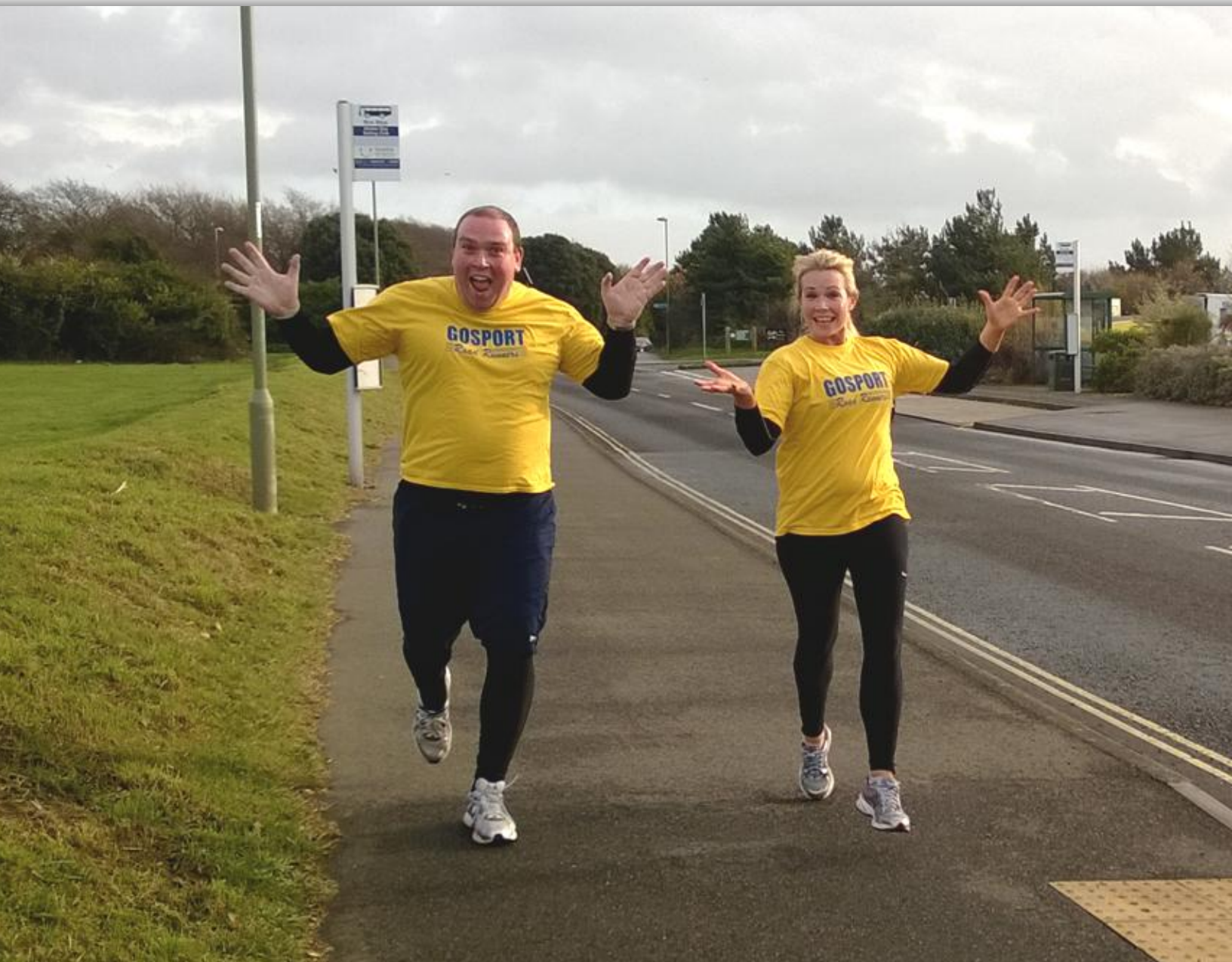


# GOSPORT

*Road Runners*



# NEWSLETTER

*January 2014*

## Introduction

Firstly, I feel that I should apologise for the length of this newsletter but I have very kindly received three excellent articles to include this month (including two very impressive race reviews and an excellent write up by Ken Eden on his 100 mile walk across the Dales Highway). I have to say that it's been very encouraging so far how much input I've had from you guys.... thank you!

On top of this, it's been a very busy month with the Club Handicap, the Pompey Coastal, the New Year's Day run and the Stubby 10k..... so plenty to get your teeth into this month. We've also had the annual Club awards night, which I'm still waiting on some information for so plan on issuing a separate Newsletter to cover this so as not to fill up next month's too much.

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](mailto:newsletter@gosportroadrunners.org.uk) or to me at [nick@macbeath.net](mailto: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:** Adam & Jo apparently showing off their best Gurns during the Club Handicap



## Portsmouth Coastal Waterside Marathon

9:00am, Sunday 22 December 2013

(By Andrea Edwards)



The Portsmouth Coastal Waterside Marathon starts on the waterfront behind the pyramids and runs along the seafront and quickly joins the coast trail path heading east around the coast to Hayling Island and back. It is described as a good flat course and is mainly off road. The route was scenic in places and although there were parts that seemed to go on for ages it was an enjoyable course to run. Although this was my first marathon, I would say that despite the route being flat all the way, it did prove to be a challenge due to the multiple terrain that had to be negotiated which included shingle beach, gravel track, tarmac pavement, paths and of course, plenty of mud.

Looking back at some of the race reviews, one commented "The conditions meant the chances of getting a personal best were pretty slim, this course is not one for PBs and I would also suggest avoiding it as a first marathon as it is not easy, although it is fairly flat" SO WHY DID I CHOOSE TO RUN IT AS MY FIRST MARATHON????

Since joining the club in June 2012, I have really got the running bug and my running has improved somewhat! Being a rather competitive person (no really!!) I have enjoyed representing the club in many races and have improved my time in most events. Despite this, if someone had asked me a year ago if I fancied running a marathon I would have split my sides with laughter! So what happened to change my mind.....well that's a story.

It all began when I went up to London in April to support fellow GRR's running the Virgin London Marathon. I was so inspired by everyone, I found myself applying for the ballot! No one ever gets in first time, so I knew I was safe.....WRONG! When the magazine came through the post saying "YOUR IN" I could not believe my luck.

Anyway, not long after that I found myself being talked into running the Portsmouth marathon as training for London!!! I was told it was a lovely flat course and that I would love it. I stuck to a structured 12 week training plan and prepared well. Being a shift worker I had to run my long training runs on my own. This was challenging although it helped me prepare mentally for the day ahead.

So race day came.....the weather the day before had been horrendous and I really wasn't looking forward to running in the wind and rain. The forecast was ok for race day; however, just before the start, while we were all waiting to begin, the heavens opened....my oh my what was I letting myself in for???



Standing at the start sea water was blowing over the sea wall and the rain was pounding down on us.....not a good way to start a marathon!! In the pouring rain, I was feeling very apprehensive and just hoping that I would get around. My aim was to take it steady and just see how I got on. Everyone laughed at that saying I didn't know how to take it easy!!

Well, I started off at a steady pace, intermittently running alongside Eileen and Colin. The route took us along the seafront and then down onto the shoreline where the fun began.....slip sliding away!!! It was soggy, muddy, wet and, to be quite frank, at this point I thought "what am I doing??"

The more runners that went past the muddier and more slippery the tracks became. Before I knew it we had passed the 5 mile marker, the rain had stopped and the sun was attempting to make an appearance. I was feeling good. I felt comfortable and just continued on my merry way. Having the supporters en route made all the difference and I am humbly grateful for all their support. By the time I reached Giles at mile 10, I was bursting for a pee.....alright for the boys but severely lacking in female loos, I had to revert to going behind Giles's car!! Oops should I be letting out all my secrets??

The Hayling Billy track was full of muddy puddles. There was no chance of keeping dry feet and so I decided the best strategy was to go straight through the puddles and avoid the people who were trying to go around them. So in true GRR style I ran through them and thought I was back doing the Grim. It was not long before I was running in wet feet and soaking socks and trainers. The route also took us across a shingle beach, which also proved quite hard work.

At the end of the Billy track there was the option of mulled wine and many treats. After a quick snack I was back en route where we turned round and began making our way back. I felt great.....I knew I was at a comfortable pace and felt positive that I could do it and I was still smiling. The route back was tough underfoot due to the extent of the muddy paths. I felt for some of the poor runners who fell, grazes to chin and knees seemed to be a common theme.

On the way back the tide had come in and apparently runners had to wade through knee deep sea water. For this reason many of us were diverted to avoid the last part and the route took us through the streets of Southsea before rejoining the seafront.

That last 2 miles were hard work and this is where I began to feel it....the wind was blowing hard and it a real challenge (although not as hard as the Great South!!). The worst bit was that my sock had got so wet that it had expanded into my shoe and was pushing on my toes.....it was painful and as we turned onto the sea front, the wind was blowing against me. I began to doubt myself, but in my head I knew I only had a mile to go. Then, to my rescue, in cycled Amber with her tulips brightly coloured in her basket, cheering me along. I haven't a clue what she was talking about but she cycled along the seafront chatting away, and kept me focused. For this I will be eternally grateful. When I saw the finish I couldn't believe it.... It was so emotional crossing the finish line....a mixture of pure relief and achievement. I had done it! Even time for a few tears.....I was quite emotional of the achievement of finishing my first marathon.



A big well done to all my fellow club runners who braved the wind, rain and puddles to run the marathon. A special well done to Adam, Pat and David who also ran a great first marathon.

I would like to take this opportunity to thank all those that came out to support that day and for those of you who have given me advice and encouragement to get through it. So.....now for London!!

Chip Pos	Name	Chip Time
719	Andrea Edwards	04:28:23

**Excellent article Andrea (thank you) and a massive well done on a great first marathon**

**CENTURION**  
R U N N I N G**Winter 100**

10:00am, Saturday 30 November 2013

(By Michelle Hayes)

Last year I was training for the SDW 50 in April when I fell and hurt my wrist. I contacted Centurion Running to let them know and they offered to refund half my fee or I could transfer it to another run. (Refreshing to know that some organisers still offer this).

The only one with spaces was the Winter 100 in December so for some reason I opted for that. The Winter 100 is trail run based in Streatley on the River Thames with a cut off time of 30 hours. The course is the shape of a cross and is a series of 4 different 25mile out and back spurs using sections of the Ridgeway and the Thames National Path. I had ages to go, I don't like running in heat, it is fairly flattish and it was 4 out and backs so I thought it would be an ideal one to try on my own. Only problem was December came too quickly and brings rain, wind and lots of mud

If anyone wants to run any ultra-distance I can recommend the Ladies Ultra Training plans. Don't let the word ladies fool you- It is hard work but definitely prepares you for the big day (or days). Training consisted of back to back Sat and Sundays with 2 runs during the week. For 6 out of last 7 weeks you do a weekly average mileage of 70-75 miles. I drove to the start for 4 Saturdays to recce all the legs- I think this definitely helps mentally but the fact that I was completely knackered for the last 5 miles each time worried me a bit.

On the day I packed my compulsory kit into my back pack- the list is quite long and heavy and has to be carried at all times. 90 of us started at 10:00 in relatively dry nice weather. The first leg was scenic along the Thames. The sun came out and the atmosphere was great. The first 25 miles was completed in 4.35 which seemed fast but I was still only 71st out of 90. The second leg was the toughest underfoot. We had to go along Grim Ditch- 5 miles of aptly named ankle twisting woods where you couldn't even see the path. This felt worse as you knew you had to do it again on the way back. By 4pm the head torches were being used and you began to sense the hell that was to come. One bright spot was the appearance of Jo and Toby with homemade flap jacks. By the time I got back to Streatley I had been out for nearly 11.5 hours but was still 71st so everyone else was feeling it just as much. Everyone was now adding layers and grabbing food at every check point- Coffee, processed cheese and tomato sandwiches, and bananas were my favorite- gels etc. do not work over this distance. The third leg was the other way over the Ridgeway. Hilly, windy and uneven tracks all the way. This leg passed without seeing anyone else apart from those running the other way. I tried singing songs and talking to myself - at one point I thought Bod (a cartoon character from the 70's) was walking towards me but it turned out to be a road sign- a strong coffee at the next checkpoint was definitely called for.





By the time I got back to Streatley it was over 19 hours and I was now 56<sup>th</sup>. I had a few tears and decided that I couldn't do any more- People saying only 25 more miles didn't help. Then I realised that if I didn't then the mental pain of the last leg would have been a waste so slowly trotted off again. With 20 miles to go I met Jo who had got up early (true support) to run with me for the last leg. We trotted /stumbled to mile 87 (being overtaken by a woman power walking). This check point was up a flight of stairs- true sadism. (We went down the wheelchair ramp to get back down) We got back walking the last 12 miles (even overtaking some rambles) in 28 hours. I was 51<sup>st</sup> -7<sup>th</sup> women (I think there were only 15 started though) and had a huge grin on my face



*All finishers receive a commemorative Buckle*



These events are tough but do able if you take them seriously. The camaraderie is brilliant and the feeling at the end is hard to beat .(Not only do the leaders say well done to you as they go past but the winner stayed at the end helping people with their bags and making drinks). I am not an ultra-runner but a runner that has done some ultras. I am not the fastest or the fittest of runners and can think of several club ladies who would be at least as able as me at these longer runs. I think these runs are more stressful for the partners than the runners so having a partner that supports you 100% (even if he thinks you are crazy) is a real bonus. As long as you train, know the words to lots of songs, and can keep on putting one foot in front of the other I would encourage anyone to give it a go.

Name	Stage 12.5	Stage 25	Stage 37.5	Stage 50	Stage 62.5	Stage 75	Stage 87.5	Stage 100
Michelle Hayes	02:08:33	04:33:03	07:52:17	11:19:05	15:12:00	19:05:35	23:21:03	28:02:06
Pace:	10:17/mi	10:55/mi	12:35/mi	13:34/mi	14:35/mi	15:16/mi	16:00/mi	16:49/mi
Rank:	73	71	70	71	63	56	54	51

**Excellent article Michelle (thank you) very inspiring**

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# Race Results



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

## **Saturday 14<sup>th</sup> December 2013**

### ***Club 10K Winter Handicap***

The Club's annual Winter Handicap was held on the morning of Saturday 14th December. The general idea of this event being that all participants record their predicted time for a 10k run and Ray then adjusts this to take into account current performance and recent results. This means that all runners have their own and the Club's predicted finish time. The start is staggered, with runners starting in accordance with the Club's anticipated running time. The overall aim is to have everyone finish together (i.e. the faster ones start later with the aim of catching the slower runners and *hopefully* all cross the line as a group).

There are prizes for the winners (first lady and first man home) and for those closest to their own predicted finish time.



**GRR Christmas Handicap**











### Club Handicap

Name	Runner's Est. Time	Club's Est. Time	Difference	Time	Time Diff Runner's	Time Diff Club's
Linda Briggs	01:10:00	01:08:00	0:00	01:07:02	-02:58	-0:58
Jo Harvey	01:02:00	01:00:00	8:00	00:57:37	-04:23	-02:23
Adam Walters	01:02:00	01:00:00	8:00	00:58:41	-03:19	-01:19
Steve Cawte	01:00:00	01:00:00	9:00	01:00:27	00:27	01:27
Pat Lapworth	00:59:00	00:59:00	9:00	00:59:24	00:24	00:24
Lucy Hudson	00:59:00	00:59:00	9:00	00:59:24	00:24	00:24
Ellie Blaiklock	00:58:00	-	10:00	00:52:59	-05:03	-
Andrea Edwards	00:59:00	00:57:00	11:00	00:54:56	-04:04	-02:04
Chris Macca	00:56:00	00:56:00	12:00	00:53:45	-02:15	-02:15
Sharon Clutton	00:56:00	00:55:00	13:00	00:53:47	-02:13	-01:13
Nikki White	00:55:00	00:54:30	13:30	00:50:27	-04:33	-04:03
Ken Eaden	00:54:00	00:54:30	13:30	00:56:02	02:02	01:32
Amber Schothurst	00:55:00	00:54:00	14:00	00:54:22	-00:38	00:22
Kirsten Maw	00:58:00	00:54:00	14:00	00:53:15	-04:45	-00:45
Deborah Birch	00:56:00	00:54:00	14:00	00:53:52	-02:08	-00:08
Dave Brace	00:55:00	00:53:30	14:30	00:51:46	-03:14	-01:44
Mike Stares	00:55:00	00:53:30	14:30	00:53:10	-01:50	-00:20
Mick Kearney	00:52:00	00:52:30	15:30	00:51:03	-00:57	-01:27
Dave McAllen	00:58:00	00:52:30	15:30	00:50:33	-07:27	-01:57
Dave Croft	00:55:00	00:51:30	16:30	00:51:01	-03:59	-00:29
Fiona Tomlinson	00:53:00	00:51:30	16:30	00:50:43	-02:17	-00:47
Pete Lindley	00:52:00	00:50:30	17:30	00:50:08	-01:52	-00:28
David Chivers	00:52:00	00:50:30	17:30	00:50:30	-01:30	00:00
Tracey Wales	00:50:00	00:50:00	18:00	00:47:22	-02:38	-02:38
Kim Carter	00:55:00	00:50:00	18:00	00:49:38	-05:22	-00:08
Jenny Shilling	00:50:00	00:49:30	18:30	00:49:58	-00:02	00:28
Colin Middleton	00:50:00	00:48:00	20:00	00:46:48	-03:12	-01:12



### Club HandiCap - Continued

Name	Runner's Est. Time	Club's Est. Time	Difference	Time	Time Diff Runner's	Time Diff Club's
John Barratt	00:47:00	00:47:30	20:30	00:47:59	00:59	00:29
Brian Fisher	00:47:00	00:46:30	21:30	00:47:29	00:29	00:59
Ben Wales	00:47:00	00:45:30	22:30	00:46:21	-00:39	-00:51
Adam Roberts	00:45:00	00:45:00	23:00	00:46:16	01:16	01:16
Austen Gray	-	00:44:30		00:42:02	-02:28	-
Paul Street	00:46:00	00:45:00	23:00	00:46:32	00:32	01:32
Alan Burgess	00:45:00	00:44:30	23:30	00:44:50	-00:10	00:20
Tim Durant	00:42:00	00:41:30	26:30	00:43:02	01:02	01:32
Kev White	00:40:00	00:41:30	26:30	00:41:13	01:13	00:17
Chris Buxton	00:38:00	00:37:00	31:00	00:36:36	-01:14	-00:14



**First Lady Back**  
**Ellie Blaiklock**



**First Man Back**  
**Austin Gray**



**Closest to Own Time**  
**Jenny Shilling**



**Closest to Own Time**  
**Alan Burgess**



**Southsea Santa Run 10k  
Sunday 15<sup>th</sup> December 2013**



Sunday 22<sup>nd</sup> December 2013
**Portsmouth Coastal Marathon**

Chip Pos	Name	Chip Time	Gun Time	Comment
315	Paul Street	03:51:22	03:51:55	
380	Kevin White	03:56:37	03:57:10	
495	Adam Roberts	04:03:34	04:07:32	1st Marathon
611	Tracey Wales	04:19:00	04:19:23	
719	Andrea Edwards	04:28:23	04:29:07	1st Marathon
770	John Barrett	04:32:54	04:33:36	
821	Karen Phillips	04:38:39	04:39:23	
830	Ben Godbold	04:39:55	04:40:37	
859	Nick MacBeath	04:40:28	04:43:32	
862	Kim Carter	04:43:15	04:43:55	
867	Nikki White	04:43:52	04:44:37	
879	David Chilvers	04:44:33	04:46:17	
886	Colin Middleton	04:46:12	04:46:59	
939	Kirsten Maw	04:54:47	04:56:09	
974	David McAllen	04:59:01	05:00:23	1st Marathon
1000	Lucy Hudson	05:02:45	05:03:30	
1001	Susan Barrett	05:02:45	05:03:31	
1005	David Brace	05:03:32	05:04:12	
1006	Peter Philipson	05:03:34	05:04:13	
1049	Jennifer Desmoulins	05:13:00	05:13:44	
1109	Shirley Faichen	05:34:26	05:37:15	
1110	Patricia Lapworth	05:34:26	05:37:15	1st Marathon
1118	Keith Elshaw	05:36:50	05:39:47	
1126	Steve Wise	05:45:43	05:46:29	



**Pompey Coastal Marathon**













**Friday 27<sup>th</sup> December 2013**

### Pub to Pub Charity Run

Chip Pos	Name	Gun Time
36	Colin Gardner	00:54:16
58	Paul Turle	00:57:22
65	Paul Street	00:58:47
78	Ray Bernice	01:01:43
99	Peter Lindley	01:05:42
111	Michael Stares	01:07:49
124	Michael Barker	01:11:33
137	Stephen Cawte	01:19:39



The Pub-to-Pub road race is traditionally held to support the Portsmouth Hospitals Rocky Appeal. The route (from the SHIP & BELL at Horndean to the RED LION at Chalton and back) is an undulating course of approximately 7.4 miles



**Friday 28<sup>th</sup> December 2013**

**The Brutal – 8km**

Chip Pos	Name	Gun Time
259	Kellee Reed	01:01:43



The web page advertises this as: "Race across the Army training camp, tear through the UTC (Urban Training Complex) and into the wilds of no-man's-land... the perfect antidote to Christmas holiday indulgence!"

There are two courses, with the 8km taking in all the tough running classic spots including The Dunes and the fantastic Tank Wallow, probably Brutal's most impressive crater-like water feature.

According to Kellee, the most brutal part was the fact it's 3 days after Christmas!!!

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**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 their times were) but I'm not psychic 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 included is to email me or message me via Facebook with results, photos, PBs, etc. Please send to:**

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)

or to me at

[nick@macbeath.net](mailto:nick@macbeath.net)

### Sunday 19<sup>th</sup> January 2014

#### Stubbington 10k

Pos	Name	Time
59	Chris Buxton	00:37:00
175	Richard Oakes	00:40:09
186	Warren Jackson-Hookins	00:40:33
242	Austin Gray	00:42:02
269	Kevin White	00:42:27
275	Brown Peter	00:42:36
291	Stephen Crook	00:42:56
357	Dave Little	00:44:08
362	Loraine Creane	00:44:18
384	Paul Turle	00:44:23
486	Miles Pritchard	00:45:03
420	Alan Burgess	00:45:11
496	Colin Gardner	00:45:33
545	Nick MacBeath	00:47:01
589	James Heath	00:48:15
655	Paul Street	00:48:23
670	Brian Fisher	00:48:25
681	Adam Roberts	00:48:32
699	Tracey Wales	00:49:17
748	Colin Middleton	00:49:31
759	Fiona Tomlinson	00:50:12
729	David Croft	00:50:23
770	Jenny Shilling	00:50:26
796	Karen Phillips	00:50:58

Pos	Name	Time
821	Keith Elshaw	00:51:18
857	Ben Jarvis	00:51:28
802	Peter Lindley	00:52:03
895	Tracy Bale	00:52:27
954	Rachel Davies	00:53:09
955	David McAllen	00:53:24
973	Kirsten Maw	00:53:38
996	Andrea Edwards	00:53:49
1019	Ellie Blaiklock	00:54:13
948	David Chilvers	00:54:39
1046	David Brace	00:54:53
1049	Deborah Birch	00:54:56
1080	Lucy Hudson	00:55:36
1093	Sharon Clutton	00:55:57
1103	Kellee Read	00:56:07
1107	Caroline Oakes	00:56:19
1126	Susan Barrett	00:56:44
1134	Peter Hewitt	00:57:05
1135	Joanne McBride	00:57:05
1133	Benjamin Wales	00:57:19
1167	Mike Battersby	00:58:01
1206	Eileen Cowling	00:58:20
1222	Kerry Irwin-Hall	00:58:37
1215	Emma Adolpho	00:59:08

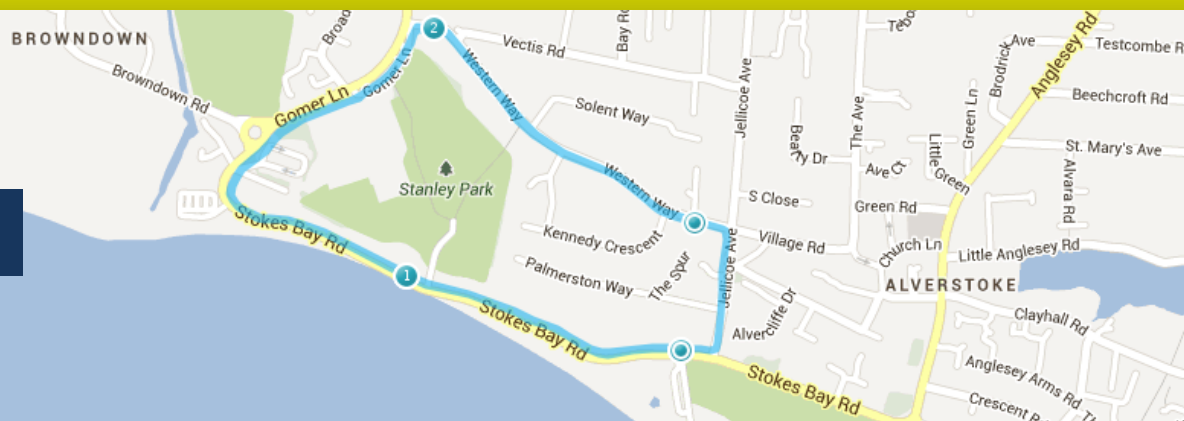
Pos	Name	Time
1258	Julie Mansfield	00:59:58
1260	Amber Schothorst	00:59:58
1264	Laura Cornborough	01:00:04
1262	Adam Walters	01:00:22
1285	Jenny Scott	01:00:25
1294	Tina Karan	01:00:50
1344	Denise Francis	01:02:20
1358	Kate Smyth	01:02:49
1359	Karen Middleton	01:02:50
1364	Julie Shinton	01:03:12
1363	Jo Harvey	01:03:25
1391	Claire Hill	01:04:38
1402	Melissa Pink	01:05:28
1414	Shona Rust	01:05:45
1419	Tania Bernice	01:06:12
1420	Ray Bernice	01:06:12
1443	Janet Lindley	01:07:35
1462	Sue Tingley	01:09:43
1498	Kathleen King	01:14:45
1506	Louise Millson	01:18:00
1507	Linda Moorhead	01:18:00
1509	Jessica Walton	01:19:36

Excellent turnout of 70 GRRs, just a shame that we didn't manage to get a group shot. I've included a couple of pages of photos from this event on pages 33 & 34 courtesy of Giles, Pete Phillipson and Tom Barnett of Wave Photography <http://photos.wavephotography.co.uk/>



# Club 5k Time Trial

Tuesday 7<sup>th</sup> January 2014



Pos	Name	Time
1	Joe Wales	17:48
2	Tom Barnard	18:20
3	Warren Jackson-Hookins	19:47
4	Jason Grygeil <b>PB</b>	20:43
5	Pete Brown	21:17
6	Colin Gardner	21:24
7	Paul Turle	21:27
8	Alan Burgess	21:29
9	Ben Wales	21:31
10	Josh Belben	23:19
11	Tracy Wales	24:22
12	Keith Elshaw	24:40
13	Jenny Shilling	25:27
14	Dave Croft	25:29
15	Michelle Hayes <b>PB</b>	25:35
16	Mike Barker	25:51
17	Andrea Edwards	25:54
18	Ellie Blaiklock	25:54

Pos	Name	Time
19	Brian Fisher	25:55
20	Steve Moltini	26:13
21	Kirsten Maw	26:19
22	David Barker	26:50
23	Rachel Davies	26:54
24	Mike Stares	27:02
25	Ken Eaden	27:24
26	Amber Scholthorst	27:44
27	Sharon Clutton	28:05
28	Kellie Read	28:05
29	Kate Smyth	28:13
30	Adam Walters <b>1<sup>st</sup> 5k</b>	28:16
31	Eileen Cowling	28:42
32	Terry Ash	28:44
33	Dave Kirby	28:59
34	Jo Harvey <b>1<sup>st</sup> 5k</b>	29:22
35	Jenny Scott	29:35
36	Karen Middleton <b>PB</b>	30:05

Pos	Name	Time
37	Denise Francis	30:27
38	Rory Fall	30:28
39	Shona Rust <b>PB</b>	30:32
40	Clair Hill	30:41
41	Julie Shinton	30:53
42	Lizzie Elshaw <b>1<sup>st</sup> 5k</b>	31:14
43	Angie Elshaw	31:15
44	Jess Stansby <b>1<sup>st</sup> 5k</b>	31:40
45	Nicki Fennemore	31:41
46	Levi Hughes	31:42
47	Jenner Moore <b>1<sup>st</sup> 5k</b>	33:48
48	Tina Krann	34:32
49	Sid Smith	34:33
50	Linda Moorhead	36:29
51	Kerry Irwin	36:30
52	Louise Millson	36:32
53	Sue Barratt	36:33

Good conditions again for this particular route a strong wind from the West blowing you along the Esplanade. Surprising there were not a few more PB's, considering the large turnout. Respect and thanks to Officials and Supporters: Gary Francis (Recorder), Liz Redpath (Starter & Timer), Janet Lindley (Back Up Timer), Andy Clutton (Numbers). Supporters: Mike Welsted, Ray Bernice, Kevin White, Nikki White, Dave Brace, Chris Macca & Ben Jarvis.

## The Dales Highway

(by Ken Eden)

### Introduction

The Dales Highway is a continuation of my Yorkshire Odyssey, having successfully completed the Dales way, Cleveland Way and Yorkshire Wolds Way. The Dales Highway is a challenging 100 mile long distance footpath through the heart of the Yorkshire Dales National Park.

Beginning at Saltaire Shipley West Yorkshire heads North through the Yorkshire Dales to Appleby in Westmorland. The route covers the most beautiful scenery in the Dales. The highlights of the walk include the Mighty Ingleborough one of the Yorkshire 3 peaks and a breath-taking ridge walk across the rolling Howgill's fell.

My aim was to complete the walk within 5 days, with or without Julia Bradbury (My Heroine)

### **Day 1- Shipley- Skipton 19 Miles.**

Walking conditions were ideal as I set off from the historical world Heritage Centre of Industrial village of Saltaire, famous for its cotton Mills founded by Titus Salt in 1835. The walk took me along the idyllic Leeds Liverpool Canal, through the Craggy Shipley Glen. The stresses and strains of life began to fade away as I made the ascent up the heather clad ridge me up to Rombould Moor. This presented stunning views over Baildon and the Ilkley Craggs.

After a relatively dangerous descent and a leisurely walk through shaded woodland, I arrived at my first overnight stop, the busy market town of Skipton and the famous Skipton castle which occupied by the Royalists and was under siege for three years during the English civil war before finally falling to Cromwell's men.

As I enjoyed a well deserved pint and hearty meal, I observed at what seemed a knitting Crochet club, the perceived image of old ladies in a church hall with tea and biscuits was well off the mark. This was a bunch of middle aged women, quaffing wine and beer and having a good old raucous time. If this was knitting and crochet I want to join.

#### **1. Leeds and Liverpool Canal**



#### **2.View from Romboulds Moor.**



### **Day 2 Skipton- Settle 20 Miles.**

After the glorious previous day I arose to a miserable grey day. Rising out of the mist the first ascent of the day Sharp Haw peak. This entailed a change of terrain across a windswept moorland. The ascent sharpened the mind in terms of navigation skills, any blunders had the potential for disaster.



The long ascent to the peak was rewarded with stunning views over the Yorkshire Dales despite the overcast weather. As I enjoyed a well deserved coffee and chocolate bar, the sun began to break through exposing the mighty Ingleborough in the far distance. This was the next day mission.

The most nervous moment of the day happened during the final stages, when I faced a herd of stampeding cows been rounded up by a farmer on a quad bike. It was one of those Jack Reacher moments fight or flight. Needless to say I did not take the Jack Reacher approach and fight. I took refuge behind a wall and waited an half hour before cows were at a safe distance. Call me woos if you like.



**Sharp Haw in the distance**

It was then into the market town of Settle, where I unfortunately had a bad accommodation experience. Following a dispute with the hotel staff, I finally got an alternative room, marginally better than the one I was offered. It took the shine off a good days walking, but I was too tired to worry too much, I had to focus on conquering Inglebrough the next day.

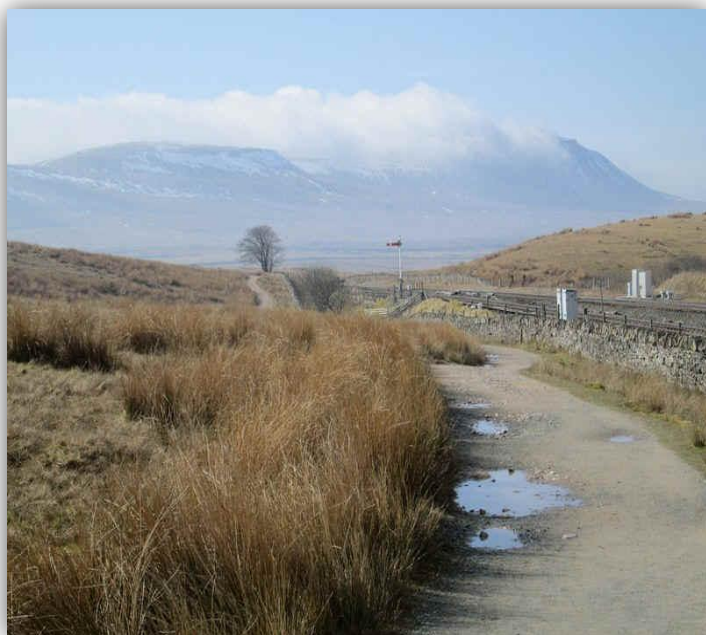
### **Day 3. Settle- Chapel-le- Dale. 15 Miles.**

After receiving a frosty reception at breakfast, I made a hasty departure into a wet and miserable day I prepared myself for the ascent on the hollow mountain, better known as Ingleborough. The name hollow mountain comes from the fact it contains a myriad of tunnels and caverns carved out by the acidic action of limestone and water. A demanding ascent via Simon Fell and a steep scramble took me to the plateau summit. However the next challenge was locating the path for the descent. The visibility was no more than 5 metres. Hence no photographs The comfort of a GPS and diligent map and compass work led me to the path to my next overnight stop in the Old Hill Inn at Chapel-le-dale.



### **Day 4. Chapel- le Dale to Sedburgh 16 Miles.**

The quality and hospitality of the Old Hill Mill, made up for the previous evening. A blend of eccentricity of the landlady good food and the sharing of experiences of other walkers lifted spirits as I set off on the penultimate stage. A stunning walk via Ribbleshead and Blea Moor viaduct with Wharfedale as a backdrop. An equally brilliant trek via the cobbled streets of Dent village famous for its hand knitting industry took me into the market town of Sedburgh. The rolling steep sided hills of the Howgill fells beckoned for the last day.

**Approach into Dentdale****Ascent to the Calf****Sedburgh to Appleby in Westmorland 24 Miles**

The last leg of 24 miles was set to be the most demanding of the whole week. Poor weather and a massive ascent up to a peak called the Calf. Poor visibility, wind and driving rain demanded heightened awareness and good careful navigation. Despite the rain and wind, I felt pretty elated when I successfully made the peak.

I was rewarded for my endeavours, when the weather began to break and I was treated to a 6 mile ridge walk over the fells.

**The Ridge****Howgills Fell**



The final 10 miles were merely a country stroll into the attractive Market town of Appleby.

Mission accomplished.



**Monument in Appleby marks the finish.**



As a final treat the next morning I had the added pleasure of taking the Carlisle to Settle train route which took me back to the start point through the heart of the Yorkshire Dales. A great final touch to brilliant walk. For all you keen off road runners, the Yorkshire Three Peaks Challenge is one to consider.

***Excellent article thanks Ken***

### New Year's Day Run

#### Introduction

Regular Club members will no doubt be aware that the Club traditionally supports the annual New Year's Day charity dip in the Solent and that Club members taking part will usually precede this with a short fancy dress run around Gosport. Unfortunately this year the annual dip was cancelled due to the horrendous weather conditions (apparently this was the first time the event had been cancelled in 30 years!).

However, this minor matter of gale force winds and driving, freezing cold rain did not stop some of the Club members from continuing with their annual fancy dress run! Although they stopped short of actually entering the Solent (some sensible heads after all!), I'm not sure they could have got much wetter or colder had they actually gone for the dip.....

I have to say, there was an awful lot of strange looks coming our way.....









We even bumped into the Mayor and Mayoress of Gosport when we stopped at GAFIRS for a photo and the following appeared on the Mayor's webpage later that day.

We were invited to the annual GAFIRS New Year's Day Swim & fund raising at GAFIRS Station Stokes Bay and as Mayor and joint president of GAFIRS I had planned to lead the team in fancy dress into the Solent at midday.

