----------|
| 286 | Ellie Blaiklock | 06:02:45 | 06:02:17 |







Sunday 14th September 2014

Bacchus Half Marathon

| Chip Pos | Name | Chip Time | Gun Time |
|----------|------------------|-----------|----------|
| 898 | Maisie Elshaw | 03:52:19 | 03:54:25 |
| 899 | Emma Mundy | 03:52:03 | 03:54:26 |
| 900 | Bekki Seal | 03:52:23 | 03:54:26 |
| 901 | Andrea Edwards | 03:52:24 | 03:54:27 |
| 902 | Rachel Gee | 03:52:25 | 03:54:29 |
| 903 | Julie Shinton | 03:52:25 | 03:54:29 |
| 904 | Levi Hughes | 03:52:17 | 03:54:29 |
| 905 | Lizzie Elshaw | 03:52:22 | 03:54:29 |
| 906 | Steve Wise | 03:52:07 | 03:54:29 |
| 907 | David Croft | 03:52:28 | 03:54:30 |
| 908 | Becky Veal | 03:52:24 | 03:54:31 |
| 909 | Kerry Irwin-Hall | 03:52:18 | 03:54:31 |
| 910 | Jenner Moore | 03:52:10 | 03:54:31 |
| 911 | Sue Barratt | 03:52:12 | 03:54:31 |

| Chip Pos | | Chip Time | Gun Time |
|----------|-----------------|-----------|----------|
| 913 | Caroline Oakes | 03:52:26 | 03:54:32 |
| 914 | Kerry Down | 03:52:12 | 03:54:33 |
| 915 | Angela Elshaw | 03:52:27 | 03:54:33 |
| 916 | Ben Jarvis | 03:52:28 | 03:54:33 |
| 917 | Jenna Knight | 03:52:28 | 03:54:33 |
| 918 | Karen Middleton | 03:52:10 | 03:54:33 |
| 919 | Sally Townley | 03:52:24 | 03:54:33 |
| 920 | Colin Middleton | 03:52:12 | 03:54:34 |
| 974 | Jo Harvey | 04:15:04 | 04:17:06 |
| 975 | James Heath | 04:15:02 | 04:17:06 |
| 1057 | Keith Elshaw | 04:41:14 | 04:43:21 |
| 1058 | Kirsten Maw | 04:41:18 | 04:43:21 |
| 1096 | Auz Gray | 05:13:49 | 05:15:51 |





Sunday 14th September 2014

London Duathlon - Classic Course





Saturday 21st September 2014

Valley Challenge - 8 miles

| Chip Pos | Name | Chip Time |
|----------|----------------|-----------|
| - | Rachel Gee | 01:35:16 |
| - | Andrea Edwards | 01:35:16 |

Known for its 3 Peaks of East Dean Hill, knights Hill and Levin Down, and passing 3 pubs, it was an 8 mile multi-terrain run that took in the beautiful countryside of the Lavant Valley and the Goodwood Estate. We started at East Dean and travelled through the villages of Charlton and Singleton through trail paths, roads and tracks. The scenery was amazing and it is well worth putting the date in your diary for next year. Rachel did throw her teddy's out of her cot on more than one occasion quoting that she would never run or do it again but I still managed to finish with a sprint, a smile and a time of 1.35.



I have managed to convince her that it wasn't that bad and she is willing to do it again next year so come join us on 19th Sept 2015.

Sunday 22nd September 2014

Bristol Half Marathon

| Chip Pos | Name | Chip Time | Comment |
|----------|----------------|-----------|---------|
| - | Caroline Oakes | 02:12:38 | |



Hursley 10k

| Chip Pos | Name | Chip Time |
|----------|-----------------|-----------|
| - | Ben Jarvis | 00:42:55 |
| - | Fiona Tomlinson | 00:53:27 |
| - | Melissa Pink | 00:59:35 |



Sunday 28th September 2014

Solent 1/2 Marathon - HRRL Event

| Chip Pos | Name | Gun Time | Chip Time | Comment |
|----------|-----------------|----------|-----------|---------|
| 93 | Kev White | 01:35:26 | 01:35:21 | |
| 215 | Karen Williams | 01:50:09 | 01:49:40 | |
| 216 | Ray Bernice | 01:50:09 | 01:49:40 | |
| 217 | Brian Fisher | 01:50:18 | 01:50:03 | |
| 220 | Tracey Wales | 01:50:46 | 01:50:36 | |
| 252 | Sarrette Martin | 01:54:31 | 01:54:23 | |
| 275 | Jenny Shilling | 01:57:00 | 01:56:44 | |
| 310 | Kellee Read | 02:04:22 | 02:03:56 | |
| 309 | Sharon Clutton | 02:04:22 | 02:03:56 | |
| 314 | Keith Elshaw | 02:05:30 | 02:05:16 | |
| 325 | Andrea Edwards | 02:07:41 | 02:07:25 | |
| 355 | Ken Eaden | 02:15:48 | 02:15:23 | |
| 381 | Denise Francis | 02:40:37 | 02:40:10 | |
| 382 | Tania Bernice | 02:40:37 | 02:40:10 | |





Sunday 28th September 2014

Ealing Half Marathon

| Chip Pos | Name | Gun Time | Chip Time | Comment |
|----------|------------------|----------|-----------|-------------------------------|
| 505 | Ben Jarvis | 01:38:11 | 01:37:24 | |
| 692 | Wayne Toms | 01:41:20 | 01:40:34 | |
| 1572 | Terry Moore | 01:54:31 | 01:52:40 | 1 st Half Marathon |
| 2701 | David Brace | 02:10:11 | - | |
| 3312 | Kim Carter | 02:21:18 | 02:15:46 | |
| 3417 | Amber Schothorst | 02:23:39 | 02:18:08 | |
| 3447 | Julie Shinton | 02:24:11 | 02:18:39 | |
| 3851 | Adam Walters | 02:36:01 | - | 1 st Half Marathon |



Adam has promised me a write up on this race for next month's newsletter, which I'm sure will include loads more photos.

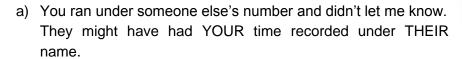


Results Co-ordinator

I have been actively recording the Club's results for about six months now. It's been a surprise to me how many different events we support every weekend. And it's a real joy for me to see so many good times from our runners ... old and new!

Generally I have managed to locate online most results of the races our runners take part in, along with Nick MacBeath who also looks out for them. This is probably just as well since only a handful has contacted me with their results!

Some do occasionally slip through the net however. I suggest that if you have run in a race over the previous month that you check in Nick's excellent Newsletter and see if your results are in there. If the event is recorded but you are not listed there could be one of several reasons:





Brian Fisher - Results Co-ordinator

- b) You ran under your own number but were not entered as a GRR runner and so not spotted in the results list. Please enter races as GRR if you can.
- c) I simply missed you out!

If the event itself is not in the Club Newsletter, perhaps if you competed in an event that wasn't local, please contact me with your results.

I will shortly be contacting some people to update my records. I don't have a date of birth for everybody. I need this information to know which age category a runner is in (senior, V35 etc), so if I e-mail or message you asking for a D.o.B. I'm not just being nosey!

Thanks.....

Brian Fisher

Please email you results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk





Monthly Newsletter
September 2014

| | | | | | No. | | | |
|-----|------------------------------------|----------|---------|--|----------------------|--------|------------------------------------|--|
| Pos | Name | Time | | udo <mark>6</mark> m | nil <i>a</i> | | imo Ti | TOP |
| 1 | Terry Arnott 1 st 5k | 00:32:51 | | ub 5 n | | | | |
| 2 | Richard Oakes | 00:33:54 | | | | | | |
| 3 | Tim Durant | 00:34:08 | | () Tuesd | ay 2 ^{na} 5 | Septen | nber 2014 | |
| 4 | Pete Brown | 00:34:19 | | District And | | - | | |
| 5 | Nick Carter | 00:35:10 | GOSPORT | | | | | |
| 6 | Luke Malone 1 st 5k | 00:35:47 | | | | | | |
| 7 | Alan Burgess | 00:35:49 | | | 47N | | | The state of the s |
| 8 | Steve Moltini PB | 00:37:38 | | The state of the s | | | | The state of the s |
| 9 | Sarette Martin PB | 00:37:43 | | | | | | |
| 10 | Karen Williams | 00:37:55 | | | | | | |
| 11 | Kirsten Maw PB | 00:38:00 | | | | | | |
| 12 | Sharon Callashan | 00:38:05 | | | | | 4 | |
| 13 | Ben Jarvis | 00:38:27 | | | | | | - 22 |
| 14 | Guy Sheppard | 00:38:29 | 16 | | | | | |
| 15 | James Heath 1 st 5k | 00:38:36 | Pos | Name | Time | Pos | Name | Time |
| 16 | Terry Moore 1 st 5k | 00:38:49 | 28 | Yvette Eastman PB | 00:42:48 | 40 | Mellissa Pink | 00:47:47 |
| 17 | Brian Fisher | 00:38:51 | 29 | Mike Stares | 00:42:49 | 41 | Jenner Moore | 00:48:21 |
| 18 | Amanda Holloway 1 st 5k | 00:39:02 | 30 | Darren Eynon 1 st 5k | 00:44:11 | 42 | Kristine Chien | 00:49:03 |
| 19 | Paul Jeram 1 st 5k | 00:39:20 | 31 | David Wright (2) | 00:44:54 | 43 | David Brace | 00:49:06 |
| 20 | Dave Croft | 00:39:52 | 32 | Kerry Irwin-Hall PB | 00:45:08 | 44 | Pete Phillipson | 00:49:07 |
| 21 | Jenna Knight | 00:39:54 | 33 | Ellie Blakelock | 00:45:09 | 45 | Denise Francis | 00:53:16 |
| 22 | Tracy Wales | 00:40:15 | 34 | Keith Elshaw | 00:45:18 | 46 | Kellee Read | 00:53:17 |
| 23 | Pete Lindley | 00:40:21 | 35 | John Jeffs | 00:45:25 | 47 | Miranda Carrick 1 st 5k | 00:53:43 |
| 24 | Jenny Shilling | 00:40:55 | 36 | Caroline Oakes | 00:47:01 | 48 | Karen Hoggarth 1 st 5k | 00:54:00 |
| 25 | Rory Fall | 00:41:18 | 37 | Ken Eaden | 00:47:30 | 49 | Sue Barratt | 00:54:00 |
| 26 | Mike Kearney | 00:41:49 | 38 | David Baker | 00:47:40 | 50 | Sharon Clutton | 00:54:05 |
| 27 | Jack Coulbert | 00:42:25 | 39 | Nicki Finnamore PB | 00:47:44 | 51 | Sid Smith | 00:54:06 |

Another good night for a 5 mile jaunt, with hardly a drop of wind for or against. A great turnout, with 51 runners and Supporters/Marshals/ Officials.

Thanks as always to our officials, Gary Francis (Starter/Recorder), Janet Lindley (promoted to Timer), Terry Weston (Backup Timer) and Dave Wright (Numbers). Thanks also to the supporters/marshals:- Mike Welsted, Tracy Bale, Angie Elshaw, Pete Hewitt, Mary & Terry Ash, Kim Carter, Amber Schothorst, Steve Cawte, Bob Bennett and Nick MacBeath.















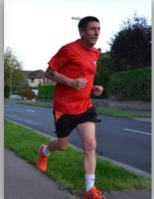
































Park Run Results



The following are the Club member's park run results from the last month.

30th August 2014

Havant

180 participants completed the run.

| Position | Position Name | |
|----------|---------------|----------|
| 13 | Colin Gardner | 00:21:19 |
| 17 | Tim Durant | 00:21:48 |
| 21 | Alan Burgess | 00:32:10 |

Southsea

212 participants completed the run.

| Position | Name | Gun Time | |
|----------|----------|----------|--|
| 48 | Auz Gray | 00:23:13 | |

6th September 2014

Havant

191 participants completed the run.

| Position | Name | Gun Time |
|----------|---------------|----------|
| 18 | Colin Gardner | 00:21:18 |
| 152 | Alan Burgess | 00:34:42 |

Netley Abbey

210 participants completed the run.

| F | Position | Name | Gun Time | |
|---|----------|------------|----------|--|
| | 85 | Tim Durant | 00:25:42 | |

13th September 2014

Southsea

231 participants completed the run.

| Position | Name | Gun Time |
|----------|------------|----------|
| 97 | Tim Durant | 00:25:36 |

Havant

162 participants completed the run.

| Position | Position Name | |
|----------|---------------|----------|
| 9 | Colin Gardner | 00:21:00 |

Northampton

239 participants completed the run.

| Position | Position Name | |
|----------|---------------|----------|
| 42 | Alan Burgess | 00:22:18 |



Park Run Results

20th September 2014

Netley Abbey

191 participants completed the run.

| Position Name | | Gun Time |
|---------------|---------------|----------|
| 109 | Levi Hughes | 00:28:32 |
| 161 | Sally Townley | 00:34:31 |

Little Stoke

152 participants completed the run.

| Positio | n Nan | me | Gun Time | |
|---------|-------|----------|----------|--|
| 108 | Tim | n Durant | 00:30:37 | |

27tt September 2014

South Manchester

407 participants completed the run.

| Position | Name | Gun Time |
|----------|----------------------------|----------|
| 307 | Ethan 'Lazerblade' Barrett | 00:28:47 |
| 310 | Sue Barrett | 00:28:49 |

Southsea

212 participants completed the run.

| Position | tion Name | |
|----------|---------------|----------|
| 24 | Tim Durant | 00:20:23 |
| 135 | Levi Hughes | 00:27:59 |
| 207 | Sally Townley | 00:39:42 |

Havant

202 participants completed the run.

| Position | Name | Gun Time |
|----------|---------------|----------|
| 14 | Colin Gardner | 00:21:07 |

Netley Abbey

196 participants completed the run.

| Position | Name | Gun Time |
|----------|---------------|----------|
| 104 | Keith Elshaw | 00:26:27 |
| 160 | Ange Elshaw | 00:32:46 |
| 161 | Lizzie Elshaw | 00:32:47 |

Queen Elizabeth

57 participants completed the run.

| Positi | ion | Name | Gun Time |
|--------|-----|--------------|----------|
| 1 | | Chris Buxton | 00:19:43 |









HAMPSHIRE ROAD RACE LEAGUE

a running club competition

I included a quite detailed section on the HRRL in last month's newsletter so didn't think there would be much benefit in filling this section up with too much detail about what HRRL is and how it works.

At the time of writing, the first three races from this season's HRRL calendar had already been run and, as usual, all have been very well supported by GRRs. Results from these races are detailed above and there are a number of photographs from some of these races on the following pages.

These runs make ideal first races as they really are very well supported, offer a great opportunity for you to represent your Club, are very friendly and definitely not elitist. For all those interested, the remaining confirmed dates for the 2014/15 HRRL season are:

| No. | <u>Date</u> | Race | <u>Distance</u> | Host Club |
|-----|---------------------------------------|-----------------|-----------------|----------------------------------|
| 4 | Sunday 2 nd November 2014 | Lordshill 10 | 10m | Lordshill Road Runners |
| 5 | Sunday 16 th November 2014 | Gosport ½ *** | 13.1m | Gosport Road Runners |
| 6 | Sunday 18 th January 2015 | Stubbington 10k | 10k | Stubbington Green Runners |
| 7 | Sunday 1 st February 2015 | Ryde 10 | 10m | Ryde Harriers |
| 8 | Sunday 8 th March 2015 | Salisbury 10 | 10m | City of Salisbury A & R Club |
| 9 | Sunday 22 nd March 2015 | Eastleigh 10k | 10k | Southampton Athletic Club |
| 10 | Sunday 10 th May 2015 | Alton 10 | 10m | Alton Runners |
| 11 | Sunday 17 th May 2015 | Netley RVCP | 10k | Southampton Athletic Club |
| 12 | Sunday 7 th June 2015 | D-Day 10k | 10k | City of Portsmouth Athletic Club |

^{***} As a Club member, you are not permitted to take part in the Gosport ½ marathon. All members can take part in the helpers half which is run the day before but results are obviously not included for HRRL scoring.

Races are generally pre-registration entry only, with many open for registration already. You can find more details about entry for the next two races at:

Lordshill 10 http://www.lordshillroadrunners.org.uk/lordshill-10-mile/

Stubbington 10k http://stubbingtongreenrunners.net/index.php/10k







Victory 5





























Solent Half Marathon















Cross Country

THE SOUTHERN CROSS COUNTRY LEAGUE

As a Gosport Road Runner, many of you may not be aware of the Club's involvement in cross country running. I certainly wasn't until I was introduced to it by one of the Club's previous Cross Country Reps. I always thought that Cross Country was more elitist and, as I hated hills, I thought that I'd be left behind or let the Club/Team down. I couldn't have been more wrong.

The Southern Cross Country League, previously known as the Hampshire Division of the Todays Runner Winter League, has 21 running clubs who compete in 7 multi-terrain events held between October and March each year. There are some 250 runners at each race and a team comprises 5 men and 3 women. The League has grown from strength to strength over the years and there is a considerable amount of friendly rivalry between the member clubs.

For all those interested in being cold wet and muddy, these are the remaining dates for the 2014/15 cross-country season......

| <u>Date</u> | | <u>Location</u> |
|---------------------------------------|---|-------------------------------------|
| Sunday 12 th October 2014 | - | Pamber Forest, Basingstoke |
| Sunday 9 th November 2014 | - | Queen Elizabeth Country Park |
| Sunday 7 th December 2014 | - | The Bourne Woods, Farnham |
| Sunday 28 th December 2014 | - | Lord Wandsworth College, Odiham |
| Sunday 25 th January 2015 | - | Manor Farm & Country Park |
| | | (Venue might change to '100 Acres') |
| Sunday 15 th February 2015 | | Chawton Park Wood, Alton |
| | | (date might change to 22 February') |
| Sunday 1 st March 2015 | | Staunton Country Park |

Courses are a mixture of woodland trails and parkland and are usually not usually more than 5 miles in length.

Racing in this league is more about friendly competition and making sure everyone enjoys the events. One feature of this friendly atmosphere is that each host club provides refreshments (for £1) after each event while the results are prepared and presented.

All races are free to enter and are open to Club members of ALL abilities

Club colours must be worn by all runners.

You WILL get muddy......



Cross Country

Pamber Forest, Basingstoke - Sunday 12th October

The first race of the 2014/15 Southern Cross Country League is on Sunday 12th October, at Pamber Forest in Basingstoke. The race will be a 5 mile single lap through forest and fields along undulating tracks and footpaths.

There are details of this race and the travel arrangements on the notice board at the rugby club.