Unfortunately, for the first time ever the gale force 7 conditions made it unsafe for swimmers to enter the sea so the swim was called off. This was a pity as last year over 200 people braved the elements. The event is very popular with the general public and raises a lot of money for the cause, but the conditions were such that only a few members of the public attended.

The Mayoress and I attended anyway and met with a whole team of runners in fancy dress who were ready to go in but accepted that the condition were unsuitable. We were however able to have a photograph taken. Later 2 other sponsored swimmers did go in briefly but did not stay in for long!



A great team full of community spirit!



# THE SOUTHERN CROSS COUNTRY LEAGUE

## Lord Wandsworth College, Odiham – Finishing Positions – 29<sup>th</sup> December 2013

Pos	Name
105	Kevin White
113	Aus Greay
127	Paul Turle
148	Alan Burgess
149	Nick Carter
167	Adam Roberts
176	Martyn Rowell
178	Ray Bernice
196	Brian Fisher
200	Keith Elshaw
206	David Brace
210	Mick Stares
217	Mike Barker
220	Ken Eden
222	Peter Hewitt

Pos	Name
59	Nikki White
69	Amber Schothorst
77	Kim Carter
91	Michelle Hayes
92	Joanne McBride

A very big thank you to everybody that turned up for the disappointingly un-muddy cross country at Lord Wandsworth..... another excellent GRR turnout from runners and supporters, Happy New Year to you all and hope to see you all for the penultimate cross country of the season at Manor Farm on Sunday 26<sup>th</sup> January. **Pete**







Nick Carter (Absolute Running) asked me to include the following brief note:

*Just a few lines to say how nice it was to finally represent my home town club at the XC last weekend. That was probably the highlight followed by the usual amazing GRR support as the run itself was painful. Clearly more hill work required. Looking forward to joining the gang more in 2014.*





## 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>		<u>Location</u>
Sunday 26 <sup>th</sup> January 2014	-	Manor Farm & Country Park
Sunday 2 <sup>nd</sup> 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



**HAMPSHIRE  
ROAD RACE LEAGUE**  
a running club competition

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 six 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 Stubbington 10k road race on Sunday 3<sup>rd</sup> January. Results are detailed above and there are a number of photographs from this race 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, these are the remaining dates for the 2013/14 HRRL season.....

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
7	Sunday 2 <sup>nd</sup> February 2014	Ryde 10	10m	Ryde Harriers
8	Sunday 9 <sup>th</sup> March 2014	Salisbury 10	10m	City of Salisbury A & R Club
9	Sunday 23 <sup>rd</sup> March 2014	Eastleigh 10k	10k	Southampton Athletic Club
10	Sunday 4 <sup>th</sup> May 2014	Alton 10	10m	Alton Runners
11	Sunday 18 <sup>th</sup> May 2014	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 8 <sup>th</sup> June 2014	D-Day 10k	10k	City of Portsmouth Athletic Club

The next race in the series is the **Ryde 10 mile**, on **Sunday 2<sup>nd</sup> February 2014 at 11am**. At the time of writing there were still places available and you can enter by following the link below.

<http://www.rydeharriers.co.uk/Ryde10info.htm>

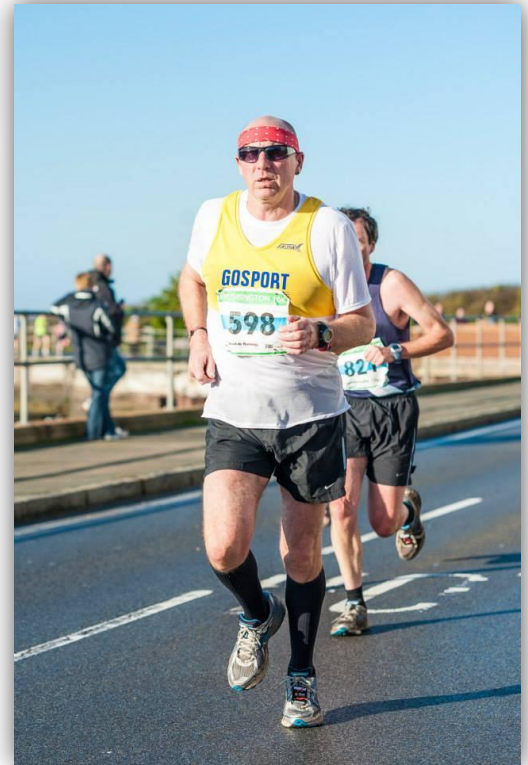
Concessionary rate travel on Ferries is offered by Wightlink for entrants to this race, with details usually provided on entry.

The course is one lap, undulating (but scenic) taking in RYDE, ST.HELENS, NETTLESTONE, SEAVIEW, SPRINGVALE, APPELEY and back to RYDE.

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



### stubbington green runners











I've noticed that more Club members are now taking part in the weekly Park Runs, and a few members have asked me to include details of these events in the Newsletter to highlight what these events are all about.

Park Run organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and organisers

encourage people of all abilities to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; ALL are welcome.

These are nationwide but local runs can be found at Southsea, Havant, Eastleigh, Netley Abbey, Southampton, Winchester, Queen Elizabeth Country Park and Brockenhurst. These are normally run on Saturdays at 09:00am by local volunteers.

You can find details of all runs via the events page on the Park Run website: [www.parkrun.org.uk](http://www.parkrun.org.uk). Select the event you are most interested in and review all the information about the course, local news items, the photo gallery and information about volunteering.

Once registered with [www.parkrun.org.uk](http://www.parkrun.org.uk) you receive a paper barcode (best to get it laminated apparently), take it along with you to your choice of run. When finished you are given a finishing number hand it in with your barcode to enable a time to be given. Results are sent out very quickly and you will receive an email on the Monday after with your personnel results.



These are free events! but you must register before your first run (only ever register with park run once) and don't forget to bring a printed copy of your barcode with you. If you forget it, you won't record a time.

All results get emailed to me at the Club's Newsletter email address and I plan to include these in future editions of my Newsletter. It would be nice to see some more names appear on these in future.

*Southsea park run is a well run, an out and back course from the Pyramid Centre, with lots of support and encouragement from the friendly marshals. A good course for a PB, depending on the wind, as it's as flat as a pancake. Well recommended.*

*Alan Burgess*



21<sup>st</sup> December 2013**Havant**

99 participants completed the run.

Position	Name	Gun Time
13	Colin Gardner	00:21:49

**Little Stoke**

164 participants completed the run.

Position	Name	Gun Time
37	Tim Durant	00:20:51

28<sup>th</sup> December 2013**Havant**

172 participants completed the run.

Position	Name	Gun Time
16	Colin Gardner	00:22:07

**Southsea**

119 participants completed the run.

Position	Name	Gun Time
17	Tim Durant	00:21:06

1<sup>st</sup> January 2014**Netley Abbey**

131 participants completed the run.

Position	Name	Gun Time
24	Tim Durrant	00:22:33

**Queen Elizabeth Country Park**

126 participants completed the run.

Position	Name	Gun Time
24	Auz Gray	00:24:04

4<sup>th</sup> January 2014**Southampton**

255 participants completed the run.

Position	Name	Gun Time
29	Tim Durrant	00:21:21

**Havant**

122 participants completed the run.

Position	Name	Gun Time
2	Chris Buxton	00:19:06
75	Kerry Irwin-Hall	00:30:19
87	Karen Middleton	00:31:44
88	Sue Barrett	00:31:44

11<sup>th</sup> January 2014**Southsea**

205 participants completed the run.

Position	Name	Gun Time
16	Austin Gray	00:19:46
22	Tim Durrant	00:20:32
130	Laura Cornborough	00:29:35

18<sup>th</sup> January 2014**Havant**

157 participants completed the run.

Position	Name	Gun Time
15	Austin Gray	00:22:04

**Southsea**

180 participants completed the run.

Position	Name	Gun Time
132	Laura Cornborough	00:31:20



## GRR and Social Media:

The Club's Facebook page currently has 303 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!

Follow this link: <http://www.facebook.com/groups/27301329294/> to either register or catch up with the goings on.



For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following @gosportrr on [www.twitter.com](http://www.twitter.com)

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

## London Marathon:

The Congratulations to those who were successful in the draw for the two Club allocated London Marathon places, which took place after the Club Handicap in December. The successful members were:

**Men: Paul Street (Keith Elshaw as reserve)**

**Ladies: Rachel Davies (Eileen Cowling as reserve)**



**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](http://www.absolute-running.co.uk/gosportroadrunners)

# YOUR NEWSLETTER NEEDS

# YOU.....



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

As I've said every month so far, 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.

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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)



# GOSPORT

*Road Runners*



# NEWSLETTER

*February 2014*

## Introduction

Well, what started off as a slow month (content wise) ended up with me be inundated with articles/info to include so it's another long one I'm afraid..... Some interesting reading this month though so a massive THANK-YOU to all who have contributed.

There is also some more details about the Club's big move to Gosport & Fareham Rugby Club, which has been received very positively by Club members. On top of this, it's been a very busy month with the Plod and the Pompey Coastal Half Marathon. As always, I hope you enjoy and any feedback (positive or negative) would be greatly appreciated. BTW... if you think these are getting too long, please let me know.

Finally, keep the articles, race reports, photos, etc. coming as that is what really makes this interesting. Any contributions, etc. can be sent to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk) or to me at [nick@macbeath.net](mailto:nick@macbeath.net).

Enjoy,

**Nick**



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**This Month's cover photo:** Everyone should look this happy when running....Deborah Birch at the Stubby 10k



## New Club Location:

By now, you will all hopefully have received the email circulated by the Committee and be aware that the Club will be moving to Gosport & Fareham Rugby Club late in the coming months. In summary, the main points are:

- The club is absolutely financially reliant on the Gosport Half Marathon, which supports the Club to the tune of almost £1000 per year. The Gosport Half's main purpose is to generate monies for local charities (which the GRR is not). If the Gosport Half was to cease, then the Club would quite quickly become financially nonviable.
- We have faced increasing pressures from the Tennis Club to pay increased rent and, as of the last few months, have been asked to pay for facilities which were previously free. The Tennis Club have also recently indicated that they will seek to raise the rent in the year ahead.
- The Tennis Club have also raised questions regarding our position in buying alcohol at the bar as we do not have social membership of their club and challenged the number of us that use the car park as we are perceived to occupy a disproportionate number of spaces.
- The Committee has identified Gosport and Fareham Rugby Club, which is located in Gosport Park (less than 1 mile from our current location) and is actively supported by Gosport Borough Council. The Club are happy to host us with a significantly lower monthly rental and with no additional charges for committee meetings, our Awards Dinner, the Annual General meeting, etc. We estimate savings to be in the region of £900 per year which will be a huge benefit to us.
- The Rugby Club is very active, with several 100 members and with an active youth section which gives us the option in due course of being able to accommodate 16-18 year olds into GRR.
- We will have full access to all the Rugby Club facilities (including the bar!) and this includes the ability to hold our beginner and speed training sessions around their floodlit playing fields.
- Car parking is more plentiful than we have at the Tennis Club. The Rugby Club has 8 changing rooms and they have agreed to designate 2 of those for our use (1 male & 1 female) with the rooms being better than those we currently use. They will also accommodate a noticeboard and trophy cabinet for GRR.



All the feedback received by the Committee has been very positive about the benefits this will offer us, both in the short and long term. As an update for members, the Committee felt that it would be appropriate to include some of the feedback received. These have obviously been anonymised:

*Dear Committee,*

*As a relatively new member to GRR's I have already noticed that there is an atmosphere at our current 'home' which works to make it 'unhomely'. I find this odd given the current tired condition of the tennis club facilities and I would have thought that any opportunity to encourage community sport and generate revenue to everyone's mutual benefit would be encouraged.*

*The rugby club is an excellent location and for the reasons you have outlined, sounds as though it could be a healthy partnership and I particularly like the idea that in the future, GRE's may be able to accommodate younger members.*

*On the evening of the recent awards night, the club could not have been more welcoming to our members and in particular, Kim, in her current discombobulated state, was well catered for. Good luck in securing a move to our new 'home' which I can see being a huge success.*

*I've just read the message below. For what it's worth, I wholeheartedly support the decision to move and would like to thank you and the rest of the committee for all the ground work you have done to achieve this.*

*I'm fully behind the decision to move and agree it will be of great benefit to the club and its members.*

*Hi Giles*

*I think the new venue is an excellent idea. It gives us the opportunity to do some new slightly new routes and be part of a friendly Club.*

*I wholeheartedly support the move and think it will be a great asset working alongside the Rugby Club.*

*A Yes from me!!!*

*Dear Committee*

*I think this is an excellent proposal, and well done to Mick and everyone involved in the negotiations.*



*I think that you have done your homework on changing the location of the club to Gosport & Fareham rugby club and completely agree that it will benefit the club both financially, socially and will promote the club to a wider audience.*

*Running round the park sounds good!*

*Well done to all those involved and if I can help in any way please contact me.*

*Loving the club*

*I'm one of those not on Facebook, for a number of reasons (I'm also not a born techie, but maybe I will eventually, but only for family photos!) so an updated site would be of interest to me, like some of the others who aren't on FB.*

*Hope this feedback is helpful and thanks to all of the committee for everything they are trying to do!!*

*We both strongly support the proposal to shift our meeting venue to the Rugby Club.*

*As the tennis club have in the past made us welcome (possibly for financial reasons), I would hope that the proposed parting of the ways is done in an amicable manner.*

*I am fully in support of the move to the rugby club. The description of the facilities appear better, with the opportunity for external lighting in the winter months. Most of all it will be more cost effective.*

*My husband and I wholeheartedly support the club's move to Gosport and Fareham Rugby Club. What a fab idea!*

*Thanks for making our club so brilliant!*

*I can see nothing but positives in this, hoping it all goes ahead, and not minding at all about a longer trot to the club!*

*Although I've only been a GRR girly since the beginners course last year, I really enjoy it, and should have been brave enough to try it years ago and everyone is so nice and supportive etc.*

*From everything that was said in the email it makes sense all round to move and the club and its members will benefit all round.*

*I believe we have not met but I am one of the older (ex)runners of the club well known to Mick W, Gary G and co. I am interested that the Tennis club is increasing the costs to "our club".*

*When we first decided to go to Alverstoke Tennis Club (ATC) on Tuesdays and Thursdays it appeared to be a good idea for both clubs.*

*GRR got a regular, relatively cheap, dry venue with some showers. A limited number of social memberships of ATC were included.*

*ATC got our regular rent money and the profit from our purchases at the bar and our support for things like occasional barbeques etc.*

*So I say move to the rugby club and let's enjoy the new found freedoms it will bring!!*

*Firstly, I would like to express my surprise at the stance of the tennis club, which is quite a nice venue. However, I must agree, nice as it is, the club is too small for our current needs.*

*Financially I suppose the move does make sense. The playing facilities are good and there are plenty of changing rooms.*

Thank you for letting us know how you feel and the move will now go ahead so please can you all make a special note of the following:-

### **March 2014**

The club will be providing a special newsletter for late March showing where Gosport & Fareham Rugby Club is, photos of inside & outside etc.

### **April 2014**

- ✚ The April time trial on Tues 1st April will be held as normal, meeting at 19:00 down at Stokes Bay car park.
- ✚ The first club session at Gosport & Fareham Rugby Club will be on Thursday 3rd April at 19:00.
- ✚ Sessions continue at Gosport & Fareham Rugby Club every Tuesday and Thursday thereafter.

We will be providing meeters/greeters for the first few sessions so if members have any questions or feedback we can deal with it promptly.





## Meon Valley Plod

10:30am, Sunday 9th February 2014

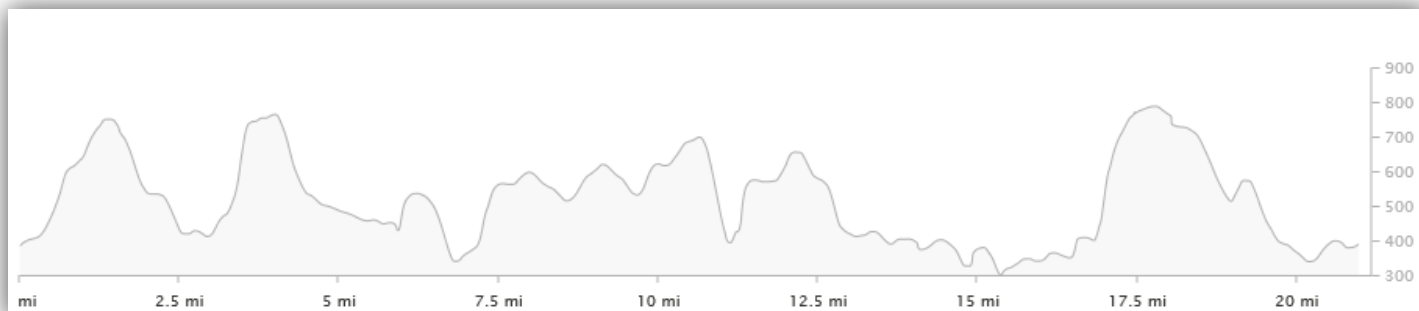
(By Nikki White)

It was a 10:30am start on a cold, cloudy day. Everyone was dressed like ninjas, with back packs on, ready to take on the terrain. I was feeling very nervous as a first time plodder, and having heard how bad it had been last year due to the weather conditions.

So here we go..... the first three mile were steady, having a chat with Lucy Hudson, Sue Barratt and Ellie Blaiklock, the sun had come out but it was still very cold. Then we hit the first beast of a hill, Ellie and I climbed to the top, I remember a marshal saying that the hills get worse (great!). And worse still, at the top of the hills there were sties to climb over, which were a killer on tired legs. However, as Ellie and I kept saying, "what goes up must come down".

After the beast of a hill we did have a downhill and flat for a couple of miles with a little bit of mud. Then up again with another sty at the top, but the scenery was beautiful so not all bad. Ellie and I were taking advantage of the downhill to catch our breath and gain some time ready for the next hill..... which we knew wouldn't be too far away.

We hadn't at this point come across too much mud which I found quite disappointing but there was still another 16 miles to go. At about mile 7 it was out in the open so very windy, and we were finding it hard to run the hills, we were quite literally being knocked sideways.



*The course profile for the 21 mile plod*

Ellie was suffering with a blister and had turned her ankle so at the second water station, just before mile 10, Ellie stopped for a plaster and that's when I became a lone ranger, leaving Ellie and carrying on, on my own. That's when it really became hard work. I was literally on my own, running through woods hoping I had gone the right way, looking for the red and white tape. I eventually caught up with another runner, thinking thank god I am not lost!

We came to a church, the lovely marshals doing a grand job said "be careful, very slippery" (yeah... I found the mud.... and it was great). It took so much out of my legs though and then to turn and see a massive hill .... so I sat down and thought "holy poo"! But I had to go on and set off on another big climb, hand on knees and up..... getting to the top was hard work and it was on a camber so my ankles were killing too.

Then came more mud..... mud galore..... happy days! There were puddles up to your knees, streams you had to run down and slippery rocks. I couldn't get enough of it. Climbing around three stuck land rovers was a nightmare though.... and I did have a moan.

Next it was time to tackle the electric fence. I had slipped and twisted my foot when two lovely gentlemen came to my rescue. I was ok, just sore so them helping me over the electric fence was so funny. I didn't want to get a shock.

Climbing the steep steps that had mud all over them was so tiring too, apparently even Auz Gray had trouble getting up them..... that's how big they were!

Now I was counting down the miles, nearing the end, until I got to the bottom of Butser Hill. It was evil! No time to hang around though, with burning calves I got to the top taking in the scenery. At 19 miles I was feeling a bit peckish so had my snickers bar to keep me going..... it was lush!

Hallelujah... I was nearly there. Last two miles were hard work but I was on the homeward straight. The last two marshals were great.... "Just up there" they said. It was the 'up' bit I didn't like. Last push and then I heard it "COME ON GOSPORT" Yeah... I had finished the toughest run I had ever done (in 4 hrs 51 minutes) and I loved it, it's up there with the Thunder Run... It was beautiful, muddy, wet (not sure about the hills though) and with great marshals.

An all round fab run. A massive well done to everyone who ran it. I will be back next year



***Thanks Nikki, an excellent write up..... and a massive well done to all who took part in this event.  
Full results are on page???***



# LONGLEAT

## Longleat 10k

10:00am, Sunday 9<sup>th</sup> February 2014

(By Jo Harvey)

Sunday 9<sup>th</sup> February dawned fine and dry (finally!) for our trip up to Wiltshire for the Longleat 10k.

As a 10<sup>th</sup> anniversary year the course had been changed to run two loops of the park, making a figure of eight that started and finished on Lodge Road in front of the spectacular Longleat House.

Having run Longleat 10k as a Race for Life event before, I could only remember one steepish hill throughout the whole course – sadly my memory failed me in the worst possible way!!!

The course was much like a roller coaster ride, with steep inclines and even steeper descents, not great for a clumsy tippy toe runner like myself!! The hills came in just after the 1k marker and dominated the course throughout, with the 'back to front' course meaning that the last kilometre was an uphill pull to the finish line rather than the fast downhill glide to the great house that I remembered....

But the rain held off for us and the winds were slight – even our envy at the cosy zebra onsies was short lived as we began the first pull uphill, hats and gloves were off in seconds!!! A cheeky appearance from Lord Bath (I'm SURE it was him at the top of Lodge Road, I'm an Animal Park regular!!!!???) gave us all a little push to dig deep and plough on....



Despite the hilly course, Longleat 10k was a great day out - our entry fee paid for free entrance into the house and grounds and the goody bag was pleasantly well stocked with grub. Add a stonkingly heavy 10<sup>th</sup> anniversary medal and it was smiles all round for the GRR crew'.

Chip Pos	Name	Chip Time	Gun Time	Comment
193	Ben Jarvis	00:48:33	00:49:07	PB
849	Adam Walters	01:14:05	01:05:35	
877	Jo Harvey	01:04:50	01:06:20	
943	Shona Rust	01:06:47	01:08:16	

# Race Results



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

## **Saturday 26<sup>th</sup> January 2014**

### **Romsey 5 Mile**

Chip Pos	Name	Gun Time	Comment
78	Ian Pugh	00:34:43	
112	Nick Cater	00:36:07	



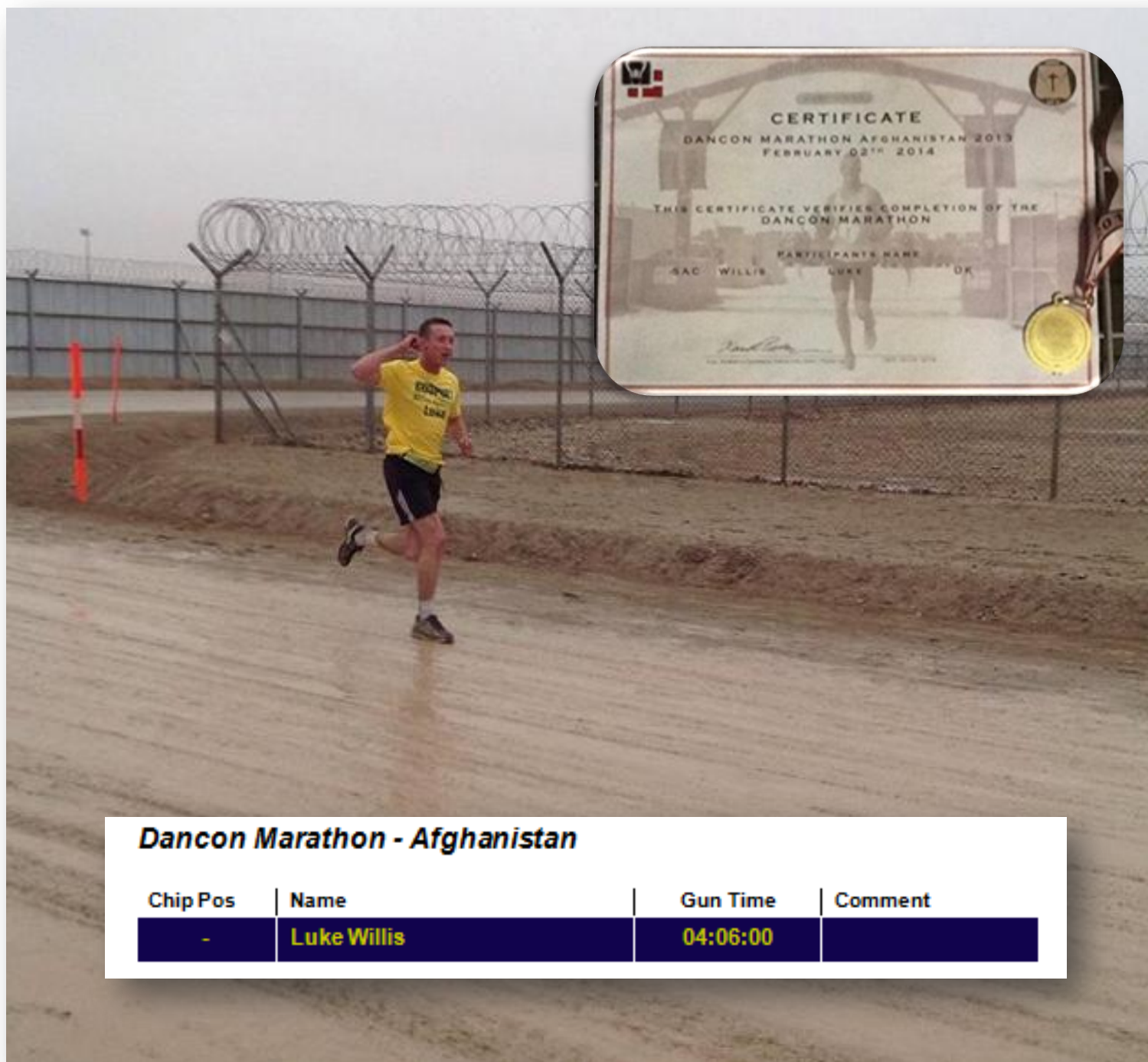
The Romsey 5 Mile is set within the majestic grounds of Broadlands Estate, once the home of The Earl Mountbatten of Burma. The surface is mainly tarmac with a short distance of smooth hardcore.



### Sunday 2<sup>nd</sup> February 2014

I really felt that this needed a page all on its own..... Only Luke could run a 4hr marathon in Afghanistan and be disappointed with his time!

Well done for flying the Club colours out there and we all look forward to seeing you back at the Club soon.



**Sunday 2<sup>nd</sup> February 2014****The Longman 28.8 mile**

Chip Pos	Name	Chip Time	Gun Time	Comment
32	Michelle Hayes	06:56:37	06:57:44	

**The Longman 10k**

Chip Pos	Name	Chip Time	Gun Time	Comment
66	Karen Phillips	01:10:08	01:11:13	
71	Amber Schothorst	01:11:08	01:12:15	
72	Nikki White	01:11:09	01:12:17	
73	Kev White	01:11:09	01:12:17	
74	Nick MacBeath	01:11:09	01:12:17	



This was the first running of this event (they also do an 18.8 mile option). Although there were a few minor organisational issues (only to be expected from a new event) the course was stunning and we all agreed that we would defiantly try it again next year.



### Sunday 2<sup>nd</sup> February 2014 (cont....)

#### Ryde 10 mile (HRRL event)



Chip Pos	Name	Chip Time	Gun Time	Comment
135	Jayson Grygiel	01:12:39	01:12:57	
317	Fiona Tomlinson	01:25:55	01:26:17	
338	Keith Elshaw	01:28:35	01:28:58	
349	Andrea Edwards	01:30:06	01:30:32	

**Sunday 9<sup>th</sup> February 2014****Longleat 10k**

Chip Pos	Name	Chip Time	Gun Time	Comment
193	Ben Jarvis	00:48:33	00:49:07	PB
849	Adam Walters	01:14:05	01:05:35	
877	Jo Harvey	01:04:50	01:06:20	
943	Shona Rust	01:06:47	01:08:16	



*Adam, Joe, Shona & Ben (Team JABS) with their Longleat 10k medals*

**Chichester 10k**

Chip Pos	Name	Chip Time	Gun Time	Comment
182	Warren Jackson-Hookins	00:40:15	-	
361	Nick Carter	00:44:26	-	

My second race in GRR Colours and first officially since accepted as first claim by UKA. A fresh morning but dry for once and not too windy. It was therefore a decent turnout for this popular race. I was chasing a PB but was always going to settle for the GRR silver award time of sub 46 minutes for my age group. With only one other GRR amongst the field that I could see, it was me and the awesome Warren Jackson Hookins flying the Gosport flag and with a finishing time of 44.20, it was job done and two silver award times bagged for 2014. Great running by Warren who seems to get faster with every run let alone race and on target for a sub 42 10K for myself by the end of the year.

Nick Carter GRR



### Sunday 9<sup>th</sup> February 2014 (cont....)

#### Meon Valley Plod (21 Miles)

Chip Pos	Name	Chip Time	Gun Time	Comment
160	Paul Street	04:04:31	-	
161	Paul Turle	04:04:32	-	
165	Kev White	04:06:02	-	
188	Auz Gray	04:15:14	-	
229	Michelle Hayes	04:44:06	-	
230	Adam Roberts	04:45:13	-	
236	Nikki White	04:50:26	-	
254	Ellie Blaiklock	05:14:21	-	
255	Keith Elshaw	05:16:26	-	19.5 Miles
258	Jennifer Desmoulins	05:19:19	-	19.5 Miles
261	Lucy Hudson	05:23:49	-	
262	Sue Barrett	05:23:59	-	



Adam, Keith, Auz, Ellie, Michelle, Sue, Kev, Nikki, Paul T, Jenny, Paul S & Lucy looking REALLY cold at the start of the 21 mile Meon Valley Plod.



# Meon Valley Plod





**Sunday 16<sup>th</sup> February 2014*****Bramley 10 mile***

Chip Pos	Name	Chip Time	Gun Time	Comment
468	David Brace	01:38:18	01:40:03	

***Bramley 20 mile***

Chip Pos	Name	Chip Time	Gun Time	Comment
692	Amber Schothorst	03:31:27	03:33:13	



*Amber nearing the end of the Bramley 20.*

Sunday 23<sup>rd</sup> February 2014

### Portsmouth Coastal Half

Chip Pos	Name	Chip Time	Gun Time	Comment
66	Dan Belben	01:37:04	01:37:20	
123	Anthony Dew	01:42:08	01:42:48	
230	Sarette Martin	01:49:50	01:50:35	
289	Colin Middleton	01:53:41	01:54:28	
303	Paul Taylor	01:54:46	01:55:30	
356	Andrea Edwards	01:57:44	01:58:33	
419	Karen Phillips	02:01:38	02:02:26	
507	Kellee Read	02:06:38	02:07:53	
508	Lucy Hudson	02:07:04	02:07:53	
561	Michael Kearney	02:11:10	02:12:07	
682	Levi Hughes	02:25:50	02:26:39	



Dan, Colin, Karen, Andrea, Levi & Lucy at the start of the Pompey Coastal ½ Marathon



**Portsmouth Coastal 1/2 Marathon**









### Sunday 23<sup>rd</sup> February 2014..... (continued)

#### Heartbreak Marathon

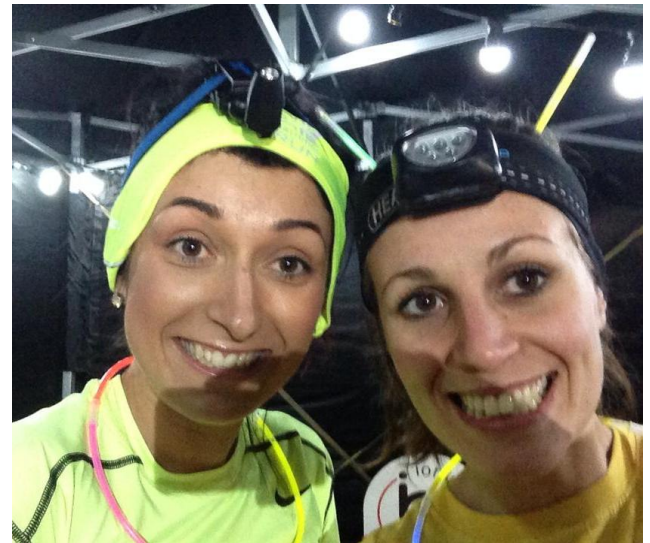
Chip Pos	Name	Chip Time	Gun Time	Comment
68	Auz Gray	-	03:58:47	
124	Ben Godbold	-	04:43:37	

#### The Terminator

Chip Pos	Name	Chip Time	Gun Time	Comment
120	Dave Little	01:55:31	01:55:37	







## Glow in the Park Run



**PLEASE..... Send Me Your Results!**

Sorry if I've missed anyone this month, or not noted a PB (I keep getting told that I've missed someone's results or PBs) 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. Once again, I've tried to catch everyone this month but I'm not psychic 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](mailto:newsletter@gosportroadrunners.org.uk)

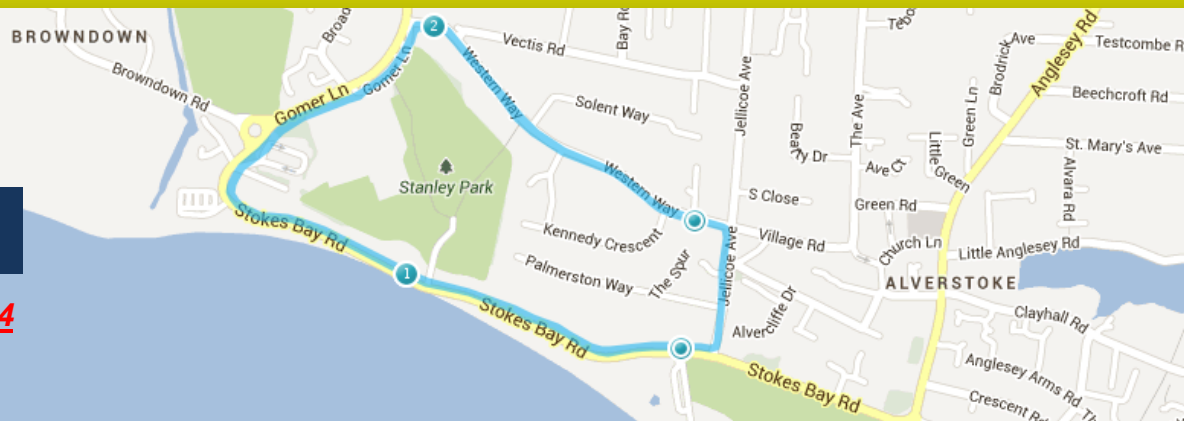
or to me at

[nick@macbeath.net](mailto:nick@macbeath.net)



# Club 5k Time Trial

Tuesday 4<sup>th</sup> February 2014



Pos	Name	Time
1	Joe Wales	19:49
2	Richard Oakes <b>1<sup>st</sup> 5k</b>	20:30
3	Warren Jackson-Hookins	20:35
4	Dan Belben	21:30
5	Jason Grygiel	21:49
6	Auz Grey <b>1<sup>st</sup> 5k</b>	21:57
7	Pete Brown	22:03
8	Ben Jarvis <b>PB</b>	22:12
9	Anthony Dew <b>1<sup>st</sup> 5k</b>	22:19
10	Nick Carter <b>1<sup>st</sup> 5k</b>	22:27
11	Steve Crook <b>1<sup>st</sup> 5k</b>	22:39
12	Ben Wales	23:06
13	Mark Brier	23:27
14	Alan Burgess	23:35
15	Josh Belben	24:01
16	Tim Durant	25:05
17	Tracy Wales	25:55
18	Steve Moltini	26:32
19	Brian Fisher	26:41

Pos	Name	Time
20	Pete Lindley	26:51
21	Dave Croft	26:58
22	Rachel Davies	27:40
23	Caroline Oakes	28:14
24	David Barker	28:45
25	Mike Stares	28:53
26	Ken Eaden	28:59
27	Kate Smyth	29:11
28	Michelle Hayes	29:16
29	Adam Walters	29:19
30	Jenna Knight	29:21
31	Guy Sheppard	29:22
32	Jenny Scott	29:28
33	Debbie Harmer	29:29
34	Rick Scott	29:31
35	Kellee Read	29:41
36	Sharon Clutton	29:41
37	Eileen Cowling	29:55
38	Nicki Fynamore	30:00

Pos	Name	Time
39	Tori Hall	30:23
40	John Jeffs	30:59
41	Jo Harvey	31:00
42	Dave Kirby	31:11
43	Julie Shinton	31:26
44	Christine Chien <b>1<sup>st</sup> 5k</b>	31:31
45	Andrea Edwards	31:31
46	Jenner Moore	31:58
47	Lizzie Elshaw	32:01
48	George Watson	32:06
49	Shona Rust	32:11
50	Deborah Birch	32:24
51	Denise Francis	32:30
52	Christine Nation	32:35
53	Amber Schothorst	32:35
54	Melissa Pink	34:38
55	Sid Smith	36:09
56	Terry Weston	1 lap

**What a night**, that South Easterly wind along Stokes Bay Road was as strong as I (Dave Croft) have ever experienced. PB's understandably were at a premium this month with most runners times being down by at least a minute. A big **well done** to Ben Jarvis who was the only one to buck the trend.

A very big thank you to the officials and supporters for their efforts in those conditions: Liz Redpath (Starter & Timer), Janet Lindley (Back Up timer), Gary Francis (Recorder), Dave Brace (Numbers) and Supporters: Mick Welsted and Kim Carter (on her crutches (why she didn't run I don't understand!!)).

*Just for the record Kim, these are Dave's words, NOT mine!*





# What Running Has Done For Me

By: Colin Middleton

I never wanted to be an overweight Dad! One of these Dads that's out of breath kicking a football around for a few minutes. I was overweight, and I wasn't happy with it. Our boys were getting bigger, fitter, and faster, and I decided something had to be done.

I'd always enjoyed running at school, and I'd tried unsuccessfully to take it up as a hobby a few years ago, so I thought I'd try it again. Gradually, I conquered 1 mile without stopping, then 2, and before I knew it, I was regularly doing 5, but starting to get stuck in a rut. I had lost weight, and was much fitter, but I needed a challenge.

I decided that I would do the Gosport Half Marathon in November 2012. This gave me a much needed goal, and a few months to get some training in. The training was going really well, I was fitter than I'd ever been, and massively confident in my ability to complete it. Our friends had an ill child, and I wanted to try and raise some money for a charity in his name. I was on a 6 mile training run one morning, and I was thinking about raising money doing the Gosport Half when I started to get ideas above my station. I got home, and told my wife Karen that I was going to do a marathon to raise money as well as the half.

I got straight on the computer and signed up to do Brighton in April 2013. I then sat back, still sweaty from my run, and thought about what I'd done. I'd paid for a marathon place, and committed to raising a set amount for a charity without even really thinking about it!

The Gosport half was excellent, a beautiful day, with fantastic support. Once that was over, I had a bit of time to relax before my marathon training started.

My amazing family put up with me gone for hours at a time, and the months flew by. I raised the money needed, and completed the marathon in just under 4hrs 19 minutes.



I joined the Gosport Road Runners soon after Brighton. I need to have a goal or a challenge lined up or else I'd end up getting lazy. Being part of the club is helping me find and achieve these goals and challenges.

The transformation in my fitness has been incredible. I don't think I've been fitter in my life, the running bug is firmly in place with at least two more marathons lined up, and a 2014 calendar rapidly being filled.

I think in my mind, I'm still more Hungry Hippo's than Mo Farrah, but Mo is a determined guy, and he's helping me win.

Just for those that may be wondering, our friends little boy went on to have a kidney transplant, and his future now looks better than ever.



***Thanks Colin, and well done, an amazing transformation***

*Dave Croft tried a few articles like this a couple of years ago, which seemed to go down well with Members. I'll probably include a few of those again in future months unless anyone is prepared to send me a before and after running picture of themselves?*



### Compass Sport Cup

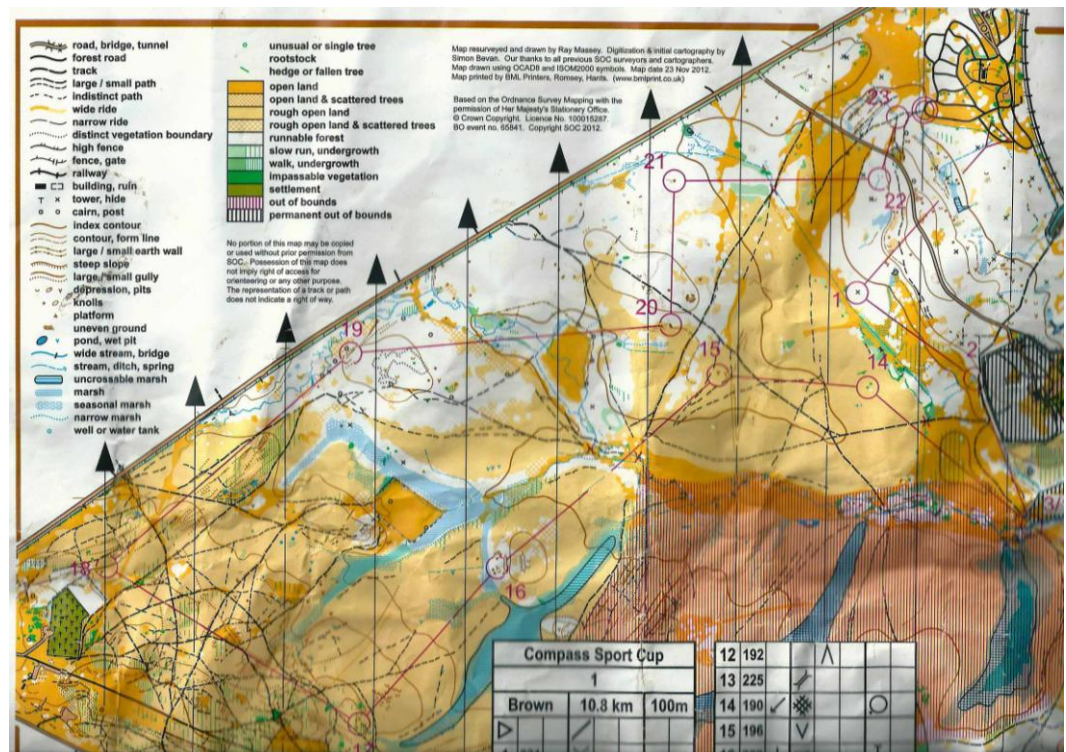
Sunday 16<sup>th</sup> February 2014

(By Anthony Dew)

Although a keen runner my main sport is orienteering. I joined GRR after moving from Plymouth and enjoy the regular running sessions but was keen to get back to Orienteering and so joined Southampton Orienteering Club. The main club competition of the year is the Compass Sport Cup and so my introduction back to Orienteering became the annual event, this time organised by SOC in Ashurst.

The aim is simple, to get round a series of 'controls' or flags in order and in the quickest time; the sport uses electronic chips or punches to record start and finish times and the time you visit each control.

The event was well organised with lots of parking and the weather was glorious after all the wind and rain we have had recently. Unfortunately there was an enormous amount of water underfoot and the moorland was saturated making bogs more like lakes. This made it a bit harder to run and made crossing some of the previously small rivers more difficult, I made it round an 8 mile course in 90 minutes making only one big mistake but this probably cost me a decent place as the standard of runners is very high at these events.



Orienteering is an excellent way to combine cross country running with an extra challenge, unlike road running you can't just zone out or get obsessed with your pace, you have to think and plan and try and stay 'in contact' with the map; this means faster runners can out-run their brains and better navigators can find shortcuts and avoid mistakes that cost time.

There are many smaller events run through the year by SOC including a summer series suitable for beginners. Each event has a selection of courses of different difficulty, all colour coded, varying from only following well marked paths to full off road cross country like the event I ran.

Orienteering is trying to re build its numbers so all clubs have lots of volunteers keen to show new-comers how it works. I am also available for any GRR runners that want to get involved.

# THE SOUTHERN CROSS COUNTRY LEAGUE

## Manor Farm & Country Park – Finishing Positions – 26<sup>th</sup> January 2014

Pos	Name
18	Chris Buxton
25	Richard Oakes
48	Warren Jackson-Hookins
51	Neil Turle
69	Kevin While
80	Auz Gray
84	Dave Little
93	Colin Gardner
98	Paul Turle
108	Pete Phillipson
112	Alan Burgess

Pos	Name
128	James Heath
137	Martyn Rowell
148	Colin Middleton
149	Ben Jarvis
156	John Barrett
173	Keith Elshaw
177	David Brace
185	Mick Stares
186	Peter Hewitt
189	Ken Eden

Pos	Name
62	Nikki White
78	Caroline Oakes
87	Joanne McBride
92	Michelle Hayes
98	Kristine Chien
113	Pat Lapworth
114	Julie Shinton
115	Shona Rust

Thank you to everyone, runners and supporters, who came along and braved the mud-fest and true cross country weather.... a great turnout of GRRs on a day made for cross country running. Hope to see you all at the last one of the season on Sunday 2<sup>nd</sup> March 2014 at Staunton Country Park, Havant.

*Pete (Club Cross Country Rep)*



## My First Cross-Country Race

(by Caroline Oakes)

A few months ago, when I heard fellow GRR talking about the weekend's Cross Country, I thought to myself, 'There's no way I'm doing that! Mud, rain, HILLS...yuck!'. When I voiced my feelings, they were met with knowing smiles. Knowing because my fellow runners knew that I would succumb eventually!

When January rolled round, I thought it was a good time of year to try something new. I'd been at Gosport Road Runners since September and fancied trying running on a different terrain - the Cross Country at Manor Farm seemed like a great opportunity. I roped my husband Rich into doing it too, and then I'd have no excuse!

First things first, I need some trail shoes. Off to Absolute Running I went, and I picked up a bargain pair that seemed to fit the bill. The following week, I dragged Rich along to get some too. We were ready.

As the day of the Cross Country loomed, I noticed that the weather was becoming increasingly more terrible; high winds and constant rain. Nightmare! I told myself that I couldn't back out now and refused to look at the weather reports.

On the morning of the race, the weather was truly awful. Rich and I accepted the fact that we were going to get extremely wet and muddy, and loaded the car up with plastic bags and spare clothes.

When we arrived at Manor Farm, we were pleased to see the familiar sight of yellow GRR t-shirts. I asked where the Ladies' loo was, and heard chuckles around me. Apparently there are no loos and I had to 'find a bush'(cue sniggering). Off I trotted into the woods, where I saw many runners having a quick pre-race wee!

When we finally lined up at the start, I started to feel a bit nervous. What if I can't run up hills? What if I fall over? What if I don't finish and everyone laughs? My running partner, Jo, assured me that I would be fine and I told myself off for worrying so much.

Suddenly, we were off! Streams of runners tore past me, splattering me with mud and water. I screamed like a girl and Jo told me that I'd better to get used to it! She was right. Before long, I realised that it was much easier to go straight through the squelchy mud than tiptoe around it! I soon began to enjoy myself!

This feeling was short lived as we approached our first of many undulating paths. I forced myself to believe that I could keep going, and kept pushing myself, putting one foot in front of the other rhythmically. I tried to ignore the fact that I was being overtaken, and told myself that I needed to keep going and 'just get round'.

Once we were out of the woods and were running alongside fields, I started to find my stride. I had my energy back and had started to enjoy it again. Jo and I even had a bit of a giggle as we slipped about on the mud!



As we rounded a corner, I asked Jo who she thought was in front of us. She said that one other GRR lady was, and that she and I would be the second and third lady back, meaning that we could score for our team. At that point I nearly fell over. Me?! I then decided that I had to keep going and maintain my pace. I felt quite excited about being in the top three and couldn't quite believe it.

After running for what seemed like ages along the back of a field, we entered the woods again. I had really got my teeth into it at this point and started leaping over logs and dashing up wooden steps. I attacked the hills with gritted teeth and managed to stay upright on the slippery bits!

Finally, a marshal told me that we only had a short while to go to the finish. Now I was really excited. However, as I rounded the corner, I saw the most enormous hill in front of me. I gritted my teeth and kept pushing. I felt like I was going to throw up at one point, but then I heard encouraging shouts of 'Go on, Caroline!' from my fellow GRR and I knew that I couldn't let them down. I kept on pushing and, before I knew it, I had reached the top and crossed the finish line.

I was ecstatic! I had managed to keep going the whole way round *and* I was the second lady back for GRR. I was covered in mud (as the photo below shows) and couldn't stop smiling.



I highly recommend Cross Country running if you want a change of scene or fancy a bit of a challenge if, like me, you are fairly new to running. I can't wait for the next one!

***Excellent Caroline; thanks for the write up..... and well done on the race.***

***Now if that hasn't convinced you all to try the last race in this year's series then nothing will!***



## Remaining Race Dates

For all those interested in being cold wet and muddy, the date for the final meet of the 2013/14 cross-country season is:

<u>Date</u>		<u>Location</u>
Sunday 2 <sup>nd</sup> March 2014	-	Staunton Country Park

Race distance is around 5 miles; it's free to enter and is open to Club members of ALL abilities. The only stipulation is that **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 the race date. These are also great social opportunities as after the 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.

This is the last meet for this season (and Pete's last as the Club's Cross Country Rep) so why not show your support and appreciation for his efforts by turning out to represent your Club on 2<sup>nd</sup> March.

### Note from the Committee

This will be Pete Hewitt's last race as the Club's Cross Country Representative. Pete has held this role for the last two seasons and has done an amazing job in representing the Club at these events and with promoting cross country running generally to the Club members.

The Committee have asked that I include a note of thanks to Pete (and Jo) for all their efforts during the last two years. You will be a hard act to follow.



## HAMPSHIRE ROAD RACE LEAGUE



**HAMPSHIRE  
ROAD RACE LEAGUE**  
a running club competition

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 seven races from this season's HRRL calendar had already been run, the most recent being the Ryde 10 mile road race on Sunday 2<sup>nd</sup> February. Results are detailed above and there are a few of photographs from this race on the following page.

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, these are the remaining dates for the 2013/14 HRRL season.....

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
8	Sunday 9 <sup>th</sup> March 2014	Salisbury 10	10m	City of Salisbury A & R Club
9	Sunday 23 <sup>rd</sup> March 2014	Eastleigh 10k	10k	Southampton Athletic Club
10	Sunday 4 <sup>th</sup> May 2014	Alton 10	10m	Alton Runners
11	Sunday 18 <sup>th</sup> May 2014	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 8 <sup>th</sup> June 2014	D-Day 10k	10k	City of Portsmouth Athletic Club

### Next HRRL date:

The next race in the series is the **Salisbury10 mile, on Sunday 9<sup>th</sup> March 2014 at 10:30am**. At the time of writing there were still places available and you can enter by following the link below.

<http://www.salisbury-arc.org/salisbury-10-2/>

The Salisbury 10 is the City of Salisbury Athletics & Running Club's flagship event. A friendly race suitable for all abilities that follows a scenic route north of Salisbury following the banks of the River Avon through the gently undulating Woodford Valley with fine views of the cathedral spire on the return leg. Starting and finishing on the athletics track, the race also has chip timing and an entry limit of 800. Last year there were nearly 500 finishers,

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



# Ryde 10 Mile – HRRL Event





Park Run organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and organisers encourage people of all abilities to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; ALL are welcome.

These are nationwide but local runs can be found at Southsea, Havant, Eastleigh, Netley Abbey, Southampton, Winchester, Queen Elizabeth Country Park and Brockenhurst. These are normally run on Saturdays at 09:00am by local volunteers.

You can find details of all runs via the events page on the Park Run website: [www.parkrun.org.uk](http://www.parkrun.org.uk). Select the event you are most interested in and review all the information about the course, local news items, the photo gallery and information about volunteering.

Once registered with [www.parkrun.org.uk](http://www.parkrun.org.uk) you receive a paper barcode (best to get it laminated apparently), take it along with you to your choice of run. When finished you are given a finishing number hand it in with your barcode to enable a time to be given. Results are sent out very quickly and you will receive an email on the Monday after with your personnel results.

These are free events! but you must register before your first run (only ever register with park run once) and don't forget to bring a printed copy of your barcode with you. If you forget it, you won't record a time.

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

### 25<sup>th</sup> January 2014

#### Havant

186 participants completed the run.

Position	Name	Gun Time
84	Auz Gray	00:28:43

#### Netley Abbey

168 participants completed the run.

Position	Name	Gun Time
140	Rachael Gee	00:32:46
145	Jenner Moore	00:33:03

#### Southsea

216 participants completed the run.

Position	Name	Gun Time
115	Nicola Cameron Finnemore	00:28:13

### 1<sup>st</sup> February 2014

#### Havant

162 participants completed the run.

Position	Name	Gun Time
24	Auz Gray	00:22:36
120	Esther Lasham	00:33:27

#### Netley Abbey

123 participants completed the run.

Position	Name	Gun Time
102	Rachael Gee	00:32:48

#### Southampton

557 participants completed the run.

Position	Name	Gun Time
57	Tim Durant	00:20:40



### Southsea

192 participants completed the run.

Position	Name	Gun Time
4	Chris Buxton	00:18:29
19	Ian Pugh	00:21:21
25	Colin Gardner	00:21:47

### Winchester

126 participants completed the run.

Position	Name	Gun Time
10	Warren Jackson-Hookins	00:22:09

**8<sup>th</sup> February 2014**

### Netley Abbey

111 participants completed the run.

Position	Name	Gun Time
97	Rachael Gee	00:31:06

### Queen Elizabeth Country Park

49 participants completed the run.

Position	Name	Gun Time
1	Chris Buxton	00:19:39
4	Colin Gardner	00:23:18

Massive well done Chris on your first place finish

### Southampton

458 participants completed the run.

Position	Name	Gun Time
171	Auz Gray	00:24:23

**15<sup>th</sup> February 2014**

### Havant

134 participants completed the run.

Position	Name	Gun Time
5	Chris Buxton	00:18:37
19	Colin Gardner	00:22:01
21	Tim Durrant	00:22:27
32	Auz Gray	00:23:39

### Netley Abbey

98 participants completed the run.

Position	Name	Gun Time
7	Warren Jackson-Hookins	00:20:09

**22<sup>nd</sup> February 2014**

### Southsea

157 participants completed the run.

Position	Name	Gun Time
6	Warren Jackson-Hookins	00:20:00
42	Auz Gray	00:23:49

### Grovelands

52 participants completed the run.

Position	Name	Gun Time
34	Caroline Oakes	00:28:45



## Club Membership Fees:

It's very nearly that time of year again..... your annual club membership fees are due at the end of March:

### **MEMBERSHIP FEES**

**The 2014/15 Membership Fees are due on  
1<sup>st</sup> March 2014**

Single Membership	-	£22
Joint Membership	-	£36
Family Membership	-	£40

If you intend to enter races and claim the reduced entry fee as an affiliated member of Gosport Road Runners, you **MUST** affiliate to England Athletics and pay an additional fee of £10.

*This works out at just over 60 pence a week (if you affiliate)... what an absolute bargain!*



Keith Elshaw (Membership Secretary) will be available on Tuesday and Thursday evenings to collect your payment.

Payment can be made either by cash or cheque (made payable to Gosport Road Runners).





## Affiliation – What is it and what does it mean to you?:

### What is it?

This is something that you have probably heard fellow Club members talking about and the Committee are keen to get more people affiliated with England Athletics as, apart from the obvious £2 off every race, there are other benefits to joining. As well as the benefits for GRR, making us a stronger club, affiliation numbers directly affects the number of London Marathon places the Club receive.

Affiliation runs from 1st April to 31st March. It cost £10 per person payable to Gosport Road Runners (usually with your membership renewal which is due in March). Paul Street (Club Treasurer) then deals with the actual affiliation.

### Who does it apply too?

Any paid up member of Gosport Road Runners (that's you) can also become affiliated (become an England Athletics registered athlete) and enjoy many of the benefits this brings.

### What are the benefits to you?

With Affiliation, you become a registered athlete with England Athletics and you have a unique portal on the England Athletics website. Once you are a registered athlete, you will be sent a competition licence and a username and password, which will enable you to keep your profile up to date online.

As a registered athlete you are able to access a number of benefits including:

- You are able to enter competitions that are only open to registered athletes.
- You get a profile on "Power of 10" an athlete only web page.
- You can claim discounts (minimum £2) on UKA licensed events.
- You Get e-bulletins on information on the sport.
- You have the ability to submit your views on how the sport is run and funded.
- There are opportunities for you (and at times your club) to get involved in exclusive events and experiences in association with British Athletics.
- **Plus** discounts and vouchers for money off:
  - Athletics kit and footwear from Sweatshop
  - Sunwise Glasses
  - Coaching Courses
  - Athletics weekly magazine
  - Eveque Athletics equipment
  - Products and services from other partners



## **Committee Positions:**

There are 3 important Committee positions which will need filling from April onwards. These are

- ✚ Men's Captain
- ✚ Results Secretary
- ✚ X-country Captain

Single positions can be job shared but please note that that doesn't mean having two different opinions on everything.

More details will be provided shortly about what these positions entail but if you would like to contribute to our continuing success by taking up one of these roles, please let the committee secretary know at [Secretary@gosportroadrunners.org.uk](mailto:Secretary@gosportroadrunners.org.uk).



## **Other Committee News:**

From April 2014 onwards, minutes of Committee meetings will be available on the GRR website. The only information that will be removed before publishing will be where we are discussing matters such as late membership fees - in which case the person(s) name will be redacted!

The Committee would also like to remind members that anyone can sit in on a committee meeting if they wish. Club members can also request that any matters of concern are 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 with next meeting scheduled for 18th March 2014.

## **AGM:**

The GRR Annual General Meeting will be held at 19:30 on Monday 7th April at Gosport & Fareham Rugby Club. The agenda for the AGM will be circulated 20 days beforehand. If you have any items you wish to raise at the AGM, please let the committee secretary know at [Secretary@gosportroadrunners.org.uk](mailto:Secretary@gosportroadrunners.org.uk).



Dates for your diary:

## Winter out-of-Town Run

**13<sup>th</sup> Mar at the Bayside Café car-park**

Andrea and Brian will be leading another 5-mile nocturnal run starting from the Bayside Café car-park, Stokes Bay at 7pm on Thurs March 13<sup>th</sup>.

Like the Summer Out-of-Town runs this will be open to all club members, easy-paced and with regular re-grouping.

It will be an off-road run on tracks and paths in the Alver Valley. Given the wet weather this winter it WILL be wet and muddy in places, and certainly very dark – each runner MUST bring a good torch, preferably a headtorch.

Trail shoes are very much recommended.

For further details contact Andrea Edwards or Brian Fisher



Brian Fisher has also asked me to remind you that entries are now open for 'Race the Train' and that there will be a group from GRR travelling up to Tywyn for the race weekend.

This is a fun event that has been well supported by Club members for the last two years and has received some very favourable reports.

If you would like to take part in what has previously been a fun weekend see Brian Fisher for further details.

### .....more dates for your diary:



## Purbrook Ladies

To all the lady GRRs the Purbrook Ladies 5 is a must, it's a 5 mile road race in early June (likely to be 1<sup>st</sup> June but date yet to be confirmed) and it's exactly what it says on the tin - ladies only!

It's traffic free (as I can recall) and run through the winding country lanes of Purbrook. I won't lie, there are a couple of hills but there is ample downhill to compensate. It's worth it for the GRR dynamic group warm up alone - other (green) running clubs were so impressed last year they then copied us.

I would strongly recommend it, if you are up to running 5 miles then it's the race for you, whatever your speed. Watch this space for a confirmed date and some gentle nagging from me!!

*Sue Barratt – Ladies Captain*

**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](http://www.absolute-running.co.uk/gosportroadrunners)





## Dave Croft – Stubbington 10k

You might recall that Dave Croft came second in his age category at the Stubbington 10k race in January with an excellent time of 50:23. For his placing, Dave was presented with a trophy and a cheque by Stubbington Green Runners earlier this month.



*A massive well done for this Dave – a fantastic achievement.*



I've been thinking about starting a 'Getting to Know You' section in future editions of the Newsletter and I'm hoping that lots of you would like to volunteer to get these started. If you're interested, please let me know and I'll send you details of what kind of things I'm after.

As I've said every month so far, you would not believe the amount of time and effort that goes into generating this newsletter, but when I receive content from you, the Club Members, it make 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 (especially photographs and results).

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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)



# GOSPORT

*Road Runners*



**The  
Big Move  
Special**

# NEWSLETTER

*March 2014*

## Introduction

So, here we go again..... another bumper edition for you to enjoy (or to skip through and look at the pictures..... Ray). It's been another busy month, with two HRRL races, the last Cross Country race of the season and some longer races too for those who are building up to the marathon season. Yet again, some interesting reading this month so a massive THANK-YOU to all who have contributed with articles, results or photos, without you this would only be a few pages long!

There are also some more details about the Club's big move to Gosport & Fareham Rugby Club, which seems to have come around very quickly, especially now that we've had our last meet at the tennis club. I hope you enjoy and as usual, any feedback (positive or negative) would be greatly appreciated.

Finally, keep the articles, race reports, photos, etc. coming as that is what really makes this interesting. Any contributions, etc. can be sent to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk) or to me at [nick@macbeath.net](mailto:nick@macbeath.net).

Enjoy, **Nick**



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**This Month's cover photo:** Another 'Smiley' running photo. Kristine Chien, closely followed by Julie Shinton at this month's cross country run.



### Gosport Road Runners are moving home

As announced in the last newsletter Gosport Road Runners are moving location.

From April 2014, GRR will be based at the Gosport and Fareham Rugby Club (GFRC) and our new address will be:

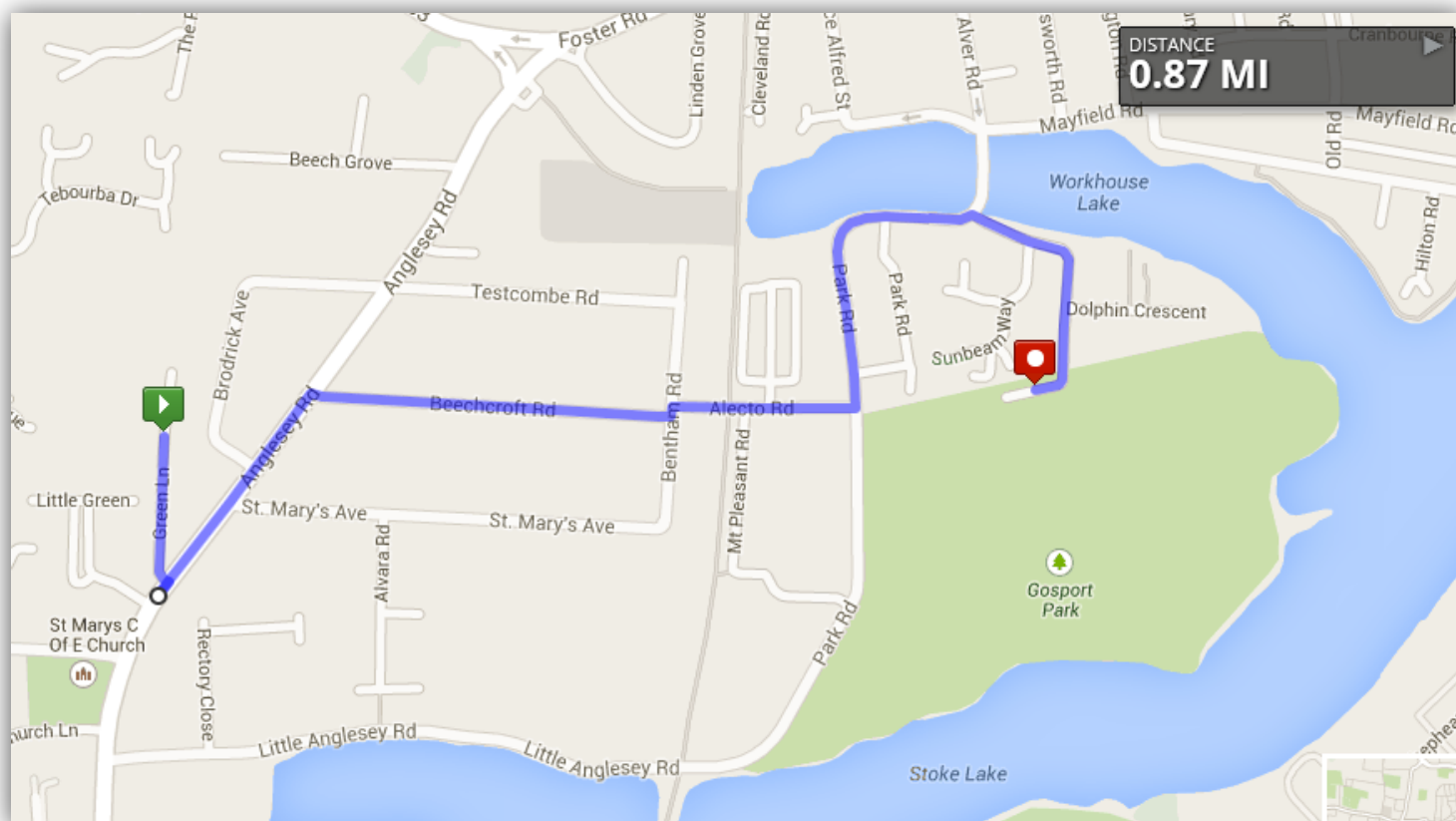
**Dolphin Crescent, Gosport, PO12 2HE**



The new Club address (marked on the map below) is only a short distance (less than 1 mile) from the current Club location.



..... and this is the most direct driving route (although you can cut through Gosport Park off Park Road)



### So.... What now?

On **Tuesday 1<sup>st</sup> April**, we will hold the usual time trial at 19:00, from the seafront car park near Stokes Bay Sailing Club.

On **Thursday 3<sup>rd</sup> April**, the Club will meet at GFRC for the usual Club night. We will then meet at GFRC every Tuesday and Thursday thereafter (just like now basically!).

**Simples....**

There will be inevitable teething problems but please bear with us and if you have a concern, question or suggestion – please let a member of the committee know as that way we can do something about it.





### How do you know where to go and what to do?

To help you get an idea of the facilities, the Club Committee has done some photo-reconnaissance.



***Back of the club with main entrance on the right.***

***Car park is where picture is taken from.***



***Front of the club. Blue doors are exit onto playing fields with changing rooms just inside.***







*Playing fields at the front of the Club – Alverstoke creek is in the background.*



*..... and the same (floodlit) playing area at night.*





*Upstairs Bar Area (where we will meet – note tables aren't usually there).*



*Changing rooms.*

## The Nuts Challenge

Swires Farm, Henfold Lane, Dorking, Surrey.

Saturday 1<sup>st</sup> March 2014

(By Miranda Carrick)



**Event Background:** This is not a race - it's a CHALLENGE Mud Run. In short it's an obstacle course of approximately 7km long and it's one of the most challenging military style assault courses in the UK (and apparently worldwide). There are around 100 obstacles per 7km! It's been voted 'Best Overall Mud Run, Obstacle Race in 2012'.

This course is owned and run by ex-parachute regiment soldiers who take part in various challenges around the world. The Nuts Challenge Mud Run assault course is designed to push individuals to their limit, and there are 4 distance options for different abilities. These are given a Nutty Scale: More Nuts - 7km (one lap); Mixed Nuts - 14km (2 laps); Complete Nuts - 21km or if you're a certified lunatic aka Tough Nuts - 28km (this would therefore be 4 laps). There is a Winter- (March) and Summer (August) Challenge and the venue is also open all year round for the Mini Nuts Challenge, which is designed for groups of 10 or more people and is apparently very popular for Hen / Stag do's, birthday parties and corporate team building events.

The fastest contestant to complete one lap in September 2011 was Jonathon Albon, the UK's No1 obstacle course runner, in just 42 minutes. The longest time around the course for one lap was over 3 hours. Most contestants complete one lap in about 1 hour to 1 hour 30 minutes. He also holds the record for the 4-lap course with a time of 2hrs 51min.

There are 3 water stations. This may sound like a lot when you're doing one lap only, but after 2km of "breathing mud", clean tap water has never tasted that good! The event is physically draining and I think the water stations are the only way to ensure a sensible level of hydration throughout the event – it also gives a few moments of catching one's breath and reflecting on your sanity. Any contestants doing multiple laps can bring snacks and energy drinks for when they lap back round.

There were 3 very basic cold showers available at the finish line, enough porta-loos (and no queues!); separate male and female tents for changing and these were well heated but very muddy. The organisers also arranged for a bag -and key drop area. There were 3 food stands selling hot and cold drinks and warm food.

Separate male and female medical tents were on site with a team of paramedics. The event is also serviced by volunteers from Sussex Service and Rescue services, and they acted as marshals on the obstacles and also gave some advice for those who were uncertain of an obstacle.

**Cost:** It was £38.00 for early booking, with an additional small credit card fee if you choose this payment option. Discounts available for 10 or more participants, but only after the early booking deadline has passed. There are no goody bags handed out at the end of the race. T-Shirts can be purchased before the event (£15.00), or on the day (£20.00). All finishers receive a medal and a space blanket. There is usually a £3.00 parking fee, but this was waived as the usual parking area was flooded.





**Personal Experience:** The pre-event info pack advised that the ground is saturated and therefore one should arrive at least 1hr to 90 min before the wave start time and have patience with the staff. I participated with some friends from the New Images gym in Gosport and we arrived well in line with these guides, but still waited more than an hour in a stop-start queue of vehicles, to get allocated to a “safe” parking spot – this turned out to be in a small clearing of bushes, some walking distance away from the start line. The time was well used for face painting, hair braiding, changing into “batman tie tops” and the girls were moving from my car to the other car in our group, for this purpose. We started with a much later wave than scheduled, but being in the “More Nuts” scale, there was no pressure to finish in a set time and could take it at our own pace. Our group included girls of different abilities, and we tried to stay in a group as far as possible and help each other where necessary, all round the course.



The course started with a country run of about a mile, and this was the best running surface of the course. Due to the continuing wet weather we've had in the months preceding the event, the course was indescribably and the level of the water obstacles and dams was apparently higher than previous years. As we know ice cold "outdoors" water is a certainty in the UK on 1st of March. I actually lost track of the sequence of obstacles which followed – the event became one blur of balance keeping, slipping, crawling through muddy bunkers, a few rivers to run through (and struggling out on the steep banks), more muddy bunkers, cargo nets to climb, balance keeping, yet more muddy bunkers, cargo nets to crawl under, a maze of water tunnels, ...a rather high fireman pole to slide down, rope swings, kamikaze slides, tyre slides... wading through shoulder height water, falling into a lake...

**Verdict:** In my opinion, if you are a dedicated runner who enjoys running, this is not your event. If the obstacles are removed, there is very little actual running involved. It is a physically demanding event which requires a good level of core -and upper body strength, and a reasonable level of overall fitness. Some level of “crazy” determination might come in handy, but most importantly for me is to keep a great sense of humour and remember you actually paid good money to get so dirty, cold and tired. It’s a team event, unless you’re trying to chase the course record. It can turn out to be a fairly expensive race in terms of time and cost, if you consider the distance to travel from Gosport to Dorking, the race fee, cost of T-Shirt etc. I found the event challenging but a lot of fun, despite shivering uncontrollably at the finish line, with legs and arms covered in cuts and bruises and having that “ate dirt” taste in my mouth for a few days after. This is one medal that was earned! Will I do it again? Most certainly!



***Fantastic.... Thank You Miranda. Sounds like a lot of fun***

## Silverstone Half Marathon

12:00, Sunday 9<sup>th</sup> March 204

(By Kerry Irwin- Hall)



### Five go mad in Northamptonshire.....

Sue and I were worried about being late to the Silverstone Half Marathon, as having talked to Sharon Clutton, we thought we may have to do a running start, and those of you who are familiar with us will recall that we ALWAYS have to be early to a race to allow for plenty of toilet visits!

Anyway, needn't have worried, Nick, Karen and Ellie picked us up, and very kindly didn't bat an eyelid at my pink leggings, worn especially as I was running to raise money for Breakthrough Breast Cancer, and we were soon well on our way up the A34. Nick drives fast!..... And luckily he didn't seem to mind our witterings for the entire journey up, stopping briefly at the services for hot cross buns. It would be awful if we passed out from hunger.....

We got to Silverstone with over an hour to spare, and stayed in the car as long as our bladders allowed, as it was perishingly cold (even I was cold, Amber Schothorst!!!) Then we tottered off to find the start. Karen was a complete star as she had brought two space blankies with her so we wrapped ourselves up and queued, getting very envious looks! Poor Nick had to make do with a hoodie.



We got to the start, and were off, taking it easy on the bends a la Lewis Hamilton. Sue and I soon took up our customary positions, at the rear of the Gosport bunch, and even though it was very windy and cold, we settled into our pace, and really enjoyed the route around the racetrack. It was quite exciting running along the pit lane, and passing the podium for the Formula One winners. We only repeated 2 miles of the route as it took you right around the perimeter and along all the loops inside the track. At mile 9 we came upon a lone Portsmouth Jogger, who was running her first ever half marathon. She was so pleased to run with Sue and I, but after a few miles, was struggling so said she would see us at the finish. Just hoping we didn't break her!.... But it's quite satisfying to out run someone half your age!



The last half a mile Sue pulled ahead, but I wasn't too far behind and we both managed to get PB's. The medal and T-shirt were great, as was the goody bag, i.e. it had food in, but no cake.



Thank you team SNEKK, especially Nick for driving, as the return journey's weather was horrendous; mind you he did get an ear break, as I fell asleep for half an hour.