Your Club Cross Country Reps

This year, the Club has new Cross Country Reps; Kev and Nikki White. Kev & Nikki will be updating the details on the notice board each month with the forthcoming race details but if you have any questions or queries in the mean time you can catch up with them at the Club one night or you can contact them via their email address: crosscountry@gosportroadrunners.org.uk





Getting to Know You



Getting to Know You

Sue Barrett - Ladies Captain

Who are you and what do you do?

I am 46 and married to John, who also runs, just never at the club. I have two boys, Alex 13 and Ethan 9. We live in Lee-on-Solent.

For the last 13 years I have worked for HMRC on the revenue side of things. I deal with personal tax for individuals under the PAYE and self assessment system. Generally we get a lot of bad press but please note it's not me that screws up your tax, I am both experienced and competent. I work part-time/term-time so it does often appear that I am never at work....

How long have you been running for and why did you start?

I have been running for about 6 years, prior to that I used to play a lot of field hockey but had to stop due to the commitment involved. I attempted to run the 5k race for life in 2008 and could not manage a mile!! So out came the trainers!

How long have you been a member of the Club?

I have been a member of the club for 5 and half years.

What does your role on the Committee involve?

Make contact with people wanting more info about the club, meet and greet new ladies who come through the door. Run with new members whenever possible or sort them out with a group to run with if not. Point people in the right direction for help/advice/training plans. Encourage people to put themselves forward for races (only if I think it's a good idea mind) Make sure no one is running on their own. Pace people at time trials or run at the back if required.

What do you most like about being a GRR?

I love the encouragement and support the club provides. At the Portsmouth coastal marathon I was completely overwhelmed as there seemed to be a GRR supporter at every turn; it made me feel incredibly proud to be part of the club.

Also since joining I have met some brilliant inspirational people and made some fantastic friends.

What is your favourite / least favourite runs, and why?

I am a big fan of out and back runs, I like to know what is coming next. The Wyvern 10k is great for that and you get a cool Dragon medal. The Portsmouth coastal marathon is great for the out and back aspect also. I also love the Stubbington 10k as it's the one race that seems to bring all GRR's together.

I also like anything that involves getting muddy, cross country runs are great for that. If it involves getting muddy AND fancy dress then also count me in.

I am not a big fan of lap races, I despise the Netley 10k as its 3 laps - yet strangely I run it every year and it's my PB course!

What are your running ambitions?

Would love to have a crack at the south downs marathon and maybe one Monday morning to beat Dave croft up a hill during the hill sessions. But generally to keep enjoying my running, stay sensible and remain injury free.

Tell us an interesting fact about yourself.

I have really freakishly long toes, seriously, the toe next to my big toe is pretty much the same length as my little finger!!

YOUR NEWSLETTER NEEDS YOU.....

Well, after last month's request I've not exactly been inundated with responses to these (in fact Sue was the ONLY volunteer!)..... It would be great if some others could also come forward (especially Committee Members) if I'm going to do some more of these so please don't be shy!

Let me know if you're interested, either by email (nick@macbeath.net) or you can catch me at the Club one night.



Any Other Business

September 2014

GRR Website:

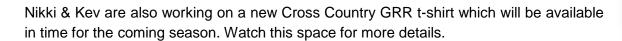
Those of you who have checked out the GRR website recently will have noticed that it continues to go from strength to strength (many thanks to Paul Street). The events page is one area where members are being encouraged to look at regularly as this lists all the upcoming events and where they will be held. The Committee agreed at their last meeting that in future we will post links on the club's Facebook page for upcoming events but not duplicate all the details there. So please add the GRR website to your favourites/bookmarks I http://www.gosportroadrunners.org.uk/



GRR and Social Media:

The Club's Facebook page currently has 220 registered members and has recently undergone a bit of a clean-up to remove anyone with no link to the Club. This is predominantly where Club members share stories, race experiences, photos, arrange out of Club meetings, etc., and discuss..... CAKE!

Club Kit: A full range of the Club's kit is available to purchase at Absolute Running on Stoke Road or on-line at: www.absolute-running.co.uk/gosportroadrunners





Newsletter Contributions:

If anybody has anything that they would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

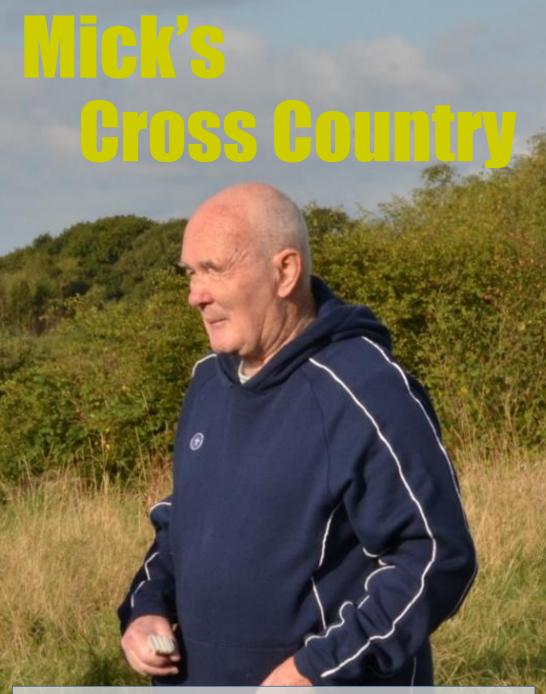
Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net





| | | - |
|-----|--------------------|-----|
| Pos | Name | |
| 1 | Dave Croft | l |
| 2 | Martin Rowell | İ |
| 3 | Terry Moore | |
| 4 | Pete Hewitt | |
| 5 | Nick MacBeath | |
| 6 | Jo McBride | |
| 7 | Eileen Cowling | İ |
| 8 | Kev White | |
| 9 | Wayne Toms | |
| 10 | Auz Gray | |
| 11 | Lee Russell | |
| 12 | Keith Elshaw | į |
| 13 | Rachel Davis | |
| 14 | Richard Morris | |
| 15 | Ellie Blaiklock | |
| 16 | Pete Lindley | |
| 17 | Maree O'Rourke | |
| 18 | Kev Robinson | |
| 19 | Vicky Horton | |
| 20 | Dave Wright | |
| 21 | Mick Stares | |
| 22 | Mike Barker | ١ |
| 23 | Giles Cowling | 100 |
| 24 | Lisa Hickingbotham | |
| 25 | Kirsten Maw | |
| 26 | Sue Barrett | |
| 27 | Kellee Read | |
| 28 | Rachel Gee | |
| 29 | Lucy Hudson | |
| 30 | Chris Nation | |
| 31 | Pat Lapworth | |
| 32 | Angie Elshaw | |



Thanks to our marshals and supporters:

Mick Wellsted (Organiser and numbers), Andy Clutton and Gary Francis (red and white tape distribution and collection), Paul Street and Nikki White (marshals), Jamie MacBeath (marshal and photographer), Ray Bernice (photographer), Sharon Clutton (names), Michelle Hayes, Rob, Ken Eaden, George, Rory and Karen Phillips (supporters).



The results show the order in which the runners found their way back to the start but not necessarily who ran the fastest or even the furthest.

Each year we change the route slightly to slow the guicker runners down and make them think about where they are running. The route is marked with red and white tape but you have to keep your wits about you. One missed turn and you could be lost in the wilderness that is the Alver Valley. Normally we have one or two runners that go astray but unfortunately this year some disgruntled dog walker decided to deliberately move two markers onto an adjacent path causing many runners to take the wrong route and leaving them stranded with no direction. As you all know it doesn't take much to confuse a GRR and the dog walker obviously new this. Whilst mopping up the markers we found the lead runners coming back towards us and we also had reports of GRR's coming out of the woods from all directions looking completely lost and puzzled but we counted out 32 and we counted back 32 so at least we didn't have to send out any search parties.

Wily old Dave Croft with his Out of Town and Hash navigational skills led them home with Jo McBride keeping her cool and coming in as first lady.

I'm aware that many of the runners were comparing distances to see who had short/ long coursed but as nobody knew the true length of the course in the first place, this is irrelevant. As everyone had seemed to get lost at some point and nobody would have deliberately taken a short cut, it was deemed fair to give the medals to the first home.



Well done to everyone who ran and eventually found their way back to the finish and we hope you all enjoyed it.

Next year we will be marking the route with dissolvable paint so there will be no excuses for getting lost and the route could be anything between 4 and 7 miles even if I say its 5ish, so leave your watches at home. It will only confuse you!















































































GOSPORT Road Runners



NEWSLETTER

October 2013



Introduction

I couldn't really have started my first attempt at the Club newsletter without passing on a massive thanks to Dave Croft, on behalf of everybody at the Club, for the amazing job that he had done with the newsletter over the last four years. I've definitely got a huge task ahead of me to come anywhere close to producing something as constantly interesting as he has. Thanks Dave!

I really hope you enjoy my efforts, I've decided to try and put my own spin on things, visually update the newsletter a bit but also keep much of the content that made Dave's newsletters such an interesting read. However, as I've said, this is my first attempt at anything like this so would really appreciate any feedback (positive or negative), it is after-all your newsletter not mine; I've only been asked to pull it



together each month. Finally, I'm going to need as much help as possible with articles, race reports, photos, etc. Not only will that make this a more interesting read each month but it will make my job so much easier.

Any feedback, contributions, etc. can be sent to newsletter@gosportroadrunners.org.uk or to me at nick@macbeath.net or you can catch me at the Club one night......

Hope you enjoy,

Nick

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This Month's cover photo:

How could it be anybody else other than Mr. Croft himself? ...the race No. was just a coincidence.



Race Reviews

Windsor Half Marathon

1:00pm, Sunday 29 September 2013 (By Nick MacBeath)



The Course

The setting for the Windsor Half marathon is billed as one of the most beautiful in the UK, the start and finish being on the Long Walk with Windsor Castle as the backdrop.

The course itself is all on traffic free roads with plenty of gentle hills spread around the route. The race takes place close to Windsor Castle within the confines of the Windsor Great Park. The course is two laps, one of approximately 4 miles, the other of about 7.5 miles with the remainder made up by the 1.5 mile Long Walk at the start and end of the race.



Value for Money

Race entry costs £40, which is quite expensive for a half marathon (we were given someone else's numbers so didn't pay the full price). Very well organised event, free on-site parking and good marshals. A nice medal but no real goody bag, just the usual bottle of water and sports drink with a mars bar thrown in for good measure. Technical t-shirts were available to buy on the day for an extra £12.50.

| Chip Pos | Name | Chip Time | Gun Time |
|----------|----------------|-----------|----------|
| 1624 | Nick MacBeath | 01:59:56 | 02:05:43 |
| 1732 | Karen Phillips | 02:01:47 | 02:07:33 |
| 1751 | Nikki White | 02:02:07 | 02:07:54 |









Cardiff Half Marathon

9am, Sunday 6 October 2013

(By Warren Jackson-Hookins)



The Course

The Lloyds Bank Cardiff Half Marathon is advertised as one of the most stunning 13.1 mile courses around. The route takes runners past some of Cardiff's main landmarks with beautiful scenery and historic buildings.

The predominately flat and fast course makes it ideal for beginners and professionals alike. The race starts outside Cardiff Castle and runners then head down past Cardiff City Stadium on the way to Penarth. They take in the glorious Penarth Marina before crossing the barrage and heading to Cardiff Bay. Runners run right through the heart of the bay taking in the Norwegian Church and Wales Millennium Centre. The course then heads towards the north of the city and runners will complete a loop of Roath Park Lake before the grandstand finish in the heart o the city at the Civic Centre.

Approximately 19,000 entered so obviously a big race and as my family live in the area, this was the 3rd time I've run this race and each time the weather has been perfect! The course is fast and flat with a few gentle or short sharp inclines, definitely a PB course. I was pleased with how the run went but to be honest was slightly disappointed not to get under 87 mins but hey it's a PB.

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|------------------------|-----------|----------|---------|
| 425 | Warren Jackson-Hookins | 01:27:08 | 01:27:18 | РВ |

Value for Money

Race entry costs £30 (Affiliated) or £32 (Unaffiliated). Organisation is excellent too and a **PARK AND WALK** service operates from Cardiff City Football Stadium (for a £2 charge). There is also plenty of parking spaces in the city centre itself. A nice medal, technical t-shirt and goody bag for all finishers.

Thanks Warren. A great time and very impressive PB.

I'd really like to include a few of these in future editions and it would be massively helpful if anyone who competes in a race could provide me with a brief summary of what you thought of the route, organisation and whether you thought it was value for money..... photos are always good too. It doesn't need to be war & peace, just a few lines and I'll do the rest. Thanks in advance!

Please send to: newsletter@gosportroadrunners.org.uk or to me at nick@macbeath.net





Since the last newsletter was published, Club members have taken part in the following races: Some amazing results... well done all.

Sunday 22nd September 2013

Butser Hill Challenge

| Pos | Name | Chip Time | Gun Time | Comment |
|-----|----------------|-----------|----------|---------|
| 15 | Luke Willis | - | 0:38:05 | |
| 16 | Chris Buxton | - | 0:38:06 | |
| 80 | Colin Gardner | - | 0:46:13 | |
| 98 | Alan Burgess | - | 0:47:57 | |
| 105 | Brian Fisher | - | 0:49:00 | |
| 164 | Michael Stares | - | 0:57:21 | |
| 177 | Ken Eaden | - | 1:02:37 | |



Luke Willis powering up Butser Hill



Sunday 22nd September 2013..... cont.

New Forest Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|-------------|-----------|----------|---------|
| 164 | lan Pugh | 03:56:01 | 03:56:06 | |
| 323 | Ben Godbold | 04:26:09 | 04:26:59 | |

New Forest Half Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|------------------|-----------|----------|---------|
| 79 | Tom Barnard | 01:34:48 | 01:36:40 | |
| 590 | Amber Schothorst | 02:00:21 | 02:02:14 | |
| 666 | Fiona Quinn | 02:04:03 | 02:05:24 | |
| 800 | David Brace | 02:11:28 | 02:13:21 | |
| 873 | Ellie Blaiklock | 02:15:42 | 02:17:35 | |
| 874 | Sue Barrett | 02:15:42 | 02:17:35 | |

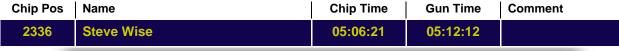


Ellie, Tom, Amber, Sue & David after completing the New Forest Half Marathon



Sunday 29th September 2013

Loch Ness Marathon





Steve crossing the finish line at the Loch Ness Marathon

Robin Hood Marathon (Nottingham)

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|-------------|-----------|----------|---------|
| 752 | Ben Godbold | 04:49:15 | 04:53:29 | |

Robin Hood Half Marathon (Nottingham)

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|---------------|-----------|----------|---------|
| 5772 | Tania Bernice | 02:28:04 | 02:28:16 | РВ |
| 5773 | Ray Bernice | 02:28:05 | 02:28:17 | |



Tania after the Nottingham Half Marathon, with a 10min PB.

Windsor Half Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|----------------|-----------|----------|---------|
| 1624 | Nick MacBeath | 01:59:56 | 02:05:43 | |
| 1732 | Karen Phillips | 02:01:47 | 02:07:33 | |
| 1751 | Nikki White | 02:02:07 | 02:07:54 | РВ |

A fantastic 15min PB for Nikki.



Sunday 6th October 2013

Bournemouth Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|-----------------|-----------|----------|---------|
| 1448 | Ben Godbold | 04:46:47 | - | |
| 1482 | Miles Pritchard | 04:49:28 | - | |



RNLI 10k - Portsmouth

| Chip | Pos | Name | Chip Time | Gun Time | Comment |
|------|-----|-----------------|-----------|----------|---------|
| | 8 | Chris Buxton | 00:37:12 | 00:37:17 | |
| 1 | 112 | Colin Middleton | 00:49:15 | 00:49:45 | РВ |
| 1 | 178 | David Chilvers | 00:53:56 | 00:54:30 | |
| 3 | 336 | Kathleen King | 01:11:21 | 01:11:54 | |
| 3 | 337 | Susan Barker | 01:11:22 | 01:11:55 | |



Sunday 6th October 2013..... cont.

Southsea Pirates – Pieces of Eight (8miles)

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|---------------|-----------|----------|---------|
| 14 | Colin Gardner | 00:57:25 | 00:57:37 | |

Cardiff Half Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|------------------------|-----------|----------|---------|
| 425 | Warren Jackson-Hookins | 01:27:08 | 01:27:18 | PB |

Clarendon Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|-------------|-----------|----------|---------|
| 40 | Luke Willis | 03:47:08 | 03:47:35 | |

Clarendon Marathon - Relay

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|---------------------------|-----------|---------------------|---------|
| 25 | Team Gosport Road Runners | 04:04:09 | 04:04:36 | |
| Leg 1 | Kim Carter | Leg 2 | Adam Roberts | |
| Leg 3 | John Barrett | Leg 4 | Jennifer Desmoulins | |







Three of the four Clarendon Marathon Relay Runners: Kim, Adam & Jen..... Not sure why there's no photo of John!



Sunday 6th October 2013.... cont.

Clarendon Half Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|-------------------|-----------|----------|---------|
| 110 | Kevin White | 02:00:39 | - | |
| 114 | Martyn Rowell | 02:03:16 | - | |
| 155 | Dorota Laska | 02:08:44 | - | |
| 161 | Amber Schothorst | 02:09:55 | - | |
| 188 | Fiona Quinn | 02:16:06 | - | |
| 191 | Deborah Birch | 02:16:18 | - | |
| 197 | Mike Barker | 02:17:20 | - | |
| 198 | Nikki White | 02:17:32 | - | |
| 254 | Shirley Faichen | 02:34:49 | - | |
| 255 | Sharon Clutton | 02:34:50 | - | |
| 256 | Kellee Read | 02:34:50 | - | |
| 257 | Giles Cowling | 02:35:34 | - | |
| 258 | Patricia Lapworth | 02:35:34 | - | |
| 268 | Stephen Cawte | 02:43:17 | - | |
| 273 | Denise Francis | 02:46:22 | - | |



Shirley, Sharon & Kellee on the home straight



Pat & Giles finishing strongly at the Clarendon Half



Sunday 13th October 2013

Chichester Half Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|---------------|-----------|----------|---------|
| 544 | David McAllen | 02:10:57 | 02:11:45 | |
| 545 | Kirsten Maw | 02:10:57 | 02:11:45 | |

Munich Half Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|------------|-----------|----------|---------|
| 224 | Tim Durant | 01:32:33 | 01:32:42 | |



Greensands Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|-------------|-----------|----------|---------|
| | Ben Godbold | 05:35:00 | | |

Ridgeway Trail Run - 15km

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|---------------|-----------|----------|---------|
| 165 | Peter Brown | 01:18:27 | - | |
| 172 | Alan Burgess | 01:19:01 | - | |
| 390 | Salvina Cawte | 01:35:49 | - | |
| 396 | Mick Kearney | 01:36:16 | - | |
| 504 | Steve Cawte | 01:50:34 | - | |



Sunday 13th October 2013.... cont.

Solent Half Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|------------------------|-----------|----------|---------|
| 43 | Chris Buxton | 01:25:17 | - | |
| 74 | Luke Willis | 01:28:44 | - | |
| 83 | Warren Jackson-Hookins | 01:29:44 | - | |
| 126 | Jayson Grygiel | 01:35:56 | - | |
| 144 | Colin Gardner | 01:37:39 | - | |
| 195 | Brian Fisher | 01:42:02 | - | PB |
| 250 | John Barrett | 01:47:00 | - | PB |
| 300 | Tracey Wales | 01:53:44 | - | РВ |
| 308 | Jenny Shilling | 01:54:46 | - | |
| 321 | Keith Elshaw | 01:56:38 | - | |
| 340 | Sharon Clutton | 02:01:10 | - | |
| 372 | Denis Francis | 02:18:32 | - | |



Some of the GRR team at the start of the Solent Half Marathon



Solent Half Marathon





















A selection of Solent Half Marathon photos
Courtesy of Paul Hammond www.smugmug.com



Sunday 20th October 2013

Amsterdam Marathon

| Chip Pos | Name | Chip Time | Gun Time |
|----------|-------------|-----------|----------|
| 10,485 | Levi Hughes | 05:02:07 | 05:17:34 |



Levi & his beard after finishing the Amsterdam Marathon

Amsterdam Half Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|-------------------|-----------|-----------------|---------|
| 6.986 | Amber Schorthorst | 01:59:17 | - | РВ |
| 11,468 | David Brace | 02:15:21 | - | |

Salisbury Half Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|-------------|-----------|----------|---------|
| 189 | Fiona Quinn | 02:03:50 | 02:03:43 | РВ |

Sorry if I've missed anyone this month (or not noted a PB) but if you don't tell me about your races then I can't include the results in the newsletter. I've tried to catch everyone, (I've literally spent hours each weekend trying to find who has run what races and what there times were), but don't doubt I have missed something..... You can email me or message me via Facebook with results, photos, PBs, etc.

Please send to: newsletter@gosportroadrunners.org.uk or to me at nick@macbeath.net

S Close Village Rd Testcombe R



The Results Section

Vectis Rd

Club 5k Time Trial

Tuesday 1st October 2013

| | | | | | | -10 | |
|-----|---|--|--|--|---|---|---|
| Pos | Name | Time | | Pos | Name | Time | Pos |
| 1 | Joe Wales PB | 17:26 | | 23 | Mike Barker | 25:36 | 45 |
| 2 | Tom Barnard PB | 17:30 | | 24 | John Jeffs | 25:40 | 46 |
| 3 | lan Pugh PB | 18:54 | | 25 | David Brace PE | 26:29 | 47 |
| 4 | Warren Jackson-Hookins | 19:41 | | 26 | Andrea Edwards PB | 26:38 | 48 |
| 5 | Tim Durant | 20:15 | | 27 | Sue Barratt PB | 26:39 | 49 |
| 6 | Pete Brown PB | 20:16 | | 28 | Mike Kearney | 26:41 | 50 |
| 7 | Dave Little | 20:37 | | 29 | Yvette Eastman PB | 27:02 | 51 |
| 8 | Paul Taylor | 21:07 | | 30 | Ellie Blaiklock | 27:09 | 52 |
| 9 | Alan Burgess | 21:34 | | 31 | Mike Stares | 27:12 | 53 |
| 10 | Guy Sheppard PB | 22:18 | | 32 | Kate Smyth PB | 28:03 | 54 |
| 11 | Ben Wales | 22:28 | | 33 | Andrea Ridley | 28:30 | 55 |
| 12 | Richard Ssuuna | 22:55 | | 34 | Tori Hall | 29:15 | 56 |
| 12 | Will Holt PB | 23:01 | | 35 | Jenny Scott PB | 29:20 | 57 |
| 14 | Shaun Garratt | 23:09 | | 36 | Julie Mansfield | 29:20 | 58 |
| 15 | John Barratt | 23:20 | | 37 | Becky Scott | 29:51 | 59 |
| 16 | Jenny Shilling | 24:32 | | 38 | Emma Adolpho | 23:52 | 60 |
| 17 | Steve Doore | 24:36 | | 39 | Dave Kirby | 30:18 | 61 |
| 18 | Nickki White PB | 24:39 | | 40 | Denise Francis | 30:21 | 62 |
| 19 | Pete Lindley | 24:56 | | 41 | Deborah Birch | 30:22 | 63 |
| 20 | Tracy Wales | 25:16 | | 42 | Christine Nation PB | 31:01 | 64 |
| 21 | Dave McAllen | 25:17 | | 43 | Terry Ash | 31:06 | 65 |
| 22 | Kirsten Maw PB | 25:18 | | 44 | Karen Middleton PB | 31:13 | |
| | 1 2 3 4 5 6 7 8 9 10 11 12 12 14 15 16 17 18 19 20 21 | 1 Joe Wales PB 2 Tom Barnard PB 3 lan Pugh PB 4 Warren Jackson-Hookins 5 Tim Durant 6 Pete Brown PB 7 Dave Little 8 Paul Taylor 9 Alan Burgess 10 Guy Sheppard PB 11 Ben Wales 12 Richard Ssuuna 12 Will Holt PB 14 Shaun Garratt 15 John Barratt 16 Jenny Shilling 17 Steve Doore 18 Nickki White PB 19 Pete Lindley 20 Tracy Wales 21 Dave McAllen | 1 Joe Wales PB 17:26 2 Tom Barnard PB 17:30 3 Ian Pugh PB 18:54 4 Warren Jackson-Hookins 19:41 5 Tim Durant 20:15 6 Pete Brown PB 20:16 7 Dave Little 20:37 8 Paul Taylor 21:07 9 Alan Burgess 21:34 10 Guy Sheppard PB 22:18 11 Ben Wales 22:28 12 Richard Ssuuna 22:55 12 Will Holt PB 23:01 14 Shaun Garratt 23:09 15 John Barratt 23:20 16 Jenny Shilling 24:32 17 Steve Doore 24:36 18 Nickki White PB 24:39 19 Pete Lindley 24:56 20 Tracy Wales 25:16 21 Dave McAllen 25:17 | 1 Joe Wales PB 17:26 2 Tom Barnard PB 17:30 3 Ian Pugh PB 18:54 4 Warren Jackson-Hookins 19:41 5 Tim Durant 20:15 6 Pete Brown PB 20:16 7 Dave Little 20:37 8 Paul Taylor 21:07 9 Alan Burgess 21:34 10 Guy Sheppard PB 22:18 11 Ben Wales 22:28 12 Richard Ssuuna 22:55 12 Will Holt PB 23:01 14 Shaun Garratt 23:09 15 John Barratt 23:20 16 Jenny Shilling 24:32 17 Steve Doore 24:36 18 Nickki White PB 24:39 19 Pete Lindley 24:56 20 Tracy Wales 25:16 21 Dave McAllen 25:17 | 1 Joe Wales PB 17:26 23 2 Tom Barnard PB 17:30 24 3 Ian Pugh PB 18:54 25 4 Warren Jackson-Hookins 19:41 26 5 Tim Durant 20:15 27 6 Pete Brown PB 20:16 28 7 Dave Little 20:37 29 8 Paul Taylor 21:07 30 9 Alan Burgess 21:34 31 10 Guy Sheppard PB 22:18 32 11 Ben Wales 22:28 33 12 Richard Ssuuna 22:55 34 12 Will Holt PB 23:01 35 14 Shaun Garratt 23:20 37 15 John Barratt 23:20 37 16 Jenny Shilling 24:32 38 17 Steve Doore 24:36 39 18 Nickki White PB 24:39 40 19 Pete Lindley </td <td>1 Joe Wales PB 17:26 23 Mike Barker 2 Tom Barnard PB 17:30 24 John Jeffs 3 Ian Pugh PB 18:54 25 David Brace PB 4 Warren Jackson-Hookins 19:41 26 Andrea Edwards PB 5 Tim Durant 20:15 27 Sue Barratt PB 6 Pete Brown PB 20:16 28 Mike Kearney 7 Dave Little 20:37 29 Yvette Eastman PB 8 Paul Taylor 21:07 30 Ellie Blaiklock 9 Alan Burgess 21:34 31 Mike Stares 10 Guy Sheppard PB 22:18 32 Kate Smyth PB 11 Ben Wales 22:28 33 Andrea Ridley 12 Richard Ssuuna 22:55 34 Tori Hall 12 Will Holt PB 23:01 35 Jenny Scott <</td> <td>1 Joe Wales PB 17:26 23 Mike Barker 25:36 2 Tom Barnard PB 17:30 24 John Jeffs 25:40 3 Ian Pugh PB 18:54 25 David Brace PB 26:29 4 Warren Jackson-Hookins 19:41 26 Andrea Edwards PB 26:38 5 Tim Durant 20:15 27 Sue Barratt PB 26:39 6 Pete Brown PB 20:16 28 Mike Kearney 26:41 7 Dave Little 20:37 29 Yvette Eastman PB 27:02 8 Paul Taylor 21:07 30 Ellie Blaiklock 27:09 9 Alan Burgess 21:34 31 Mike Stares 27:12 10 Guy Sheppard PB 22:18 32 Kate Smyth PB 28:03 11 Ben Wales 22:28 33 Andrea Ridley 28:30 12 Will</td> | 1 Joe Wales PB 17:26 23 Mike Barker 2 Tom Barnard PB 17:30 24 John Jeffs 3 Ian Pugh PB 18:54 25 David Brace PB 4 Warren Jackson-Hookins 19:41 26 Andrea Edwards PB 5 Tim Durant 20:15 27 Sue Barratt PB 6 Pete Brown PB 20:16 28 Mike Kearney 7 Dave Little 20:37 29 Yvette Eastman PB 8 Paul Taylor 21:07 30 Ellie Blaiklock 9 Alan Burgess 21:34 31 Mike Stares 10 Guy Sheppard PB 22:18 32 Kate Smyth PB 11 Ben Wales 22:28 33 Andrea Ridley 12 Richard Ssuuna 22:55 34 Tori Hall 12 Will Holt PB 23:01 35 Jenny Scott < | 1 Joe Wales PB 17:26 23 Mike Barker 25:36 2 Tom Barnard PB 17:30 24 John Jeffs 25:40 3 Ian Pugh PB 18:54 25 David Brace PB 26:29 4 Warren Jackson-Hookins 19:41 26 Andrea Edwards PB 26:38 5 Tim Durant 20:15 27 Sue Barratt PB 26:39 6 Pete Brown PB 20:16 28 Mike Kearney 26:41 7 Dave Little 20:37 29 Yvette Eastman PB 27:02 8 Paul Taylor 21:07 30 Ellie Blaiklock 27:09 9 Alan Burgess 21:34 31 Mike Stares 27:12 10 Guy Sheppard PB 22:18 32 Kate Smyth PB 28:03 11 Ben Wales 22:28 33 Andrea Ridley 28:30 12 Will |

| ^ | "Ma | |
|-----|-------------------|---------|
| Pos | Name Cress | AmsTime |
| 45 | Shone Rust | 31:18 |
| 46 | Mellissa Pink PB | 31:38 |
| 47 | Hilary Hudson PB | 31:42 |
| 48 | Sharon Clutton | 31:43 |
| 49 | Julie Shinton | 31:47 |
| 50 | Sophie Brook | 31:48 |
| 51 | Carol Read PB | 32:31 |
| 52 | Paul Turle | 32:32 |
| 53 | Gemma Royle | 33:48 |
| 54 | Kerry Meachen | 33:50 |
| 55 | Susan Barker | 34:36 |
| 56 | Kath King | 34:36 |
| 57 | Donna Birtwhistle | 35:51 |
| 58 | Amanda Wrey | 35:52 |
| 59 | Terry Weston | 35:58 |
| 60 | Jo Paget | 36:51 |
| 61 | Louise Millson PB | 40:06 |
| 62 | Levi Hughes | 40:07 |
| 63 | Rachel Gee | 40:08 |
| 64 | Pat Lapworth | 40:15 |
| 65 | Giles Cowling | 40:15 |

What a turn out for the first time trial of this winter (could be a record). Conditions seemed pretty good, overcast but not cold, ideal for everyone.

Thanks as always go out to Officials, Marshals and Spectators:- Gary Francis (Recorder), Liz Redpath (Starter & Timer), Janet Lindley (Back-up Timer) & Andy Clutton (Numbers). Supporters: Sid Smith, Denise Little, Ray Bernice, Tania Bernice Sally Townley, Mick Wellsted & Dave Croft.



Club Member Articles

The 50km Thames Path Challenge (Why, What & How)

(by Giles Cowling)

On September 14th, 4 friends and I undertook a 31 mile continuous walk as the second of our 2013 Team Wilburforce/Help For Heroes (H4H) fundraising events.

Why

As I write this a total of 444 UK service personnel have been killed on operations in Afghanistan. One of those was Will Blanchard, a friend, colleague and Gosport resident who worked in Dstl (MOD's science lab) and was also in the Territorial Army. He deployed to Afghanistan in September 2010 and was killed on 30 October 2010 while dealing with a suspect explosive device.

Since Will's death, his friends and colleagues have committed to do challenges each year to raise money in his memory. So far we have raised in excess of £30,000 for H4H with almost £6,000 pounds this year alone.

At the inquest into his death, it was incredibly inspiring to hear



from his colleagues (just 19 and 20 years old) of the efforts they made to save his life while coming under intense fire from Taliban fighters. Whatever the politics or outcome of this conflict, the Armed Forces deserve a huge amount of respect for being prepared to risk, and sometimes tragically sacrifice, their lives for their country.

What

Our previous fundraising events (National 3 Peaks, Yorkshire 3 Peaks, Great South Run, Toughmudder etc) have not always been accessible to all of Will's friends so we decided to pick something a bit more straightforward (well it seemed like that when we started). As if by magic (!) the Thames Path Challenge appeared, a multi-part event which offered 25, 50 and 100 km run/walk routes from central London heading westwards along the river Thames. Our view was this would be ideal for those not able to do running or speed events but a 50km walk still posed a sizeable endurance challenge. The team were Sue (Will's widow), Sue's sister Karen and her husband Paul, close friend Gemma and myself.

How

Since I always worry about not making it through these events, I drew upon the GRR marathon training schedule and did 5 training walks of increasing length in the run up to the event and then a couple of taper walks. Shortest was 15 miles and the longest was 26.5 miles (3 weeks before the day). I learnt a huge amount from these. Firstly, walking on your own for 7.5 to 8 hours is *incredibly boring* - by the end of my two longest walks I was actually talking to myself. Second, I needed to sort my shoes out as despite them being the right size when I started walking, over the course of the longest walks my feet were swelling and I was getting blisters on my heels and on the balls ...of my feet. So I decided to walk in shoes ½ a size bigger and invested in Hilly monoskin socks to reduce moisture buildup and friction.



Club Member Articles

As the training was over the summer, I was getting through 2.5 to 3 litres of water for the longest walks with nutrition being Eat Natural bars, mini-cheddars (thank you Jo Oakes for that tip), bananas and .. to Eileen's horror .. Ginsters Cornish Pasties as these were simple to carry and eat while walking. My key aim was to be able to do as much continuous walking as possible, stopping for only essential "stationary" activities!

Unfortunately, the team were unable to train together so another unknown was what a fair, steady pace would be when we all got together. On my solo training walks I was averaging 3 ½ to 3 ¾ miles per hour but I reckoned with a mixed ability team we would probably average 3 mph meaning to do the 31 miles would take approx 10 ½ hours – a long time to be on our feet.

So event day dawned and I wish I could say it was dry... in fact it was pretty miserably grey and damp with rain forecast for most of the day. Since I had suffered badly from blisters on one of my training walks, I followed Brian's top tip and zinc oxide taped my heels and feet plus liberally talc'ing the inside of my shoes. We all met at 0730 next to Putney Bridge for an 0815 start. Spirits were high and we were interviewed by the organisers with our picture being shown on a huge screen. This led to the "host" repeatedly referring to Paul and I as the ugliest people he had ever seen. The 1st time it was funny (ish) but after 30 minutes going on and on about it we were getting close to getting on to the stage and thumping him!

The start was preceded by a dances-style warm up and, frankly, I don't dance as I have zero co-ordination. Thankfully it was kept short and we set off, crossing the Thames to then head east towards Runnymede and the 50km finish.

Our pace was about 3 ½ mph and this felt good and steady, only being overtaken by the running competitors. Despite not having trained as a team, we gelled well and relaxed as we watched the rowers on the Thames. The first stop was at 7 miles and it seemed to come up quickly. Despite the increasingly heavy rain, we were in good spirits, improved by a hot drink and free munchies. We took the opportunity to do a quick "how are feet" check – no problems.

We were at about 12 miles when Sue advised that her right knee was beginning to hurt as a result of an injury picked up in training. Painkillers were distributed and we distracted her by pointing out the fantastic properties along the river banks – genuinely awesome (we were not at all jealousmuch). I took her rucksack and an hour later we were at the half-way point a mile or so past Hampton court and on schedule for a 10 hour time. Sad as it may be, I had prepared my lunch at the hotel that morning and feasted on a cold sausage sandwich which tasted fantastic.

Half Way

I changed my socks at this point and was really pleased to see that the oxide tape was doing its job and my feet were in good condition. Other members of the team reported blisters starting to appear – not good with 15 miles to go. Looking back after the event, I think this point was where we should have stopped for longer to eat & drink properly and also spend more time on foot checking (see later).



After a 10 minute refuel, we set off and it quickly became apparent that the blisters were beginning to take their toll. We dropped the pace and, despite the improving weather, conversation waned as Sue limped due to her knee and Gemma due to blisters.

The route continued to be genuinely fascinating as we past locks, more fantastic properties and some amazing house boats. I can thoroughly recommend the path as a route to simply see a different side of London (and you can bike it if you want!).