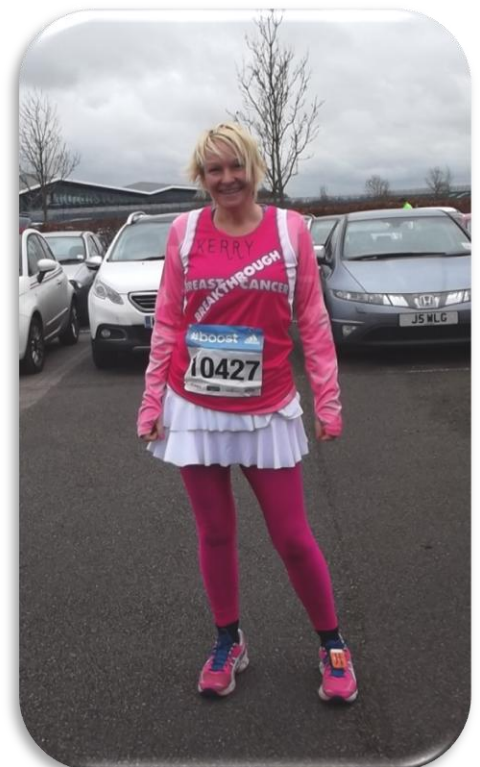
Chip Pos	Name	Chip Time	Comment
3858	Nick MacBeath	02:07:09	
3865	Karen Phillips	02:07:12	
4079	Ellie Blaiklock	02:09:13	
4157	Sue Barrett	02:09:49	PB
4179	Kerry Irwin-Hall	02:10:01	PB

I wouldn't run this race again, as it was very congested, people wearing headphones going very slowly so there was a lot of weaving, and also it's quite a long way to go. But I did enjoy it, and raised over £1,300 for my chosen charity, so thanks to all the GRRs who sponsored me.

**Kerry.**

***Fantastic write up Kerry, thank you.... and an AMAZING amount of money raised for very worthy cause.***

***Oh..... and remember, what happens in the car stays in the car, all your secrets are safe with me.***





# 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.

## Sunday 2<sup>nd</sup> March 2014

### *The Reading Half Marathon*

Chip Pos	Name	Chip Time	Gun Time	Comment
3185	Paul Street	01:42:56	01:45:47	
3339	Ray Bernice	01:43:30	01:46:23	
6550	Fiona Tomlinson	01:54:12	01:58:29	
7440	Yvette Eastman	02:01:22	02:01:29	
9093	Tania Bernice	02:08:03	02:08:07	





Sunday 2<sup>nd</sup> March 2014

### The Silverstone Half Marathon

Chip Pos	Name	Chip Time	Gun Time	Comment
3858	Nick MacBeath	02:07:09	-	
3865	Karen Phillips	02:07:12	-	
4079	Ellie Blaiklock	02:09:13	-	
4157	Sue Barrett	02:09:49	-	PB
4179	Kerry Irwin-Hall	02:10:01	-	PB



Sunday 9<sup>th</sup> March 2014

### Worthing 20 mile



Chip Pos	Name	Chip Time	Gun Time	Comment
122	Dave Little	02:37:06	02:37:57	
170	Andy Clutton	02:46:56	02:47:48	
194	Ray Bernice	02:50:38	02:51:30	
385	Kellee Read	03:20:28	03:21:22	
386	Sharon Clutton	03:20:28	03:21:22	
417	Julie Mansfield	03:26:24	03:27:18	
418	Ellie Blaiklock	03:26:24	03:27:18	
501	Denise Francis	04:09:32	04:10:26	



**Sunday 9<sup>th</sup> March 2014****Salisbury 10 mile (HRRL Event)**

Chip Pos	Name	Chip Time	Gun Time	Comment
55	Chris Buxton	01:02:53	01:02:59	
110	Warren Jackson-Hookins	01:07:28	01:07:28	
128	Tom Barnard	01:08:16	01:08:25	
182	Jayson Grygiel	01:10:59	01:11:28	
191	Kev White	01:11:23	01:11:31	
241	Auz Gray	01:14:01	01:14:09	
250	Colin Gardner	01:14:22	01:14:35	
290	Ben Wales	01:16:14	01:16:32	
380	Ian Pugh	01:19:59	01:20:13	
451	Tracey Wales	01:24:22	01:24:38	
452	Nikki White	01:24:29	01:24:57	
481	Martyn Rowell	01:26:15	01:26:25	
480	Fiona Tomlinson	01:26:14	01:26:46	
487	Andrea Edwards	01:26:45	01:27:14	
494	Jenny Shilling	01:26:55	01:27:28	
500	Dave Croft	01:27:13	01:27:44	3 <sup>rd</sup> in age Cat.
582	Karen Phillips	01:34:35	01:35:02	
597	Caroline Oakes	01:36:27	01:36:57	
598	Keith Elshaw	01:36:28	01:36:58	
661	Pat Lapworth	01:46:42	01:47:37	
662	Julie Shinton	01:46:42	01:47:37	

***A cracking turnout, apparently the sun even made a rare appearance too! There are some photos from this event on pages 32 & 33 courtesy of Andrea Edwards.***

### Sunday 16<sup>th</sup> March 2014

#### Selsey 10k

Chip Pos	Name	Chip Time	Comment
13	Richard Oakes	00:38:17	
52	Ben Jarvis	00:43:25	
108	Peter Lindley	00:48:34	
137	Jenna Knight	00:50:56	
159	Michael Stares	00:52:23	
187	Michael Barker	00:55:37	
198	Caroline Oakes	00:56:23	
226	Adam Walters	00:58:34	
227	Julie Shinton	00:58:41	
241	Jenner Moore	00:59:33	
250	Emma Adolpho	00:59:54	
263	Angela Elshaw	00:60:47	
264	Keith Elshaw	01:00:48	
282	Elizabeth Elshaw	01:03:40	
285	Janet Lindley	01:04:29	
288	Polly Shinton	01:04:59	1 <sup>st</sup> in age category
312	Susan Barker	01:10.04	
315	Kathleen King	01:11.52	
325	Linda Moorhead	01:18.17	





### Sunday 16<sup>th</sup> March 2014

#### Fleet Half Marathon

Chip Pos	Name	Chip Time	Gun Time	Comment
1,117	Tracey Wales	01:52:08	01:52:27	<b>PB</b>



#### Exbury Gardens 5 mile

Chip Pos	Name	Chip Time	Gun Time
166	Mike Battersby	00:45:32	00:46:04
183	Rachel Gee	00:46:42	00:46:57



**Sunday 23<sup>rd</sup> March 2014**



### New Forrest 20 mile

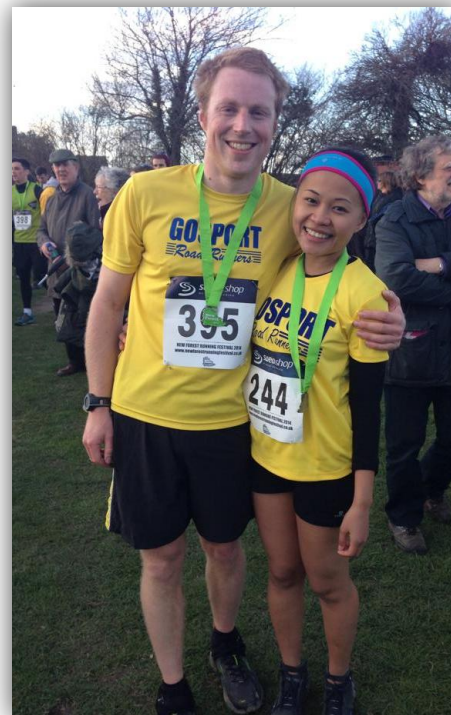
Chip Pos	Name	Gun Time
26	Kev White	03:02:18
27	Paul Turle	03:02:18
72	Mike Barker	03:48:03

### New Forrest Half Marathon

Chip Pos	Name	Gun Time
6	Stephen Crook	01:39:06
23	Peter Phillipson	01:49:10

### New Forrest 10k

Chip Pos	Name	Gun Time	Comment
78	Kristine Chien	01:00:14	First 10k
85	Victoria Gorton	01:02:09	First 10k





### Sunday 23<sup>rd</sup> March 2014

#### Eastleigh 10k (HRRL Event)

Pos	Name	Gun Time	Chip Time
181	Chris Buxton	00:37:33	00:37:21
271	Tom Barnard	00:39:28	00:39:15
275	Warren Jackson-Hookins	00:39:33	00:39:19
370	Jayson Grygiel	00:41:41	00:41:18
398	Dan Belben	00:41:59	00:41:42
405	Luke Willis	00:42:04	00:41:58
419	Auz Gray	00:42:11	00:41:57
466	Anthony Dew	00:42:40	00:42:24
480	Colin Gardner	00:42:52	00:42:40
552	Tim Durant	00:43:54	00:43:48
558	Alan Burgess	00:43:57	00:43:43
565	Terry Arnott	00:44:01	00:43:01
620	Craig Neil	00:44:51	00:44:06
645	Ben Wales	00:45:21	00:44:42
699	Paul Street	00:46:09	00:44:52
898	Guy Sheppard	00:48:50	00:47:18
916	Keith Elshaw	00:48:58	00:48:31
937	Ray Bernice	00:49:09	00:47:15

Pos	Name	Gun Time	Chip Time
941	Kirsten Maw	00:49:15	00:48:49
957	Brian Fisher	00:49:26	00:47:51
964	Tracey Wales	00:49:30	00:48:58
1082	John Barrett	00:50:56	00:49:30
1128	Jenny Shilling	00:51:31	00:50:56
1156	Fiona Tomlinson	00:51:47	00:51:12
1185	David McAllen	00:52:11	00:50:44
1324	Andrea Edwards	00:53:44	00:52:10
1436	Lucy Hudson	00:55:07	00:53:33
1702	Adam Walters PB	00:58:58	00:57:23
1703	Colin Middleton	00:58:58	00:57:23
1708	Julie Shinton PB	00:59:04	00:57:30
1874	Rachel Gee	01:01:30	00:59:59
1923	Pat Lapworth	01:02:13	01:00:42
1960	Rikki Hatherley	01:03:02	01:00:36
2009	Sarah Down	01:04:19	01:01:53
2010	Kerry Down	01:04:19	01:01:54
2145	Shona Rust	01:07:54	01:06:21
2166	Tania Bernice	01:08:32	01:06:37

*Another cracking turnout. There are some photos from this event on pages 34 & 35 courtesy of Colin & Karen Middleton.*



**PLEASE..... Send Me Your Results!**

Sorry if I've missed anyone this month, or not noted a PB (I keep getting told that I've missed someone's results or PBs) 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. Once again, I've tried to catch everyone this month but I'm not psychic and can only look up the results if I know you are taking part in a particular event.

It's also likely that in future months, only those results that are provided to the Club's Results Co-ordinator will be included in the newsletter. Watch this space for more details next month.

**In the mean time however, 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](mailto:newsletter@gosportroadrunners.org.uk)

or to me at

[nick@macbeath.net](mailto:nick@macbeath.net)





# Club 5k Time Trial

Tuesday 4<sup>th</sup> February 2014

Pos	Name	Time
1	Joe Wales <b>PB</b>	17:21
2	Richard Oakes <b>PB</b>	17:42
3	Tom Barnard	17:59
4	Kev Wheeler	18:27
5	Tomas Kelly	18:53
6	Kev White <b>PB</b>	19:13
7	Jason Grygiel <b>PB</b>	19:22
8	Auz Gray <b>PB</b>	19:30
9	Terry Arnott	19:45
10	Stephen Crook <b>PB</b>	20:02
11	Dave Little	20:06
12	Ben Jarvis <b>PB</b>	20:58
13	Ben Wales	21:02
14	Dave Jones	21:20
15	Josh Belben <b>PB</b>	21:21
16	Jason Belben <b>PB</b>	21:22
17	Colin Gardner	21:23
18	Ray Bernice	21:51
19	Paul Turle	21:55
20	Colin Middleton <b>1<sup>st</sup> 5k</b>	22:49
21	Tracy Wales	23:48
22	Steve Moltini	23:58
23	Nikki White <b>PB</b>	24:04
24	Dave Croft	24:32
25	Kirsten Maw <b>PB</b>	24:37
26	Tracy Bales <b>1<sup>st</sup> 5k</b>	25:18

Pos	Name	Time
27	Rachel Davies	25:27
28	Rachel Kraan <b>PB</b>	25:30
29	Neil Savase	25:48
30	Caroline Oakes <b>PB</b>	25:52
31	Mike Kearney	25:59
32	David Barker	26:20
33	Yvette Eastman	26:38
34	Mike Stares	26:41
35	Eileen Cowling	27:26
36	Christine Chien <b>PB</b>	27:34
37	Julie Shinton <b>PB</b>	27:36
38	Fiona Quinn	27:51
39	Jenny Scott <b>PB</b>	27:52
40	Rick Scott	27:54
41	Adam Walters	27:56
42	Guy Sheppard	27:57
43	Andrea Edwards	28:25
44	Rachel Gee <b>PB</b>	28:26
45	Dave Kirby	28:33
46	Deborah Birch	28:42
47	George Watson	28:44
48	Terry Ash <b>PB</b>	28:45
49	Natalie Smyth	28:53
50	Lucy Hudson	28:54
51	Jack Lambie	28:56
52	Christine Nation <b>PB</b>	29:02

Pos	Name	Time
53	Angie Elshaw	29:03
54	Keith Elshaw	29:04
55	Jenner Moore <b>PB</b>	29:10
56	Polly Shinton	29:21
57	David Brace	29:22
58	Kerry Down	29:27
59	Tina Kraan	29:40
60	Shona Rust <b>PB</b>	29:47
61	Amber Schothorst	29:51
62	Liz Elshaw <b>PB</b>	30:07
63	Helen Anthony	30:27
64	Tom Whatmore	30:28
65	Sarah Whatmore	30:39
66	Jodie Barnard	30:40
67	Rory Fall	31:05
68	Mary Ash <b>PB</b>	31:36
69	Linda Briggs	31:37
70	Denise Francis	31:38
71	Ester Lasham	31:41
72	Teresa Jones	31:50
73	Mandy Myers <b>1<sup>st</sup> 5k</b>	32:13
74	Sue Barratt	32:14
75	Linda Moorhead <b>PB</b>	35:11
76	Louise Millson <b>PB</b>	36:18
77	Terry Weston	36:19

What a change in conditions from last month, the weather could hardly have been more benign, almost perfect for a little jaunt around the block. Not only a record turnout of 77 runners but also a plethora of PB's, so well done everyone.

The officials as always deserve our Many Thanks: Gary Francis - Starter & Recorder, Janet Lindley- Timer (promotion??), Giles Cowling - Back-up timer & Sid Smith - Numbers. Supporters: Karen Middleton & Mike Welsted.

## 1<sup>st</sup> March 2014

### Havant

157 participants completed the run.

Position	Name	Gun Time
5	Chris Buxton	00:18:52
20	Colin Gardner	00:22:13

### Queen Elizabeth

41 participants completed the run.

Position	Name	Gun Time
7	Auz Gray	00:23:10

### Southsea

180 participants completed the run.

Position	Name	Gun Time
15	Dan Belben	00:20:12

## 8<sup>th</sup> March 2014

### Havant

193 participants completed the run.

Position	Name	Gun Time
6	Tom Barnard	00:18:59
24	Auz Gray	00:22:10
54	Pete Hewitt	00:24:32
132	Jenner Moore	00:31:40

### Southsea

198 participants completed the run.

Position	Name	Gun Time
144	Deborah Harmer	00:29:47



## 8<sup>th</sup> March 2014

### Netley Abbey

153 participants completed the run.

Position	Name	Gun Time
51	Brian Fisher	00:24:16
116	Rachael Gee	00:29:59
121	Jo Harvey	00:30:59
122	Ben Jarvis	00:30:59

## 15<sup>th</sup> March 2014

### Southsea

168 participants completed the run.

Position	Name	Gun Time
1	Chris Buxton	00:17:56
2	Tom Barnard	00:18:16
12	Warren Jackson-Hookins	00:19:21
18	Dan Belben	00:20:05
37	Tim Durrant	00:20:57
44	Ian Pugh	00:21:10
52	Colin Gardner	00:21:51
116	Joanne McBride	00:27:20

## 22<sup>nd</sup> March 2014

### Southsea

155 participants completed the run.

Position	Name	Gun Time
23	Tim Durrant	00:21:30

### Havant

139 participants completed the run.

Position	Name	Gun Time
41	Auz Gray	00:24:16





# What Running Has Done For Me

By: Kirsten Maw

Hi fellow GRRs, just a little bit from me about why I run. OOOH am sure you can see by the photos anyway but a few words to go with it.

Before I had children I started running from scratch more for something to do while new hubby went away. Went from almost being sick on a half mile run to doing the great north run. Was so proud at the end but said never again!! Will have a baby now!!

That took me to a different world. Not only by way of life. My size 10 body was robbed and I was given a wobbly size 18. I enjoyed my new baby then after feeding for a year sorted me!! Diet and running took me to a 12 again. Then baby number two. Again size 18 and just under 13 stone. Ouch!!



*Yes..... this really IS Kirsten!!*

This time after feeding and my turn I discovered a running club. It's like a pot of gold. Not only do you get to run and get fit, you get to ENJOY it. You meet a whole new amazing group of people who are as mad as you are. You get to share stories, laughs and tears on the way round. Yes you can actually talk and run at the same time!! How cool is that. I didn't think that was possible at the beginning. I was too busy trying to breathe. Once you really start to enjoy running it becomes a way of life and if you don't get your fix, watch out world. You change the way of thinking when it comes to food. You like to fuel your body, oh and you can eat your treats as you earn them. Even enjoying treats with your new found friends in the club.

Obviously your weight can still fluctuate but you just keep an eye on it and work a little harder when needed. When my babies started school I had the time to go back to work but didn't want to sit in office as before, I had too much energy as was used to the open road. I now work as a postie so get to enjoy doing miles every day on foot and get paid. What a bargain. Both running and my job help each other out keeping fitness level up. Oh and that treat allowance ;)



Along the way I have got to show off all the medals from races that I swore I would never do again. Racing when you have your team colours on, running buddies at your side, way in front or way behind, supporting you from the sidelines, is totally different than rocking up on your own. It's just wonderful!! So peeps that's why I run. To keep fit, stay slimmer and to be part of something truly special, Our club GOSPORT ROAD RUNNERS!! Xx

Kirsten Maw

Member for 7ish years and long may it continue!!

*And this is the Kirsten we all know..... I don't know about you but I was really shocked by this 'before' photo but what a transformation. Thanks for sharing it with us Kirsten.*

*Surely this story has inspired others to share their before and after running photos too? If you wanted to, please email them to me with a few lines about how running has changed your life.*



## Proud Mum

(By Julie Shinton)

As many of you are parents, I'm sure you will agree that our children never cease to amaze, surprise and make us proud. I'm no different to any of you, being very proud of both my daughters, and in particular my pride shone through at the Selsey 10k race earlier this month.

Polly, my eldest daughter, took part in the GRR beginners' course, and after completion decided to join the club. The following week she joined in at the 5k time trial, with the added bonus of having David Brace pace her, she completed the trial in less than 30 minutes.

With the Selsey 10k fast approaching, unfortunately my running buddy Karen Middleton was unable to take part and she suggested that Polly take her number. I put this to Polly who's immediate reaction was excitement and asked, "do you think I can do it mum?" Having never run with her, I couldn't answer this and didn't want to! I suggested she ask David and her dad, which she did. Her father replied "go for it girl" and a few hours later David replied "it's not advisable to go from running 3 miles to 6 miles in less than a week, but I am sure you are capable". By this time Polly had already accepted the number from Karen.



With less than a week to the race itself, Polly ran 3 miles with the club on the Tuesday, and her furthest distance of 5 miles on the Thursday. Race day arrives, a beautiful sunny and warm morning, and she stood there, part of the club now, and part of the sea of yellow, experiencing a mixture of feelings of excitement, nerves and above all determination, she said to me "I would like to complete this in less than 1.05 mum".

Most of us ran on our own that day, with the great support and words of encouragement from fellow club members not taking part, and also from members taking part who had completed the race and bellowed at us as we crossed the finish line one after the other. With the minutes ticking past and the support of her friend Ben Jarvis running with her for the last kilometre she sprints over the finish line in a time of 1.04.59, 1 second to spare as her own target, I thought I felt pride then, only to be told she would be presented with a trophy and goody bag for being the first female back in her age group. As her name was called out she was shocked and I beamed with pride.

It just goes to show, with encouragement, support and determination, not to mention good running advice and training, running from 1 mile to 6.2 miles in such a short period of time is achievable, as proven by Polly.

I love being part of the club and I am sure Polly will do too. The encouragement and friendliness from coaches at the beginners course, through to taking part in the shorter distance races gets stronger and stronger and friendships continue to blossom. What a fantastic club to be part of.

Nothing would make me prouder if my youngest daughter was to also join. I have a year to work on her!

## Orienteering:

Having obviously taken inspiration from Anthony's Compass Sports Cup article in last month's newsletter, Brain Fisher organised a small team of GRRs to take part in a local orienteering session.

Dave Croft has sent me this photo of their team at the finish. Brian did the Silver course on his own (approx. 5K) Jo, Toby & Dave did the Orange course as a team (approx. 3.2 K).

The venue was at West Walk in the Forest of Bere.

No winners, just great fun using maps and compass trying not to get lost.



The event was a real success apparently.... and rumour has it that more are planned for the not too distant future. Watch this space (and Facebook too probably) for more details.





# THE SOUTHERN CROSS COUNTRY LEAGUE

## Staunton Country Park – Finishing Positions – 2<sup>nd</sup> March 2014

Pos	Name
28	Chris Buxton
41	Richard Oakes
52	Neil Turle
77	Kevin While
96	Colin Gardner
127	Alan Burgess
129	Paul Turle
136	Pete Hewitt

Pos	Name
138	James Heath
161	Brian Fisher
164	Martyn Rowell
186	David Brace
187	Mick Stares
191	Ken Eden
194	Keith Elshaw
195	Adam Walter

Pos	Name
64	Andrea Edwards
67	Nikki White
92	Lucy Hudson
93	Caroline Oakes
94	Joanne McBride
108	Kristine Chien
110	Julie Shinton
114	Rachel Gee
115	Ange Elshaw
116	Pat Lapworth
129	Jo Harvey
130	Shona Rust

I would just like to say a big thank you everyone who has supported myself and the Club and who has loyally supported the X-Country events over the past 2 years, I hope the new X-Country rep receives the same support.

***Pete Hewitt***









**Staunton Country Park – X-Country**







## **HAMPSHIRE ROAD RACE LEAGUE**

a running club competition

### **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. 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!

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.hrri.org.uk>

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

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, these are the remaining dates for the 2013/14 HRRL season.....

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
10	Sunday 11 <sup>th</sup> May 2014	Alton 10	10m	Alton Runners
11	Sunday 18 <sup>th</sup> May 2014	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 8 <sup>th</sup> June 2014	D-Day 10k	10k	City of Portsmouth Athletic Club

Since the last newsletter as issued, there have been two HRRL races; the Salisbury 10 mile and the Eastleigh 10k. Both have been very well supported by the Club (as usual). The results from these races are detailed above and there are a few of photographs from these races on the following pages.

## Next HRRL date:

The next race in the series (Alton 10) is not until 11<sup>th</sup> May at 10:30am but this race tends to fill up quickly so it may be worth getting in early. You can enter by following the link below.

[www.altonrunners.co.uk/index.php/club-events/alton-ten](http://www.altonrunners.co.uk/index.php/club-events/alton-ten)

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



## Salisbury – 10 Mile









## Eastleigh – 10k







Dates for Your Diary:



**Gosport Road Runners**

**NOTICE**

**Annual General Meeting  
(AGM)**

Notice is hereby given that Gosport Road Runners AGM will be held as follows:

**Monday 7<sup>th</sup> April 2014**  
**Gosport & Fareham Rugby Club**  
**at 7.30pm** (prompt).

All members are welcome

Please note any items you wish to raise at the AGM should be in writing to the Club Secretary, Angela Elshaw no later than 3<sup>rd</sup> April 2014

[Secretary@gosportroadrunners.org](mailto:Secretary@gosportroadrunners.org)



## Note from Gosport Half Marathon Race Director

Fellow Members,

I wanted to take this opportunity to provide you an update regarding the 2013 Gosport Half Marathon Race Accounts in advance of the AGM. I am taking this unusual step to explain one particular line item within the accounts that I feel should be covered off to all club members and not just those attending the AGM.

Before allocation of funds to the various groups who help us on race day (scouts, guides and cadets) and funds given to the main club account, our profit from the race stands in excess of £13k. I hope you agree that is an excellent return and a reflection of the hard work everyone puts in to continue to make the race as popular as it is.

I should however bring to your attention that the figure should have been better than this but for the fact that a loss of £1500 was made regarding T-Shirt sales. I am bitterly disappointed to have to report this and feel I should try to explain how this came about. I feel the key points to be:

- The volume of T-Shirts purchased – in previous years, sales have always been in excess of stock. i.e. top up orders were made post the event. After the race 'selling out' for the second year in succession, we took the decision to significantly up the volume of T-Shirts ordered and for the first time include junior sizes for the Fun Runners. As a Race Committee, we've never been risk averse and that's why our race continues to enjoy year on year growth. This is 'bucking the trend' compared to other HRRL events some of whom are seeing participation levels fall.
- Sales strategy – in the lead up to the race I discussed with Nick from Absolute Running the feasibility of his team handling sales on race day. This meant valuable resources could be released (a minimum of two) to pick up other duties (we always have to juggle resources). Also all sports goods could be found in one location (better for the customer). On race day the shirts weren't displayed with enough prominence to get the sales. I discussed this with Nick post-race and he agrees that it could and should have been done much better.
- Marketing – there were several weaknesses here. Some sales were lost because the 2013 shirts did not have the list of race entrants printed on the back as we'd done in previous years. Instead they included quotes runners had made about the race (taken from Runners World). This is an idea stolen from another race that we thought would work. We still think it does, however the Half website was not amended to reflect this and continued to say that T-Shirts would have the entry list on the back. This dashed the expectations of some would be purchasers. We also failed to push the message hard enough whether through the website, Race Programme, Fun Run literature, Public Address, whatever.

In this instance, I was the one who pushed hard on this, but as my colleagues point out, all our decisions are openly discussed and agreed upon. In the 25 years I've been involved with the race this is the first time I can recall having to report a deficit as big as this for a single item. I apologise for this outcome and assure you steps have been taken to prevent a repeat.

I will of course be happy to take any questions at the AGM and hope that in the context of our excellent race, you'll feel you are still able to continue your support.

On a lighter note race T-Shirts are available from Absolute Running @ £5 each!

Cheers,

**Dave Little (Race Director)**

## Dates for Your Diary:

It's that time of year again.....'Out of Town time'. Which also generally means lighter evenings and better weather!

If you haven't tried these 'Out of Town' runs before, they are a must try..... lots of fun and a nice change from the regular Club night routs around Gosport. They are very steady paced, with regular re-grouping so no-one gets left behind.

**The first Out of Town Run of 2014**

**"The Bluebell Run"**

**will be held on**

**Thursday 24<sup>th</sup> April at 7pm**

**Hosted by**

**Gary Francis & Dave Croft**







There will be two routes available on the night, a 5 miler (taken by Gary Francis) and a 7 (ish) miler (taken by Dave Croft). Both routes will start and eventually end in the same place.



### GRR and Social Media:

The Club's Facebook page currently has 322 registered members and seems to be the main place where Club members share stories, race experiences, photos, arrange out of Club meetings.

Follow this link: <http://www.facebook.com/groups/27301329294/> to either register or catch up with the goings on.



For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following [@gosportrr](https://twitter.com/gosportrr) on [www.twitter.com](http://www.twitter.com)

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

### New GRR Website:

If you haven't already done so, you should check out the new and improved Gosport Road Runners website. Toby has been working hard recently to get this updated and although it's still a work in progress, it's a massive improvement on the previous one. You can find it by following this link: [www.gosportroadrunners.org.uk/](http://www.gosportroadrunners.org.uk/)

**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](http://www.absolute-running.co.uk/gosportroadrunners)



### Crofty's Corner:

You will have hopefully noticed earlier in this newsletter that Dave finished the Salisbury 10 mile in a very respectable 01:27:44. Dave placed third in his age category (V70) and for achieving this was awarded a cup and a gift voucher.



Having also won a placing award at the Stubbington 10k in January, if Dave keeps going at this rate, this could turn out to be a standing item in every newsletter.

*Well done again Dave, a great achievement..... same again next month?*

### 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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)



# GOSPORT

*Road Runners*



# NEWSLETTER

*April 2014*

## Introduction

Here we go again.... April already, and we're into the summer 5k route and Out of Town season, both of which were very well supported by you guys! Race wise, April has been a very busy month for the marathon runners, with lots of GRR representatives at the Brighton, Manchester, London & Vienna marathons. There were some amazing results at all of these events and this month's edition includes some excellent articles on your marathon experiences.

May looks like it's going to be a busy month too with two HRRL races to come so hopefully we'll see the usual 'sea of yellow' at both of these races and I'll look forward to receiving your write-ups on these for May's newsletter.

Finally, I'd just like to say once again, a massive THANK-YOU to all who have contributed with articles, results or photos, without you preparing this would be so much more difficult. Keep them coming though as this is what really makes the newsletter interesting. Any contributions, etc. can be sent to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk) or to me at [nick@macbeath.net](mailto:nick@macbeath.net).

I hope you enjoy and as usual, any feedback (positive or negative) would be greatly appreciated.

**Nick**



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**This Month's cover photo:** Two of our Elite Member's (Kerry & Sue) with their Manchester Marathon medals.





Now that the summer months are with us, the last Thursday of each month sees the Club host our very popular Out Of Town runs. These are excellent runs of between 5 & 7 miles (which usually include a shorter option too) and are VERY steady and very supportive for newer runners, with lots of re-grouping to ensure that nobody gets left behind.

April's 'Out of Town' run (the Bluebell Run) was held on Thursday 24<sup>th</sup> April, and was hosted by Dave Croft. Unfortunately I couldn't make this run but the following message from Dave sums it up:

*"There were 51 (and a ½ of if you include Jennifer D) or 52 (and a 1/2) if you include Giles who turned up on his bike and took the Group photos. This is the best turnout I have ever had for the first run of the year and am slightly CHUFFED about this.*

*There was plenty of CAKE supplied at the end of the run by Sue and Brian to celebrate their Birthdays on the Friday".*

These are a few photos from the Bluebell Run that I've been sent by Dave and Toby.....



*There's ALWAYS someone facing the wrong way..... Mr Croft??*

















*And the Bluebells made a spectacular appearance this year too..... the best yet apparently!*





## Next Out of Town Date

**The May Out of Town Run**

**"The Warsash Run"**

**will be held on**

**Thursday 29<sup>th</sup> May at 7pm**

**Hosted by**

**Paul Turle**





## The Brighton Marathon

Sunday 6<sup>th</sup> April 2014

(By Lucy Hudson)



I offered to write a race report for the Brighton Marathon but as with any marathon it is so much more than race day and my story is no different. In fact, I only ran Brighton Marathon as I had an official time of over five hours when I ran the Coastal Marathon in December. I distinctly remember running with GRR on New Year's Day in the pouring rain and asking Ellie Blaiklock if she was still planning to run the Brighton Marathon as she had a VLM place. From that day on, I set out to run a sub 5 hour marathon, fully intending to 'retire' from marathon running once I'd achieved it!

My training involved early morning runs, midweek runs, QE Park weekend runs and in true GRR style carb loading in the form of cake, cake and more cake. Although I'm not sure I really needed to start carb loading 12 weeks before the event! Training was certainly emotional - in fact there were more highs and lows than the Meon Valley Plod course - but with plenty of GRR advice and support along the way, I finally began to believe that I could achieve my target.



The Brighton Marathon course basically consists of two out and backs from the sea front with a few twists and turns along the way to make up the miles. Having supported in Brighton last year, I knew that the support would be fantastic from all the GRR supporters on route.

Spirits were high on the start line and I found myself chatting away to a couple of first time marathon runners. Calming their nerves and telling them that they would be fine on the day helped pass those nervous minutes waiting for the sound of the gun. The weather forecast was predicting a fairly wet and miserable day and yet after about thirty seconds of rain whilst we waited to set off (that failed to dampen our spirits), the rest of the day was perfect running conditions.

Finally my start corral was on its way and I was determined not to get carried away with everyone's enthusiasm. It's a challenge to hold back when people are speeding past but I knew my 'game plan' and I tried hard to stick with it. Running steadily along, I glanced at my watch only to discover that I was running about thirty seconds a mile faster than planned. Feeling comfortable as we ran around Preston Park, I decided to just keep on running and see what happened.

We left the town after four miles and headed East along the coast, past the Marina to Rottingdean. It was slightly uphill but with the wind behind us, we kept pushing on. The crowds were thinning out along here and I found myself running alongside some other runners all saying they were hoping for sub 4 hours 30 mins. Quickly calculating our pace, I felt that was unrealistic. Giving myself a mental telling off for even entertaining this thought, I reminded myself that my only target was to make the finish line in under 5 hours, alive and breathing!

Once we arrived in Rottingdean, we turned back on ourselves and headed back to Brighton. The view along the seafront, towards Brighton Pier was amazing but it looked a very long way. I just kept my pace steady and focused on actually enjoying running knowing that once I approached the town I could look forward to spotting GRR supporters in the crowds again. It wasn't long before I found them, often hearing them before seeing them!

The course then took us out towards the Power Station, with a bit of a detour through a residential area. I made it to 15 miles and then the aches and pains started. I'm prone to blisters under my toes and I could feel them step after step. At this stage my spirits had dropped so I decided to take a break – I treated myself to some of my tasty homemade flapjack, a couple of paracetamol, a toilet break and found my running playlist on my iPod. The only time I walked and I was spotted by Keith Elshaw running in the opposite direction! Half a mile later I was back running again, feeling more energetic and determined to complete the race.

At 19 miles we were back on the seafront, heading straight for the Power Station. This is the section of the race that we were warned about on the start line. Knowing that we were running away from the finish and around an unsightly section of the course was quite hard psychologically. Many runners were beginning to walk, I was just determined to keep on running, knowing that walking was going to be equally painfully and would just delay getting to the finish. At 20 miles I knew I just had 10k to go but mentally that felt too challenging. So I broke it down further and visualised a 5k Bay Run from the Tennis club, imagining that I was running with friends on a Thursday night, catching up with the week's events.

By 24 miles we had completed the worst section and were back on the seafront. I knew I just had to imagine running from GAFIRS to the Bayside Cafe and back again. The crowds were two or three people deep, all shouting my name. I was aware that I would soon see the GRR supporters for the final time and they were standing just after the 25 mile marker. I remember trying to smile (I'm not sure if I managed it) and shouting to them that I only had one mile to go. My feet were dragging, I kept catching my toes but somehow I managed to stay on my feet and keep running. Suddenly the end was in sight, I ran over the finish line, looked at my watch and then cried. I had completed the Brighton Marathon in 4:39:44!



*One More Mile!*

Completing a marathon is such a huge sense of achievement. Sometimes when you're a member of a running club, with some very accomplished runners, it is easy to forget what a big deal it is. I was never a long distance runner. At school I used to think 200m was long distance and I never made it around the 400m track without walking but now I can proudly say that I have completed three marathons!



*Lucy with her well deserved Medal  
AND CAKE In hand.*

***Excellent article Lucy.... Thank You  
And a massive well done on your time***





## “Three go mad in Manchester”

### The Manchester Marathon

Sunday 6<sup>th</sup> April 2014

(By Sue Barrett)

When Kerry first mentioned the Manchester marathon to me only one thing came to mind: I have a brother in Manchester = free accommodation = free childcare!! I was sold from day one.

Whilst it did fall on the same day as Brighton, I had done Brighton twice before and fancied something further afield, albeit with less GRR support. Leaving Mr Barrett and teenage Barrett at home (they would both be otherwise engaged on that Sunday doing the Brighton marathon and an all England hockey competition respectively) we set off on our road trip.

It was a journey of firsts for Kerry, first visit to Greggs, first experience of a 5 hours in a car with Ethan 'jimmy cheese lazerblade' Barrett (my random 9 year son) and first time to Manchester.

Marathon day dawned - We had planned to hop on the metro to the start which was at Old Trafford but found out from my brother that the service did not commence until 8am, which is useless for a 9am start when we need to fit in numerous toilet visits beforehand! Luckily big brother Steve was on hand to give us a lift.

The start area was very relaxed with good baggage provision and ample toilets (yes that is important). The start was a 5 minute walk away during which Kerry and I indulged in our favourite past time of making outrageous claims as to our finishing times just to see who was gullible enough to believe us. We knew one other GRR was in attendance - Warren Jackson-Hookins and were hoping to catch a glimpse of him at some point.