Eileen joined us at mile 24 which was great as it was beginning to feel like a slog rather than the enjoyable walk of earlier in the day. As we went past 26 miles we began to see more and more people struggling. The blister "waddle" seemed increasingly popular among the walkers and then we came upon our first "lying down and simply can't go on" person. We checked they were OK and made our way into the eastern fringes Staines. We had about 4 miles to go when Paul (who had been relatively quiet for the last few miles) said he felt dizzy and couldn't see properly. Paul isn't one to complain lightly and I then noticed his lips had turned a rather fetching pale blue. We eventually got him to sit down and insisted he eat (mini-cheddars again!) and drink. I took his ruck sack and after about 20 minutes he perked up a bit and said he could go on. We then noticed a lady sat on bench, head in hands. We stopped and it became clear she was very exhausted but desperately wanted to finish. Again mini-cheddars and jelly babies were issued, after a few minutes she set off only to virtually collapse 100 yards later. Fortunately one of the organisers cycled up and took over looking after her but I think this shows just how much this event took out of people.

We then walked through Staines and it felt fantastic to see the finish line ahead. After the traumas of the final hour, crossing the finishing line after 10 ¾ hours felt awesome and also very emotional as we had again achieved our objective in memory of Will. We had started unsure of what the day held, had each overcome personal challenges and finished as a team. Personally I felt good and strong with my feet in good condition and energy left in my legs.

Reflections

We should have checked more frequently on eating/drinking status. Foot problems could have been either avoided (or at least not worsened) if we had taken more care at the break points. Don't underestimate the time on feet issue – yes walking sounds easier than running, but doing it non-stop for almost 11 hours made it a challenge to be respected. And finally, training pays off so better invest up front than pay on the day.



The Finish (and it was good)

Fantastic, thanks Giles and a massive well done to you and your team.



Cross Country

As a Gosport *Road* Runner, many of you may not be aware of the Club's involvement in cross country running. I certainly wasn't until I was introduced to it by the Club's previous Cross Country Rep. I always thought that Cross Country was more elitist and as I hated hills, I thought that I'd be left behind or let the Club/Team down. I couldn't have been more wrong.

THE SOUTHERN CROSS COUNTRY LEAGUE

The League, previously known as the Hampshire Division of the Todays Runner Winter League, has 21 running clubs who compete in 6-7 multi-terrain events held between October and March. There are some 250 runners at each race and a team comprises 5 men and 3 women. The League has grown from strength to strength over the years and there is a considerable amount of friendly rivalry between the member clubs.

For all those interested in being cold wet and muddy, these are the remaining dates for the 2013/14 cross-country season...........



Staunton Country Park



All races are free to enter and are open to Club members of ALL abilities.

Club colours must be worn by all runners.

Race distances are generally around 5 miles.



Sunday 2nd March

Pete normally posts full details of each race on the Club's Facebook page and on the Club notice board about 2 weeks before each race.

These are also great social opportunities as after each event the host club provides drinks, sandwiches, snacks and cake (for a small change of £1 or £2) per person. This is optional but a good way to wind down afterwards.

For those of you interested in trying something a bit different, you really should try at least one of these races, I would almost guarantee that you will not regret it!

This picture pretty much sums up what these races are all about.....**MUD!**



Cross Country

The first meet of this year's season was on Sunday 13th October at Pamber Forest, Basingstoke (results below). Pete has reported that it went very well and expressed a big thanks to all who came and braved the true cross country elements!!

Pamber Forest – Finishing Positions

| Pos | Name |
|-----|-----------------|
| 71 | Kevin White |
| 108 | Pete Phillipson |
| 119 | Nick MacBeath |
| 122 | Paul Turle |
| 124 | Peter Hewitt |
| 128 | Adam Roberts |
| 43 | Martyn Rowell |
| 169 | Ken Eden |
| 173 | David Brace |

| Pos | Name |
|-----|------------------|
| 64 | Karen Phillips |
| 68 | Nikki White |
| 73 | Amber Schothorst |
| 87 | Joanne McBride |













A few photos from the Club's day out at Pamber Forest, Basingstoke..... a lovely day it was too with lots of MUD!!

Hopefully see a few more of you at QE Country Park on the 10th November





THE HAMPSHIRE ROAD RACE LEAGUE

What is the Hampshire Road Race League (HRRL) and what does it mean to the Club? These are two questions which I asked myself shortly after joining the Club. Again, as these are inter-Club races I thought they were going to be elitist and that I'd let the Club down if I wasn't breaking records.....WRONG!



What is the HRRL?

The Hampshire Road Race League is an annual series of road races for all runners from participating clubs in the County of Hampshire. Since 2008/09 there have been twelve races in the season, from September to May. Clubs that are based just over the county border can also apply - as with the City of Salisbury from Wiltshire, who have no road race league in their county. To apply you need to be a Hampshire AA affiliated club

Who can participate?

Running clubs who wish to participate in the HRRL do so by contacting the organiser, affiliating to the Hampshire AA and agreeing to field teams and abide by the rules of the league.

Runners who wish to join a club and participate in the league should contact an affiliated club (GRR is an affiliated club).

Non club-runners and runners from non-participating clubs are also welcomed to enter the HRRL races by the organising clubs, but only HRRL registered club teams and their members are included in the league results.

How does HRRL work?

Club teams score points through the success of their runners, and the series culminates in awards to the highest placed teams in the leagues. Clubs can have multiple teams and these enjoy a wide participation of runners of all standards, abilities and ages (from senior upwards).

Individuals score points from their finishing positions in the races.

There are separate leagues for women and men, both for teams and individuals.

The races are selected by the league organisers to be a variety of distances, from 5 miles to 20 miles, and spread within the county and across the season from September to July. The selected races are preferably but not always organised by participating clubs.





What is the League Structure?

HRRL is divided into two team leagues - **A** and **B**. The **A** League has 3 divisions for men and 3 for women - the **B** league has 2 divisions.

Teams can be promoted or relegated between divisions according to the league rules. The **B** league is a league designed to give other runners who are members of the A division clubs, but don't finish in scoring positions in the A division teams, a chance to still represent their club in a league, again separated for men's and women's teams.

For more detail about how the leagues operate or if you wanted to read up on the league or scoring rules you can find these on the HRRL web site: http://www.hrrl.org.uk

There you go.... really couldn't be any clearer!

| No. | Date | Race | Distance | Host Club |
|-----|---------------------------------------|-----------------|----------|-------------------------------------|
| 4 | Sunday 3 rd November 2013 | Lordshill 10 | 10m | Lordshill Road Runners |
| 5 | Sunday 17 th November 2013 | Gosport ½ *** | 13.1m | Gosport Road Runners |
| 6 | Sunday 19 th January 2014 | Stubbington 10k | 10k | Stubbington Green Runners |
| 7 | Sunday 2 nd February 2014 | Ryde 10 | 10m | Ryde Harriers |
| 8 | Sunday 9 th March 2014 | Salisbury 10 | 10m | City of Salisbury A & R Club |
| 9 | Sunday 23 rd March 2014 | Eastleigh 10k | 10k | Southampton Athletic Club |
| 10 | Sunday 4 th May 2014 | Alton 10 | 10m | Alton Runners |
| 11 | Sunday 18 th May 2014 | Netley RVCP | 10k | Southampton Athletic Club |
| 12 | Sunday 8 th June 2014 | D-Day 10k | 10k | City of Portsmouth Athletic Club |

^{***} As a Club member, you are not permitted to take part in the Gosport ½ marathon. All members can take part in the helpers half which is run the day before but results are obviously not included for HRRL scoring.





At the time of writing, the first three races from this season's HRRL calendar had already been run and, as usual, all have been very well supported by GRRs.

| No. | <u>Date</u> | Race | Distance | Host Club |
|-----|---|-----------|----------|----------------------------------|
| 1 | Saturday 7 th September 2013 | Overton | 5m | Overton Harriers |
| 2 | Sunday 15 th September 2013 | Victory 5 | 5m | City of Portsmouth Athletic Club |
| 3 | Sunday 13 th October 2013 | Solent ½ | 13.1m | Hardley Runners |

The next race in the series is the **Lordshill 10**, on **Sunday 3**rd **November at 10am**.

The Lordshill 10 Mile Road Race takes place around the lanes and streets of Nursling, Hillyfields, Lee and the Broadlands Estate in Southampton starting and finishing at 5 Acres, Redbridge Lane, Southampton. Renowned for being well organised, having lots of friendly and supportive marshals and its PB-potential course, it's a great addition to your race calendar for 2013. Ample car parking will be available, a short walk from the Race HQ.

You can enter online via Running Diary http://www.runningdiary.co.uk/race/lordshill-10-mile or Run Britain http://www.runbritain.com/RaceDetail.aspx?eventid=74bd0ac95c62&raceid=79b909c85c61%5d

Let's see if we can get another great GRR turnout for this next league event.





GRR and Social Media:



The Club's Facebook page currently has 277 registered members and seems to be the main place where Club members share stories, race experiences, photos, arrange out of Club meetings and discuss..... CAKE!

For those of you who have not succumbed to Facebook, already registered on the Club's page or haven't had time to check it out recently, these are some of the highlights from the past month:





Andrea Edwards Well done guys great effort. Feeling a bit left behind need to get some serious running done this week

Although Facebook is a social media site you don't have to share your life stories with the world. Many of the current members use this facility solely for catching up on Club news.

□ View 10 more comments

9 hours ago via mobile · Like · 🖒 3

Follow this link http://www.facebook.com/groups/27301329294/ to either register or catch up with the goings on. I promise, you won't be disappointed.....



<u>Gosport Half Marathon – Volunteer Marshalls Needed</u>

A note from Dave Little - Race Director:



We would be delighted if you could volunteer your time to help out at this year's Half Marathon, Sunday November 17th

Your commitment to the race really makes a difference and the runners always comment on how well we get it right.

If you can help us Sunday/Saturday or both, please drop a line to Sharon Clutton via newsletter@gosportroadrunners.org.uk

We'll then advise you nearer the time of your duties.

Cheers,

Dave

Social Vacancy

I've been advised by Ange Elshaw that the Club is looking for someone to take responsibility for pro-actively organising 2-3 'all member' social events throughout the year (i.e. group meals, bbq's, bowling, crazy golf etc.). This role will also involve assisting the Committee with the organisation and running of other club events such as summer relay and winter handicap. Interested parties should contact Ange, Giles or register their interest on the vacancy slip on the club notice board.

Club Kit: A full range of the Club's kit is available to purchase at Absolute Running on Stoke Road. Full details and prices are also available at:

www.absolute-running.co.uk/gosportroadrunners





A quick reminded for those of you who got 'smurfed' this month..... keep hold of the rejection letter that came inside your magazine. The Club receives an allocation of places for the London Marathon and those who were unsuccessful in the ballot are eligible to enter the draw for

one of the Club places.

It has recently been confirmed by VLM that for the 2014 London Marathon, Gosport Road Runners have been awarded 2 places.

The draw for these two places, 1 x Female and 1 x Male place (with a reserve for each), will take place immediately after the Winter Handicap, which this year is being held on the morning of Saturday 14th December.

You need to submit your VLM rejection slip ('Dear runner....') with your name clearly printed on the top to Ange Elshaw or another Committee member prior to this date.



I've also been asked to include the following statement from the Committee

GRRs.

A number of you have asked questions regarding the Club Draw on 14th December for places in the Virgin London Marathon. UK running clubs are each year awarded places on the basis of how many of the Club's members are affiliated to UK AA - typically we receive 2 such places - with the draw being made from those who handed in their VLM rejection letter. Accordingly, the draw is only open to those who were affiliated at the time of their application to VLM and remain so now (draw winners have to state their UK AA number when notifying VLM). Affiliation (cost £10.00) not only makes you eligible for this opportunity to run in one of the great marathons but also gets you discount on a huge range of race entry fees. If you like to know more, please see Keith and he will explain how to apply for your Affiliation. Thank you. The Committee

Good Luck everyone!



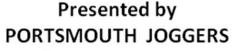
Dates for Your Diaries

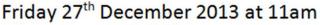
Anyone looking for something to do between Christmas and New Year might want to have a look at this event. All funds raised go to a great cause too.....



The 29th PUB TO PUB CHARITY ROAD RACE & WALK









Portsmouth Hospital's Rocky Appeal Run under ARC Rules. Permit ARC 13/445.



The Pub-to-Pub road race is traditionally held to support the Portsmouth Hospitals Rocky Appeal. This year's Rocky Appeal is in aid of a new £3m state of the art Digital Keyhole Operating Theatre, at Queen Alexandra Hospital, Portsmouth

Venue: Blendworth Hall, Blendworth Lane, Horndean, just off the A3 (M), approx. 12 miles north of Portsmouth.

Course: From the SHIP & BELL at Horndean to the RED LION at Chalton and back. An undulating course of

approximately 7.4 miles on minor roads. **THERE IS A TIME LIMIT OF 90 MINUTES FOR THE RACE**. Those who think they are unable to complete the course inside the time are advised to enter the walk over a course

approx. of 3.5 miles. Unfortunately, the Pub to Pub course is unsuitable for wheelchairs.

Also....

The Club's annual Winter Handicap is being held on the morning of Saturday 14th December.

Ange will be putting a list up on the notice board closer to the date for those who want to take part. When you write your name to say you want to participate, include a predicted time for completing the 10k. You start in accordance with this anticipated running time with the overall aim of having everyone finish together (i.e. the faster ones start later with the aim of catching the slower runners and *hopefully* you all cross the line as a group. It is great fun and there are prizes for those closest to their predicted time, etc. Oh.... and there's food afterwards (which, knowing you lot, is very likely to include CAKE!!)

More details will be posted on the notice board closer to the date and probably included in November's newsletter.

....and Finally

I think that's enough for one month, I really hope you enjoyed reading it as much as I enjoyed pulling it all together! Remember....any feedback would be great thanks.

There's a group of us travelling up to North Wales next week for the Snowdonia Marathon.

I plan on going armed with my camera so expect next month's edition to be full of dodgy photos and interesting tales from our weekend away.... now there's something for you all to look forward to!



YOUR NEWSLETTER NEEDS



.... well, your input at least!

Dave did warn me about the amount of time and effort that goes into generating this newsletter each month and now I believe him! What will make this far easier for me would be any articles or content from you, the Club members, it will make my life so much easier.... and it will certainly make YOUR newsletter so much more interesting!

Anything that you want to contribute would be very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club members would enjoy reading. I am hoping to start a 'getting to know your Club members' section soon and will be looking for volunteers to give me a brief background of who you are, why you run, what got you started, etc., so watch this space!

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk or newsletter@gosportroadrunners.org.uk<





NEWSLETTER

November 2013

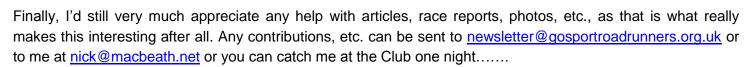


Introduction

I've got to say that I was quite taken aback by all the positive feedback that I received about my first newsletter, it kind of made the effort all the more worthwhile. Thank you for that. Now the hard bit is to try and keep you all equally impressed every month! It's still a bit of a novelty at the minute, which I hope doesn't wear off too soon, and I think Karen's actually enjoying the peace and quiet she gets from me spending hours doing this!

This month GRR has gone international with runners taking part in events in Wales, the Republic of Ireland, Holland and the US of A, as well as the more local Lordshill 10 and Great South Run. We've also had the latest Cross Country run at Queen

Elizabeth Country Park..... And you really don't want to miss the photos form Brian's article on page 17.



Hope you enjoy,

Nick

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This Month's cover photo: A sea of GRR yellow at the start of the Snowdonia Marathon.

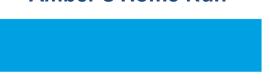


Race Reviews





Amber's Home Run





Amsterdam Half Marathon

1:30pm, Sunday 20th October 2013

(By Amber Schothorst)

Home turf, flat as a pancake, through some typical Dutch streets, along canals with the last few kilometres being through the Vondelpark culminating with a finish inside the 1928 Olympic Stadium, the last few 300 metres or so of an honour lap (or stagger).

There are a number of events that take place on the day. The full marathon (Super 'Well Done!' to Levi Hughes who ran this!!!) as well as a very popular 8km run and varying children's runs.

The number of participants was over 42,000 across all distances, with participants coming from 82 different countries. The organisation was superb making this is one slick event.

Entries in the marathon distance was somewhere between 12,000 and 15,000 runners. Importantly, the marathon is kept completely separate from the other events starting AND finishing in the Olympic Stadium.

David Brace and I ran the half marathon and the weather forecast was very mixed. This of course meant I had to make a decision on how many layers I had to wear... most people just wore a T-shirt...Thankfully, it settled down in time and temperatures were fine with it generally being a grey, overcast autumnal day. There were a few spots of rain, but nothing significant. However, the main issue was a biting cross-wind that knocked the temperature down significantly and running into this wind was hard work. The temperature all day hovered around 12C / 54F, but the real feel was well down on this. Or... possibly, I am more prone to feel these changes?

Unfortunately, there were frequent bottlenecks at the start of the course, partly from the narrowness of the streets, partly from the fact that the starting corrals of sorting people by pace does not always work. With my decision to try for an under 2 hour pace for my half marathon I had opted for the corral time 2:00 -2:10. I wish I had decided to be a bit more creative and gone into the corral for a time 1:45 -1:55 or less even, to avoid the ducking and diving... living and learning.

I also struggled with the start time of the half marathon which for me was close to 14:00 and thus was running low on fuel before I even set off.... This is something I seem to get wrong with races that start around lunch time... I suffered the same consequences as when I did Race the Train in August... not pretty! I made the decision to keep going, not 'waste time' and stop to take fuel... not sure how smart that was and if I might have gone faster if I had stopped....



Still, there ARE loads of water stations which are wonderfully well stocked and seem to come thick and fast. The volunteers did an amazing job and were very supportive. The crowds are plenty too and very cheerful.

Overall the race itself is a real gem. The main highlight during the race was running through Vondelpark, the largest and most famous park in Amsterdam. If you are looking to post a personal best (PB) time, then Amsterdam is perfectly set-up for this. However, you will need the weather to be on your side for running conditions to suit.

Combine the history of the event, the superb organisation, the welcoming Dutch people (but I would say that, wouldn't I?), together with the prospect of posting a fast time and it is clear to see why the Amsterdam (Half) Marathon comes recommended if you do want a race abroad.

The entry fee is € 25.00 (incl. chip)



David Brace and I before the start of my PB Half marathon 1:59:17 OK... by only 43 seconds BUT under 2 hours nonetheless!

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|-------------------|-----------|----------|---------|
| 6.986 | Amber Schorthorst | 01:59:17 | - | РВ |
| 11,468 | David Brace | 02:15:21 | - | |

Excellent article, thanks Amber..... and cracking results too.



Snowdonia Marathon

10:30am, Saturday 26 October 2013
(By Nick MacBeath)

On Saturday 26th of October, a group of us made the 300 mile trip to North Wales to take part in the Snowdonia Marathon. As well as the 17 runners who took part, a 12 strong support team (which sounded more like 112) also travelled up to show the Welsh what real support sounds like......