We were off - relatively flat and several out and back miles before we headed out towards Altringham. Lots of support "you're a long way from home Gosport" was heard en route. We were following the 5 hour pacer but unfortunately he sucked at his job and was running far quicker than he should have been. We lost him at about 6 miles. There was also a relay going on, which meant every 6 miles you were met with smug looking people carrying goody bags and wearing their medals!! At our 10 mile point we saw Warren coming the other way, very sweaty hi fives were exchanged. For whatever reason I didn't have a good marathon, the route wasn't dead flat but nothing too scary, and the support was epic. By the halfway point I was seriously flagging and by mile 15 had lost sight of Kerry altogether. But I persevered determined to get in under 5 hours. At mile 25 I caught up with the 5 hour pacer (remember him) he was having to walk as had gone out way too fast?- glad I didn't stick with him.

Just as I turned into the finishing straight I caught sight of Steve with Ethan and my nephew Sammy, I was torn between going over to them or getting to the finish, the finish won (I figured they would understand). Once over the line I found Kerry who had come in 5 minutes ahead. A very nice medal, goody bag and technical t shirt was the reward. We then managed to track down Warren (who had finished ages ago) for the all important finishers photo!

We caught the metro back to Steve's house and by 5pm we were in an epic curry house (Rusholme is known as Manchester's curry mile and we were staying near there) the downside being the toilets in the curry house were upstairs.

All in all a great weekend, no PB for me but hey - they can't all be! Value for money was good, the marathon cost £24 ish with water stations every mile and chip timing.

Just don't buy a drink at Old Trafford after, £6 for a tea and a coffee and they were rubbish!



*Warren, Kerry, Sue, Sammy, Jimmy Cheese Lazerblade & a rubbish £3 cup of coffee*





# 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.

**Sunday 6th April 2014**

## **Brighton 10k**

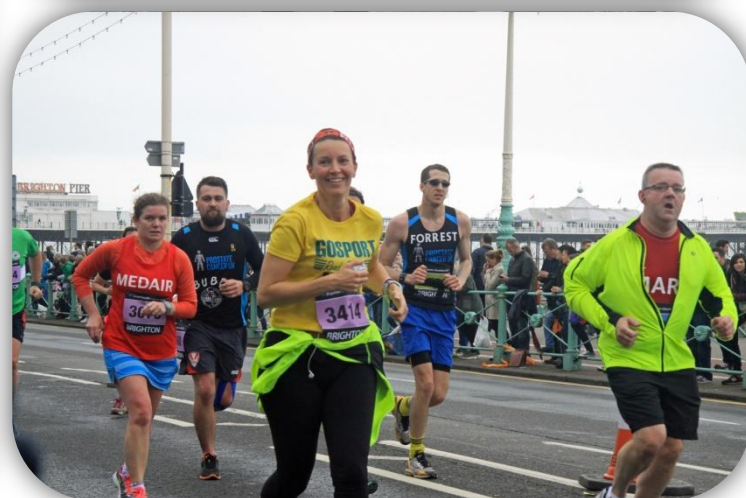
Chip Pos	Name	Chip Time	Gun Time
-	<b>Sean McKay</b>	<b>01:02:17</b>	<b>01:02:52</b>
-	<b>Michelle McKay</b>	<b>01:08:09</b>	<b>01:08:58</b>



**Sunday 6<sup>th</sup> April 2014**

### Brighton Marathon

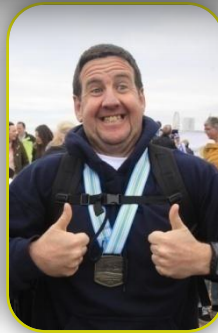
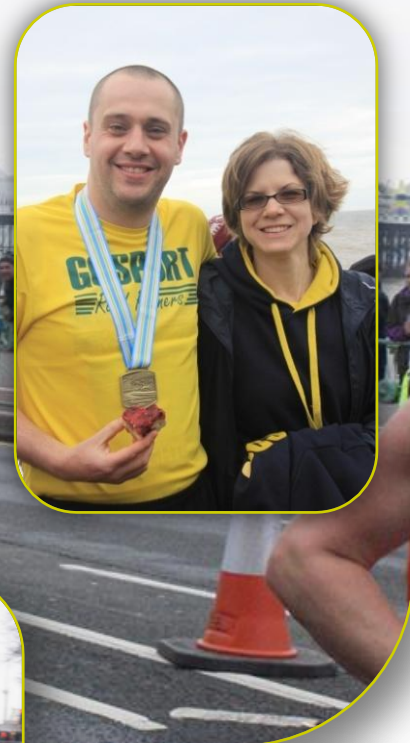
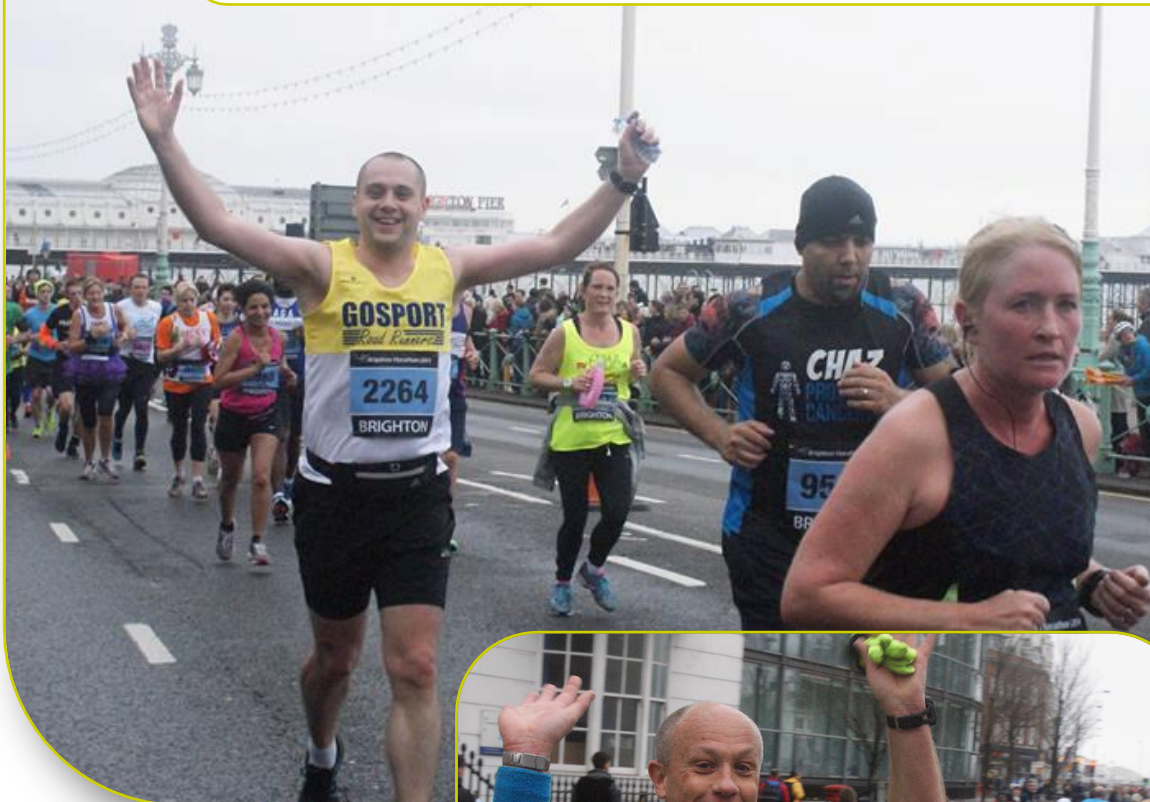
Chip Pos	Name	Chip Time	Gun Time	Comment
-	Pete Phillipson	03:51:16	03:53:25	PB
-	Kirsten Maw	04:04:49	04:16:08	PB
-	Colin Middleton	04:15:51	04:22:37	PB
-	Keith Elshaw	04:33:24	04:38:31	
-	Lucy Hudson	04:39:44	04:49:34	PB
-	John Barrett	04:48:17	04:57:07	
-	Steve Wise	04:51:09	05:02:07	PB
-	Ben Godbold	05:06:33	05:25:10	







# Brighton Marathon





Sunday 6<sup>th</sup> April 2014



Chip Pos	Name	Chip Time	Gun Time	Comment
3858	Warren Jackson-Hookins	03:15:37	03:16:09	PB
5127	Kerry Irwin-Hall	04:51:56	04:58:16	PB
5267	Sue Barrett	04:57:05	05:03:25	



**Sunday 13<sup>th</sup> April 2014****London Marathon**

Chip Pos	Name	Chip Time	Comment
7289	Paul Street	03:42:32	
16946	Rachel Davies	04:21:51	
18971	Andrea Edwards	04:29:56	
19641	Eileen Cowling	04:32:54	<b>PB</b>
19893	Julie Mansfield	04:34:03	
26135	Ellie Blaiklock	05:02:41	



***The London Marathon runners at the start point***





**LONDON**  
**MARATHON**  
2014





### Sunday 13<sup>th</sup> April 2014

#### Vienna Marathon

Chip Pos	Name	Chip Time	Gun Time
3,055	Dave Little	03:55:56	03:52:39
3,356	Paul Turle	04:07:39	03:56:12
3,940	Andy Clutton	04:14:53	04:03:26
4,875	Sharon Clutton	04:35:56	04:22:18
5,604	Ray Bernice	04:54:09	04:42:42
5,697	Nikki White	05:08:29	04:46:11
5,810	Shirley Faichen	05:14:56	04:51:07
6,172	Amber Schothorst	05:28:54	05:15:49
6,299	Denise Francis	06:11:39	05:47:50



#### Vienna Half Marathon

Chip Pos	Name	Chip Time	Gun Time
8,000	Fiona Tomlinson	02:15:18	02:03:54
12,100	Terry Ash	02:47:31	02:25:00
12,101	Steve Cawte	02:47:31	02:25:00
12,439	Tania Bernice	02:50:50	02:28:18



*Andy Faichen & Sylvia Cawte also ran but no chip times were recorded*



#### Portsmouth Duathlon Series – Race 2

Pos	Name	Run 1	Bike	Run 2	Overall
6	Chris Buxton	00:28:07	00:29:14	00:20:11	01:17:33

**PLEASE..... Let Us Know Your Results!**

Once again, sorry if I've missed anyone this month, or not noted a PB (I keep getting told that I've missed someone's results or PBs) 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.

**The only way you can be sure that your result is include is to let us know by email or Facebook message with details of your race, photos, PBs, etc.**

**Results Co-ordinator**

Most of you will be aware by now that Brian Fisher is now officially in post as the Club's Results Co-ordinator. As part of his role, Brian has agreed that he will be taking responsibility for collating all of the Club members' race results and forwarding these onto me for inclusion in the newsletters. It is important to note that only those results that are provided to Brian will be included in the newsletter.

Brian will be preparing a brief article for next month's newsletter to let you all know about his role and the best way to contact him. However, in the mean time, PLEASE send your results to:

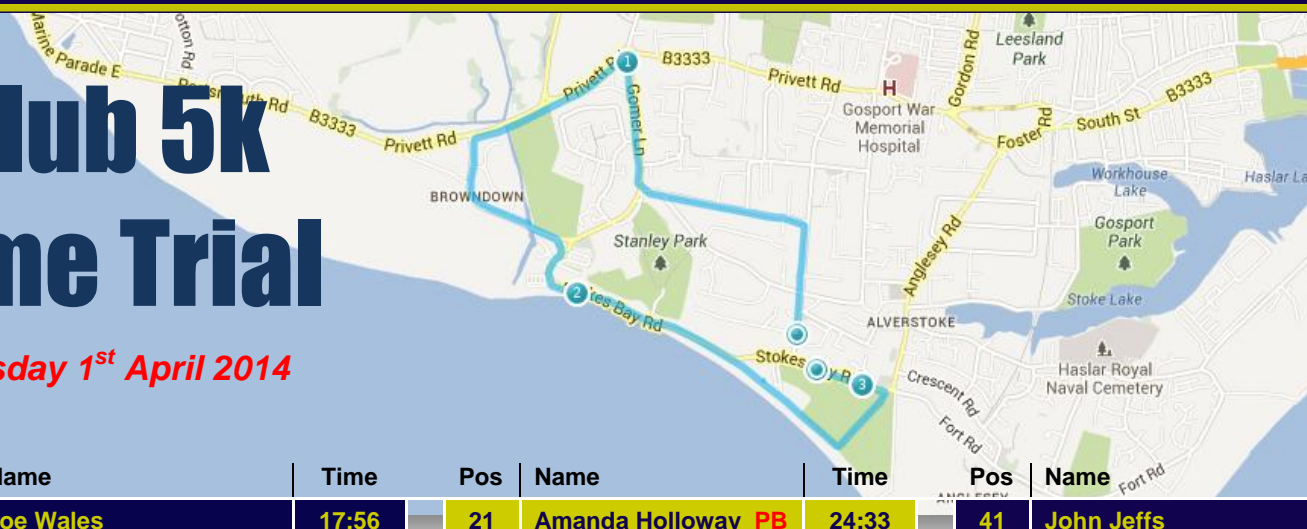
[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)





# Club 5k Time Trial

Tuesday 1<sup>st</sup> April 2014



Pos	Name	Time	Pos	Name	Time	Pos	Name	Time
1	Joe Wales	17:56	21	Amanda Holloway PB	24:33	41	John Jeffs	27:29
2	Tom Barnard	18:16	22	Steve Thompson 1 <sup>st</sup> 5k	24:41	42	Rory Fall	28:07
3	Simon Hearnden	18:58	23	Ken Eaden	24:51	43	Levi Hughes	28:07
4	Warren Jackson-Hookins	19:28	24	Dave Croft	24:51	44	Jenner Moore PB	28:45
5	Jayson Grygiel	19:50	25	Karen Williams	25:03	45	Julie Shinton	28:47
6	Pete Brown PB	20:29	26	Rachel Davies	25:04	46	Vicki Gorton 1 <sup>st</sup> 5k	29:20
7	Auz Gray	20:40	27	Jenna Knight 1 <sup>st</sup> 5k	25:07	47	Kerry Down	29:23
8	Ben Jarvis PB	20:44	28	Phil Bead	25:12	48	Sarah Down 1 <sup>st</sup> 5k	29:37
9	Anthony Dew PB	20:55	29	Jenny Shilling	25:32	49	Deborah Birch	29:42
10	Colin Gardner	21:00	30	Anthony Horne	25:46	50	Nicky Fynamore	29:47
11	Tim Durrant	21:14	31	Mike Stares	26:02	51	Dave Kirby	29:47
12	Nick Carter PB	21:17	32	Keith Elshaw	26:14	52	Polly Shinton	29:59
13	Alan Burgess	21:25	33	Natalie Smith PB	26:21	53	Karen Middleton	30:07
14	Ben Wales	21:32	34	Nikki White	26:21	54	Andrea Kitchen	33:48
15	Paul Street	21:54	35	Mike Kearney	26:29	55	Michelle Wiggins	33:48
16	Will Holt	22:20	36	James Heath 1 <sup>st</sup> 5k	26:30	56	Emma Mundy 1 <sup>st</sup> 5k	35:13
17	Brian Fisher	22:56	37	Adam Walters PB	26:30	57	Carol Marsh	35:42
18	Kirsten Maw PB	23:43	38	Lucy Hudson PB	26:33	58	Terry Weston	37:41
19	Tracy Wales	24:10	39	Rikki Hatherly 1 <sup>st</sup> 5k	27:08	59	Sid Smith	37:42
20	Pete Lindley	24:18	40	David Barker	27:16			

The first Summer Time Trial of the year in almost perfect conditions, a real treat to be able to see where you placing your feet. The Officials are as always to be thanked for their efforts:- Liz Redpath - Starter & Timer, Gary Francis - Recorder, Janet Lindley (demoted) - Backup Timer & Andy Clutton – Numbers. Supporters & Marshals :- Mike Welsted, Paul Turle, Giles Cowling, Ray Bernice, Sean McKay & Steve Wise.

## Club 5k Time Trial







## 29<sup>th</sup> March 2014

### Havant

186 participants completed the run.

Position	Name	Gun Time
5	Chris Buxton	00:18:48
19	Colin Gardner	00:21:37

### Queen Elizabeth

66 participants completed the run.

Position	Name	Gun Time
41	Auz Gray	00:28:29

### Pomphrey Hill

71 participants completed the run.

Position	Name	Gun Time
12	Tim Durant	00:22:21

## 5<sup>th</sup> April 2014

### Havant

159 participants completed the run.

Position	Name	Gun Time
18	Auz Gray	00:21:51
21	Tim Durant	00:22:20

### Queen Elizabeth

78 participants completed the run.

Position	Name	Gun Time
18	Chris Buxton	00:19:02
21	Colin Gardner	00:22:36

## 12<sup>th</sup> April 2014

### Bushy Park

969 participants completed the run.

Position	Name	Gun Time
51	Auz Gray	00:19:54

### Swindon

360 participants completed the run.

Position	Name	Gun Time
20	Tim Durant	00:21:00

### Southsea

203 participants completed the run.

Position	Name	Gun Time
60	Terry Moore	00:24:27
108	Sue Barrett	00:27:54
115	Rachel Gee	00:28:42
117	Jenner Moore	00:28:47
196	Deborah Harmer	00:40:04

### Havant

134 participants completed the run.

Position	Name	Gun Time
9	Colin Gardner	00:21:11





## 19<sup>th</sup> April 2014

### **Frimley Lodge**

412 participants completed the run.

Position	Name	Gun Time
46	Colin Gardner	00:20:37

### **Southsea**

215 participants completed the run.

Position	Name	Gun Time
33	Tim Durant	00:20:41
58	Brian Fisher	00:23:07
141	Rachel Gee	00:29:02

### **Havant**

247 participants completed the run.

Position	Name	Gun Time
47	Auz Gray	00:22:47

## 26<sup>th</sup> April 2014

### **Havant**

202 participants completed the run.

Position	Name	Gun Time
20	Alan Burgess	00:22:24
54	Auz Gray	00:24:48
69	Brian Fisher	00:26:08
86	Nikki White	00:27:13
104	Andrea Edwards	00:28:44
114	Lucy Hudson	00:29:54
118	David Brace	00:30:21
134	Amber Schothorst	00:31:30
143	Deborah Harmer	00:32:28
155	Jo Harvey	00:33:42

### **Eastleigh**

135 participants completed the run.

Position	Name	Gun Time
13	Tim Durant	00:22:22



# From 2013 A&E to the VLM and a PB

## My Journey... By: Eileen Cowling

Filled with cycling enthusiasm after completing Nightrider in June 2012 (a 65 mile cycle ride at night around London) and in Sept 2012 an around the IOW 77 mile cycle ride with some fellow GRRs, Giles and I entered the inaugural Ride London –Surrey sportive. This is a cycle ride which starts in Queen Elizabeth Olympic Park in London, then follows a 100-mile route on closed roads through central London and out into the Surrey country-side. With leg-testing climbs and a route made famous by the world's best cyclists at the London 2012 Olympics (so clearly Giles & I would fit in a treat), it finishes in Virgin London Marathon (VLM) style by cycling up the Mall.

It's a hugely popular event and hence there's a ballot similar to the VLM to allocate the 20,000 or so places. Unfortunately only I was lucky enough to get a place and as a novice cyclist had some serious training to do to compete in an endurance cycling event by August 2013. Firstly I had to buy my first road bike (we had only tandem'd previously) and become a competent sportive cyclist in only 4 months. Although I was physically fit having only just completed the Brighton Marathon a few weeks earlier, I had to get cycling fit – which involved lots and lots of miles in the saddle. So I set about increasing my mileage by cycling to and from work (usefully at the top of Portsdown Hill), going on long rides with Giles at the weekend e.g. to Chichester and back and on a particularly windy day by cycling up and down the Eclipse bus route until I had covered 60 miles!

The day before the ride, Giles and I set off for London, firstly to visit the Expo and collect my number and then to book into the hotel near the start of the ride. It was a beautiful Saturday evening so we recce'd the 4 mile route to the start, just outside the Olympic Park and then settled into the hotel for my final carb loading meal. I had been allocated a start time of 0740 on the Sunday morning (how I love early starts!) – one of the final waves to set off. I had to keep to a focused 'miles per hour' schedule to make sure that I would complete the 100 miles within 9 hours. Otherwise from mid ride onwards I would have been either diverted onto a shorter route or towards the end picked up by one of the sweeper vehicles (which I really, really didn't want to happen). As my training had gone really well and the weather forecast was ideal, I had set my heart on doing the full 100 miles. This meant that I had to maintain a minimum speed of 12 mile/hour including stops. Achievable but I knew it was going to be tight when I factored in stops.

I pitched up bright and early at the start, waving Giles off as I entered the participant's area. He was headed back to the car and then off by train to spectate at Box Hill near Dorking. While I queued up I was a little alarmed to see that around 80% of the participants were young lycra men on top end bikes. But hey ho I had a place and I was going to give it my best shot!

My wave set off, in glorious sunshine, as a massive peloton (aka a big bunch of bikes) speeding along the traffic free roads heading towards Canary Wharf. Riding in a group means that the faster riders pull along the slower ones and it was absolutely exhilarating. Early on I had a chance to use the hand signals I had dutifully learnt, raised arm above head means slow down obstruction ahead! Gradually the peloton became strung out as I gradually settled into a comfortable pace. I was loving it!

We first crossed the Thames at Chiswick, cycled through Richmond Park and out into the Surrey countryside via Hampton Court Bridge.





I was carrying drinks and snacks on my bike but also planned to stop at each of the 3 main hubs on route – mile 22, 48 and 74 to eat, drink and visit the loo. At Hub 1, I encountered my first problem, the toilet queue from hell, which meant that a planned 10 min stop ended up being 20 mins! So I set off hoping to pick up a bit of time before I got to the 3 hilly sections of the course in Surrey – Abinger Hammer, Leith Hill and Box Hill. Thankfully I did just that and was well on track to finish in about 8.5 hours. I did my early climbs taking my time in a low gear. At the top of Newlands Corner hill near Guildford came Hub 2 at 48 miles which I was relieved to find had only short loo queues. I was back on schedule so took a quick refuelling stop and texted Giles to say that all was well.

Off I set off down towards Abinger Hammer and the 3 Hilly Hills and then the leg back into London. What I hadn't realised was that when I put my mobile phone back in my under saddle bag I hadn't reattached it securely and a few miles further on it hit my back wheel causing my chain to come off! I had practised reattaching my chain during training but on the day, with mounting anxiety it took me much longer than it should have done. Oh no more lost time and by now I had cycled about 50 miles and it was getting hot! So I knew I really needed to crack on if I was to complete the 100 in time.

Having taken the first hill through Sutton Abinger, I took on the renowned Leith Hill. I had practised this climb and knew that I could do it. Having reached the top there was then an almost 2 mile descent. It was here I made my disastrous mistake, on reflection due to a combination of inexperience and time pressures. I moved out to the middle of the road to overtake a slower rider but didn't notice the block type cat's eyes in the middle of the road. My front wheel flipped as it hit one and I was thrown up into the air and over my handle bars. I did a spectacular head dive into the ground ending up as a crumpled mass. The cyclists behind me immediately stopped, called 999 and generally looked after me until the ambulance arrived. One cyclist, who I will never forget, was absolutely fantastic and held my head still and kept me calm until I could be put onto a spinal board and taken to hospital. As I didn't thank her at the time I was really pleased to be able to track her down afterwards via facebook to thank her and to donate to the charity she was riding for.

I spent the next 4 hrs or so in East Surrey A&E being checked for head injuries, spinal injuries and investigations on my knee which had swollen up like a balloon. I have never to this day been able to work out whether I hurt my knee when I hit the ground or collided with the bike mid air. Thankfully I escaped relatively lightly with a broken collarbone, swollen knee (due to minor cartilage damage), a battered face, a stitched eyebrow and shock.



*It could have been so much worse but for my helmet!*



Giles and Josh who were waiting to see me as planned at about Mile 65, spent an agonising few hours not knowing what happened to me but knowing something clearly had, then eventually made it to the hospital in time to take me home. The first person there was Giles's Mum (!) as it was her nearest hospital so he had rung her to get a familiar face in front of my upset eyes.

Over the next few weeks, I recovered quietly at home following doctors orders. My dark glasses and hobble were gone after a couple of weeks, my sling after 6 weeks and then after 12 weeks I could start exercising again – yippee! I had vowed that the first thing I would do would be to get back on my bike! At 12 weeks almost to the day I wheeled it down the drive way feeling physically sick. I forced myself on to without stopping at the roadside and then was away. The first 15 minutes or so were really nerve racking, I could feel my heart pounding in my chest, but after that I settled down and then positive thoughts of how much I enjoyed cycling came flooding back. Swimming came next and then finally running in early November. Towards the end of December I achieved the first running target I set myself - the first 10 miles of the Portsmouth Coastal Marathon. I was determined to run at least a few miles as I had a number! From this point on I went from strength to strength and as I had a reserve place for the London Marathon through the club ballot I started on a 'get you around' minimum miles training program and hoped that my knee would hold up. I only ran on soft ground to minimise the impact through my knee and never looked at the time, only the distance covered on my Garmin, so that I wouldn't feel any pressure.

I had decided that I would only train until the end of January in the hope that a VLM place might come up. Amazingly in early January, the wonderful 'I Love You' Sue Barratt donated me her place and that started my marathon training for real.

My London Marathon day would be a whole story in itself, but in a few words it was the most amazing and memorable running experience ever. Made even more special by support on the day of my family and the awesome GRR crew. Also I couldn't of done it without the kind gift of the place from Sue and the support and encouragement of Giles throughout the training programme.



Having been privileged enough to run up the Mall, I am hoping that one day I'll get another shot at Ride London 100 and finish what I started by cycling up the Mall.

So I a few lessons I have learnt – when bad things happen, give yourself time to get over them. Don't be impatient to rush back to soon or expect too much of yourself to soon. Don't try and keep up with others. Play the long game and you will return in your own time. Or, as said on my favourite get well card, "When life serves you a lemon, slice it up and bung it in a Gin & Tonic"

But to finish if you remember anything from my story please remember that:

**MY CYCLING HELMET SAVED MY LIFE – PLEASE WEAR YOURS**

***Fantastic article Eileen..... THANK YOU.***





# What Running Has Done For Me

By: Keith Elshaw



I started running in 2009 to try to lose weight. I started off by walking for about an hour at a time. I then started to put in a couple of runs, between lampposts. I think I was doing the age old mistake of running to quickly though. But, I persevered. I tried building up the distance, trying to run for longer each time. When I got to the point of running about 2 miles I was talked into joining a running club by a friend. When I went along to Gosport Road Runners for the first time, I thought I would be laughed out of town. I couldn't have been more wrong. I was taken under the wing of "Len" the beginners group leader and we went out for a run. I couldn't believe how slow it was! But that night was the first time I ever ran 3 miles. There was no turning back now. I was hooked. I came home in such a high I demanded that Ange join me next time. She took a bit more persuading but after a couple of weeks of nagging eventually she came along too, and we haven't looked back since. We are runners now. It's what we do. Two or three evenings a week, and pretty much every weekend is taken up by running.

I was talked in to running the Great South Run that first year and I got such a buzz out of it I immediately set my sights on a half marathon in 2010. I did 3. I then set my sights on a marathon in 2011. I did 3. and four more in 2012. And 5 in 2013 including my first ultra-marathon the 31 mile Salisbury 54321.

I never would have believed when I started in 2009 that I would be capable of running a marathon. I am not the quickest person around, but I'm not the thinnest or the youngest either. I run because I want too and because I can. I don't chase PB's anymore, I got loads when I was losing weight and improving, now I pick my races for the enjoyment factor. The camaraderie at events is brilliant. You make friends with people you only see once a month dressed in lycra! I can't imagine a life without running now. I hope to continue for as long as I can.

*Another amazing transformation, well done Keith.....*

*Does anyone else have any similar stories they would like to share with us?*





## Fitness Testing

By: Jo Harvey

A huge thank you to all those who participated in and otherwise showed their support for our recent Fitness Testing sessions – these sessions were offered free of charge to Club members and their families in exchange for a donation to the Hampshire & Isle of Wight Air Ambulance and took the form of a complete health and fitness ‘MOT’ with test results grading aerobic capacity, body composition, lung function and flexibility to name but a few.



In total, the two days of testing raised £242 for the cause and will help to see our club member James Heath on his way towards his £3,500 target. James will be climbing Africa's highest peak, Mount Kilimanjaro in 2015 in aid of the charity so watch this space for details of fund raising events to follow!!

Many thanks again to our GRR family; your continued support is most gratefully received....'



# Brighton Chicken Run

By: Ben Jarvis

On Sunday 13th April, Ben Jarvis and Jenna Knight took part in the first ever Brighton and Hove chicken run which was a 5 km run around Hove Park, dressed up as chickens. The event was run in order to raise money for a variety of children's charities.

There were roughly 150 people that took part, including a small amount of children in what they called a chick dash... the event was a big success and will hopefully get better next year.

Even though a lot of people from the Club said it was a long way to go for 5 km it was a nice, relaxed, fun event to raise money for charity... and we got to dress up as chickens!!!

Ben came in a good 8th place with Jenna a close 9th





## Upcoming League Races

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
10	Sunday 11 <sup>th</sup> May 2014	Alton 10	10m	Alton Runners
11	Sunday 18 <sup>th</sup> May 2014	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 8 <sup>th</sup> June 2014	D-Day 10k	10k	City of Portsmouth Athletic Club

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.

There have been no HRRL races since the last newsletter was issued, although there are two in May so plenty of opportunities to get out and represent your Club...

You can enter the next two races in the series (Alton 10 mile and Netley 10k) by following the links below.

### Alton 10

[www.altonrunners.co.uk/index.php/club-events/alton-ten](http://www.altonrunners.co.uk/index.php/club-events/alton-ten)

The runs through a circuit of undulating countryside and picturesque Hampshire village lanes.



### Netley 10k

<http://www.southamptonathleticclub.org.uk/wordpress/netley-10k-race/>

The race is run entirely within the confines of the Royal Victoria Country Park and consists of 3 laps with an additional 600 yards to finish adjacent to the historic chapel.

***Let's see if we can get another great GRR turnout for these next league events***



### Move to G&FRC:

You might be interested to read the article about the Club and our move to Gosport & Fareham Rugby Club which appears under the 'LATEST NEWS' section of their website:

## LATEST NEWS

### Gosport Road Runners Join us

Sunday 27 April 2014



The successful and expanding Gosport Road Runners club (GRR) have affiliated to our rugby club making Gosport Park their new home writes Brian Seeney. The 178 strong running...

[Read More](#)

You can find it by following this link: <http://www.gosportandfarehamrfc.co.uk/>



*I'm not quite sure what it is about this photo that makes Pete stand out a little?*

### GRR and Social Media:

The Club's Facebook page currently has 337 registered members and seems to be the main place where Club members share stories, race experiences, photos, arrange out of Club meetings.

Follow this link: <http://www.facebook.com/groups/27301329294/> to either register or catch up with the goings on.



 **Kirsten Maw**  
25 April at 14:53

Am after a nice flat ish ten miler and half marathon before September. Who's got the info? I need to get booking. Xx

 **Nicky Finnemo**  
21 April at 20:04

Just signed up for my first race as a GRR 😊 The Great South!

[Like](#) · [Comment](#)

 **Karen Middleton**  
11 April at 22:44

Just been on the Running Awards Twitter account & unless i'm much mistaken, congratulations are in order for a certain local 'small retailer'!

 **Jenner Moore**  
14 April at 11:14 · Alverstoke

Just did my first Monday morning hills! Thanks [Sue Barrett](#), for taking me under your wing and getting me up "not Fisher hill"! Enjoy your breakfast guys 😊

 **Nick MacBeath**  
21 April at 11:57

Funny what sights you come across..... sitting on the pavement outside the Oast & Squire public house! — with [Lucy Hudson](#) and [Rachel Gee](#).















For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following [@gosportrr](https://twitter.com/gosportrr) on [www.twitter.com](http://www.twitter.com)

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

### New GRR Website:

If you haven't already done so, you should check out the new and improved Gosport Road Runners website. Toby has been working hard recently to get this updated and although it's still a work in progress, it's a massive improvement on the previous one. You can find it by following this link: [www.gosportroadrunners.org.uk/](http://www.gosportroadrunners.org.uk/)

**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](http://www.absolute-running.co.uk/gosportroadrunners)

<p><b>Technical Tee</b></p>  <p>S, M, L £12</p>	<p><b>Team Vest</b></p>  <p>S, M, L £15</p>	<p><b>Team Hoody</b></p>  <p>S, M, L £20</p>	<p><b>Technical Baseball Cap</b></p>  <p>One size £9</p>
<p><b>Zip Hoody</b></p>  <p>S, M, L £23</p>	<p><b>Rain Jacket</b></p>  <p>S, M, L £25</p>	<p><b>Soft Cell Jacket</b></p>  <p>S, M, L £42</p>	<p><b>Junior T-shirt</b></p>  <p>5-6, 7-8, 9-10, 11-13 £9</p>

## Dates for your diary:



## **Purbrook Ladies**

To all the lady GRRs the Purbrook Ladies 5 is a must, it's a 5 mile road race, being held on 1<sup>st</sup> June, and it's exactly what it says on the tin - ladies only! It's traffic free (as I can recall) and run through the winding country lanes of Purbrook. I won't lie, there are a couple of hills but there is ample downhill to compensate. It's worth it for the GRR dynamic group warm up alone - other (green) running clubs were so impressed last year they then copied us.

I would strongly recommend it, if you are up to running 5 miles then it's the race for you, whatever your speed. Watch this space for some gentle nagging from me!!

*Sue Barratt – Ladies Captain*

## 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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)



### And Finally:

I couldn't really complete this month's Newsletter without including a special mention and massive congratulations to all involved at Absolute Running for winning the award for Small Retailer of the Year at the National Running Awards 2014.

## THE 2014 RUNNING AWARDS



# Absolute Running

Follow the shoe because we love running 2



*Well done guys, very well deserved I'm sure you will all agree.*

# GOSPORT

*Road Runners*



# NEWSLETTER

*May 2014*



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Club Time Trial

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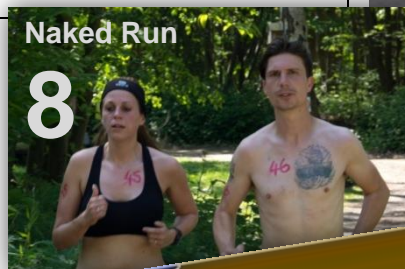
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Marlborough Downs Ultra

*This Month's cover photo:*

Keith and the infamous 'Elshaw Thumbs'.



Naked Run

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Now that the summer months are with us, the last Thursday of each month sees the Club host our very popular Out Of Town runs. These are excellent runs of between 5 & 7 miles (which usually include a shorter option too) and are VERY steady and very supportive for newer runners, with lots of re-grouping to ensure that nobody gets left behind.

May's 'Out of Town' run (the Warsash Run) was held on Thursday 29th April, and was hosted by Paul Turle who was making his last Out of Town appearance with us before moving out of the area (best of luck for the future Paul).

Paul has been a GRR for many year and has contributed a huge amount to the club over the years. Because of this, the Chairman (Giles) made a small presentation to him at the end of the run (a GRR jacket, some alcohol and a card signed by you lot).

Unfortunately I couldn't make this run but it looks like it was another great turnout (Dave tells me there were 40 runners in total!).

These are a few photos from the Warsash Run that I've been sent by Dave Croft.....

















### Next Out of Town Date

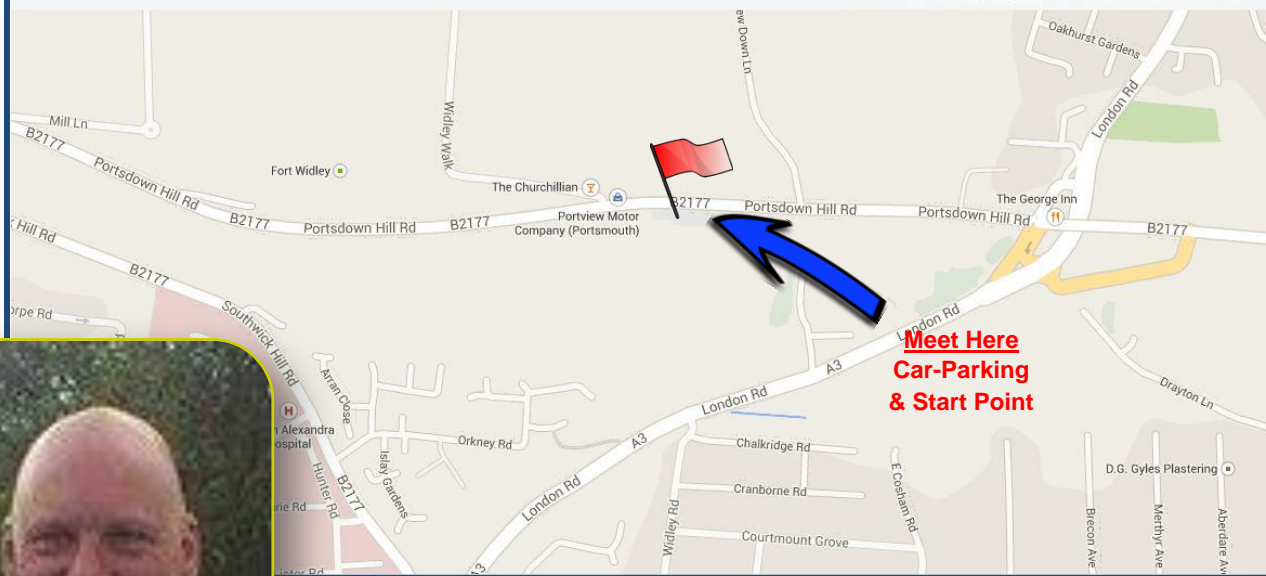
#### The June Out of Town Run "Portsmouth Hill Run"

will be held on

**Thursday 26<sup>th</sup> June at 7pm**

Hosted by

**Andy Clutton**





## The BH5K Naked Run

Sunday 18<sup>th</sup> May 2014

(By Caroline Oakes)



I first saw the Naked Run advertised in the running guide I'd picked up at Absolute Running. I decided to look it up on the internet out of curiosity and felt that I had to share it on our club's Facebook page for a bit of giggle. I never actually thought I'd be running it!