The Course

The demanding and spectacular route encircles Snowdon, Wales' and England's highest peak. In a 2011 poll by Runners' World Magazine, the Snowdonia Marathon was voted the best Marathon in the UK for the second time. This is somewhat ironic since it is also regarded as one of the most difficult! Its success has been credited to three things; the beautiful scenery, the runners that organize the race and the hospitality of the local people. I can vouch for all three of these....

The race starts just outside Llanberis and climbs to the top of the Llanberis Pass (Pen y Pass 1,100ft). From here, it drops down to the Pen Y Gwyryd junction and there is a short, sharp uphill back up to the main road before the route then continues to Beddgelert (200ft) and then continues along to Waunfawr. From here it is a rapid climb to about 1,200ft at Bwlch y Groes and then downhill to the finish in Llanberis.



Value for Money

Entry cost £28 (quite reasonable I think) and opens on 1st Jan. This race sells out within a matter of days so it's one of those where you have to be very quick to get in... We also booked our accommodation early so didn't have to pay the inflated prices that others did. It's a bit of a trek (about a 600 mile round trip) and being on a Saturday meant that we had to travel up on a Friday evening. It was absolutely worth it though as I loved every minute of it. Excellent organisation from start to finish and the group of us being there, especially the legendary and VERY noisy (but classy) GRR support crew, made it even more enjoyable.

All finishers get a cotton T-shirt and slate coaster, which I actually thought made a nice change from the usual medals....Would I do it again? DEFINATELY....



ww.snowdoniamarathon.com











































I'd really like to include a few more of these race reviews in future editions and it would be massively helpful if anyone who competes in a race could provide me with a brief summary of what you thought of the route, organisation and whether you thought it was value for money.... photos are always good too. It doesn't need to be war & peace; just a few lines and I'll do the rest. Thanks in advance!

Please send to: newsletter@gosportroadrunners.org.uk or to me at nick@macbeath.net

There appears to have been a few strange goings on earlier this month.... I couldn't find any results for this race but the photos look like they could provide an interesting article for next month's newsletter. *HINT HINT!*













Since the last newsletter was published, Club members have taken part in the following races: Some amazing results... well done all.

Saturday 26th October 2013

Great South Run 5k

| Chip Pos | Name | Chip Time | Comment |
|----------|-----------------|-----------|---------|
| 51 | Colin Middleton | 00:21:50 | РВ |
| 185 | Caroline Oakes | 00:26:30 | |
| 364 | Karen Middleton | 00:30:02 | РВ |
| 368 | Chris Nation | 00:30:13 | |
| 394 | Sean McKay | 00:30:32 | |
| 448 | Julie Shinton | 00:31:12 | РВ |
| 551 | Rachel Cole | 00:32:42 | |
| 788 | Louise Millson | 00:37:18 | РВ |



A slightly wet Rachel after her 5k



Saturday 26th October 2013..... cont.



Chris, Louise, Julie, Karen & Colin.... again looking slightly wet after the South Run 5k



Not strictly a 'Club Result' I know, but I'm going to abuse my position here slightly by including my son's result from the 2.5k Junior Great South Run, which was also held on Sat 26th.

Jamie turned 9 in August and came 280th in the 9 to 14 age category with a time of 11mins 22. Not only that, but he also managed to raise £169 in sponsorship for the Rowans Hospice (massive thanks to all who sponsored him). Very proud of him, a future Club member I'm sure.

As you can see, he was also flying the flag for GRR on the Saturday.





Saturday 26th October 2013..... cont.

Snowdonia Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|------------------|-----------|----------|-----------------------------|
| 432 | Luke Willis | 03:52:21 | 03:52:59 | |
| 476 | Dave Little | 03:54:36 | 03:56:56 | |
| 878 | Kevin White | 04:22:59 | 04:25:21 | |
| 918 | Martyn Rowell | 04:25:06 | 04:27:28 | 1 st Marathon |
| 945 | Peter Phillipson | 04:26:28 | 04:28:51 | |
| 1114 | Andy Clutton | 04:42:11 | 04:44:34 | |
| 1188 | Nick MacBeath | 04:49:12 | 04:51:36 | |
| 1300 | Dave Croft | 04:59:30 | 05:00:58 | 2 nd in Category |
| 1330 | Mike Barker | 05:03:15 | 05:05:37 | |
| 1357 | Kellee Read | 05:07:16 | 05:09:40 | |
| 1358 | Sharon Clutton | 05:07:17 | 05:09:41 | |
| 1418 | Nikki White | 05:17:48 | 05:20:10 | 1 st Marathon |
| 1527 | Keith Elshaw | 05:55:12 | 05:57:37 | |
| 1528 | Ange Elshaw | 05:55:13 | 05:57:37 | |
| 1535 | Denise Francis | 06:05:46 | 06:08:08 | |





Sunday 27th October 2013

Great South Run - 10 Miles

| Chip Pos | Name | Chip Time |
|----------|-------------------|-----------|
| 135 | Chris Buxton | 01:03:45 |
| 402 | Tom Barnard | 01:09:11 |
| 744 | Colin Gardner | 01:12:34 |
| 1273 | Mark Westbrook PB | 01:15:53 |
| 1809 | Adam Roberts | 01:18:10 |
| 1951 | Peter Hewitt | 01:18:46 |
| 3101 | John Barrett | 01:22:58 |
| 3156 | Brian Fisher | 01:23:09 |
| 3939 | Kim Carter | 01:25:31 |
| 4105 | Jennifer Shilling | 01:25:58 |
| 4450 | Tracey Wales | 01:26:59 |
| 4499 | Philip Beed | 01:27:07 |
| 4825 | Dave McAllen | 01:28:00 |
| 5334 | Karen Phillips PB | 01:29:25 |

| Chip Pos | Name | Chip Time |
|----------|--------------------------|-----------|
| 5495 | Kirsten Maw | 01:29:50 |
| 5689 | Andrea Edwards | 01:30:22 |
| 5767 | Rachel Davies PB | 01:30:35 |
| 6488 | David Chilvers | 01:32:29 |
| 6828 | Sue Barrett PB | 01:33:24 |
| 7893 | Nick MacBeath | 01:36:12 |
| 8040 | Joanne McBride | 01:36:35 |
| 9924 | Laura Cornborough-Clarke | 01:41:30 |
| 10451 | Rebecca Scott | 01:42:57 |
| 12080 | Rachel Gee PB | 01:48:14 |
| 12174 | Linda Briggs | 01:48:33 |
| 12236 | Claire Hill | 01:48:43 |
| 12890 | Tania Bernice PB | 01:51:23 |
| 15354 | Joanne Paget | 02:07:22 |



Nick, Karen, Linda, Rachel Gee, Andrea, Rachel Clark & Sue after the GSR











Bupa great south











Monday 28th October 2013.

Dublin Marathon

| Chip Pos | Name | Chip Time | Gun Time | Comment |
|----------|----------------|-----------|----------|---------|
| 3693 | Jayson Grygiel | 03:47:59 | 03:48:30 | |

Sunday 3rd November 2013.

New York Marathon





Sunday 3rd November 2013.... cont

Lordshill 10 mile - HRRL event

| Chip Pos | Name | Chip Time | Comment |
|----------|--------------------|-----------|---------|
| 52 | Chris Buxton | 01:01:47 | |
| 182 | Tim Durant | 01:10:28 | |
| 186 | Colin Gardner | 01:10:35 | |
| 195 | Mark Mawby | 01:11:11 | |
| 201 | Peter Brown | 01:11:25 | |
| 214 | Kevin White | 01:11:59 | |
| 278 | Peter Hewitt | 01:15:22 | |
| 282 | Alan Burgess | 01:15:46 | |
| 360 | Jenny Shilling | 01:21:40 | |
| 371 | Tracey Wales | 01:22:57 | |
| 403 | Keith Elshaw | 01:25:58 | |
| 411 | David Chilvers | 01:27:01 | |
| 415 | Tracy Bale | 01:27:16 | |
| 423 | Andrea Edwards | 01:28:24 | |
| 448 | Amber Schothorst | 01:33:07 | |
| 450 | Joanne McBride | 01:33:23 | |
| 451 | Jennifer Demoulins | 01:33:23 | |
| 460 | Ellie Blaiklock | 01:35:55 | |
| 464 | Sue Barrett | 01:36:10 | |
| 495 | Emma Adolpho | 01:42:41 | |



Amber, Jenny, Sue, Tracy, Ellie, Kev, Ange, Andrea, Tim, Jenny, Keith, David, Mark, Emma, Joanne, Pete, Tracey and Alan before the start of the Lordshill 10mile, HRRL race.

There are lots more photos of this event on page 23 of this newsletter.



PLEASE..... Send Me Your Results!

Sorry if I've missed anyone this month, or not noted a PB (apparently I missed a couple of results last month.....) but if you don't tell me about your races or send me your results then the chances are that they won't be included in the newsletter. I've tried to catch everyone this month (I've spent hours again this trying to find who has run what races and what there times were) but I'm not physic and can only look up the results if I know you are taking part in a particular event.

The only way you can be sure that your result is include is to email me or message me via Facebook with results, photos, PBs, etc. Please send to:

newsletter@gosportroadrunners.org.uk

or to me at

nick@macbeath.net





Vectis Rd

Monthly Newsletter November 2013

ALVERSTOKE

S Close Village Rd Testcombe R



Tuesday 5th November 2013

| | | | | | P. Po |
|-----|-------------------------------------|-------|-----|-----------------------------------|-------|
| Pos | Name | Time | Pos | Name | Time |
| 1 | Joe Wales | 17:35 | 23 | Fiona Quinn | 25:14 |
| 2 | Tom Barnard | 17:45 | 24 | Giles Cowling | 25:29 |
| 3 | Luke Willis | 19:53 | 25 | Rachel Davies | 25:42 |
| 4 | Warren Jackson-Hookins | 19:59 | 26 | Andrea Edwards PB | 25:54 |
| 5 | Dave Little | 20:02 | 27 | Ken Eaden | 26:05 |
| 6 | Kevin White | 20:56 | 28 | Mike Stares | 26:13 |
| 7 | Pete Phillipson PB | 21:03 | 29 | Yvette Eastman PB | 26:20 |
| 8 | Alan Burgess | 21:08 | 30 | David Barker | 26:28 |
| 9 | Ben Wales | 21:55 | 31 | Deborah Birch | 26:33 |
| 10 | Adam Roberts | 22:00 | 32 | Caroline Oakes 1 st 5k | 26:36 |
| 11 | Josh Belben PB | 23:00 | 33 | George Weston PB | 27:19 |
| 12 | Shaun Garratt PB | 23:01 | 34 | Tori Hall PB | 27:20 |
| 13 | Phil Bead | 23:04 | 35 | Kate Smyth PB | 27:32 |
| 14 | Brian Fisher | 23:07 | 36 | Sharron Clutton | 27:36 |
| 15 | Tracy Wales | 24:11 | 37 | Kellie Read | 27:36 |
| 16 | Neil Battersbury 1 st 5k | 24:24 | 38 | Steve Wise | 27:38 |
| 17 | Jenny Shilling | 24:28 | 39 | Nikki White | 28:59 |
| 18 | Pete Lindley | 24:42 | 40 | Angela Elshaw | 29:01 |
| 19 | Keith Elshaw | 24:43 | 41 | Julie Shinton PB | 29:15 |
| 20 | Levi Hughes | 24:50 | 42 | Sue Barratt | 29:16 |
| 21 | Mike Barker | 25:08 | 43 | Dave Kirby | 29:20 |
| 22 | Dave McAllen | 25:11 | 44 | Nicola Finnemour | 29:39 |

| Alvers Claynal/ Rey | | | | | |
|---------------------|-----------------------------------|----------------------|--|--|--|
| Pos | Name Cress | Am _s Time | | | |
| 45 | Sean McKay | 29:41 | | | |
| 46 | Melissa Pink | 29:48 | | | |
| 47 | Denise Francis | 29:57 | | | |
| 48 | Terry Ash | 29:58 | | | |
| 49 | Emma Davis 1 st 5k | 30:03 | | | |
| 50 | Karen Middleton | 30:10 | | | |
| 51 | Rachel Cole | 30:57 | | | |
| 52 | Karen Meachen 1 st 5k | 31:05 | | | |
| 53 | Gemma Royal PB | 31:20 | | | |
| 54 | John Jeffs | 31:55 | | | |
| 55 | Sally Willis 1 st 5k | 31:58 | | | |
| 56 | Sid Smith | 32:00 | | | |
| 57 | Carol Read | 34:33 | | | |
| 58 | Hilary Hudson | 34:33 | | | |
| 59 | Amanda Wray | 36:15 | | | |
| 60 | Donna Birtwistle | 36:16 | | | |
| 61 | Louise Millson | 36:48 | | | |
| 62 | Terry Weston | 36:49 | | | |
| 63 | Linda Moorhead 1 st 5k | 37:22 | | | |
| 64 | Rachel Gee | 37:24 | | | |
| 65 | Pat Lapworth | 37:24 | | | |

It's getting colder, if not for the runners then defiantly for the spectators, however that breeze along the front must have been very helpful. Not a bad turnout for this time trail, as always many thanks to our officials:- Gary Francis - Recorder, Starter & Timer - Liz Redpath, Janet Lindley - Back-up timer, Andy Clutton - Numbers. Spectators, Mike Welsted, Denise Little, Dave Croft.

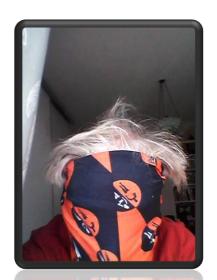
Commiserations' to Guy Sheppard, pulled up lame & Richard Oakes who took a wrong turn



Club Member Articles

And now for something that will really make you smile. When Brian Fisher first sent these to me I almost spat my coffee out!

So the goodie-bags from October's Solent Half Marathon included a 'CHOOB' in them. These 'CHOOBS' are advertised as being "a versatile piece of clothing that can be worn in as many as ten different ways" and Brian thought it would be useful to include some photos so that anyone interested in investing on one of these could see how to wear it (or not!).



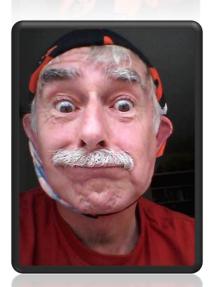
Mask



Balaclava



Scarf/Neckerchief



Hair Band



Wrist Band



Head Band

I don't know about you but I personally think that Brian will make quite an impact down the club with this amazing garment.

Over to you Absolute Running..... if you're after a model for these then I'd look no further.



Club Member Articles

Torch Run

Organised by Andrea Edwards and Brian Fisher

With the nights drawing in, and with the end of the summer out of towns, Brian and I thought we may try something new down the Club. So after a trip to Alver Valley with Brian and my dogs we felt it would be an ideal place to do a night run.

So a date was set and everyone met at the Bayside car park on Thursday 7th November. 21 runners set off with head torches or all shapes and sizes and varying brightness.



Unfortunately, it was not long before we encountered our first casualty. Keith Elshaw had to pull out after treading on a stick twisting his ankle. Luckily no break, just a sprain!

Down to 20, the runners continued on into the dark and unknown. On occasions you would hear a screech as someone found an unexpected puddle. The runners squelched through mud and in the silence of the Alver Valley, you heard the odd echo of peoples' voices as they dodged the odd rabbit-hole or tree stump. Stopping to regroup regularly to ensure we hadn't lost anyone, we ran on gravel paths and through woods. I did want to turn off my torch and slip into the undergrowth but felt that might be a little unfair. After a run of just over 5 miles everyone returned to the car park in one piece.

Thank you to everyone who attended, I think you will agree it was rather fun. The route is suitable for all those who are able to complete 5 miles and pace is nice and steady to ensure everyone's safety. Watch this space for the next episode of torch run which I plan to do sometime in January 2014.

Thanks Andrea, great article and it sounds like a lot of fun.....



Cross Country



Queen Elizabeth Country Park – Finishing Positions – 10th November 2013

| Pos | Name |
|-----|-----------------|
| 100 | Kev White |
| 139 | Colin Gardner |
| 141 | Pete Phillipson |
| 149 | Paul Turle |
| 164 | Alan Burgess |
| 182 | Nick MacBeath |
| 184 | Pete Hewitt |
| 186 | Martyn Rowell |
| 237 | Colin Middleton |
| 238 | Mick Kearney |
| 250 | Mike Stares |
| 259 | Ken Eden |
| 264 | Toby Bettridge |
| 274 | Steve Cawte |

| Pos | Name |
|-----|----------------|
| 81 | Nikki White |
| 83 | Karen Phillips |
| 98 | Jo Oakes |
| 100 | Sylvie Cawte |
| 112 | Joanne McBride |





A White double at the QE Cross Country. First Man & first Lady



Cross Country

QE Country Park - 10th November 2013



































Remaining Race Dates

For all those interested in being cold wet and muddy, these are the remaining dates for the 2013/14 cross-country season...........

| <u>Date</u> | | Location |
|---------------------------------------|---|---------------------------------|
| Sunday 8 th December 2013 | - | The Bourne Woods, Farnham |
| Sunday 29 th December 2013 | - | Lord Wandsworth College, Odiham |
| Sunday 26 th January 2014 | - | Manor Farm & Country Park |
| Sunday 2 nd March 2014 | - | Staunton Country Park |

Race distances are generally around 5 miles, are free to enter and are open to Club members of ALL abilities.

Club colours must be worn by all runners.

Pete normally posts full details of each race on the Club's Facebook page and on the Club notice board about 2 weeks before each race.

These are also great social opportunities as after each event the host club provides drinks, sandwiches, snacks and cake (for a small change of £1 or £2) per person. This is optional but a good way to wind down afterwards.

For those of you interested in trying something a bit different, you really should try at least one of these races, I guarantee that you will not regret it!











HAMPSHIRE ROAD RACE LEAGUE



I included a quite detailed section on the HRRL in October's newsletter so didn't think there would be much benefit in filling this section up with too much detail about what HRRL is and how it works.

At the time of writing, the first four races from this season's HRRL calendar had already been run and, as usual, all have been very well supported by GRRs. The most recent being the Lordshill 10 mile road race on Sunday 3rd November. Results are detailed above and there are a number of photographs from this race on the following page. Photos are courtesy of Paul Hammond www.smugmug.com

| No. | <u>Date</u> | Race | <u>Distance</u> | Host Club |
|-----|---------------------------------------|-----------------|-----------------|----------------------------------|
| 5 | Sunday 17 th November 2013 | Gosport ½ *** | 13.1m | Gosport Road Runners |
| 6 | Sunday 19 th January 2014 | Stubbington 10k | 10k | Stubbington Green Runners |
| 7 | Sunday 2 nd February 2014 | Ryde 10 | 10m | Ryde Harriers |
| 8 | Sunday 9 th March 2014 | Salisbury 10 | 10m | City of Salisbury A & R Club |
| 9 | Sunday 23 rd March 2014 | Eastleigh 10k | 10k | Southampton Athletic Club |
| 10 | Sunday 4 th May 2014 | Alton 10 | 10m | Alton Runners |
| 11 | Sunday 18 th May 2014 | Netley RVCP | 10k | Southampton Athletic Club |
| 12 | Sunday 8 th June 2014 | D-Day 10k | 10k | City of Portsmouth Athletic Club |

^{***} As a Club member, you are not permitted to take part in the Gosport ½ marathon. All members can take part in the helpers half which is run the day before but results are obviously not included for HRRL scoring.

The next race in the series is the **Stubbington 10k**, on **Sunday 19th January 2014 at 10am**.

This race is notoriously well supported by the GRRs but fills up very quickly so best to get in early if you can. You can enter by following the link below.

http://www.sgrac.net/html/sgrac-10k.html

Let's see if we can get another great GRR turnout for this next league event.































GRR and Social Media:





For those of you who have not succumbed to Facebook, already registered on the Club's page or haven't had time to check it out recently, these are some of the highlights from the past month:



Julie Mansfield

A huge thanks to everyone for their support for New York, especially the Gosport Road Runners who must be the best running club ever. You kept me running (shuffling) when I really wanted to walk- I'm not sure I could have done it without you <a>U You are truly awesome!



You, Nikki White, Keith Elshaw, Ange Elshaw and 23 others like this.



Peter Phillipson

I would just like to say a massive thank you to everyone at the club that has helped me at the club to complete the snowdonia marathon. From Mick and Gary's training to Martin and Andy company and advise during the race, plus all the help, encouragement, advise and a watch loan from everyone. This truly is the best club to be in, thank you.

Unlike · Comment · Unfollow Post · Share · 16 hours ago via mobile

You, Karen Phillips, Nikki White, Keith Elshaw and 27 others like this.

Ange Elshaw Epic support throughout the whole day and really appreciated it. Thank you GRR x

10 hours ago via mobile · Like · 🖒 1



Jennifer Desmoulins

You know you are in the best running club when fellow club mates don't blink an eye when you ask them to bring you a running bra because you can't find yours. — with Nikki White.

Like · Comment · Follow Post · Share · 3 November at 12:36 via Mobile

Ange Elshaw, Rachel Gee, Amber Schothorst and 15 others like this.



http://www.facebook.com/groups/27301329294/ to either register or catch up with the goings on.



Keith Elshaw

Denbies wine half marathon 14/09/14 I have been asked to organise another group entry so here is how it will work. I will start collecting money off people between now and December. Then in early December I will do a group entry. We will get 10% off the entry fee if we get a group of 10 or more. I think we will make that! If you are interested contract me and I will give you a form to fill in and when everyone has paid me the entry fee I will sort it. Nearer the time we will agree a fancy dress theme and coach travel will be sorted.



Dave Little

so, lee golf club are about to release their bookings for their Christmas do's. there are a couple of 'open' dates where tickets would be available to non club members. price will be £34 per head. is there any interest? if so i'll see about reserving tables. can't remember the dates right now but i'll post them soon as I know them.

Like · Comment · Follow Post · 16 hours ago



For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following @gosportrr on twitter.com

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.





Committee News:

An issue was raised recently which I think is worth mentioning in the next newsletter.

In summary, the Club only provides liability insurance cover for events organised under the club's auspices, i.e. Tues & Thurs (Mick's route card runs and time trials), Out of Towns, Summer & Winter Relay, New Years Day, Go-Fast, Saturday morning Marathon Training, etc. This cover is not provided for any other event unless the Club Committee have endorsed the event as being held by the Club.

In short, what this means is that when club members organise their own informal events, i.e. head-torch run, bike rides, long walks, etc., either personally or via the GRR Facebook site, it should not be taken to infer that those events are formal club events and therefore, should someone be injured or involved in an accident, the club's insurance cannot be invoked.

1

Committee Meetings:

As there have been a few matters raised recently, which it has been decided will need to be discussed at Committee level, the Club Secretary felt that it would be appropriate to include a reminder that any Club member can request that any matters of concern is tabled at a Committee meeting for discussion. Members wishing to do so must submit their request in writing to any Committee member a minimum of 7 days prior to the meeting being held.



Committee meeting are always held on the 3rd Tuesday of every month. The next 4 months' meetings are scheduled for:

- 17th December 2013
- 21st January 2014
- 18th February 2014
- 18th March 2014

For reference, your Committee members are:

- Giles Cowling Chairperson
- Angela Elshaw Secretary
- Paul Street Treasurer
- Ray Bernice Mens' Captain
- Sue Barrett Ladies Captain

- ★ Keith Elshaw Membership Secretary
- Dave Little Race Director
- Andy Johnson Results Recorder
- ♣ Pete Hewitt XC Rep



Club 10k Winter Handicap

The Club's annual Winter Handicap is being held on the morning of Saturday 14th December.

Hopefully you will have seen the list on the Club notice board and added your names (and predicted times) for the 10k. Runners will start in accordance with their anticipated running time with the overall aim of having everyone finish together (i.e. the faster ones start later with the aim of catching the slower runners and hopefully you all cross the line as a group.

It is great fun and there are prizes for those closest to their predicted time, etc. Oh.... and there's cake afterwards.

And don't forget the all important draw for the two Club allocated London Marathon places (1 x Female and 1 x Male place with a reserve for each), which will take place immediately after the Winter Handicap.

You need to submit your ('Dear runner....') VLM rejection slip

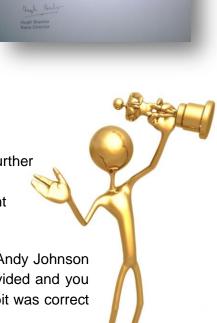


with your name clearly printed on the top to Ange Elshaw or another Committee member prior to this date.

Annual Club Awards Night

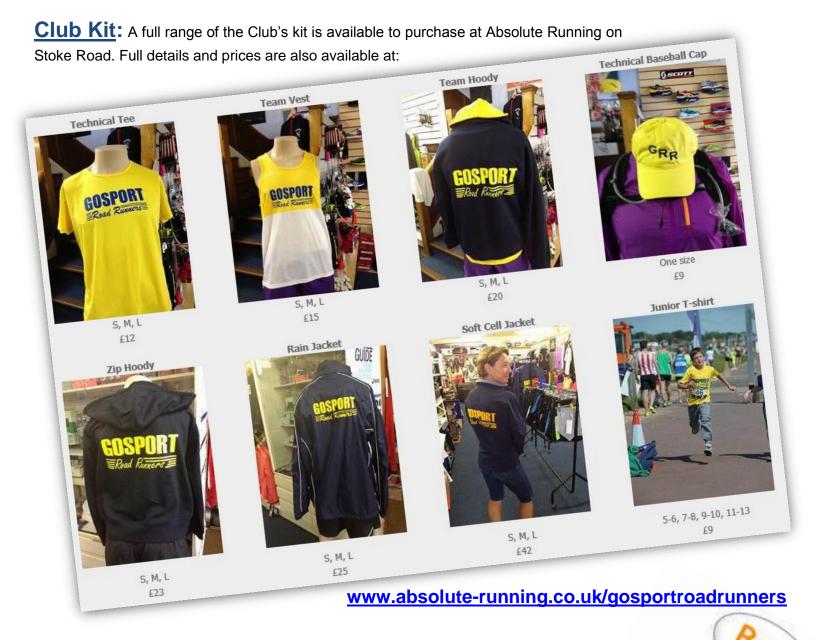
This year's Club awards night has been booked for Friday 17th January 2014. Further details will follow in next month's newsletter regarding ticket prices and how to get hold of them, etc. I would love to include some details here about how good a night it is but I've never actually been to one..... January will be my first!

I'm reliably informed, however, that it's a great night, hosted by Dave Little and Andy Johnson (who always put on a performance to be remembered). A disco and food is provided and you are allowed to bring your own puddings? (I was going to question whether that bit was correct or not but knowing your love for all things cake related, it probably is!!)



Dear Runner





....and Finally

Well I think that's enough excitement for this month! I hope you enjoyed reading it and I'd like to pass on a huge thank-you to everyone who has contributed articles, results or photos this month. As always, remember....any feedback and/or content for future editions would be greatly appreciated.

Its Gosport Half Marathon weekend this coming Saturday & Sunday so expect lots of content on the race itself as well as the Helpers Half in next month's newsletter. Some photos of our legendary race marshals in action would be nice if anyone is going armed with a camera on Sunday!



YOUR NEWSLETTER NEEDS



..... well, your input at least!

As I said last month (and as I'll probably say every month) you would not believe the amount of time and effort that goes into generating this newsletter, but when I receive articles from you, the Club Members, it makes my life so much easier.... and it certainly makes YOUR newsletter so much more interesting!

Anything that you want to contribute is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

I've got a few ideas for regular articles but if anyone wants to suggest some ideas for things that they would like included, that would also be very much appreciated.

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net





NEWSLETTER DECEMBER 2018



Introduction

Thanks again for all the positive feedback that I received about last month's newsletter, and a massive thank you also to all those who are sending me results, photos and articles.

Not sure if it's too subtle or not but I've tried to go a bit festive with this month's edition. Just trying to spread a little bit of Christmas spirit...... HO, HO, HO

This month has included the Gosport Half Marathon (which has pretty much taken over this month's Newsletter) and all GRR's should quite rightly be very proud of their involvement with another amazing event. Apparently the organisation for next year's event starts soon and as there are going to be some significant changes to long standing roles within the Race Committee, I've been asked to include an urgent appeal for volunteers to replace those standing down.



Finally, I'd still very much appreciate any help with articles, race reports, photos, etc., as that is what really makes this interesting after all. Any contributions, etc. can be sent to newsletter@gosportroadrunners.org.uk or to me at nick@macbeath.net or you can catch me at the Club one night.......

Hope you enjoy,

Nick

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This Month's cover photo: Karen during our snowy Queen Elizabeth Country Park run at the start of this year. Very seasonal I thought!





Monthly Newsletter
December 2013

As you will all know, hopefully, GRR hosted the 28th Gosport Half Marathon on Sunday 17th November. The race had been voted by 'Runners World' readers in 2011 and 2012 as the best UK half marathon for achieving a potential Personal Best and the race regularly receives very positive feedback on the organisation and, in

Well it would appear that we have managed to live up to these high standards yet again. The following are some of the comments received by the Club via email, Runners' World and Facebook.

RUNNER'S WORLD

In full: from start to finish there was a great feeling of to getherness and friendliness well woth a round trip of nearly 400 miles. well done

In short: "A rip roaring time......and an absolute pleasure from start to end!

In full: This was my 4th half marathon and by far the best ive ever competed in!

The marshals were so friendly and encouraging, whilst the crowds on the streets really were fantastic too. Id highly recommend this half marathon to everybody, you will not be dissapointed!!

In full: My first time at Gosport and I did enjoy it. Didn't mind the 'dull airfield' sections as there were hovercraft and other bits & pieces to look at. You could also see lots of other runners, both fast and slow, so plenty to occupy the brain. Samba band was great. Organization ran like clockwork from chip collection, bag storage to walk to the start, starting pens etc. pleased that most runners seems to have started in the right pens so not much overtaking/congestion on narrow sections. Great Marshalls and so many of them, very supportive & enthusiastic. Car park could have been signposted better (lost the final few signs?) but got there in the end and loads of space, cheap and convenient for start/finish. Goody bag was just fine, nice medal. Lastly - knocked 8mins off my PB,

In short: Another superb event at Gosport

particular, the friendliness of the marshals.

In full: Yet again another fab run here. No PB for me this year but only as I didn't really push for it. The Marshals are simply wonderful and encouraging, the goody-bag has to be the best around and the childrens' race was lovely to keep children occupied for a while when the adults were out on the course.see you again next year!

In full: First H/M for me, and I couldn't have enjoyed more! Extremely welcoming event that was well organised in every way, from the well placed water stations on a good flat course (definite PB potential), to the nice touches such as the Samba band (very "uplifting" on the somewhat dull airfield part of the course, actually put a nice spring in my step when I started to flag a bit:)) and the many brilliant cheery encouraging marshalls, an amazingly full good quality re-usable cotton goody bag and lovely medal...all in all superb event for both elites, plodders and anyone in between...a bonus for me is that its also on my doorstep!

In short: Fabulous event

In full: Runs like clockwork, lots of hugely supportive marshalls and a great goody bag. What more can you ask for.

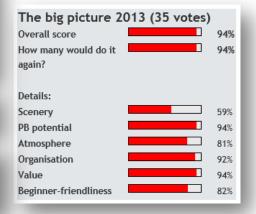
In full: My third Gosport and it never fails to deliver. Brilliant organisation, great marshalls and good support especially in the latter stages along the seafront. Entry includes a medal, chip timing, a fab goody bag with cake, crisps, drink, banana, chocolate...I don't know how they do it for the price. Must be one of the best value HMs anywhere! Coupled with course with great PB potential its one I'd recommend to anyone.

In full: Gosport Runners should be very proud and pleased at organising such an excellent race today. All the marshals were so vocal and supportive in encouraging every runner. The goody bag was far superior to the majority on offer at more expensive races.....Endurancelife please take note......but then it was organised by a running club!

These are not just occasional comments, with the best ones picked out to show us in a better light, almost every one of the 35 comments (at the time of writing) were positive and most made particular mention of how enthusiastic and friendly the marshals were on the day.

This was my fourth year helping out and these comments are a regular occurrence and I think the organisers and everyone who helped out on the day deserve a massive pat on the back!

Overall Runners' World Readers' Rating



Follow this link to read the reviews for yourself on the Runners' World website.

http://www.runnersworld.co.uk/events/ratingsall.asp?en=74639&year=2013&ugn=626&sp=&v=2



Monthly Newsletter

December 2013





Isabel Gardner

Thank you to all the GRRs out there today marshalling & giving us lots of support, and to all the organisers and behind the scenes people who made it all possible. A good choice for my first Half Marathon..... and I have just enjoyed the cake from the goody bag (had to get to it before Colin did!).

Like · Comment · Follow Post · 3 hours ago

Karen Phillips, AbsoluteRunning SportsShop, Nikki White and 19 others like this.



David Croft

Comment on Headington Roadrunners Web Site (My daughters club) "Possibly the best organised big race that you can do (2000 entrants). Gosport Road Runners manage to keep a friendly family feel at the same time which is quite an achievemnt. Nice touches, such as somebody walking round the race HQ area with baggage tags and a pen writing out your race number for your bag to go into a secure area. Queue management was also excellent when gathering your chiphanding in kit bags. Lots of good marshalling out on the course, including a number on bikes who kept popping up at the right time to warn of a junction or a tight bend. And a goody bag full of homemade cake and a drink"

Like · Comment · Follow Post · 28 minutes ago near Fareham



Tony N Anne Bennett

I send this message to all members of Gosport Road Runners and supporting staff (husbands wives etc)

Thank you sooooo much for making me feel soooo proud of my home town. Every member of Running the World that ran today has said what great marshalling and support there was including a thank you from myself.

It was my first HM and so surprised I broke 2:30 with 2:25:56. But the one thing I will cherish most of all was those amazing kids putting the medals over our heads. Totally made me feel like a winner and should be done that way at every race.

Thanks again.

Tony

Unlike · Comment · Follow Post · 2 hours ago near Gosport

🖒 You, Karen Phillips, Nikki White, Ange Elshaw and 33 others like this.

Lee Rhodes

Thank you for putting on such a great race today, from chip collection through to medals at the end the whole thing was brilliantly organised and done with such enthusiasm, big shout out to all the marshals, especially Rachel Gee and Kim Carter for shouts of encouragement - you should all be proud of your efforts

Like · Comment · Follow Post · 3 hours ago near Alverstoke

AbsoluteRunning SportsShop, Ange Elshaw, Keith Elshaw and 19 others like this.

The Club's Facebook page currently has 296 registered members and seems to be the main place where Club members share stories, race experiences, photos, arrange out of Club meetings and discuss all things cake related!

Follow this link:

http://www.facebook.com/groups/27301329294/ to either register or catch up with the goings on.







e-mails

E-mail from Chairman Ealing Eagles (who had 76 entries). The club made a payment to Kingfisher Caravan Site for use of their facilities and therefore did not accept any additional payment from Ealing Eagles.

Dear Dave/Mike,

I just wanted to say a massive 'thank you' for the welcome you gave to us Ealing Eagles yesterday.

It was a fantastic event - friendly, very well organised, with excellent marshals, a great band and interesting course - and we returned to London with a busload of PBs to boot.

With a great goody bag and medal, most of us agreed it was one of the best-value races we'd ever done.

Please pass on our thanks to everyone involved.

I also know you went out of your way to accommodate us with regards showers. The arrangement worked very well but I understand you were charged for this.

I'd hate for that to have left you out of pocket - we know what it takes to put on races - so please let us know the cost and we'll cover it.

Thanks again.

Andy McFarlane, Chairman Ealing Eagles

e-mail from the Men's Captain Ealing Eagles to Dave Little and Mike Barker. The person called George is our club member George Watson who greeted them on arrival at the Kingfisher Caravan Site, showed them the shower/toilet facilities that they had permission to use on the site, informed them they could have use of the site clubroom for food and drinks and escorted them to the start. After the race he went back and waved them off back to London. The level of service he gave was 'top class' and was much appreciated.

Good evening Gentlemen,

I presume you two are in bed or else down the pub if all the clearing up has been done!

Just wanted to say a massive thank you from all at the Ealing Eagles, we had a brilliant day out. Everything went like clockwork and it's easy to see you have been organising this race for 28years and there is a reason it's a sell out every year.

You went beyond the call of duty laying on the extra showers for us and having George meet us.

All the marshals were really friendly.

We have our own Half, the Ealing half marathon on the 29th of September 2014 if any of your members fancy a trip to London next Autumn.

Thanks again

Kieran, Ealing Eagles



e-mail received via the website from a future Club member.

Hi,

My name is Stephen Crook and I am joining GRR after this weekend's Half Marathon. Last Tuesday was my first evening with the Club.

I guess you'll have lots of stuff from the Half Marathon this Sunday but I thought I'd add my two bob's worth! No offence taken if not included/inappropriate.