One day after work, I came home to Rich looking at the Brockenhurst Naturist Foundation's website (!) He then said, "I think I might do this, you know." I replied, "If you're doing it, so am I!" I made sure that I could wear a sports bra; there was no way I was running without one! We shook on it then decided to choose our charities. I chose Breast Cancer Care and Rich chose Everyman; the male cancer charity. Rich then decided that we should make a silly poster and splash it all over Facebook.

In the upcoming weeks, we received a friendly email from the race organiser who informed us that this year's race was the biggest yet with 75 runners! As the day of the run loomed, I started feeling more and more nervous. I'm not the most body confident and starting worrying about how wobbly I'd look running around a field! I decided that everyone else probably felt the same – I've never met a woman who loves her body after all!

Rich and I decided to make a bit of a weekend of it and stay in a hotel in Kent the night before. On the morning of the race, we got up early and tucked into a Premier Inn breakfast. We kept looking at each other and giggling, each thinking *What are we doing?!* We set off for the Naturist Foundation and soon

arrived to be welcomed by one of the (clothed) marshals who directed us to the car park.

As we drove up the lane, I started seeing naked people emerging from the trees smiling and waving enthusiastically. I had to bite my cheeks to stop myself from laughing but Rich just couldn't help himself.

An elderly (naked) gentlemen flagged us down, then leant against my open car window. His, erm, package, was directly in front of my face so I had to try to look up whilst he was talking to me. "I can't do this." I said to Rich as we parked the car, "I'm going to keep laughing and they're going to throw us out!"

We were then instructed to sign in at Reception and get undressed in the mixed changing area. We walked past about 35 naked people on the way to the changing room and felt self-conscious because we were fully clothed! Once we got inside the changing area, we decided to just go for it and whipped our clothes off. We felt a bit silly at first but soon blended in with the others!

We got our race numbers drawn on in bright pink lipstick on our right arm and chest, then decided to take a walk of the route so we knew which way to go.

At 11:30, all of the runners assembled by the start and waited for the start whistle. I made sure that I kept my arms close to my sides in case I accidentally brushed past someone! Suddenly, the whistle was blown and we were off!

Rich and I decided to run together. To start with, we had to run three times round a field which was a bit odd! Everyone sped off very quickly and I panicked, thinking that I would trail off at the back and get lost. We then entered the woods for the two and a half laps round the site, and had to watch out for lots of roots and uneven ground. I tried to forget about the fact that I was wobbling around like a jelly and just concentrate on the run, although I was feeling very hot, even without clothes on!

As we approached a corner we saw that even the race marshals were naked! Soon, we noticed the (naked) photographer poised ready to take a photo of us. I tried to suck my stomach in and look thin but knew that the photos would be awful! Rich just flashed him a huge grin!

We passed a few runners who had started off too quickly but I knew that I was going slower than usual. It was above twenty degrees in Kent that day and I've never been any good at running in the heat. The route also took us up an incline for about half a mile in each lap, and we had to run up a set of steps a couple of times. I told myself to just keep going and I knew that I would jump in the pool once we'd finished. Rich kept me going by running in front of me and saying, "Just follow my bum." which made me laugh.



When we finally approached the finish I felt very relieved. There was a big cheer from the (naked) supporters as we crossed the finish line and everyone was thrilled that we'd run it together as husband and wife. We heard someone say, "What a nice young couple" which made us laugh.

When we'd caught our breath back, we headed straight to the bar and got a beer for Rich and a cider for me. We grabbed our towels (you're not allowed to sit down without putting a towel down first) and found a bench in the sunshine. We got chatting to lots of the naturists and even had a dip in the pool.

At 2pm, everyone gathered together to receive their certificates. Each person was called up individually and got a cheer and a cheesy photo holding their certificate. Rich and I had a joint photo taken at their insistence.

We had a lovely day getting naked in Kent and will probably do it again next year. Everyone was very friendly and the support on the course was fantastic. Anyone fancy joining us?!

A HUGE thank you is due to everyone who sponsored us (<https://www.justgiving.com/caroline-oakes/>). We raised over £500 for our charities. THANK YOU!

***Brilliant article, thank you Caroline, and well done to both of you on what sounds like a fun but slightly bonkers event!***



## The Marlborough Downs Challenge

Saturday 10<sup>th</sup> May 2014

(By Keith Elshaw)

For my second Ultra I chose the Marlborough Downs Challenge. Quite a few people at the club have done it and they all say it is tough but beautiful. (like the wife!)

As some of you know, I have been struggling with a hip problem. It's not an injury as such it just flares up after a couple of hours running and makes running painful, but I can switch to a run/walk method and keep going. As soon as I stop running it is fine so I just have to manage it. I have been doing that by regular sports massages, reduced mileage, yoga, stretching and muscle building around the area and this has all worked to improve the problem but it is not perfect yet.

I have my year planned out which I intend to try to stick to so I am just trying to get round these things with as little pain as possible.

So, I turned up on Saturday morning fresh and rested and in as good a condition as I have been for a while but I knew that I had probably under trained for an ultra so I was expecting a tough day out. Ange and I had decided to get to Marlborough the day before and stop in a B&B and that proved a good choice. We got up at a reasonable time, breakfasted and got ready and had a 5 minute drive to the car park.. much better than the early start and 1 hour drive we would have had.

I got my kit on and my rations sorted and met up with the other runners Sharon, Andy and Mike and the other supporters Mick, Gary and Den. We all wished each other well and were off. It is a very low key race with less than 200 entrants. And the first mile went very easy and slowly. We ventured off road and came to the first of numerous styles to be negotiated. We were running single file mostly and there was no jostling for position, we all knew that this would be a long day and there would be plenty of time to overtake.

We soon came to the first water station and from there we went through a lovely forest with a carpet of bluebells. But what I have noticed is, where there are bluebells, there is mud. And there was lots of mud! It became apparent that running was out of the question and for the next 2 miles or so we just concentrated on trying to stay on our feet.

After we emerged from the wood we had a very steep climb to contend with and when we were on top of the rise we had a very strong wind against us for a couple of miles.

Once we started to descend of the hill the wind dropped and we came to the second water station and met with the GRR support crew. We exchanged pleasantries and I looked at my watch and saw that it had taken about 90 minutes to do 7 6.5 miles. I knew this would be a long day.



The next stretch of the route was tricky too. We were continually sent on very small ridges which you really had to concentrate on to make sure you didn't stumble. Have I mentioned this run is self navigating too? They give you 7 sheets of directions which you are constantly looking at to make sure you are going the right way. At the start of the race this is fine because you generally have someone in your sights but as the race goes on and the field spreads out it can get a bit trickier as I will point out later.

Anyway CP3 arrives and this is the one I was worried about. There is a 20 mile race running alongside the 33 mile ultra and if you are too slow at this checkpoint you will be forced to take the shorter route. Luckily I made it with 20 minutes to spare.

So, 10 miles in and all is going well. 12 miles in and we go along a towpath by a canal. This is where I first start to feel my hip pain. I stop to walk, let the pain subside and run again. This pattern is to be repeated for the next 20 miles or so.

It is quite lovely running along the towpath, looking at the lovely houses with their mooring gardens and we run along here for 3 miles or so. After leaving the canal we enter more off road sections of trail, fields, hills and the like and we start to encounter some changeable weather.

At roughly the halfway point we encounter a hill. I don't like this hill. I am tired, wet, cold and in pain. I struggle to the top where I find the GRR supporters. I explain my predicament and say to them that I don't think I can go on. They do the right thing and completely ignore me leaving me to continue on my way.

We start to head back now which means that at least when we are on the hills the wind is behind us. We still have to get up the hills though and they keep getting bigger and steeper! But we run through Avebury and see all the stone circles I know I am only a couple of miles short of a marathon now. The next station is lovely. You get a lovely cup of tea. The best cup of tea I have ever tasted in fact. I stay there for a few minutes and then move off and we climb to the top of a ridgeway by a horse racing circuit. After a little while I bump in to the crew again and they say I'm looking good, the liars. But, I figure I have come this far I may as well complete it now. The pain is not getting any worse, I am managing it Ok.

I have lost sight of everyone around me now so I am reading my cue cards carefully. It says exit a car park and turn right. So, I do that. At the bottom of the road it says follow the grass path. There is no grass path!! On no, I've gone wrong! I am stood in the road looking lost and a lady pops her head out of the window and asks if I'm ok. I explain the situation and she tells me if I cross the road and turn left I will get to Marlborough. I am only 2 miles from the finish so I decide to try and go in roughly the right direction and try to find the race route. I call Ange to explain the situation so she does not worry too much.

After a mile or 2 I recognise Marlborough college where the race started. I run through the college grounds and spot another runner who has finished. I ask him where the finish line is and he says it is in the leisure centre. So I cross the road and get to the leisure centre to find that I am approaching the finish from the wrong direction!!

I was a bit worried that I would be disqualified but there is a degree of acceptance in a self navigating race that you can get a bit lost and veer off the course, this is a circular route with 9 checkpoints and they take your number at every one of them so they knew that I had completed the race. Also because the finish is a straight line from the last checkpoint there is no way I could have cut it short, in fact I went about a mile further than I should have!

As I said, this is a very low key event and there was no fanfare at the end. I just collected my finishers mug and went into the leisure centre where they provide you with a cooked meal.

I tried to phone Ange to say that I had made it but I couldn't get a signal so I just waited for them to arrive at the finish. Andy was already there, showered and changed!



The crew duly arrived and we tried to see on the map where I had gone wrong I then got changed into some warm clothes and went to join the others waiting for Sharon and Mike to finish.

They had had a tough time and had arrived at some check points after they had closed so it was good that our supporters had been there to sustain them.

After a while they arrived and it was hugs all round and we exchanged stories about the race. All in all it was a good day. It is a lovely but very challenging race. We got to run on all surfaces through all conditions. And we were on our feet for a very long time. But if you keep moving forward eventually you get to the finish.



Chip-Pos	Name	Chip-Time
86	Andy Clutton	06:52:48
105	Keith Elshaw	08:09:50
109	Sharon Clutton	08:56:51
110	Mike Barker	08:56:51

Andy, Mike, Sharon & Keith having just completed the 33 mile Marlborough Challenge

**Massive respect to all, an amazing achievement**



# 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.

## Wednesday 30th April 2014

### Lakeside 5k Series

Chip Pos	Name	Chip Time	Gun Time
134	Tracey Wales	-	00:24:07
153	Michael Stares	-	00:25:34
183	Jenner Moore	-	00:28:29



**CITY OF PORTSMOUTH  
ATHLETIC CLUB**





# MK marathon

**Monday 5<sup>th</sup> May 2014**  
**Milton Keynes Marathon**



Chip Pos	Name	Chip Time	Gun Time	Comment
-	Chris Buxton	03:51:53	03:53:00	
-	Ian Pugh	03:53:47	03:54:55	
-	Kellee Read	04:24:54	04:28:58	
-	Kevin White	04:27:50	04:28:59	

## Milton Keynes Half Marathon

Chip Pos	Name	Chip Time	Gun Time	Comment
-	Nikki White	01:58:45	01:59:52	



**Saturday 10<sup>th</sup> May 2014**

### Marlborough Downs Challenge

Chip Pos	Name	Chip Time	Comment
86	Andy Clutton	06:52:48	
105	Keith Elshaw	08:09:50	
109	Sharon Clutton	08:56:51	
110	Mike Barker	08:56:51	



*Keith, Mike, Andy & Sharon before setting off on their 33 mile Marlborough Challenge*



**Sunday 11<sup>th</sup> May 2014**

### Lymington 10k



Chip Pos	Name	Chip Time	Gun Time
473	Ellie Blaiklock	00:54:25	00:54:51



### Bristol 10k

Chip Pos	Name	Chip Time
8.373	Caroline Oakes	00:58:00

### Sunday 11<sup>th</sup> May 2014

#### Alton 10 mile (HRRL Race)

Chip Pos	Name	Gun Time	Comment
51	Chris Buxton	01:05:07	
128	Jayson Gryiel	01:11:01	
138	Colin Gardner	01:11:46	
199	Alan Burgess	01:16:20	
206	Ben Wales	01:17:02	
212	Kev White	01:17:21	
335	Tracy Wales	01:24:43	
364	Jenny Shilling	01:27:16	
366	Fi Tomlinson	01:27:24	
398	Andrea Edwards	01:30:03	
414	Nikki White	01:33:06	
425	Dave McAllen	01:34:41	
461	Lucy Hudson	01:39:15	
473	Julie Shinton	01:40:16	





Sunday 18<sup>th</sup> May 2014

### Netley 10k (HRRL Race)

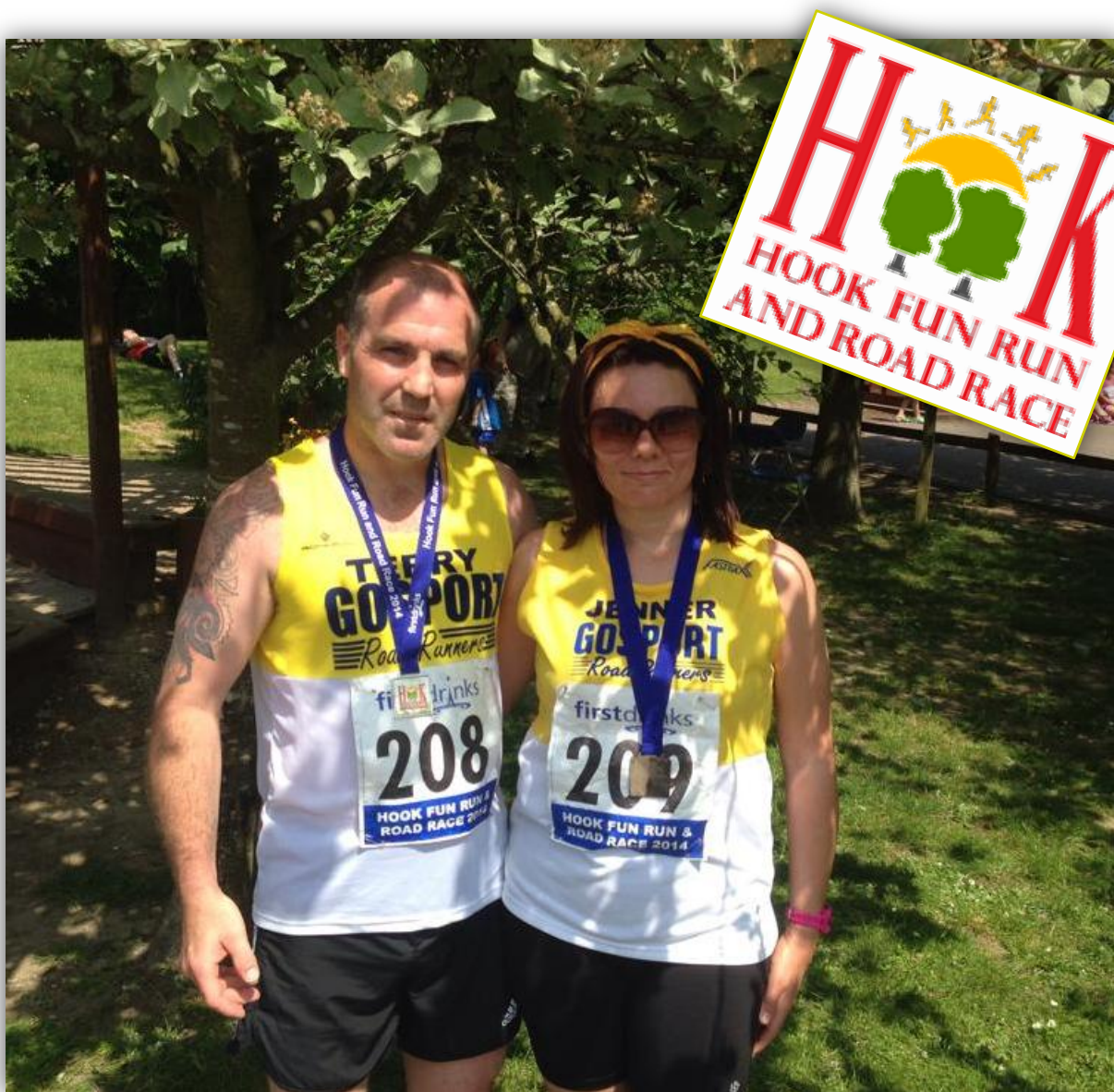
Chip Pos	Name	Gun Time	Comment
36	Chris Buxton	00:38:17	
94	Kev White	00:42:00	
103	Jayson Grygiel	00:42:32	
111	Colin Gardner	00:43:00	
120	Stephen Crook	00:43:26	
165	Alan Burgess	00:45:07	
222	Brian Fisher	00:47:54	
291	Jenny Shilling	00:52:02	
292	John Barrett	00:52:02	
323	Nikki White	00:53:44	
342	Keith Elshaw	00:54:38	
383	Sue Barrett	00:57:03	
392	Steve Wise	00:57:47	
395	Adam Walters	00:58:01	
470	Janet Lindley	01:06:37	
471	Pete Lindley	01:06:37	



### Sunday 18<sup>th</sup> May 2014

#### Hook 10 Mile

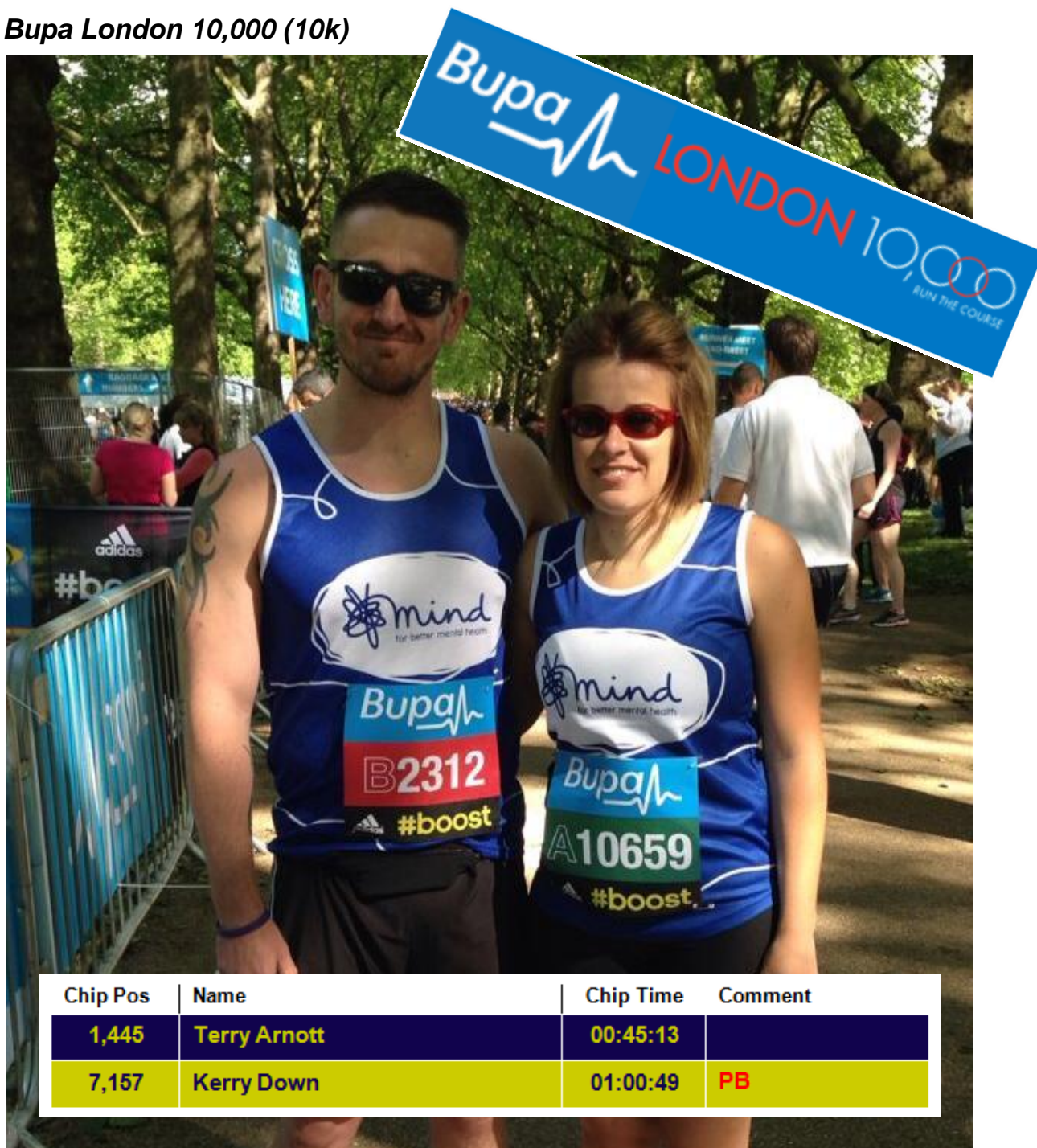
Chip Pos	Name	Gun Time	Chip Time	Comment
126	Terry Moore	01:26:22	01:26:08	
286	Jenner Moore	01:48:16	01:48:01	





Sunday 26<sup>th</sup> May 2014

**Bupa London 10,000 (10k)**



Chip Pos	Name	Chip Time	Comment
1,445	Terry Arnott	00:45:13	
7,157	Kerry Down	01:00:49	PB

I know these don't run in date sequence but I've only just received these results and I couldn't be bothered moving everything to fit them in.....

### Sunday 4<sup>th</sup> May 2014

#### **Three Forts Challenge (Trail Marathon)**

Chip Pos	Name	Gun Time	Chip Time	Comment
	Auz Gray	04:46:27	04:45:57	



### Sunday 25<sup>th</sup> May 2014

#### **The Weald Challenge (Trail Marathon)**

Chip Pos	Name	Gun Time	Comment
	Auz Gray	04:48:26	



No photos I'm afraid but I've been promised a race review on one, or both of these races for next month's newsletter. Thanks Auz...



**PLEASE..... Let Us Know Your Results!**

Once again, sorry if I've missed anyone this month, or not noted a PB (I keep getting told that I've missed someone's results or PBs) 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.

**The only way you can be sure that your result is include is to let us know by email or Facebook message with details of your race, photos, PBs, etc.**

**Results Co-ordinator**

Most of you will be aware by now that Brian Fisher is now officially in post as the Club's Results Co-ordinator. If you didn't you will by the time you get to page 31 as Brian has written a short piece on his new role.

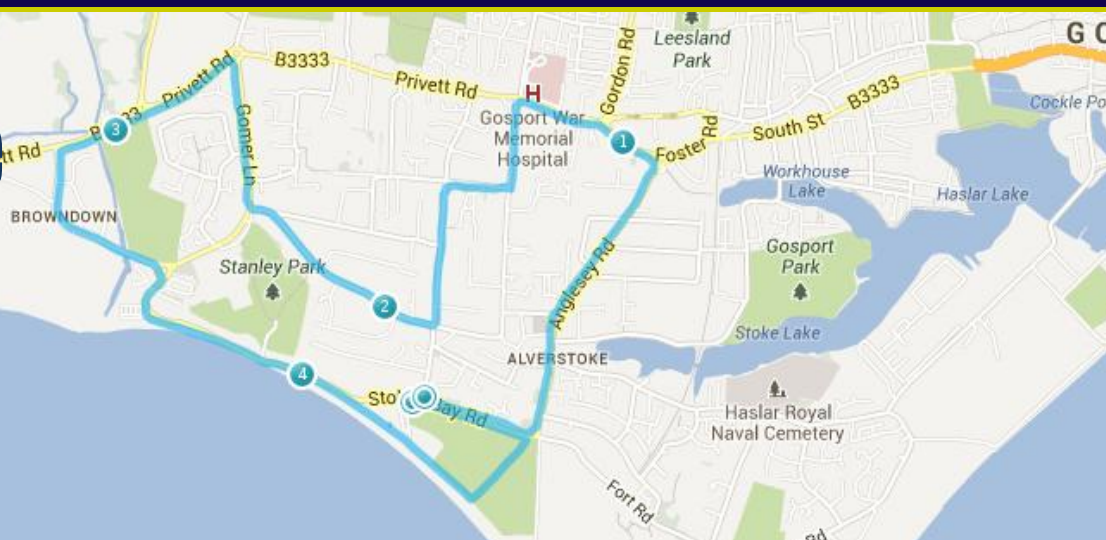
Brian has agreed that he will be taking responsibility for collating all of the Club members' race results and forwarding these onto me for inclusion in the newsletters. It is important to note that only those results that are provided to myself or Brian will be included in the newsletter.

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



# Club 5 mile Time Trial

Tuesday 6<sup>th</sup> May 2014



Pos	Name	Time
1	Richard Oakes <b>1<sup>st</sup> 5M</b>	30:40
2	Tom Barnard	30:44
3	Jason Grygiel <b>PB</b>	32:25
4	Paul Laver	33:04
5	Colin Gardner	33:26
6	Ben Jarvis <b>1<sup>st</sup> 5M</b>	34:18
7	Tim Durant	34:34
8	Alan Burgess	35:12
9	Nick Carter <b>PB</b>	35:24
10	Ben Wales	35:30
11	Emma Croft <b>PB</b>	35:54
12	Guy Sheppard	38:28
13	Sarette Martin <b>1<sup>st</sup> 5M</b>	38:48
14	Tracy Wales <b>PB</b>	39:12
15	Jenna Knight <b>1<sup>st</sup> 5M</b>	39:24
16	Pete Lindley	40:00
17	Dave Croft	40:39

Pos	Name	Time
18	Anthony Horne	41:11
19	Mike Stares	41:42
20	Mike Kearney	42:22
21	Rachel Davies <b>PB</b>	42:25
22	Andrea Edwards	43:13
23	Eileen Cowling <b>1<sup>st</sup> 5M</b>	43:38
24	David Brace <b>PB</b>	43:51
25	John Jeff's	44:25
26	Caroline Oakes <b>1<sup>st</sup> 5M</b>	44:47
27	Levi Hughes	44:48
28	Steve Wise <b>1<sup>st</sup> 5M</b>	44:50
29	Adam Walters <b>1<sup>st</sup> 5M</b>	45:07
30	Lucy Hudson	45:22
31	Natalie Smith <b>1<sup>st</sup> 5M</b>	45:28
32	Jenner Moore <b>1<sup>st</sup> 5M</b>	47:11
33	Vicky Gorton <b>1<sup>st</sup> 5M</b>	47:19
34	Dave Kirby	48:06

Pos	Name	Time
35	Elise Gower <b>1<sup>st</sup> 5M</b>	48:13
36	Andrea Ridley <b>1<sup>st</sup> 5M</b>	48:13
37	Giles Cowling	48:52
38	Kate Smythe <b>PB</b>	48:58
39	Terry Ash	49:03'
40	Liz Elshaw <b>1<sup>st</sup> 5M</b>	49:52
41	Rory Fall	49:53
42	Denise Francis	50:24
43	Sharon Clutton	50:24
44	Karen Jacobs	51:49
45	Nicky Fenemoore <b>1<sup>st</sup> 5M</b>	53:11
46	Mandy Myers <b>1<sup>st</sup> 5M</b>	54:24
47	Karen Middleton <b>1<sup>st</sup> 5M</b>	54:25
48	Nadine Dunn	56:55
49	Angie Elshaw	56:56
50	Emma Mundy <b>1<sup>st</sup> 5M</b>	59:29

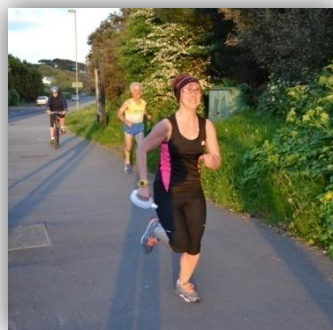
Once again not bad conditions for the first 5 mile time trial of the year, the wind although a bit bracing along the esplanade, almost blew you home. The official as always deserve our many THANKS: Gary Francis (Recorder), Liz Redpath (Starter & Timer), Janet Lindley(Backup Timer), Andy Clutton (Numbers) and of course the supporters - Mary Ash, Sue Barrett, Mike Welsted, Keith Elshaw, Sally Townley, Kevin White, Nikki White, Pete Hewitt, Terry Weston, Karen Phillips, Nick MacBeath & Jo Harvey who ran with Adam before her legs gave out (Dave Croft's words, NOT mine).



## Club 5 Mile Time Trial













Park Run organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. Events are nationwide but lots of local runs can be found with details of all runs available via the events page on the Park Run website: [www.parkrun.org.uk](http://www.parkrun.org.uk).

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

## 3<sup>rd</sup> May 2014

### Southsea

255 participants completed the run.

Position	Name	Gun Time
16	Kev White	00:19:51
29	Ben Jarvis	00:20:43
31	Craig Neil	00:20:52
106	Lucy Hudson	00:25:39
107	Nikki White	00:25:40
132	Adam Walters	00:26:44

### Netley Abbey

233 participants completed the run.

Position	Name	Gun Time
157	Jenner Moore	00:29:05
164	Elizabeth Elshaw	00:29:52



### Queen Elizabeth

91 participants completed the run.

Position	Name	Gun Time
12	Colin Gardner	00:21:55

## 10<sup>th</sup> May 2014

### Eastleigh

153 participants completed the run.

Position	Name	Gun Time
47	Auz Gray	00:24:32
58	Dave Croft	00:26:03
85	Andrea Edwards	00:29:24
94	Lucy Hudson	00:29:43

### Pomphrey Hill

64 participants completed the run.

Position	Name	Gun Time
8	Tim Durant	00:21:48

## 17<sup>th</sup> May 2014

### Queen Elizabeth

139 participants completed the run.

Position	Name	Gun Time
8	Kev White	00:21:12
13	Tim Durant	00:21:56
26	Auz Gray	00:23:58
83	Steve Wise	00:30:30
93	Deborah Harmer	00:31:17
107	Keith Elshaw	00:33:17
108	Ange Elshaw	00:33:17



**24<sup>th</sup> May 2014**

### Southsea

210 participants completed the run.

Position	Name	Gun Time
28	Nick Carter	00:21:40

### Havant

121 participants completed the run.

Position	Name	Gun Time
3	Chris Buxton	00:18:56
5	Tom Barnard	00:19:12
13	Colin Gardner	00:21:11
19	Alan Burgess	00:22:06

### Netley Abbey

144 participants completed the run.

Position	Name	Gun Time
102	Steve Wise	00:28:18

### Bognor Regis

147 participants completed the run.

Position	Name	Gun Time
14	Tim Durant	00:21:09



parkrun is for everyone



# Running Conditioning

By: Keith Elshaw & Jo Harvey

So, you want to improve your running. You just run more right? Well, yes, to a certain degree. Running more regularly will make you a better stronger runner but with that may come fatigue, injury and boredom. It is better to vary your training. Mix up your running. Run long and slow and short and quick. Run up and down hills. Run off road. Vary your pace. Anything to keep your body guessing. Also cross train. Swimming, yoga, cycling and gym work are all good alternatives. The problem with "just running" is that your body adapts and becomes used to it. And after rapid early improvement when you first start running some people do tend to plateau.

When you "just run" your body utilises certain muscle groups and they get stronger to be able to cope. But other muscle groups are left out and this can create an imbalance. Also, if you run long distances your body tends to store all its fat to enable you to fuel your long run. Your body is very clever. It knows what it is going to need. Which is why you need to keep confusing it!

When anyone says they want to lose weight they really mean they want to lose fat. In order to lose fat you need to do two things. You need to create a calorie deficit and you need to incorporate some strength training in your exercise routine. You can use weights at the gym or you can use your body weight to create some resistance training.

This is where we come in. Jo Harvey and I ran a few running boot camps in the summer. These were very well received by those who attended and it is our intention to run a few on Thursday nights at the club. Jo is a qualified fitness instructor with a vast knowledge of physical training. I am an enthusiastic learner and we will endeavour to spice up your Thursday nights and make you a better, stronger, lighter, fitter, less injury prone runner in the process!!

The sessions will be optional and varied and will run along the lines of a gentle warm up run followed maybe by some running drills or fartlek then some running related exercises designed to strengthen areas that will help your running i:e legs, core, arms and chest etc. We will then have a gentle warm down followed by a group led stretch.

You have nothing to lose and plenty to gain, we do hope you will give it a go!!







# What Running Has Done For Me

By: Me (Nick MacBeath)

Following on from Colin, Kirsten and Keith's pre-running section in previous month's Newsletters, and as nobody else has come forward with any similar stories..... I thought I would include a short piece on how running has changed my life.

In early 2007 I was 5st heavier than I am now, tipping the scales at over 19st. My day to day life consisted of an early morning start, a long drive to London, a fried or McDonald's breakfast every day, usually followed by a McDonald's or similar for lunch. More often than not I would also stop for snacks (chocolate or crisps) on my drive home too. Evenings also consisted of more eating and no exercise.....

This all changed during a night out with Pete Hewitt in January 2007, whilst tucking into an 'all you can eat' Chinese buffet he asked if I fancied running the Great South Run in October. I almost spat my spring roll out as I had never run before and got out of breath just walking up the stairs. But a challenge is a challenge and I accepted.

Before I started running I had to lose some of my weight so I completely changed my diet (nothing fancy, I just stopped eating food with a high fat content and replaced them with apples) and started cycling. After losing a couple of stone I ventured out for my first run and I couldn't even make it to the end of the road without stopping. I stuck with it and progressed gradually. By the time October came round I was 4 stone lighter and we both managed to complete the GSR, our first ever race.

By then I was bitten by the bug and signed up for the Stubby 10k and some more races in 2008. I joining GRR in at the end of 2008 and have never looked back. It genuinely is the best move I ever made.



## BEFORE

*This was taken in August 2004, when I was possibly at my largest!*



*A random chubby bloke – It's not really me..... HONEST!!*

I made some great friends and my running progressed to the extent that I ran my first Marathon in 2011, something I really never even dreamt off when I started. I feel fitter now than I ever had and there is no way I'll be returning to the pre running tubby me!!

## AFTER

*This was taken in September 2011, during my first marathon.... and 5 Stone lighter*





## Results Co-ordinator

By: Brian Fisher

### THIS IS YOUR NEW RESULTS CO-ORDINATOR.

If you have been to a Gosport Road Runners Awards Evening and seen the double-act who presented the awards, you might not have recognised half of the team as he doesn't get to the club too often. Never-the-less it was Andy Johnson who, for the

last few years, has been the club's Results Co-ordinator, the man who compiled all the club race results behind the scenes, and without whom the Awards Evenings could not happen.

This year the baton has passed to me ... it's going to be a hard act to follow!

My role as Results Co-ordinator is to collate race results passed to me by club members and to ensure that those who wish to achieve one of the club's annual awards, or qualify for a trophy, meet the targets set by the Club Committee.

As has been emphasised in the last newsletter it is the runners responsibility to advise me of any result they wish to be recorded. That said I am down the Club regularly and know what races people are doing. I WILL try and find race results online, record them myself and pass the result on to Nick for his newsletter too. But if you should get a PB in the Kathmandu Half Marathon you are going to have to let me know!

There is now an up-to-date list of target times for the Club's Bronze, Silver and Gold awards on the Club's Website and I shall be shortly renewing the lists on the Club notice board. If anyone has questions about the awards criteria I shall be happy to answer questions on club-nights.

I shall be shortly getting an official club e-mail address for people to use to advise me of results. Until this is set up please can you continue to send them in via Nick at: [newsletter@gosportroadrunners.or.uk](mailto:newsletter@gosportroadrunners.or.uk) alternatively if you are on Facebook feel free to message me on that instead. I will even accept pieces of paper, but please pass them to me after my run!