This was my 3rd Gosport Half and as per my two previous runs it was another wonderful day. The atmosphere is made special by the Club Members who handle every detail like clockwork and the Marshalls who are unstintingly encouraging. I've read and heard similar comments directed at Gosport Road Runners before and I can only say "you did it again". I appreciate that producing an event of this scale to this incredibly high standard doesn't "just happen". So from a grateful runner who's about to become a member, thank you for all of the hard work. I've appreciated being on the receiving end and I look forward to playing my part next year.

For the record my race number was 1924 and my chip time was 01:30:44.

Best regards,

Steve Crook.

e-mail received by Dave Little, Race Director.

Good morning,

I was one of your thousands of runners on Sunday, and I just wanted to say how very much I enjoyed it!

The marshals were about the best and most supportive I have ever come across, and I thought that the whole event was very well organised and thoroughly enjoyable. Even the support from home-owners along the route, and pedestrians and dog walkers, was phenomenal, and I came away feeling really happy and bouncy - not my usual reaction after a half marathon!!!!

My husband Simon (first Islander over the line on Sunday!) and myself own the Isle of Wight's running shop "Love Running", and also belong to local group the IOW Road Runners AC, and if any of your members would like to join us for a run sometime, or visit our shop, they would be made most welcome! We also offer a 10% discount to club runners! Also, if we can ever help you with race promotion/advertising, just ping us a poster/fliers/entry forms and we'll let the Island runners know about it!

Well done, and I'm already looking forward to next year!

Jo Randall 🥞



Love Running, Newport, IOW.





Monthly Newsletter
December 2013

This e-mail is from Travis Birch who broke the world record as the fastest man to run a half marathon as an animal. He wished to convey his gratitude to all our marshals.

Dear Mike,

I've taken a look at the Portsmouth news article and it's fantastic. I've copied it to my You-Tube account so I have it safely stored to show the grandkids one day!

Also I registered on Runners World so I could leave a highly rated review for other runners to read.

Finally, here is a quick thank you letter to everyone that assisted me with the record attempt.

A quick thank you from Travis "tiger" Birch

I would personally like to thank everybody that assisted me in breaking the world record for "fastest half marathon dressed as an animal".

Firstly without Mike Barkers' help this attempt would have never passed the "idea" phase so I'm forever grateful for this. (I was worried he would think I was a loony and ignore my emails!).

On the actual race day from the starters horn to the very last step of the run I was endlessly given words of encouragement from every marshal on the course and about 80% of the runners in the race. To all of you marshals and fellow runners out there, thank you so much for your encouragement, I really needed it the last few miles as I was overheating and my energy levels dropping dramatically!



Thanks to the timekeepers that allowed me to start at the very front of the race with the elite athletes which was a great honour. At least I can say I was joint 1st in the race for about half a second!

I know it's a novelty record to hold but I'm still very proud and so are my family. I cannot wait until my 5 month daughter Esmie is old enough to watch the video of me breaking the actual record and who knows, I may inspire my daughter to come back here in 20 years to break her own record!

Also I mentioned to my chosen charity (Devon Air Ambulance) how fantastic everybody was and the head of promotions can't thank you enough for helping me raise money for them.

I'm not a member of a running club but if you could shift yours a couple of hundred miles nearer to me I'd happily join!

Once again, thank you all from the bottom of my heart.

Travis





Marshalling the Gosport Half (Not Half!!!)

(by Giles Cowling)

Since 2012, I have been responsible for all the marshalling aspects of section B of the Gosport Half (Fitzroy Drive/Cherque Way to Gosport Rd/Eric Rd in Stubbington). The Half marshalling gets the Club great reviews and is critical to ensuring competitors have a safe run & actually stay on the course!

The preparation begins several weeks before with Sharon Clutton collecting details of the club members who are prepared to give up their day to support. These are then allocated to each of the section leaders, numbers in each location depending on what is required, risk to runners etc. So complex junctions or potentially confusing aspects of the route get more attention than the more straightforward areas. Over the week before the event, the Section Leaders and Race Committee members issue out the individual marshal packs which contain everything people need. It is worth pointing out at this stage the amount of effort already put into preparing the many 10's of packs, all with individual marshal post information, telephone numbers etc.

Section leaders are also given all the signage for their sections, normally about a crate's worth, with a map pack which states exactly where each sign goes (with accompanying photo), which it should be facing and so on. All of this is necessary to ensure we provide a safe, suitable course. These signs have to be put up over the course of the Saturday morning – otherwise the Helper's Half might be a bit confused!

So what is my race weekend like?

Saturday

- 08:00. Out at the start of my section with signs, tie wraps, snips (for when I get the tie-wrap wrong), step-ladder (otherwise the signs are too low!), secateurs (to cut back greenery so the signs can be seen) and polite head on so as to thank local people who put up with the disruption every year.
- 12:30. 4.5 hrs, 2 miles, 37 signs and several bramble cuts later, the section is completed and I meet Terry Ash at Daedalus to help marshal the Helpers. Some confusion as unfortunately not enough people have turned up to help the Helpers so some frantic moving around and we manage to get it sorted enough to make it work out.
- 13:30. First runners through. Offer directions, water and jelly babies as appropriate.
- 15:00. Last runners through Daedalus, so go home to grab a cuppa via the Finish line just in time to see Pat and Lucy storming across the line as part of their 19 mile long run.
- 18:00. Back at Daedalus to help set up the final pieces of the on airfield section which we couldn't do during the day as flying was taking place.
- 20:30. Finish up and head home.





Sunday

- 08:00. Head out ahead of race start at 10:00 and notice that at least 1 sign has been removed overnight. Not an essential one and not much can be done but shows not everyone is happy! Check all the other signs!
- 09:30. Good to see that all of "Giles's Angels" have turned up equipped with big smiles and clappy hands. Issue some last minute guidance to those who are new to the event.
- 09:50. Go to the Cherque Way/Broom Way lights which 2 miles in is the most risky part of my section as we have to hold the lights at red to ensure the runners all get across safely while not triggering too much road rage in the waiting queues! Big smiles deployed. Goes a treat (i.e. no abuse) but then we get a very late starter and then an even later starter so am still there at 10:45!
- 11:00. Drive around and speak to as many of the section marshals as possible. Each is invariably enthusiastic, polite to waiting drivers, cheering to runners and walkers.
- 12:00. Section is complete and last runner through. Marshals head off and I begin taking down all the signs, picking up litter (flaming gel packs!), traffic cones etc.
- 15:00. Return to Bay House with signs and begin to help out with tidying up the school, loading vans with barriers, signs, traffic cones etc. Head off to Fort Blockhouse in the 3 vans with Andys (2 off), Gary, Mike et al to put all of these back into store for use in 2014. Last return to Bay House to take vans back to Steve's garage and finally done by 18:00.
- 19:30. Down the club to celebrate another excellent event!

Please note that the above is only a very small piece of what is a very well planned and run jigsaw. Alongside each marshal section, there are the traffic warning notices at the race boundaries, the incredibly efficient Bay House School set up, car parking, runner registration, bag packing etc, etc. This is all led by the Race Committee members (Pete Lindley, Mike Barker, Liz Redpath, Ray Bernice and Gary Francis) – special recognition to Dave Little for his outstanding Race Directorship.

So please remember the following for 2014

- The race doesn't just happen on the race weekend. There is a huge amount of effort put into making everything come together.
- Volunteering to do anything that helps the club stage its highlight event is really appreciated.
 Volunteering to be a marshal is one of the most important things we need from you as a club member.
- Without your time, energy and good humour, we wouldn't have the highest rated half-marathon on the South Coast.

Thanks for this Giles. I've helped out (in a very small way) in the last 4 years and but I hadn't actually appreciated quite how much 'other' organisation goes into this event, and especially over the race weekend. I for one will hope to help out far more next year.

I also thought it would be nice to include some photos of you guys helping to make this event happen.





Monthly Newsletter December 2013





1/2 Marathon Bay Packing

























Gosport 1/2 Marathon



IMPORTANT MEMO

Club Members,

The Gosport Half is the highest rated half marathon on the South Coast. The money it raises also makes a very sizeable contribution to local charities.

After many years of outstanding service, Dave Little has decided the time has come to step aside as Race Director and that means we need someone new to step into this critical position.

The position is extremely well supported by the Race Committee and over the last few years Dave has ensured that a master plan has been built setting down everything that needs to be done and when. However without a Race Director we will not be able to run the event.

The Race Director position requires a good organisational mind, friendly disposition and an inclusive leadership style. If you have knowledge or experience of planning, highways etc that would be a real plus. Peak commitment is in the 3 months ahead of the race with some level of commitment during the rest of the year. The position is absolutely compatible with working full time.

Dave has committed to work alongside the new Director for the 2014 event so as to ensure a smooth handover. You will also have the full support of the main Club Committee.

If you are interested in finding out more, please speak to Dave (either at the Club or via email

<u>Dave.little@virginmedia.com</u>). Alternatively, register your interest by speaking to any of the main Committee members.

Remember – without a Race Director we don't have a race – so please support this request.

Thank You

Giles Cowling (Chairperson)







If you are interested in this role then please speak to Dave or register your interest with any member of the Race or Full Committee.

A Thank You to the Race Committee

You will have seen earlier in this newsletter about our search for a new Race Director for the Gosport Half.

The unsung heroes. who have worked with Dave over many years and tend to keep their lights hidden under bushels, are the absolutely fantastic race committee members.

They are Pete Lindley (Treasurer), Mike Barker (PR and Race Administration), Liz Redpath (Race HQ), Ray Bernice (Fun Run Coordinator) and Gary Francis (Course Logistics).

Working with Dave they work together on making sure that not only is each year a great success but that the club captures the feedback from the last race so that the half continuously improves.

So if you were wondering who to say "thank you" to for the Club's flagship event – now you know!

The race committee is always looking for additional support so if you feel you could contribute, please let Dave know.

Specific roles coming up are 'Treasurer' and 'PR and Race Administration'. Each of the current post holders has committed to working with the new to ensure a smooth handover.





GOSPORT HALF MARATHON COMMITTEE VACANCIES

nre n

Whilst the fact that our Half Marathon Race Director Dave Little is standing down and efforts are being made to find a replacement is well documented, club members may wish to note also that there are, apart from Dave, five race committee posts, one of which has been filled on an emergency basis by Sharon Clutton when the previous incumbent stood down a couple of years ago.

Of these posts, no less than three are now being vacated:

- (a) the role of Race Marshall Coordinator (being vacated by Sharon);
- (b) the role of Race Liaison, Publicity and Goody Bag Enabler (being vacated by Mike Barker);
- (c) the role of Race Treasurer (being vacated by Pete Lindley).

As the second of these posts (Liaison, publicity and goody bags) covers a whole host of activities, it is both feasible and practicable for it to be split into 2 separate entities, and as such it would seem sensible from a workload point of view for this to become 2 posts rather than the 1 existing at present.

Whilst none of these roles are of the high profile back slapping variety (as the Treasurer for the past 7 years the only thing I receive are invoices), the continuance of the half marathon relies on the posts being filled. It might surprise many that planning for next year's event will need to be undertaken shortly and as such these posts need to be filled sooner rather than later. It is a given that all post holders mentioned above are standing down and do not envisage allowing themselves to drift along in continuation because no one has stepped into the breach.

To summarise, *the half marathon, needs you* – there are over 270 members of the club, and I believe that being a member of a club such as this also brings with it an occasional obligation – and this is a good chance to fulfil that obligation – I know people are very busy in their lives, but this also includes current race committee members.

All new race committee members will have their predecessors available for help and guidance and no one will be thrown in at the deep end and told to get on with it.

Interested – please ask present committee holders for more information, who will then proceed to give you the hard sell!

Pete Lindley





Race Reviews

New York Marathon

11am, Sunday 3rd November 2013
(By Julie Mansfield)

Marathon-tastic in the Big Apple

My decision to run the New York marathon came as a shock to me. I'd sworn blind in my mid 20s I would never be stupid enough to run so far. I'd tried a couple of halfs and told myself that my knees would never last another 13.1 miles. After that I'd occasionally jog round the block but in general I forgot about running all together, until this spring when out of the blue I signed up for a charity place at New York.



Over the past six months I'd watched a couple of colleagues train and run in the London Marathon. I was struck that whilst they were amazingly determined they weren't super-athletic. I also found myself back in Gosport after 20 years of living out of the area. I'd moved back when Dad became critically ill; he died soon after. I knew I wanted to run for Macmillan to give something back for all the support they'd given my family and I wanted to do something substantial, something I'd said I'd never ever do. Suddenly I was brimming with enthusiasm; London seemed too far off, New York fell at just the right time and Macmillan were calling for runners. I booked my place and immediately felt giddy and slightly sick. At the same time I had total clarity: I didn't know how I was going to do it, but on 3rd November 2013 I would run 26.2 miles. I was unwavering; there simply was no other option.

When I ran in my 20s I'd never joined a club but I knew it made sense now to get some guidance for the task ahead. In May I came to my first GRR meeting. It took a bit of courage to walk into the club without knowing anyone but Sue gave me a great warm welcome and without exception people were friendly and supportive. I struggled with some of the early runs- whilst I could manage a steady 10k I found it hard not to compare myself to faster, more capable runners. When I found it tough going, my mantra became 'run your own race' but at times it seemed as if everyone's race was significantly faster than mine.

And then the hard work began. The Saturday morning long runs with Mike, Gary and those training for Snowdon were a revelation. Each week I pushed myself further than I'd ever run and mentally I both feared and relished the challenge. I felt in awe of the serial marathoners and amazed at the warmth and encouragement which never felt anything but heartfelt and was much needed on the Saturday we ran an excruciating five miles of fartleks during a 14 miler (that was just downright mean!).

Bizarrely, the worst was yet to come. The weeks spent tapering as I eased off before race day were surreal. I felt listless and exceptionally tired but my appetite remained ravenous. I started to feel quite low and began to get impatient to just get it over with. Others assured me this was normal and I began to reflect on what an amazing journey it had already been to make it to the startling line. I didn't want to wish this experience away; I wanted to enjoy every moment.





Race Reviews

That said; shivering on a cold race day morning in the starting village was four hours I could easily have wished away. I arrived in Staten Island by 7am on the stream of buses coming out of Manhattan to join 50,000 other

runners. My wave started at 11am, by which time I was frozen but still able to grin madly when we crossed the starting line to the strains of 'Start spreading the news....' Once we ran across the bridge into Brooklyn the music, cow bells and cheers were non- stop.

The cacophony lasted the entire course, except for the three bridges where spectators weren't allowed; instead a concentrated silence descended at these points. By mile 15 the Queensborough Bridge into Manhattan seemed neverending. I was tired; my shoulders ached from early morning shivering, my feet were sore- I hurt. It was unlike any training run I'd experienced. I had no sense of pacing. I'd trained without a watch and I decided to run on the day without one. I overheard some people saying they were running 12min miles so I questioned whether I needed to speed up. On the bridge I saw the 4hr30min pacemaker team but I had no idea when they'd started or if I could sustain their pace.



Which is when the mantra kicked in and I knew the only way to do this was to 'run my own race'. I steadied myself into a pace that I knew I could sustain; I looked out at the iconic Manhattan skyline and within moments hit the wall of cheers as we descended onto 1st Avenue and the 16 mile marker. The wide streets were sticky with Gatorade and people in the crowd, reading my name on my t-shirt, shouted 'You're awesome Julie! Go girl, you got this one!'

I never knew people were tracking us back home and posting on Facebook the progress of the three GRRs in NY. I never knew I'd kept a fairly consistent pace throughout; it certainly didn't feel that way. All I did know was

that next week I'd be back at the club and people would ask me what my time was so there was no way on earth I was going to stop and walk.

The course had been like a movie set throughout, from the brownstone buildings of Brooklyn to the overhead subway in Queens but although the final miles across Central Park were the most picturesque, they were also hilly. I have never had to summon such physical effort. All I could think was: why would anyone ever, ever do a marathon ever again? I crossed the finishing line with a huge sense of relief, expecting to feel a wave of emotion. With no place to pause I started the hour long walk in my foil blanket to get out of the park and start heading back to my hotel. All I felt was chilly.









It was great to see Paul, Ray, Tania and Dawn later that evening and I remain in awe of Paul, Ray and all you GRR's who have completed successive marathons. The next day I winced every time I stepped up and down a kerb as I wandered the streets around Times Square and the Empire State Building. However, even though the hurt had been so vivid at the time, I'd already lost the memory of it- all I could connect with was the sense of achievement.



Being part of the GRRs not only helped me to prepare for New York but also helped keep me going on the day. So roll on London 2014; now I know I can do it, tell me-does the second marathon come any easier?

Absolutely FANTASTIC article Julie, thank you for sharing it with us.....

and a cracking result too! Well done.







Since the last newsletter was published, Club members have taken part in the following races: Some amazing results... well done all.

Saturday 16th November 2013

7 Hills – (aka...Zuvenheuvelenloop!)

| Chip Pos | Name | Chip Time | Comment |
|----------|------------------------|-----------|---------|
| 1,535 | Warren Jackson-Hookins | 01:02:41 | |

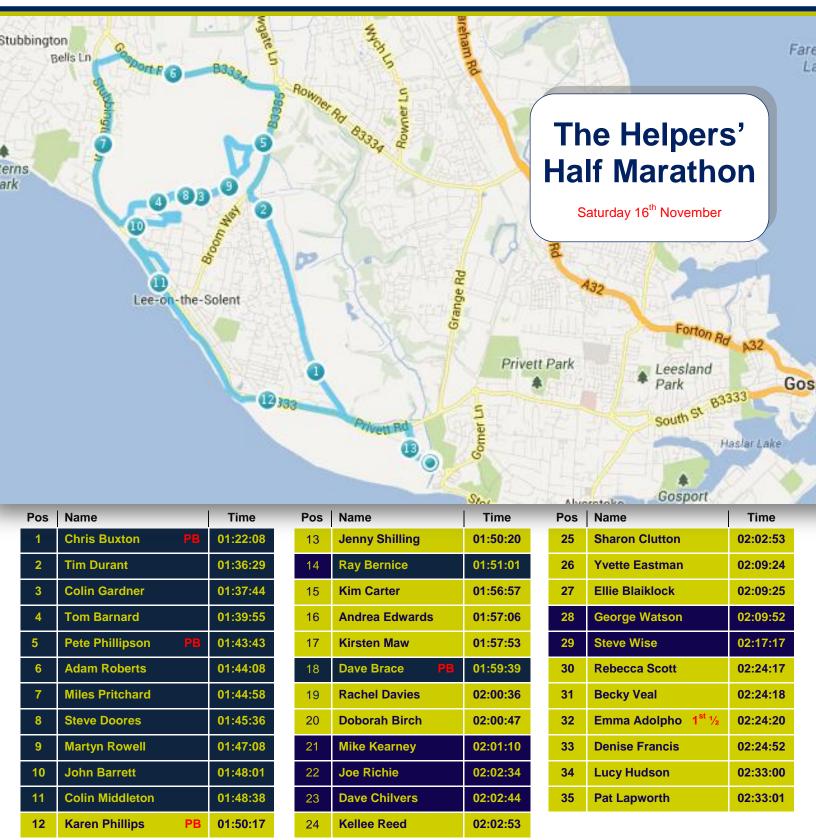
The 7 hills in Nijmegen, Holland (otherwise known as zuvenheuvelenloop!) I never realised when I booked this (combined with seeing one of my best friends) that this would clash with the Gosport Half so I felt a bit bad about that as I've always marshalled before.