I have only been in the role a few weeks and am still finding my feet. But already I've seen several PBs and many other good results coming in, so good luck everybody!

*Brian Fisher*





There have been two HRRL races since the last newsletter was issued; the Alton 10 mile and the Netley 10k, both of which were very well supported by GRR as usual. I've included a few photos from Netley on the next pages but there are loads more on the Club's Facebook page.

## Upcoming League Races

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
12	Sunday 8 <sup>th</sup> June 2014	D-Day 10k	10k	City of Portsmouth Athletic Club

June sees the last in the 2013/14 HRRL series, so your last opportunity this season to represent the Club in one of these league events. You can enter the D-Day 10k, which is being run by the City of Portsmouth Athletic Club on 8<sup>th</sup> June by following the link below.

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.

### D-Day 10k

<http://www.athleticevents.co.uk/page90.html>

The 2014 D Day 10k will be on Sunday 8 June – The 25th anniversary of the race and the 70th anniversary of D Day! ***The race is pre-entry only.***

A flat, fast & virtually traffic free course starting and finishing at 1000 Lakeside. The 1000 Lakeside will be the Race HQ and registration.



**CITY OF PORTSMOUTH  
ATHLETIC CLUB**

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

## Netley 10k

**Southampton  
Athletic Club**











### Dates for your diary:

July will see the Club taking part in the GoFaSt run, our annual timed run with Stubbington Green Runners & Fareham Crusaders in which we compete for the ultimate prize! No really..... you have to see this trophy! This is planned for early July (date to be confirmed) so watch this space, it really is a fun local event to take part in.

### GRR and Social Media:

The Club's Facebook page currently has 352 registered members and seems to be the main place where Club members share stories, race experiences, photos, arrange out of Club meetings.

Follow this link: <http://www.facebook.com/groups/27301329294/> to either register or catch up with the goings on.



### New GRR Website:

If you haven't already done so, you should check out the new and improved Gosport Road Runners website. Paul Street and Toby has been working hard recently to get this updated and although it's still a work in progress, it's a massive improvement on the previous one and it's being used a lot more now that it was previously. The intention is that in future any important documents or correspondence will be posted to the website and members will be sent a link to the webpage rather than me emailing you these documents. You can find the new site it by following this link: [www.gosportroadrunners.org.uk/](http://www.gosportroadrunners.org.uk/)



**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](http://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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)



# GOSPORT

*Road Runners*



# NEWSLETTER

*June 2014*



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Three Forts Challenge

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**This Month's cover photo:**

Nikki White during the Fuddy Mud Sucker





Now that the summer months are with us, the last Thursday of each month sees the Club host our very popular Out Of Town runs. These are excellent runs of between 5 & 7 miles (which usually include a shorter option too) and are VERY steady and very supportive for newer runners, with lots of re-grouping to ensure that nobody gets left behind.

June's 'Out of Town' run (the Portsdown Hill Run) was held on Thursday 26th June, and was hosted by Andy Clutton. Unfortunately I couldn't make this run but it looks like it was another great turnout (Dave tells me there were 40 runners in total!) and apparently the ladies were advised not to wear shorts because of excessive undergrowth! (that's Keith joke btw...not mine!). It seems you all managed to miss the rain too.

The next Out of Town run is planned for 31<sup>st</sup> July (more details are on page 6) and will be hosted by the 3 Amigos, Giles, Keith & Brian. Hopefully I'll manage to make this one!

These are a few photos from this month's Portsdown Hill Run that I've been given to me by photographer extraordinaire; Dave Croft.....













## Next Out of Town Date

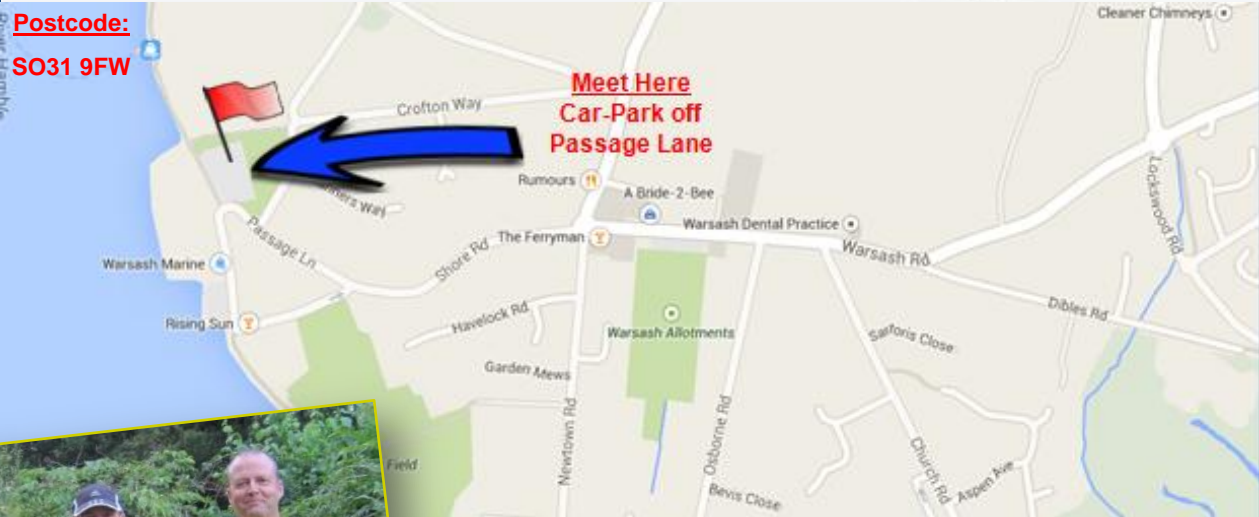
**The June Out of Town Run  
"The Warsash Run"**

**will be held on**

**Thursday 31<sup>st</sup> July at 7pm**

**Hosted by**

**Giles, Keith & Brian**



**Postcode:**  
**SO31 9FW**

**Meet Here  
Car-Park off  
Passage Lane**



Yes, this is the same meeting place as for Paul Turle's run in May.

### What to expect?

6.3 miles of fun - some flat bits, some hilly bits, good company, nice views, woods, trails, tracks and lovely houses (all owned by Sue Barrett but she keep quiet about it). No one gets left behind. Total duration about 90 minutes max. For the speedy people, the last 1.4 miles is flat out, single route if you want to rush off. Trail shoes recommended and bring some water if it is looking hot & sweaty.

For the speedy people, the last 1.4 miles is flat out, single route if you want to rush off. Trail shoes recommended and bring some water if it is looking hot & sweaty.

*Giles Cowling*





(By Aux Gray)

Three Forts Challenge Marathon is officially an ultra-marathon as it is 27.2 miles long. A mile longer than a standard marathon, and with over 3,000 ft of climbing, a damn site tougher.

Me Jess and Noah stayed in Storrington the night before the race and did a recce of the start that evening. It was really fortunate that we did as arriving at Hill Barn 45 minutes before race start we discovered the car park was full. With the inside knowledge we had, Jess could drop me off and park on a side street along the course route. A perfect spot to cheer me and the other 300 or so runners at the bottom of the first climb.

After getting my race number and chip, I just had time for a quick pit stop in one of the 20 portaloos before we began our run. Out of hill barn playing fields, through a car park, down the street that Jess had parked on and left onto the bridleway that begins a climb nearly 2 miles long up to Cissbury Ring. We were single file pretty quickly as the path narrowed between the golf course and ploughed fields, and a few people started moaning at how ridiculous it was not to be able to pass. I wasn't worried though, with another 26+ miles ahead of us, my focus was on energy conservation. As the path narrowed further, it became steeper and more rutted so we were reduced to a walk until the path eventually levelled out and became wider.

A quick turn, a sharp descent and we were at our first of 10 water stations. Well stocked with water or squash in cups as well as jelly babies, bananas, cake and biscuits. Everything needed to keep people fuelled and smiling. The friendliness of all the volunteers only added to the day as the views opened out at the top of the first 'fort' to the rolling hills of the Sussex South Downs.

We then carried on downhill until the bottom of the next climb (A theme that continued in the coming hours. There aren't really many flat sections on this marathon, it's all about the hills!) and up to Coombs. This included a stretch on tarmac and another water stop at Beggars Bush.

After this we continued to Botolphs and the bridge across the river Adur. At this point the course crosses a main road, and there is a large lay-by with another aid station and St John's ambulance crew. My parents who were house sitting in nearby Shoreham were waiting for me and didn't recognise me as they were looking for someone wearing the yellow and blue of a GRR (oops!!). I was wearing my Fetch Everyone vest for this event as I'd entered the race last year, before joining Gosport.

I stopped and chatted for a while and gave Mum a sweaty kiss as I grabbed half a banana and a handful of jelly babies, crossed the road (which was being manned by a few brightly garbed marshals) and began the next hill climb. At points this climb was very steep and resulted in more walking as the path once again became narrow and very rutted.

When it did open out, some people tried to run again. A lady nearby tried to advise others to conserve energy as we still had 20 miles to go, but to no avail. Needless to say we soon passed these people and left them far behind as they tired quickly. I learnt my lesson of walking the steep parts at the South Downs half last year after running up Butser hill in Queen Elizabeth park at the start, and then having to stop a few miles later with seized hamstrings! I guess everyone learns the hard way, I'm just glad I made the mistake on a 13 mile run, not 27.

The race then continued on an out and back about 4 miles long to the top of Devil's Dyke, and about halfway up we saw the race leaders careering back down the hill heading for the halfway point at the bottom.

At the top there were more stunning views, more cake and Jess and Noah waiting to cheer me on. Well, Jess was cheering me on, Noah was running around, falling over and narrowly avoiding landing in the plethora of cowpats!

#### ▼ Elevation



The return leg was without incident. Thankfully, as running down the rutted path was just asking for a twisted ankle, but I was now warmed up, really enjoying the race and getting into my stride.

The one problem I was getting was sore nipples due to the cool but very welcome breeze at Devil's Dyke. This was soon fixed as Jess and Noah were waiting for me once again at the river crossing and Jess administered plasters to the sore parts while Noah tried to climb on me.

The route then joined the South Downs Way and another epic climb to Stenning Bowl followed by Chanctonbury Ring at 22 miles. On the climb I felt a bit of an ache in the legs and caught myself looking at my watch a bit too often. Worried that I was heading for the wall, I chatted to some of the other runners and at the top had a good stretch off while sharing jokes about how flipping crazy we all are with the volunteers at the aid station.

This seemed to break the spell, and I was soon hurtling down the (very steep) other side of the climb heading into the final 10k. This was until my toes started to hurt where they were being squashed into the front of my trainers and I decided it might be a better idea to go down the gravelly hills at a more sedate pace (pinky toenails have since fallen off).

The next water stop had buckets of water and sponges, so I took great pleasure in giving myself a bit of a wash down with the freezing cold water. Contrary to forecasted, it was quite a warm day and people were beginning to suffer with cramp. The only thing missing from the later aid stations were salty snacks which would have helped those suffering. I, however was prepared after reading people on the GRR Facebook page talking about taking hydration sachets every day for the week before a marathon. I also covered up with factor 50 in the morning as the blue skies told me the weather was going to be a bit warmer than predicted.

After the final aid station back at Cissbury Ring, I ran with a guy from Brighton who I had spoken to near the start of the race and we chatted about different things which took our minds off the pain in our bodies. Then with a mile to go and the steep downhill that had been a steep uphill at the beginning of the marathon, I sped off to record a sub 7.30 minute mile and a sprint finish. One runner didn't like being overtaken, so tried it on. I claim I was just in front as we crossed the line, but the results on the website put him as finishing a second ahead. Although, he crossed the start line 10 second before me, so I still won!

The mayor of Worthing was waiting at the finish line to present the medals, and then I grabbed some cake and queued for a massage before heading to the seaside and the chip shop for tea.

I really hope we can get a more of us from Gosport to run this fantastic marathon next year. I'll definitely be doing it again. The views, the volunteers and the organisation were all without fault. And the hills just kept on giving...



### The Fuddy Mud Sucker

Saturday 31<sup>st</sup> May 2014

(By Ben Jarvis)

On Saturday 31st May Ben Jarvis, Kirsten Maw, Shona Rust, Amanda Holloway, Nikki White and Mason White ran a fun mud run called the Fuddy Mud Sucker at Fairthorne Manor.

The run was a total distance of 9km and involved 2 laps of obstacles, water crossing and mud as well as a mud slide to finish. It was a nice hot day with a good bunch of people and ended up with us having a bit of a mud fight half way round. Ending in a good mud slide to make sure we ended being covered in mud.







# 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.

**Sunday 1<sup>st</sup> June 2014**

## **Gosport Golden Mile – Junior Mile**

Chip Pos	Name	Chip Time
45	Ethan Barrett	00:07:49
100	Eve Davies	00:11:16
102	Rachel Davies	00:11:24





**Sunday 1<sup>st</sup> June 2014**

### Gosport Golden Mile

Chip Pos	Name	Chip Time
19	Richard Oakes	00:05:14
29	Ben Jarvis	00:05:41
32	Wayne Toms	00:05:44
34	Ben Wales	00:05:47
39	Tim Durant	00:06:00
49	Brian Fisher	00:06:42
57	Tracy Wales	00:07:16
58	David Brace	00:07:25
62	Adam Walters	00:07:30
65	Nicola Finnemore	00:07:50
70	Tobias Gee	00:08:20
72	Kerry Down	00:08:24
74	Sarah Down	00:08:28







**Sunday 1<sup>st</sup> June 2014**

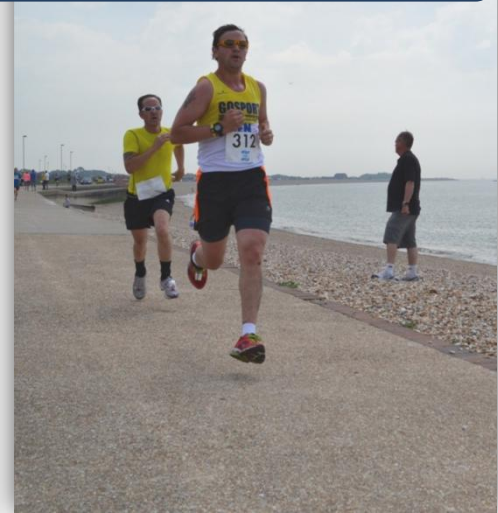
### Gosport Golden Mile – 5k

Chip Pos	Name	Chip Time
9	Chris Buxton	00:18:27
21	Luke Willis	00:20:20
30	Tim Durant	00:21:44
46	Ben Jarvis	00:24:14
50	Rachel Davis	00:24:50
53	John Barrett	00:24:54
57	Terry Moore	00:25:17
71	David Brace	00:27:20
72	Michael Stares	00:27:16
74	Adam Walters	00:27:43
87	Elise Gower	00:29:36
92	Nikki Finnemore	00:30:06
106	Emma Mundy	00:31:21





## Gosport Golden Mile 5k





**Sunday 1<sup>st</sup> June 2014**

### Purbrook Ladies – 5mile

Chip Pos	Name	Chip Time
14	Sarette Martin	00:38:31
20	Fiona Tomlinson	00:40:29
21	Karen Williams	00:41:08
26	Nikki White	00:41:38
27	Jenny Shilling	00:41:41
42	Eileen Cowling	00:44:13
49	Ellie Blaiklok	00:44:44
53	Caroline Oakes	00:45:43
59	Julie Shinton	00:46:38
96	Jenner Moore	00:50:54
106	Angela Elshaw	00:52:41
119	Janet Lindley	00:54:46
120	Denise Francis	00:54:47
131	Karen Middleton	00:57:15
134	Sue Tingley	00:57:21
140	Mandy Myers	00:58:30
141	Susan Barrett	00:58:31
151	Sally Townleey	01:00:31
152	Susan Barker	01:01:21
153	Kathleen King	01:01:22
157	Jennifer Desmoulins	01:08:45



***Jenny Shilling – 1<sup>st</sup> in her age category at the Purbrook 5***











*The infamous Purbrook Ladies warm up routine*



**Tuesday 3<sup>rd</sup> June 2014**




**Absolute Running – Gosport Summer 5k Series**

Chip Pos	Name	Chip Time	Comment
4	Tom Barnard	00:17:39	
5	Chris Buxton	00:17:42	
9	Kevin Wheeler	00:18:52	
26	Tracey Wales	00:23:35	
38	Jenner Moore	00:27:42	
40	Elise Gower	00:28:51	
43	Karen Hoggarth	00:33:55	



This was the first of four summer 5k races, organised by Absolute Running, and thankfully the only one that clashes with our own Club time trial.

The next three races in this series are:

-  Tuesday 8th July 2014 at 7.30 pm
-  Tuesday 12th August 2014 at 7.30 pm
-  Tuesday 9th September 2014 at 7.00 pm

There is also a Children's 1k sprint race at each, event held prior to main event

You can find out more about these races, and enter online, by following the link below:

<http://www.nice-work.org.uk/events.php?id=156>



## Sunday 8<sup>th</sup> June 2014

### **D-Day 10k – HRRL Event**

Chip Pos	Name	Chip Time	Gun Time	Comment
-	Chris Buxton	00:37:37	00:37:47	
-	Jayson Grygiel	00:41:35	00:41:48	
-	Colin Gardner	00:42:05	00:42:14	
-	Ben Jarvis	00:43:08	00:43:18	
-	Tim Durant	00:43:46	00:43:59	
-	Nick Carter	00:44:50	00:45:00	
-	Alan Burgess	00:44:51	00:44:55	
-	Benjamin Wales	00:44:59	00:45:12	
-	Terry Moore	00:49:29	00:49:42	
-	Tracey Wales	00:50:09	00:50:23	
-	Jenny Shilling	00:51:19	00:51:37	
-	Fiona Tomlinson	00:51:47	00:52:06	
-	John Barrett	00:52:29	00:53:01	
-	Michael Stares	00:54:34	00:55:16	
-	Jack Andrew Lambie	00:54:58	00:55:24	
-	Andrea Edwards	00:55:35	00:55:55	
-	Michael Kearney	00:55:39	00:56:17	
-	Ellie Blaiklock	00:56:29	00:56:49	
-	Susan Barrett	00:57:01	00:57:35	
-	David Brace	00:57:01	00:57:35	
-	Adam Walters	00:57:50	00:58:24	
-	Nikki White	01:00:28	01:01:02	
-	Kerry Down	01:00:50	01:01:39	
-	Steve Wise	01:01:40	01:02:27	
-	Jenner Moore	01:01:50	01:02:25	
-	Sarah Down	01:04:47	01:05:37	
-	Laura Grubb	01:04:52	01:05:42	
-	Patricia Lapworth	01:06:26	01:07:06	











### Wednesday 11<sup>th</sup> June 2014

#### Hayling Billy 5

Chip Pos	Name	Chip Time
26	Colin Garner	00:33:25
30	Ian Pugh	00:34:02
39	Ben Jarvis	00:34:29
42	Nick Carter	00:34:50
93	Peter Lindley	00:39:08
105	John Barrett	00:40:22
108	Karen Williams	00:40:33
120	Jenny Shilling	00:41:34
156	Michael Barker	00:44:33
165	Andrea Edwards	00:45:35
172	Susan Barrett	00:45:58
173	Kristin Chien	00:46:03
180	Julie Shinton	00:46:45
188	Kate Smyth	00:47:24
223	Rory Fall	00:51:28
227	Janet Lindley	00:52:14
236	Sue Tingley	00:53:28
245	Rachel Gee	00:54:53
246	Pat Lapworth	00:54:53
254	Susan Barker	00:57:20
255	Kathleen King	00:57:20
271	Linda Moorhead	01:03:49
272	Louise Millson	01:04:03



The Hayling Billy 5 takes place on a Wednesday night - a cracking turn out of no less than 24 Gosport Road Runners took part. The premise is simple, you run along the old railway line for 2.5 miles then turn around and come back again.

It's a flat course, a bit bumpy in places, but nothing scary. The nice thing is you are guaranteed to see all your other club buddies at some point during the race as you pass in different directions.

I had offered to pace Kate at a 10 minute miles before realizing (too late) my watch was set to kilometers. I couldn't work out what we need so just decided to bluff it - thus need to apologise for the 9 minutes miles we actually ran for the first half of the race.

The children's race for ages 8, 9 and 10 (1 mile) took place earlier at 6pm, and there was a GRR victory with Edward Smyth (son of Kate) coming first with a time of 6 mins and 26 seconds. Ethan 'Lazerblade' Barrett finished 19<sup>th</sup> with a time of 7 mis and 32 seconds.

Kudos goes to Jenny shilling who came first in her age group and it was so nice to see Karen Williams back in a Gosport Road Runners vest where she belongs.

*Sue Barrett*



## Hayling Billy 5



Above is a photo of some of the GRR who took part in the Hayling Billy 5 on Wednesday 11<sup>th</sup> June. It was difficult to find everyone to include in the photo, but an excellent turnout, with good results with the junior races also.

I have to give credit for the photo to my husband Phil who should really be an honorary GRR, as he accompanies me to every race and takes the photos, and never moans about having to hang around!

*Jenny Shilling*





**Sunday 15<sup>th</sup> June 2014**

### Alresford 10k

Chip Pos	Name	Chip Time
9	Chris Buxton	00:38:25
43	Colin Gardner	00:43:26
46	Mark Mawby	00:43:44
61	Ian Pugh	00:44:58



*Ian, Mark, Colin & Chris before the start of the Alresford 10k*



### Saturday 21<sup>st</sup> June 2014

#### South Downs Marathon

Chip Pos	Name	Chip Time	Gun Time	Comment
146	Auz Gray	04:35:14	04:34:56	
164	Martyn Rowell	04:40:09	04:39:54	
174	Ian Pugh	04:42:19	04:42:07	
338	Colin Middleton	05:26:50	05:26:35	
400	Keith Elshaw	06:21:30	06:21:13	



Some of the GRR South Downs Marathon & Relay Marathon runner



## South Downs Marathon





**Saturday 21<sup>st</sup> June 2014**

### South Downs Marathon Relay

Leg	Name	Chip Time
1	Pete Phillipson	01:03:20
2	Dave Croft	00:44:39
3	David Brace	01:20:00
4	Levi Hughes	01:03:35
Overall Time		04:11:34
Overall Team Position		49



Leg	Name	Chip Time
1	Julie Shinton	01:11:53
2	Rachel Davis	00:52:08
3	Sue Barrett	01:23:45
4	Ellie Blaiklock	01:00:01
Overall Time		04:27:47
Overall Team Position		65



Leg	Name	Chip Time
1	Steve Cawte	00:39:31
2	Giles Cowling	01:43:09
3	Sylvia Cawte	01:22:55
4	Lucy Hudson	01:02:05
Overall Time		04:47:40
Overall Team Position		79









**Saturday 21<sup>st</sup> June 2014**

### Women's Running Magazine 10km Series

Chip Pos	Name	Chip Time	Gun Time	Comment
23	Jenna Knight	00:52:36	00:52:41	
90	Caroline Oakes	01:02:28	01:02:43	
91	Kerry Down	01:02:28	01:02:44	
137	Jenner Moore	01:07:41	01:07:56	
138	Lizzie Elshaw	01:07:42	01:07:57	
151	Rachel Gee	01:11:06	01:11:20	



One of the hottest days of the year so far and a few of us Gosport Road Runner ladies found ourselves warming up with an aerobic style warm up session for this 10k event (Apart from me who managed to duck out and stand in the shade) I haven't run any of the Women's Running series races before but was very surprised at how small the field of runners was with around 200 in total.

The event itself was well organised with an event arena with several stalls and a registration marquee for those entering on the day. The course consisted of 3 laps of Southampton Common with each lap varying a little each time and two water stations enroute. There were 7 GRRs ladies running in total and with the exception of the speed demon Jenna Knight we started as a large group but broke off into running pairs by the second lap.

Overall it was a good race and the technical tee, medal and goody bag was a great incentive to keep going during the heat of the day. Although the public support was minimal the marshals and fellow competitors created a great atmosphere and a thoroughly enjoyable race.

*Jenner*



Wednesday 25<sup>th</sup> June 2014

### Summer Cross Country – Queen Elizabeth Country Park

Chip Pos	Name	Gun Time	Comment
58	Alan Burgess	00:39:13	
63	Sarette Martin	00:39:43	2 <sup>nd</sup> in age category
107	Mike Stares	00:45:32	
126	Andrea Edwards	00:48:17	
128	Lucy Hudson	00:48:26	



Sarette with her award for coming second in her age group at the Summer Cross Country

**PLEASE..... Let Us Know Your Results!**

Once again, sorry if I've missed anyone this month, or not noted a PB 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.

**The only way you can be sure that your result is include is to let us know by email or Facebook message with details of your race, photos, PBs, etc.**

**Results Co-ordinator**

Most of you will be aware by now that Brian Fisher is now officially in post as the Club's Results Co-ordinator. If you didn't..... why have you not read last month's newsletter yet? Brian has agreed that he will be taking responsibility for collating all of the Club members' race results and forwarding these onto me for inclusion in the newsletters. It is important to note that only those results that are provided to myself or Brian will be included in the newsletter.

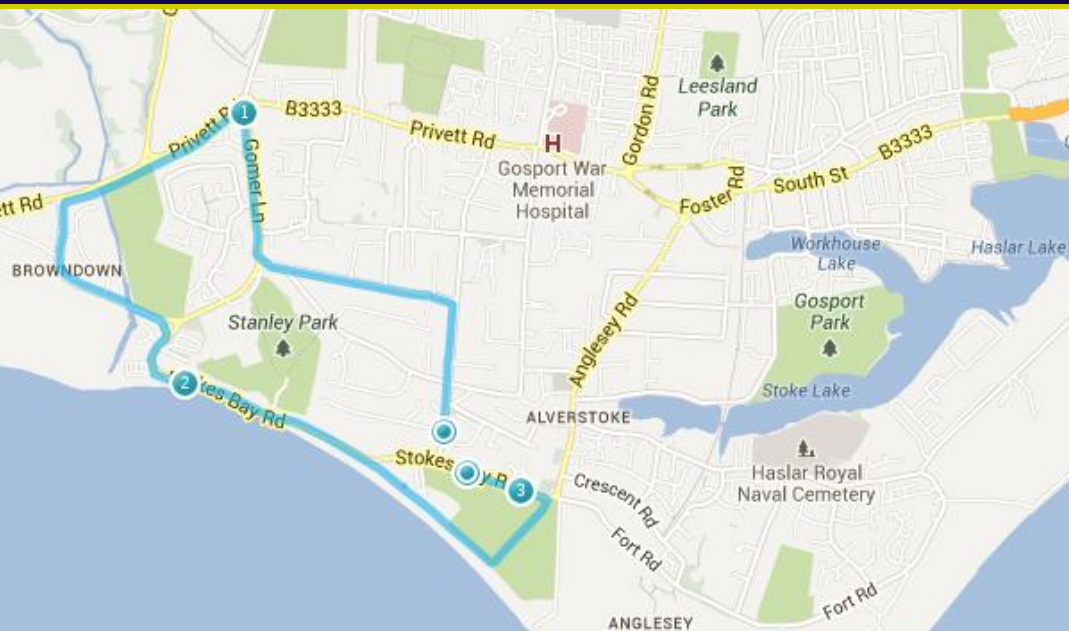
[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)





# Club 5k Time Trial

Tuesday 3<sup>rd</sup> June 2014



Pos	Name	Time
1	Richard Oakes	19:31
2	Jason Grygiel	19:43
3	Alan Burgess	21:08
4	Pete Brown	21:09
5	Pete Phillipson	21:27
6	Anthony Horne -PB	23:01
7	Steve Moltini	23:22
8	Luke Malone	23:59
9	Pete Lindley	24:07
10	Rachel Davies	24:32
11	Keith Elshaw	24:47
12	Dave Croft	24:49
13	Jenny Shilling	25:04

Pos	Name	Time
14	Rachel Kraan	25:30
15	John Barratt	25:39
16	Ken Eaden	26:00
17	Mike Stares	26:10
18	Eileen Cowling	26:20
19	Ellie Blaiklock -PB	26:25
20	John Jeffs	26:37
21	Rory Fall	26:55
22	Natalie Smith	27:20
23	Lucy Hudson	27:20
24	Julie Shinton	27:57
25	David Barker	28:48

Pos	Name	Time
26	David Brace	29:14
27	Christine Chien	29:14
28	Deborah Birch	29:44
29	Marie O'Rouke	30:29
30	Kevin Robinson	30:30
31	Emma Mundy	30:59
32	Giles Cowling	30:59
33	Nicky Fynamore	31:01
34	Sue Barratt	31:11
35	Tina Kraan	32:23
36	Sid Smith	32:25
37	Dave Kirby	DNF

A much lower turnout than of late with only 36 participants, other distractions along the Esplanade perhaps contributed to this. The conditions however were good for runners, officials and supporters and it was special to have our efforts recognized with a special Fly-by.

Talking about Officials our usual thanks to :- Gary Francis (Recorder), Liz Redpath (Starter & Timer), Janet Lindley (Back Up Timer), Terry Weston (Numbers) and of course the supporters - Mike Welsted, George Watson, Kevin White, Nicky White, Paul Street & Ray Bernice



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

## 31<sup>st</sup> May 2014

### Southsea

196 participants completed the run.

Position	Name	Gun Time
102	Sue Barrett	00:26:29

### Havant

141 participants completed the run.

Position	Name	Gun Time
14	Alan Burgess	00:21:58

### Netley Abbey

169 participants completed the run.

Position	Name	Gun Time
18	Tim Durant	00:21:15

### Queen Elizabeth

94 participants completed the run.

Position	Name	Gun Time
10	Colin Gardner	00:21:45

## 7<sup>th</sup> June 2014

### Southsea

131 participants completed the run.

Position	Name	Gun Time
47	Karen Williams	00:23:58

### Netley Abbey

125 participants completed the run.

Position	Name	Gun Time
86	Steve Wise	00:28:45

### Chipping Sodbury

104 participants completed the run.

Position	Name	Gun Time
8	Tim Durant	00:20:46

## 14<sup>th</sup> June 2014

### Queen Elizabeth

205 participants completed the run.

Position	Name	Gun Time
26	Tim Durant	00:20:58
131	Steve Wise	00:28:51
156	Sean McKay	00:31:40

## 21<sup>st</sup> June 2014

### Havant

192 participants completed the run.

Position	Name	Gun Time
25	Alan Burgess	00:21:42

parkrun is for everyone





# The 43<sup>rd</sup> International 3 day March of Ieper

By: Dave Kirby

The 43rd International 3 day March Of Ieper is held on 30th, 31st May and 1st June 2014. The Ieper 100km international march is centred around the small Flanders town of Ieper, known as "Wipers" to the British troops of the 1914-18 war. It is held annually over Ascension weekend which coincides with a Belgian national holiday, taking in the Friday, Saturday and Sunday of that weekend.

The march is broken down into three one day events and the routes taken cover most of the 1914-18 battlefields of the Ypres Salient, covering key points from that period; The Menin Gate, (recording the names of 55'000 men who have no known grave), Hill 60, Hell Fire Corner, Shrapnel Corner, Mount Kemmel, Railway Wood, Paschendale Ridge (150,000 men fell here in only three months), Zillebeke, Sanctuary Wood, Hill 62 and Essex Farm to list but a few.

Here is a really unique way of walking or running amidst the poppies of the old battlefields, a chance to see for yourself the Immortal Salient "the corner of a foreign field which is forever England".

The march is open to all age groups and organisations. Entries come from a host of countries. Distances which may be entered for per day are 6, 10, 15, 20, 30, 40 or a special 50 km on the middle day if you are daft enough.

This year's event drew a record crowd of over 5,000 to commemorate the 100 year anniversary of the outbreak of war. Weather was warm with variable amounts of cloud, above all else it was dry; you really do not want to experience Flanders rain. Old friendships down the years were rekindled and new friendships made.



*Armistice Day Last Post Ceremony*

One of the highlights during the 3 day event is the parade on Friday night to the Menin Gate where the Last Post ceremony takes place every night at 20:00. I marched with the Odds and Sods platoon, anyone can join, there are always new faces and I defy anyone not to be moved by unfolding events.

On Saturday evening there is always a popular barbecue and some serious beer drinking takes place, in fact some individuals take beer drinking seriously every night. It all depends on ones stamina and what sort of state one is in next day and what sort of distance ones got to cover.

Anyone who would like more information or has any questions, please ask. I am not the best battlefield tour guide on the Western Front but I do come cheap.

*Dave Kirby.*



# What Running Has Done For Me

By: Me (Jenner Moore)

## Running has become a family event

At over 15 stone and only 5ft 3inches tall I knew the time had come to take control over my weight which was affecting every aspect of my life. I remember sitting and watching the London Marathon in April 2013 as I had every year and sat in awe of the amazing runners with their sheer determination and amazing endurance and told myself as I did year after year that one day I would be running it too. However, this year I knew something had to change and that I needed to stop hiding behind my underactive thyroid as an excuse so I took the bull by the horns and joined my local slimming world group and found myself a couch to 5k plan to follow.

I had previously taken part in the race for life 5k and had struggled from around 1k so I had my work cut out. I started the c25k plan alongside my weight loss journey but it became apparent quite early on that the weight needed to go before I could even contemplate starting the plan as I was struggling to maintain a 1 minute run and was ending up sick for days afterwards. In November I was 4 stone lighter and mentally I felt ready to take on the couch to 5k challenge and I have never looked back. I can't begin to describe the sheer elation I felt when not only did I complete 1 minute of running but 8 minutes, I was completely hooked. I progressed through the plan very steadily and once I was up to maintaining 10 minutes of running my hubby Terry began running by my side to help build my confidence which was and is one of my biggest hang ups.

In January I was very lucky to have two friends from school Becky Veal and Lizzie Elshaw who took me under their running wings and introduced me to park runs. My first park run was at Netley Abbey on a very wet and windswept morning with a local Olympic runner Iwan Thomas also taking part! It was a tough run and I managed to finish in 37:19 with a couple of walking breaks on the hills but I did it! As well as introducing me to park runs, Lizzie also invited me along to the GRRs January time trial. I was so nervous, I didn't see myself as a real runner as you guys and girls are and was dreading being left behind but I took it steady and ran my own pace behind Lizzie and Ange who chatted the whole way around which was something I just couldn't do whilst running (Oh how things have changed lol!). As I came up on the final straight Ange came back to run with me and encouraged me to sprint for the finish, something which I hadn't done since I left school, and which I did to huge cheers of encouragement from all you lovely GRRs! That was the first time I had run 5k without walking and I felt absolutely elated and I couldn't wait to come back to the club to run alongside you all.

Terry was a little bit sceptical of running with others or running/paying for races but as my confidence increased I started to build up my distances and had entered the Selsey 10k and had asked if he would run it with me for support. We spent our Valentine's Day morning running 10k as prep for it and the photo when I finished says it all! It was horrendous weather, I think we may have had an amber weather warning but it didn't stop us.





Terry is ex-army so he has in a previous life run long distances including as he likes to (often) tell me with weight on his back, but it had been a few years since he had last run. It didn't take him long to build his stamina back up and although he wasn't watching what he ate, the weight began to fall off him too. I had a tough time trying to convince him that he would enjoy being part of the club and it wasn't until we ran the Selsey 10k when he had the opportunity to meet other club members that he had a change of heart(See the hen pecking worked in the end)!

We have both been welcomed into the club and thoroughly enjoy running hills and I do enjoy speed work on a Tuesday evening. The variety of runs and paces means it's never a chore when running with the club. We have both have several races since joining including the Hook 10 which was hard going and the D-day 10k which was a very difficult run for entirely different reasons. We have managed to build up our distance to half marathon although Terry's pace is a very much quicker than mine but we still run as a couple on occasions. I am hoping our running will take us to marathon distance which is my ultimate running goal and after following all you Brighton marathon runners as you worked the course, we bit the bullet and entered next year's marathon. The plan for now is keep at the half marathon distance as we have a few in the autumn. I am so looking forward to the Denbies half in September.



Running has completely changed my life, I love running and the post run feeling is just amazing. I began running with a set goal in mind but as my running journey has progressed I now run for the sake of running and my enthusiasm has started to rub off on Terry. My confidence has grown with the undying support of my hubby but also by the continued support from all you fellow Gosport Road Runners and I would like to say thank you. Right that's enough of the slushy stuff! The only thing left to say is happy running to all! ☺

*Jenner Moore*

***These photos are unbelievable!.... and what an inspirational story, well done both of you.***

# From the Great South Run to LeJog

By: Phil Beed

Having been a member of GRR for many years work shifts meant my attendance slowly dropped off in 2012 so that I hardly ran at all. Last year my son started running and persuaded me to enter the Great South with him and I returned to the club to cram some training in the month before (thanks Jo) & finished the race in what I considered to be a reasonable time. After the Great South I came back to training for a few weeks then dropped off the scene again. With all my coming and going I thought I should perhaps share with you what I've been up to.