I finished in 62:41 and in 1,535 place! It's a 15k with some long inclines and hills thrown in! Also a nice gentle decent for the last two miles! Gabrselassie was there starting the race and he has run this on past occasions...the course has the 15k world record despite the hills! Brilliant organisation, nice medal and 35,000 runners entered so it's a big event.

There was also a night time 5k and 10k the evening before to celebrate the 30th anniversary of the race. I did wear my Gosport vest out there, unfortunately no one recognised where I was from or shouted in recognition but I did get a few curious looks!

Warren.





Many thanks to:- Tania Bernice (Recorder), Mike Welsted (Timer & Numbers), Dave Croft (Photographer) and the various Supporters and Marshals around the course.































December 2013













December 2013

Sunday 24th November 2013

Hayling 10 mile



Deborah Birch got a fab time (I think what she wanted for her bronze award). I got a PB of 5 mins 40 !! (am so chuffed).

It was a most enjoyable run although the marshals weren't as vocal as us !!! Ellie







Sunday 24th November 2013..... cont.

Salty Sea Dog Duathlon - Sprint Course

| Pos | Name | Run 1 | T1 | Bike | T2 | Run 2 | Overall |
|-----|------------------|----------|----------|----------|----------|----------|----------|
| 5 | Chris Buxton | 00:18:47 | 00:00:54 | 00:37:22 | 00:00:26 | 00:19:42 | 01:17:11 |
| 33 | Peter Hewitt | 00:24:15 | 00:01:21 | 00:37:25 | 00:01:37 | 00:24:52 | 01:29:30 |
| 34 | Paul Street | 00:23:15 | 00:00:56 | 00:40:23 | 00:00:43 | 00:24:29 | 01:29:46 |
| 35 | Tom Barnard | 00:23:55 | 00:01:44 | 00:40:07 | 00:01:33 | 00:22:32 | 01:29:51 |
| 36 | Stephen Crook | 00:21:35 | 00:00:55 | 00:44:34 | 00:01:09 | 00:22:16 | 01:30:29 |
| 40 | Adam Roberts | 00:23:54 | 00:01:53 | 00:40:04 | 00:00:59 | 00:24:36 | 01:31:26 |
| 45 | Ray Bernice | 00:24:09 | 00:01:11 | 00:42:06 | 00:00:40 | 00:25:24 | 01:33:30 |
| 52 | Fiona Tomlinson | 00:27:11 | 00:00:44 | 00:44:18 | 00:00:29 | 00:27:25 | 01:40:07 |
| 66 | Amber Schothorst | 00:29:23 | 00:01:43 | 01:00:20 | 00:01:02 | 00:32:40 | 02:05:08 |

The Sprint course consisted of a 5km run, a 20km bike and a second 5km run – T1 & T2 are the transition times.

Salty Sea Dog Duathlon - Super Sprint Course

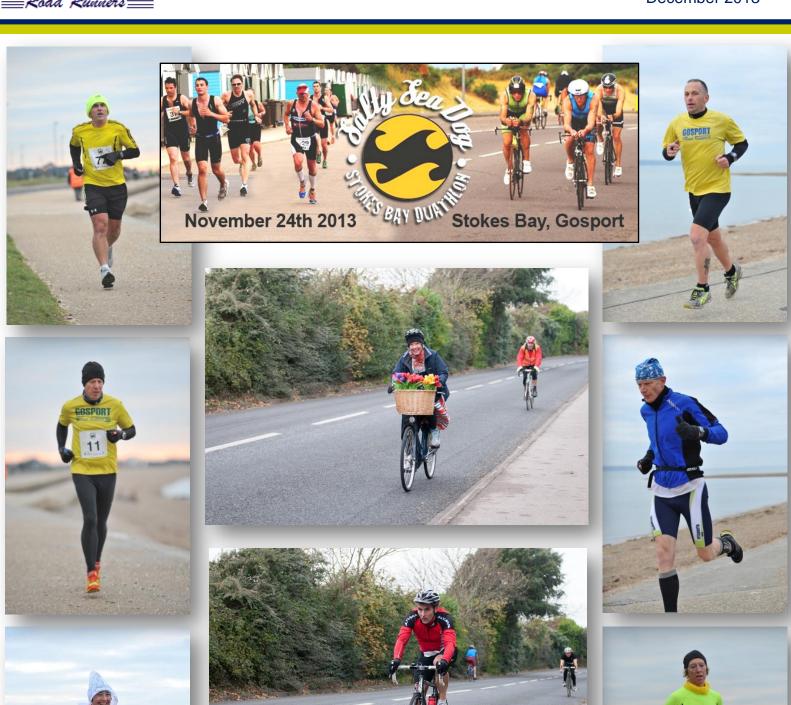
| Pos | Name | Run 1 | T1 | Bike | T2 | Run 2 | Overall |
|-----|-------------|----------|----------|----------|----------|----------|----------|
| 6 | David Brace | 00:11:50 | 00:01:05 | 00:22:37 | 00:00:22 | 00:12:34 | 00:48:28 |
| 9 | Shona Rust | 00:14:33 | 00:00:47 | 00:26:06 | 00:00:34 | 00:15:39 | 00:57:39 |

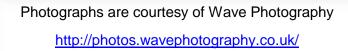
Super Sprint course consisted of a 2.5km run, a 10km bike and a second 2.5km run – T1 & T2 are the transition times.

These events were the first to be held in Gosport and were advertised as low key, 'Billy Basic' sea front Duathlon. Votwo Events, working with the guys from Absolute Running organised these events as part of the Salty Sea Dog Duathlon series!













The Grim Challenge

This event was held over the weekend of Sat 30th November and Sunday 1st December. GRR had two competitors on the Saturday and on the Sunday a team of GRR inspired Oompa-Loompas travelled to North Hampshire to have some fun in the mud!

Saturday 30th November 2013

| Chip Pos | Name | Chip Time |
|----------|-----------------|-----------|
| 1,742 | Colin Middleton | 01:34:04 |
| 2,155 | Kellee Read | 01:41:30 |

Sunday 1st December 2013

| Chip Pos | Name | Chip Time |
|----------|------------------|-----------|
| 611 | Brian Fisher | 01:17:32 |
| 865 | Amber Schothorst | 01:24:37 |
| 866 | Kim Carter | 01:24:37 |
| 1,494 | David Chilvers | 01:48:35 |
| 1,495 | Kirsten Maw | 01:48:37 |
| 1,496 | Lucy Hudson | 01:48:37 |
| 1,497 | Andrea Edwards | 01:48:37 |
| 1,498 | Rachel Gee | 01:48:37 |
| 1,499 | Angela Elshaw | 01:48:38 |
| 1,500 | Susan Barrett | 01:48:39 |
| 1,501 | Kerry Irwin-Hall | 01:48:41 |
| 1,502 | Keith Elshaw | 01:48:41 |











Saturday 30thNovember and Sunday 1st December 2013

Winter 100

I couldn't find any official results but I noticed on Facebook this month that **Michelle Hayes** successfully completed the Winter 100 (YES that is *ONE HUNDRED* miles!) in 28 hours, 16 hours of which were run in darkness.

This picture was apparently taken about 5 minutes after she finished....

Absolutely amazing effort Michelle, massive well done.

I think this definitely merits an article for the next newsletter?



Sunday 1st December 2013



Crowborough 10k

| Chip Pos | Name | Chip Time |
|----------|--------------------|-----------|
| 271 | Ellie Blaiklock PB | 00:56:42 |
| 272 | lan Pugh | 00:56:42 |

Another personal best by "PB Blaiklock".... that's two this month.

Well done to both of you





PLEASE..... Send Me Your Results!

Sorry if I've missed anyone this month, or not noted a PB (apparently I missed a couple of results in the last two newsletters) but if you don't tell me about your races or send me your results then the chances are that they won't be included.

I've tried to catch everyone this month (again) but I'm not psychic and can only include or look up the results if I know you are taking part in a particular event.

The only way you can be sure that your result is include is to email me or message me via Facebook with results, photos, PBs, etc.

Please send to:

newsletter@gosportroadrunners.org.uk

or to me at

nick@macbeath.net





Club 5k Time Trial

Tuesday 3rd December 2013

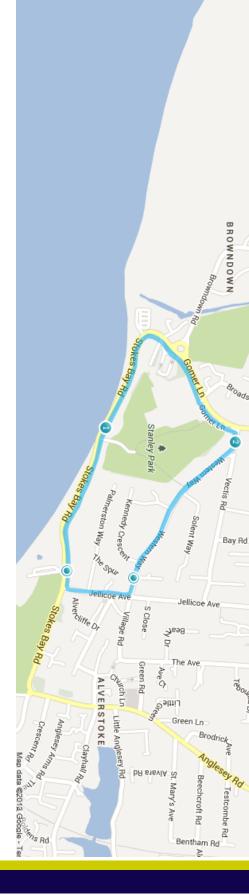
| Pos | Name | Time |
|-----|------------------------------------|-------|
| 1 | Joe Wales | 17:53 |
| 2 | Kevin White | 19:43 |
| 3 | Pete Phillipson | 21:04 |
| 4 | Alan Burgess | 21:16 |
| 5 | Ben Wales | 21:35 |
| 6 | Will Holt PB | 21:56 |
| 7 | Ray Bernice | 22:23 |
| 8 | Mark Cole 1 st 5k | 22:34 |
| 9 | Jason Belben PB | 22:41 |
| 10 | Ben Jarvis 1 st 5k | 22:58 |
| 11 | Josh Belben | 23:03 |
| 12 | Tim Hill 1 st 5k | 23:23 |
| 13 | Tracy Wales PB | 23:36 |
| 14 | David Chilvers PB | 23:44 |
| 15 | Fiona Quinn PB | 23:45 |
| 16 | Chris McLocklan 1 st 5k | 24:10 |
| 17 | Mick Kearney | 25:00 |
| 18 | Dave Croft | 25:30 |
| 19 | Deborah Birch PB | 25:42 |
| 20 | Mike Stares | 25:59 |
| 21 | Keith Elshaw | 26:26 |
| 22 | Nikki White | 26:36 |
| 23 | Jennifer Desmoulins | 26:51 |

| Pos | Name | Time |
|-----|------------------------------------|-------|
| 24 | Sharon Clutton | 27:01 |
| 25 | Guy Sheppard | 27:18 |
| 26 | David Barker | 27:24 |
| 27 | Nikki Finnemore PB | 27:29 |
| 28 | Adam Walters 1 st 5k | 27:43 |
| 29 | George Watson | 27:52 |
| 30 | Tori Hall | 28:18 |
| 31 | Denise Francis PB | 28:52 |
| 32 | Julie Shinton PB | 28:54 |
| 33 | Andrea Edwards | 28:55 |
| 34 | Claire Hill | 30:17 |
| 35 | Sue Barratt | 30:17 |
| 36 | Karen Middleton | 30:18 |
| 37 | Lucy Hudson | 30:19 |
| 38 | Shona Rust | 30:31 |
| 39 | Christine Nation PB | 30:56 |
| 40 | Ester Lasham | 34:53 |
| 41 | Debbie Humphrey 1 st 5k | 34:54 |
| 42 | Linda Moorhead PB | 36:24 |
| 43 | Louise Millson PB | 36:24 |
| 44 | Jessica Walton 1 st 5k | 37:19 |
| 45 | Terry Weston | 37:19 |
| 46 | Kate Smyth | DNF |

What a good night for a stroll around a small part of Gosport, very still conditions, cold but not too cold (once you got going).

The most necessary thanks to officials & spectators: Gary Francis (Recorder), Liz Redpath (Starter & Timer) Janet Lindley (Back-up timer) & Andy Clutton (Numbers).

Supporters: Sid Smith, Mick Welsted, Terry Ash, Giles Cowling & Tracy Bale







Cross Country



The Bourne Woods, Farnham – Finishing Positions – 8th December 2013



| Pos | Name |
|-----|---------------|
| 115 | Kevin White |
| 119 | Colin Gardner |
| 158 | Paul Turle |
| 159 | Alan Burgess |
| 169 | Peter Hewitt |
| 176 | Adam Roberts |
| 179 | Martyn Rowell |
| 221 | David Brace |
| 223 | Mick Stares |
| 225 | Ken Eden |
| | |

| Pos | Name | |
|-----|------------------|--|
| 110 | Joanne McBride | |
| 122 | Pat Lapworth | |
| 123 | Amber Schothorst | |



Thanks to everyone who attended the unseasonal sunny cross country at Bourne Woods, Farnham. Hope to see you all at the next event on Sunday 29th December at Lord Wandsworth College Odiham, for what is usually the mudfest of the season!!!

Pete.





Cross Country























Remaining Race Dates

For all those interested in being cold wet and muddy, these are the remaining dates for the 2013/14 cross-country season......

| <u>Date</u> | | Location |
|---------------------------------------|---|---------------------------------|
| Sunday 29 th December 2013 | - | Lord Wandsworth College, Odiham |
| Sunday 26 th January 2014 | - | Manor Farm & Country Park |
| Sunday 2 nd March 2014 | - | Staunton Country Park |

Race distances are generally around 5 miles, are free to enter and are open to Club members of ALL abilities.

Club colours must be worn by all runners.



Pete normally posts full details of each race on the Club's Facebook page and on the Club notice board about 2 weeks before each race.

These are also great social opportunities as after each event the host club provides drinks, sandwiches, snacks and cake (for a small change of £1 or £2) per person. This is optional but a good way to wind down afterwards.

For those of you interested in trying something a bit different, you really should try at least one of these races, I guarantee that you will not regret it!







GRR Christmas Party

You may recall from October's Newsletter that the Club Committee was looking someone to take on responsibility for organising a few Club social events throughout the year. Well "Team Karen" (Karen Phillips and Karen Middleton) have agreed to take on this responsibility and have already got the ball rolling with this post Christmas party....



Hopefully we will see lots of you there to help make this a successful evening. PLEASE add your name to the list on the Club notice board or let Karen know via email or Facebook that you will be attending.

The first of many such events I'm sure......





Annual Club Awards Night



This year's Club awards night has been booked for Friday 17th January 2014.

Please see the details above for detail, prices, etc. and speak to either Sue Barrett or Ange Elshaw to get hold of your tickets.

Best get in quickly too!! These tickets go fast....... I'm reliably informed that these are really fun evenings, hosted by Dave Little and Andy Johnson (who always put on a performance to be remembered).

A disco and food will be provided and you are allowed to bring your own puddings?





Dates for your Diary

The next race in the Hampshire Road Race League series is the Stubbington 10k, on Sunday 19th January 2014 at 10am.

I managed to count 66 GRR's registered for this race and although it is now sold out, being local, the run is notoriously well supported by the GRRs. If you are not running, it would be great to see as many of you as possible coming out to cheer on your fellow Club members as we all know how good the GRRs are at showing their support!



It would also be really useful if anyone who is going to support could take some photos for me to include in the next newsletter as I'll be running and, being a bloke, I can't multitask.....



Club Kit

Anyone struggling for that last minute Christmas gift idea; remember that a large range of GRR Club kit is available to buy at Absolute Running (on Stokes Road).





Follow the shoe













£15

S, M, L £23





Pete Linley has asked me to include this article about the sad passing of one of Gosport Road Runners' Founding Members.

Sadly, a few weeks ago, one of Gosport Road Runners founding members, GORDON KNIGHT, passed away after a long illness, and many Gosport Road Runners both past and present attended his funeral at Portchester Crematorium on 20 November.

Whilst younger and newer members of the club would not have known Gordon, we of the old school remember him as a long serving committee member who gained iconic status amongst the rest of us by competing in as many obscure races as he could find up and down the land during a period of time when the norm was for runners to compete in events within an hours drive from wherever they lived. In this respect Gordon was something of a pioneer and often cajoled others, myself including to broaden our outlooks and travel further afield, sometimes to places like far away Sussex to compete! I remember one event he attended was a race called "The Sprat and Winkle".

Gordon was an ever present at all intra club events and was active in helping organise both the Gosport half marathon and Gosport 10K, particularly during an era when help from club members was often hard to come by.

Gordon joined the club after an active career in the

fire service when he had already waved goodbye to his 50th birthday – and thirty years ago, road runners of this age were something of a rarity, and even rarer for someone to take up the sport for the first time. A check of the times he achieved over many and various distances will I know make many blink in disbelief.

One of his last achievements was to climb Mount Kilimanjaro – and knowing Gordon I have no doubt he would have been asked to slow down by the remainder of the group.

Not a man to stand on ceremony, or wear a suit, at the funeral itself there wasn't a black tie in sight, and poignantly, Gordon's family opted for him to be attired in his Gosport Road Runners Vest and Tracksters.

RIP.







....and Finally

Well I think that's enough excitement for this month! I hope you enjoyed reading it as much as I've enjoyed putting it together. Thanks again to everyone who has contributed articles, results or photos this month and, as always, any feedback and/or content for future editions would be greatly appreciated.

Finally, I'd like to wish everyone at GRR a very Merry Christmas and a Happy & Successful New Year.



Please note there will be no running from the club on Tuesday 24th, Thursday 26th or Tuesday 31st

December. Normal club night returns on 2nd January 2014







YOUR NEWSLETTER NEEDS



Come on guys, as its Christmas why don't you spend a little time over the holidays doing a short write up for a future edition of YOUR Club's Newsletter. It could be on anything; from your involvement/experience of the Gosport Half Marathon, what GRR's has done for you, any funny (running related) stories or photos from over the Christmas holidays, race reviews...... Basically anything that you would find of interest or think other Club Members will enjoy reading.

Thankfully I've has loads of support so far, but I'm starting to realise that this job is soooooo much easier when you guys send me things to include....... and it certainly makes YOUR newsletter so much more interesting! So go on, it is Christmas after all!!

I've got a few ideas for regular articles but if anyone wants to suggest some ideas for things that they would like included, that would also be very much appreciated.

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net