Along with my friend John, I have been doing a bit of cycling for a few years, mainly a couple of short distance touring holidays and then short weekly rides. How we got from that to deciding we were going to attempt an End to End ride from Lands End to John O'Groats still isn't entirely clear, but I think it was along the lines of; if you're going to go on cycle tours you might as well do the Big One. I guess it's not dissimilar from runners wanting to enter marathons.

Just before the Great South we'd done enough riding and research to establish that we could manage the distances involved with some training and booked places on an organised ride with a company called Peak Tours. There were lots of benefits from doing the ride in this way, we'd be with other people, the route is planned, accommodation and meals are sorted, luggage doesn't have to be carried on our bikes and we'd have support in case of problems.

The dates we chose were in May, so as soon as the Great South Run was over I was starting my training programme. Cycling to work isn't an option for me as I need my car for my job, so I had a very ad-hoc programme which essentially involved riding whenever I could on days off, or before a 3pm shift start. We needed to be able to ride an average of 70 miles/day for 14 days, with lots of hills at the beginning and the end and a few of the days covering distances of 80+ miles.

My experience with running and GRR was actually quite helpful. I focussed on distance rather than pace and built up distances gradually, and rode on consecutive days whenever my work shifts allowed me to. I used the 10% rule to gradually increase the distance of day rides, and also for setting a weekly overall distance goal from February onwards so that I increased from 100 miles a week in Feb to nearly 200 miles just before the tour. In all I covered about 2300 miles in training, riding in all weather conditions so that we were acclimatised, and needing to fully service my bike twice before we left for Land End. We also used the training rides to make sure our bikes, clothing and equipment were well tested.



We headed for Lands End on the 9th May, met the tour guides and the rest of the group, and set off on our big adventure early on Sun 10th May. Were we nervous? Yes, again like running the training helps, but you still don't know how you're going to perform until the day(s) of the event. Our first day was overcast with frequent short showers and very windy, the wind though was behind us and this makes a real difference on a bike. In fact one of the reasons for going in our direction (LeJog) as opposed to the other way round (JogLe) is that the prevailing wind is more likely to be behind you.

Our ride was planned over 14 days. The first 3 of these were spent riding through Cornwall and the Devon, where the hills are described as short and sharp, or like dragons teeth. It's a tough start, but if you can get through those first 3 days you're probably going to make it as by Tuesday afternoon we were onto the Somerset levels, the terrain had flattened out and would stay that way until we reached the Lake District. It wasn't completely flat though, there was always at least one big hill each day, and we soon learnt that the big hills were invariably at the very start of the day, straight after lunch or at the very end of the days ride, i.e. always where you didn't really want a big hill.



From Glastonbury we headed through Bristol and then rode across the Severn Bridge, quite an experience in itself, into Wales, and made our way up through the Welsh Marches. By now we were settled into a routine; cycling gear for breakfast, full English to fuel us up, drinks bottles on our bikes, waterproofs in our panniers, everything else in the vans, large bag in the luggage van, day bag in the brew van were we could access things like spare clothing if we needed them. The Brew van met us at a mid point in the morning and again in the afternoon to supply us with hot and cold drinks and a table full of fruit, biscuits and cakes we could munch on as well as put in our pockets for later on. There was also a planned lunch stop each day at a pub or cafe, with food ready for us as we arrived.



There were 26 of us in the group, including 4 Canadians. We were a mix of gender and ages, from all walks of life and a wide range of cycling experience and ability. After the mornings briefing we all set out on the planned route with the fast riders soon opening up a gap. Even so there was an interesting concertina effect, as slower groups found themselves passing faster riders who had stopped for a puncture or other problem or had taken a detour, either for sightseeing or because they had got lost. On the second Sunday we were caught up by 2 of the Canadians late in the morning, asking where they'd been, they told us they stopped to look round a Car Boot Sale that we'd passed a few miles back, well what else would you do when you're on a 1,000 mile bike ride from Lands End to John O'Groats? The group also tended to come back together at the brew stops and lunch stop, and there were days when people rode at different paces for a change of scene and a change of company.

Leaving Wales we headed through the industrial belt, a couple of days of urban sprawl through Runcorn and Blackburn, different but still interesting, then into open country again with the Lake District. Entering Windermere we found ourselves riding alongside the last few miles of a marathon, I reckoned the runners we were passing were the 4 hours plus guys. It really did emphasis the difference in the two disciplines, I know I wasn't racing but I'd covered 50 miles since breakfast and was still fresh, some of the runners were really struggling as they reached their 20 mile mark.



John and I stayed in Keswick Youth Hostel, as we opted for the cheaper Hostel option which meant we were in Hostels for 4 nights, B&B's the other nights. Keswick YHA was great, situated right next to the river, comfortable room, nice restaurant, and laundry room so we could wash and dry our kit. The restaurant served us a cooked breakfast which we needed as we started the day with a six mile climb at the top of which we could glimpse Scotland. We crossed the border just after lunch at which point I amused the group by taking a Tam O'shanter, complete with red hair, from my pannier to have my photo taken by the Welcome to Scotland sign.



Riding through Scotland was fantastic with the scenery getting more awesome with each days ride. We went right through the centre of Glasgow on a cycle track and cycle routes and decided it was actually one of the most pleasant days riding of the trip. Up to this point we had enjoyed really good weather, but we finished day 11 by riding into a head wind as we descended into Glen Coe. The following day we had a head wind against us all morning making riding difficult and after lunch the wind gave way to rain and we arrived in Inverness cold and wet. We recovered with fish and chips and a bottle of cider each in our B&B, using the radiators and hair drier to get our clothes and shoes wearable for the next day.

The weather improved again for the last 2 days, not as warm as it had been but at least not as windy and reasonably dry as we made our way through the Highlands. Getting a mobile phone signal or wifi access had been very variable over the first 12 days, even in populated areas, twice I'd had to find a pay phone for my daily call home. Now we were in such a remote area I found my phone reception was excellent and our wifi connection in Altnahara was the best yet.





Our final days ride was 82 miles, but accommodation is limited this far up into the Highlands so five of us had been sent 6 miles further to a B&B on the penultimate day. This meant we had a slightly shorter last day allowing us to set off at our own pace and the rest of the group to gradually catch up with us. We got our first glimpse of the North Sea late in the morning, a welcome sight, and by lunch time the group had come together again. From the lunch stop we rode at our own pace until 7 miles from the end, when we all stopped at a pub to regroup and all 26 of us rode the last 7 miles together. Two of the fast riders headed the group, skilfully slowing the pace right down to keep us together. As we rounded the last corner, my friend John, who celebrated his 69th birthday at Loch Lomond and who had been a back-marker all the way found himself hustled to the front and led us all down to the finish post.



The feeling arriving at John O'Groats and completing our End to End ride has similarities to crossing the finishing line on Marathon day. We'd ridden over 1,000 miles in 14 days, climbed twice the height of Everest, passed through varied and changing scenery, and enjoyed the company of some great people. It's also an epic challenge, being an achievable goal for most people but less than 1% of the population have actually done it. In fact everywhere we went people were asking us about what we were doing and were wishing us luck.

Something I hadn't really considered, but have now realised is what completing the End to End ride does for your inner confidence. I'm not a particularly fast cyclist, I prefer to pace myself and enjoy the scenery, so often when out riding I'll be passed by cyclists going much faster than me. When that happens I now find myself think okay you're faster than me, but I doubt you've ridden your bike the length of the country from Lands End to John O'Groats.

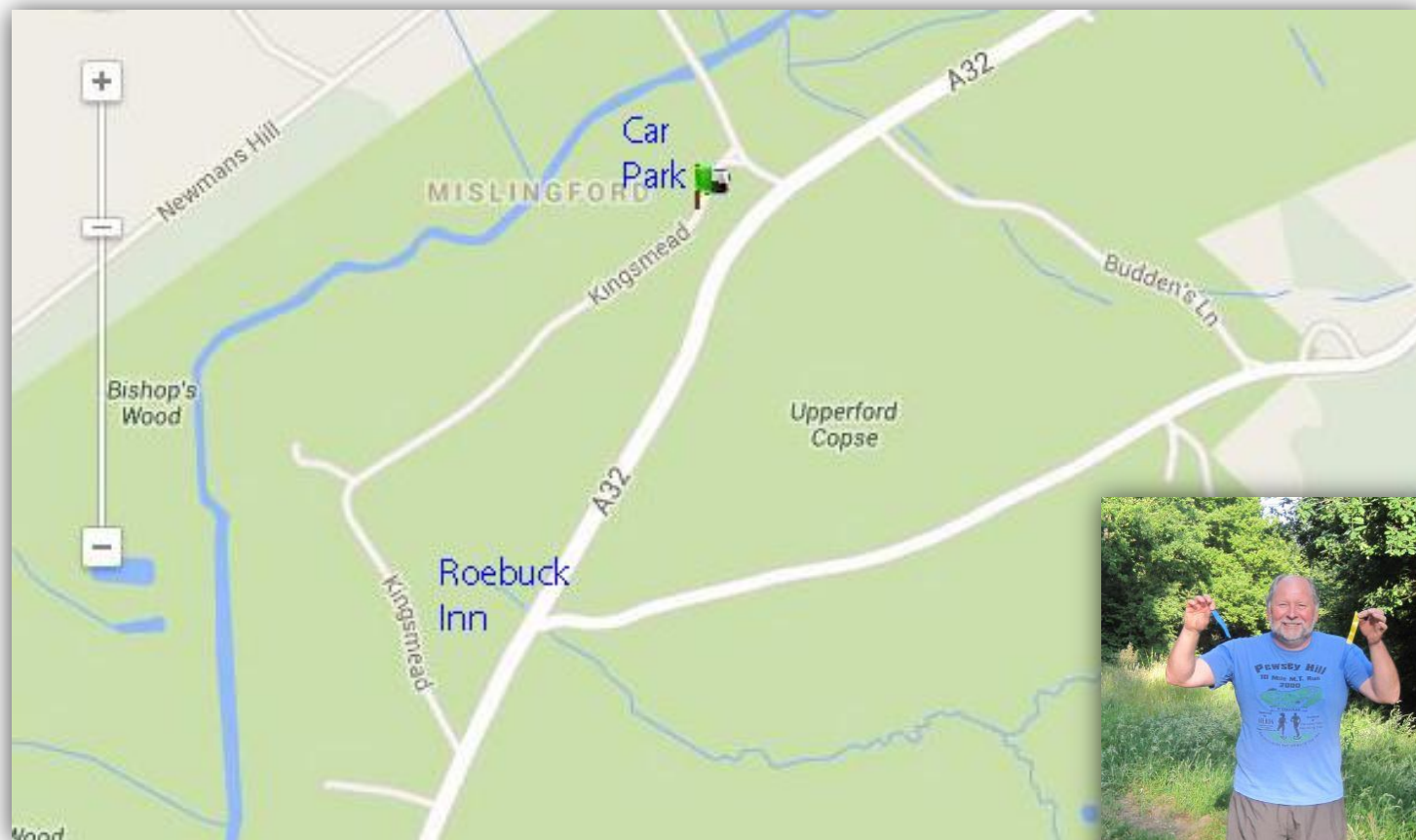
If you want to read more there is a blog from our ride at <http://beedandhornlejog.blogspot.co.uk/> I'm hoping I'll find some time to get back to running soon, or maybe my son will persuade me to enter the Great North this year as he's now living near Birmingham, so expect to see you again soon one way or another.

***This was a fantastic article thanks Phil, and what an achievement too!***

## The Annual “HASH”

This year's annual “HASH” will be held on Thursday 17th July with a 7pm start. Gary Francis, Andy Clutton & Dave Croft have been beavering away on your behalf in Bishop's Wood and have come up with a 5-ish mile route that will intrigue and excite you (and may even get you a little bit lost).

The Map below shows the general area, Start & Parking:



As you can hopefully you can see from the map, the parking will be in Kingsmead Lane, which is sharp left just past the Roebuck inn on the A32 North of Wickham. I have been asked to stress that people **should park at the far end of the lane and not in front of the housing, unless absolutely necessary.**

Also, it is traditional that the club does **not** hold any other activity on that particular evening and the Clubhouse **will be closed**.

**“DOUBLE YELLOW”** - For those of you who haven't tried this before, I won't spoil the surprise for you but I will promise you that it's the most fun you will ever have in the woods, with a bunch of friends, some mud (hopefully) and some pieces coloured sticky tape! Gary will explain all on the night.....





## Other dates for your diary:

### GoFaSt Run

Last month's newsletter included details of the GoFaSt run, which was initially planned for July. I've since been told that this has now been cancelled and is being rescheduled for sometime in August. Watch this space for more details.



### Summer Relay & BBQ

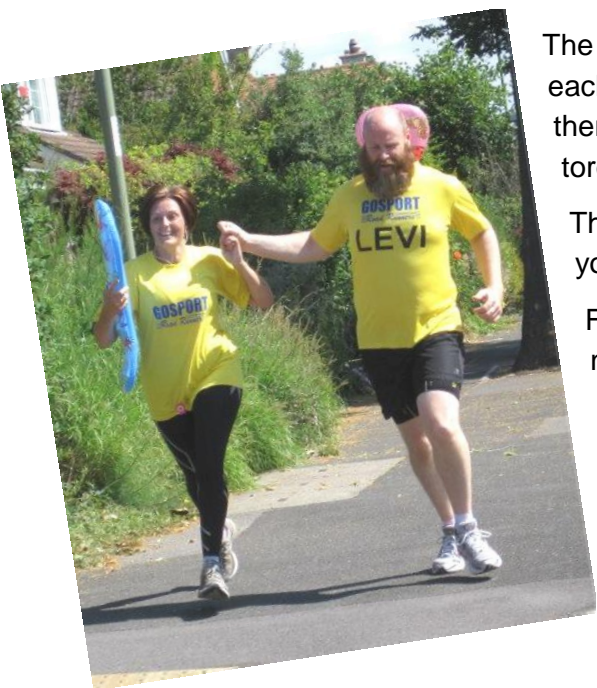
It has been confirmed that this year's summer relay and family BBQ will be held on Saturday 19<sup>th</sup> July (time to be advised). For those who haven't taken part in this before, it is a fun (albeit sometimes competitive) relay race with legs of no longer than 2 or 3 miles. Teams are arranged equally so that each team has an equal number of similar paced runners (or if your team has a very fast runner you are likely to also one of the not so fast runners too).

The organisers tend to try and add a bit of fun to the event too by making each team run whilst carrying or wearing something unusual (in the past there have been foam swords, bubble wands, inflatable toys, Olympic torches, oversized bras, etc....) which all adds to the fun of the event.

This is a family event with a BBQ held at the Clubhouse afterwards so you are welcome to take along the other half and the kids if you so wish.

Further details and a list for those wanting to run will be put on the notice board at the club in the next week or so.

**Ange & Levi (with inflatables in hand) during last summer's relay race.**



**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](http://www.absolute-running.co.uk/gosportroadrunners)



## Committee News:

Please note the below message from the Committee, in case you missed the recent email that was sent to all members:



Dear members

Each club night – Tuesdays, and Thursdays, Gosport & Fareham Rugby Club resource the opening up of the building and bar area for us to use and congregate pre and post runs.

On occasions when we have alternative club events scheduled, such as our Monthly Time Trial or Out of Town Runs the number of runners making use of the clubhouse drops significantly, and it is now no longer viable for the clubhouse to be opened up and manned for only a small number of runners.

Normal club night sessions - Tuesdays and Thursdays the clubhouse will be open as usual and continue to be, however when we run an event on a club night that will result in lesser numbers attending the clubhouse then it will be closed.

Therefore, please note – The clubhouse will be closed as follows:

- Thursday 26th June (Summer Out of Town Run)
- any further Summer Out of Town Runs that are scheduled to take place on the last Thursday of the month (April to August inclusive)
- First Tuesday of each month when we undertake our Monthly Time Trial from Stokes Bay.

Members may still wish to use the club as their base to meet others, so making use of the parking and the field, but will find the clubhouse itself closed.

For further events and times when the clubhouse will be closed please refer to our Gosport Road Runners website for further information.

Many thanks for your co-operation.

*The Committee*

## 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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)







# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER

*July 2014*



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### An Update Re the Gosport Half Marathon

Dear fellow runner,

There are few obligations or commitments in being a club member but one of them must surely be to marshal at the Gosport Half Marathon.

For one weekend in the year we are asked to give our time to raise money for good causes within our local community and to play our part in the wider running world by hosting our own event for other runners, many of whom have organised races that we have attended.

This is what we have done for twenty nine years and the race has never been as successful as it is now. The late Brenda Wiltshire and Sue Andrews who started the race all those years ago would be very proud of us all. This race is something to treasure and cherish, it is not organised for commercial profit and is a force for good, however, it should not be taken for granted that it can just continue each year without support from all of us - you never know how precious something is until you lose it.

I believe the foundation for hosting such an excellent race lies in the selfless act the club voted for at the 2004 AGM which amended the club constitution to exclude any member from participating in the event and this is the bond that unites us all as one team of equals, making us the envy of other race organisers. It isn't an opinion that is shared by everyone and has been controversial in the past, but the majority of the current membership appears to embrace that ruling and is reaping the rewards of that decision.

Nothing focuses a race committee more than a new course: it is both exciting and worrying in equal measure as, however much you think you have thought of everything, the risk of something going wrong on an unfamiliar route is great.

Our reputation for providing a good value, well organised and fast course will remain with those runners who have previously run our race and we hope that the new course will equal or surpass their previous experience. For those who are participating for the first time, we hope they find the same and are pleasantly surprised to be encouraged throughout their run by a hundred and thirty Gosport Road Runners and a further hundred and twenty children/teenagers from Gosport's youth groups at the water stations and finish area.

We owe a debt of gratitude to Andy Clutton for the many hours he has given planning the new route and preparing detailed plans and drawings for the Course Measurer and UK Athletics. Together with Gary Francis, he has put together a route that we hope will match all that Daedalus offered, be spectator friendly and have more sea views. During the last eight years Andy has given tremendous support to Gary for the essential but unglamorous task of setting up the course logistics and we have never been more grateful for his experience than this year.

We will be taking advantage of the catering facilities at the Rugby Club to offer all those attending the post race evening function a free hot meal, as well as their first drink.

For as long as I can remember, Denise Little has given her time each year from September to race day posting a race pack to every participant, which in recent years has totalled 2,000. With the high cost of postage we are moving into the electronic age this year and the race programme will be e-mailed and not posted to the runners making a saving of £1,100 in postage and printing costs and we will also be texting each runner with their individual race time. Thank you Denise for the many, many hours you have given to this task.

In recent years the race has generated sufficient profit for approximately £11,000 to be distributed to good causes and we have also been able to make an annual grant to the main club committee of £1,000. Those causes we supported last year are named below and on behalf of the Race Committee 'Thank You' for making this possible.

*Mike Barker*



## Extracts from 'Thank you' Letters

### Loud and Proud – Nominated by the Race Committee

We donated £500 to this group who manned a water station. They are a group of young people aged 16 – 25 years who give their free time to work in the community.

"Dear Gosport Road Runners,

Thank you for your kind donation, it was much needed and very appreciated."

Nicola Ure

Group Co-ordinator



### The Mayor's Charity Appeal – Nominated by Race Committee

The Mayor started the main event and children's race and then stayed on to welcome back the runners at the finish. Our donation will help his Mayoral Annual Appeal which this year is focused on children in Gosport.



*Jenny Shilling, Pete and Janet Lindley, Mike and Sue Barker*

"Please pass my most sincere thanks to your race committee for the very generous donation of £1,000 for my Mayor's Charity Appeal.

I am most grateful for the way in which Gosport Road Runners allocate their funds each year to local charities. All my charities will benefit from your kind donation.

I really enjoyed attending last year and wish you all the best of luck (and weather) for this year's race."

John Beavis

Mayor of Gosport

### Gosport BMX Club – Nominated by Karen Phillips

Karen's daughter is a member of the Gosport BMX Club and we have been able to help towards the upkeep of the track and providing equipment to allow children to join in the training sessions. The popularity of the Club has grown significantly in recent years and now hosts regional and national events. All ages and abilities are encouraged to join the club.

"On behalf of all the club members, I would like to thank Gosport Road Runners for their very kind donation of £1,000. The BMX club is extremely grateful for your generosity, which helps the club grow, giving opportunities to a lot of local people"

Darren Fells - Club Chairman



*Karen & her daughter (Lily) holding the GRR banner – with some of the other Gosport BMX Club riders.*

### 1st Alverstoke Guide Company – Nominated by the Race Committee

This Guide Company manned the water station on Daedalus airfield.

"Thank you very much for the cheque for £500. You have no idea how much this money helps our Guide unit and it is very much appreciated. We all thoroughly enjoyed our yearly session at the water stations and the donation is a bonus. We were very lucky to have an amazing thirty five helpers and this made a big difference.

Thank you very much for inviting us along."

Diane Williams



### Hewat Centre – Gosport War Memorial Hospital – Nominated by Chris Nation

Chris thanked the club at our Annual General Meeting for our £500 donation which she and her colleague Jo will use to support carers and families of relatives who have mental health problems. She gives carers one to one support and will ensure they have some respite by taking them out for small treats so that they can meet socially as a group.

"Thank you so much for the donation Gosport Road Runners kindly gave us to support mental health carers. It was very generous of you all and we will be able to use this money for a number of activities, spread over the year. We will keep you updated on how we spend the money.

Thanks again for the cheque - it was a lovely surprise!!"

Chris Nation - Mental Health Carers Support Worker



Chris (on the right) with her colleague Jo at the Hewat Centre

**Woodcot Primary School Football Team – Nominated by Sue Barrett**

This was the inaugural year that this small school entered the Gosport Schools seven a side football league. We were able to replace their ancient, ill fitting football clothing for a matching yellow team outfit in a variety of sizes.

"Today, myself, Janet and Pete Lindley had the extreme pleasure of presenting a cheque for £300 to the Woodcot Primary School football team. My son Ethan attends the school and he and his team mates were very excited at the prospect of a new kit which unlike their current one might actually fit them and not be over twenty years old."

**Sue Barrett**



*Mrs Clist (Head Teacher) with Janet, Pete, Sue and Ethan*

"Thank you so much for your cheque for £300. On behalf of the pupils and staff may I thank you for this generous donation. It was good that we could be considered for this.

It will be great to have some fresh and up to date kit. As part of purchasing the items, we will look to see how your donation might best be marked on the kit.

Please pass on our grateful thanks to the race committee."

**Marion Clist – Head Teacher (Woodcot Primary School)**



### 6th Gosport (Rowner) Scout Group – Nominated by the Race Committee

This group staffed the Refreshments stall, helped out with the baggage and gave out the Goodie Bags.

"The Executive Committee and all our members would like to thank the Gosport Road Runners for their kind donation of £500. This will go a long way towards our new headquarters.

**John Bennett - Treasurer**

### The 16th Gosport Scout Group – Nominated by the Race Committee

We donated £500 to this Scout Group who manned the finish drink station.

"To all at the Gosport Road Runners. Thank you once again for your very kind support. The money has been rather useful this year as the hut has taken a battering with the recent bad weather.

**Rosie and all at the 16th Gosport Scout Group**

### Brodrick Hall Community Centre – Nominated by Race Committee

This centre situated in Clayhall Road is at the heart of Alverstoke Community and is one hundred and five years old.

"I am writing to say thank you very much to the race committee for the donation of £1,000 towards our refurbishment of the Brodrick Hall kitchen and facilities.

The hall is used by many groups of people from the Alverstoke and Gosport Community and they will all benefit from your very kind donation."

**Diane Williams**



*John Rogers and Ken Greenwood – Brodrick Hall Committee Members*

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"To all at the Gosport Road Runners. Thank you once again for your very kind support. The money has been rather useful this year as the hut has taken a battering with the recent bad weather.

*Rosie and all at the 16th Gosport Scout Group*

### The Gosport Shed – Nominated by David Chilvers and John Jeffs

Located at Fort Brockhurst, 'The Gosport Shed' provides a new network of friends and a renewed sense of purpose for retired men.

"Many thanks for the Road Runners very generous donation of £200. It's great to have such strong support from the Gosport community.

We are putting some of the money into a fund to purchase an engineering lathe and the rest will go towards the rent of our two rooms at Fort Brockhurst.

If there is anything we can do for the Road Runners, please let me know. We are currently building a pair of access ramps for the RN Submarine Museum, making scenery for a school play and a stall for the D Day celebrations.

Best regards from the Shedders, and keep on running!

*Martin Corrick - Chairman, The Gosport Shed*



*Constructing a ramp for the Submarine Museum*



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"To all at the Gosport Road Runners. Thank you once again for your very kind support. The money has been rather useful this year as the hut has taken a battering with the recent bad weather."

Rosie and all at the 16th Gosport Scout Group

### Let Us Play Scheme – Nominated by Alan Burgess

"Thank you very much indeed for your generous donation of £400. Please pass on our sincere thanks to Alan Burgess for nominating LUPS, and to all the committee and members for supporting us, your help is very much appreciated.

As you may be aware, LUPS provides a play scheme with one to one support for children aged 2 to 19 with multiple physical and/or profound learning difficulties during the school holidays. LUPS now provides more child placements than ever before, thanks to kind donations such as yours. LUPS makes a huge difference to families, as it allows the children to have lots of fun and stimulation in a safe environment and provides them with the best possible support; it enables parents to spend time with their other children doing different activities and also gain some much needed respite.

Thank you again, on behalf of the Children and Parents of Let Us Play Scheme.

With all good wishes and kind regards to you all,"

Andrea Buchan-Hepburn - Secretary, LUPS



Alan at St Francis School, Fareham presenting the cheque

**Christians Against Poverty – Nominated by Kate Smyth**

We donated £500 to this Scout Group who manned the finish drink station.

"Thank you very much, on behalf of the Gosport CAP Debt Centre, for the generous donation of £500, from the Gosport Road Runners, towards the work of Christians Against Poverty in this area. Many people in Gosport are struggling to deal with debt and it is a privilege to be able to come alongside some of them and help them find the best way to deal with their debts. We are mainly supported by local churches and do not receive any Government funding so donations such as yours are very much appreciated."

Ruth Hobbs - CAP Centre Manager



*Kate presenting cheque to Ruth Hobbs*



### HMS Sultan Volunteer Cadet Corps – Nominated by Jenny Shilling

Jenny's grandson is a member of this group. The Cadet Corps welcomes young people, preparing them for adulthood whilst encouraging them to become confident, and to work both individually and as team members. It is welcoming to disadvantaged and disabled children.

"I received your letter with the fantastic news that the race committee decided after recommendation from Jenny Shilling, to donate £1,000 to Sultan Volunteer Cadet Corps. As the Commanding Officer and on behalf of the VCC, I am delighted to accept your enormous donation.

This wonderful surprise will help fund our planned purchase of two large TV screens that we will use to enhance our training delivery to the cadets, via power point presentations.

Please pass on my sincere thanks to all the road runners, who train so hard and run many miles to ensure charities like ours can benefit.

**Mark Branson - Commanding Officer**



*Jenny with Pete presenting the cheque*

**Hampshire and Isle of Wight Air Ambulance – Nominated by Keith Elshaw**

We agreed to donate a maximum of three hundred pounds to this charity by matching Jo Harvey's efforts of fundraising for James Heath who will be climbing Mount Kilimanjaro. He hopes to raise £3,500 by doing so.

Jo has been helping James raise funds by providing club members with a total body analysis fitness report.

"I should like to thank you most sincerely for the donation of £300 donated for James Heath's Mt Kilimanjaro fundraising efforts. Thank you for your support, it is much appreciated."

**John Perry - Chief Executive**



*James Heath, Sue Barrett, Nick Carter, Jo Harvey and Shona Rust*

Jo has decided that she will be joining James on his expedition, so hopefully we can expect a photograph of two Gosport Road Runners wearing their club vests on the top of Mount Kilimanjaro in a future edition of this newsletter (with an article of course!).



## 1098 (Gosport) Squadron Air Training Corps – Nominated by the Race Committee

This group helped set up Bay House School and staffed a water station.



*At Bay House School*

"Thank you so very much for the Road Runners very generous donation to this Squadron following the Gosport Half Marathon. I can assure you that the donation to this unit will be put to very good use, for the benefit of the young people of Gosport.

All of our personnel had a very enjoyable day helping out and we hope to be able to help you again this year."

*A Barnett - Flight Lieutenant RAF*

## Devon Air Ambulance Trust – Nominated by the Race Committee

Our final donation was to keep a promise to Travis Birch that if he broke the World Record as the fastest man to run a half marathon dressed as an animal we would make a donation to a charity of his choice – He did break the record and we kept our promise and gave £200.

***Thank you to Mike Barker for taking the time to put together such an interesting article. Personally, it makes me even more proud to be associated with Gosport Road Runners when you read stories such as these and when you realise how much good our race does for our local community.***





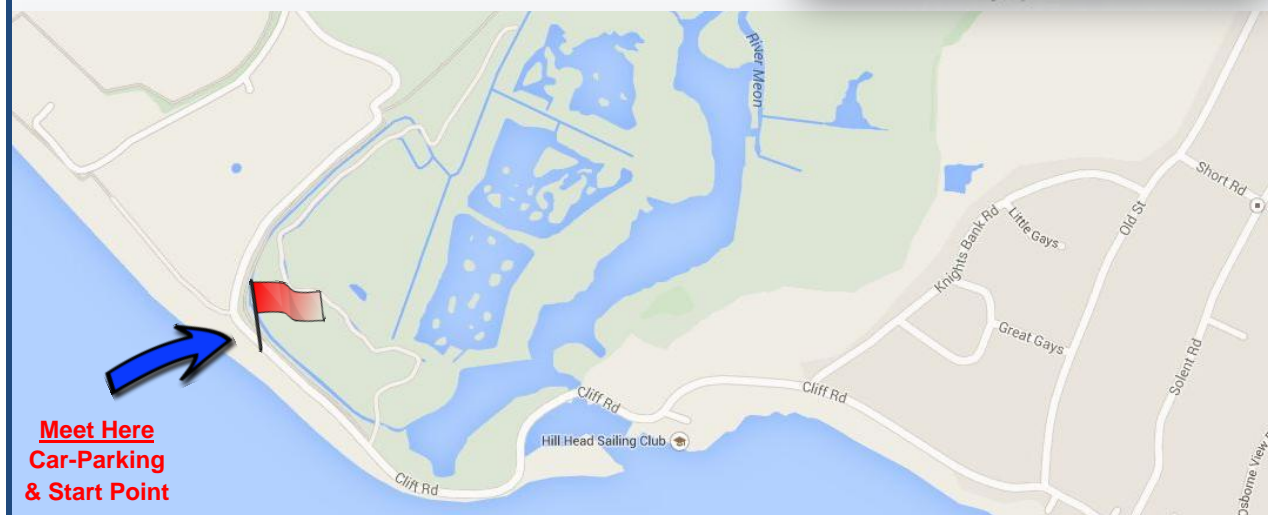
This month's newsletter has come too soon to include the usual pictures from our monthly Out of Town run (as its not being run until the 31<sup>st</sup> of the month). However, I'm sure I'll be able to fit some photos in next month's edition so that's something for you all to look forward to!

August's run is being hosted by Sue and Ellie – see below for details

### Next Out of Town Date

**August's Out of Town Run**  
**"Ellie & Sue's Big Adventure"**  
will be held on  
**Thursday 28<sup>th</sup> August at 7pm**

**Hosted by**  
**Sue Barrett & Ellie Blaiklock**





## The South Downs Marathon

Saturday 21<sup>st</sup> June 2014

(By Colin Middleton)



I have a bit of a tendency to jump into things on a whim. Other people are talking about something that sounds fun and before you know it, I'm committed to doing it as well.

This is exactly how I came to be signed up for the South Downs Marathon in June. Looking back, I see I signed up on New Year's Day, so I guess I was talking to someone at the New Year run, and then 'ping' the idea was there, and the money was spent.

I had just done the Portsmouth Coastal in December, and I had Brighton in April, so my marathon training schedule was already planned well ahead. Now I had another 11 weeks to think about.

No marathon is easy, the race starts on the first day of training, and culminates many weeks and hundreds of miles later under a big FINISH sign with people cheering. Those many hours of training can be a motivation killer, and the added hills of the South Downs makes it even harder.

I was a bit slack with the weekday training runs, not as committed as I should have been, but I tried to make sure that most of my long weekend runs took place, and at Queen Elizabeth Country Park where possible, there's no better place to train for the South Downs, than the South Downs.

I got to my final long run, three weeks before the marathon itself. I'd had a few days rest, and had decided that this run was make or break. Ten miles out from QECP along the South Downs, and ten miles back. If it went well, I would be there on the day, if it was terrible, I would drop out of the marathon and try again another year. Luckily, the run was excellent, I managed the full twenty miles, I completed all of Leg 4 and over half of the fabled Leg 3, and most importantly, I enjoyed it.

On the day, I was feeling ready, I was keen, I had all the gear, and some idea. It was going to be a real scorcher of a day, and the camaraderie of all the runners, both marathon and relay was a huge help. Everyone was hoping for a good one, and wishing each other good luck.

About eight miles in, I was starting to question my sanity. Not just for this run, but for all the marathons I've done, or plan to do. Why was I doing this to myself? It's not fun...or is it?

Keith Elshaw told me "Don't fight the hills! walk them if you have to, save your energy and enjoy the run.". This really helped as hill after hill and water stop after water stop passed me by. It is a beautiful run, but I did tend to spend a large amount of time looking at the floor, always trying to get my footing right. The ground was pretty hard and very uneven, It was hot and dusty, and there were bugs everywhere, the GRR yellow is perfect for attracting them.

Around the twenty miles mark, I was aching a lot, not in pain, just aching. I was telling myself to keep running, I knew where I was, so I just kept pushing on, walking, running, walking, running.



Crossing the line was an amazing feeling. My family were there shouting for me, and the shouts of support coming from the GRRs was incredible, it really spurs you on, and you cross the line with a huge smile on your face.



It is a very solitary marathon, there are no large crowds lining the route and cheering you on, sometimes, it's just you and the countryside. We were lucky with the weather, I think it would have been a lot worse if it was wet and muddy, even so while I was running it, I told myself I would never do it again, it is hell, why would I want to do it again. Three days later though as I write this, I'm not aching at all, I feel excellent, and I have only good memories of the whole day.



I don't think I'd recommend it as a first marathon, but I would certainly recommend it. As a road runner, it's a bit special doing something that's nearly all trail. Just remember, good training, good shoes, hydration and sun cream and you'll be fine.

I'd like to have a go at the relay, but I can't say I'd never do the marathon again. Now though, I think I have earned a break over the summer. No more marathon training schedule, just fun running for a few months.

*Excellent write up thanks Colin and well done for the Marathon.*



## Mizuno Endure 24

Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup> June 2014

(By Keith Elshaw)



A couple of months ago, I was asked by Scott Goodwin from the Facebook group Boshrun if I would be interested in taking part in Mizuno Endure 24. I have to confess I hadn't heard of it, so I googled it. Last year I had taken part in the Adidas Thunder Run with Gosport Road Runners, we had all enjoyed it and had a fabulous weekend and this event looked similar to that so I jumped at the chance to be involved.

Scott asked me to recruit Bosh members for a Bosh team. It wasn't a problem recruiting people to be involved, the reason we are on Bosh is because we love running and what could be better than running for 24 hours!! Lots of GRRs are on Bosh so I recruited a team quite quickly, which included a couple of Portsmouth Joggers.

It then transpired that we were being sponsored by Mizuno Running UK. We would be kitted out in Shoes and apparel and we would be asked to review the kit and the event. This, of course, is an added bonus and we are very happy to oblige.

We were asked to provide details of our sizes for shoes and kit and we were given a choice of Mizuno trainers to receive. These were delivered and we each wore them and posted a review on [www.boshrun.com](http://www.boshrun.com)

We then organized some training runs round QECP and each took turns writing training reports for the website. We had some line-up changes throughout the lead up to the event, With Kev having to drop out because of a ruptured appendix to be replaced by Pete, only to be drafted back in at the last minute to replace Jennifer, who had been struggling with illness all week (and she is 7 months pregnant).



### The Event

We arrived at the camp site at lunchtime on Friday to be met by the Mizuno crew who told us where we were to set up. We set up in glorious sunshine and sat down with a few beers looking forward to a great weekend ahead. The Mizuno reps came over and handed us a goody bag which contained T shirts, Vests, Shorts, socks, Mugs, Pens and even a Mizuno Fan! They also told us we were being invited to a hog roast the next day and were being giving wrist bands which entitled us to complimentary food from the catering tent!

Davina from Portsmouth Joggers arrived in the evening to set up hers and Meranda's tents, only to leave again to get home for a good night's sleep in a proper bed! The rest of us decided to walk the route.

The route started out up a gentle hill to a farm then down into some lovely trail. The ground was firm and dry. Slightly undulating but nothing too challenging. We then headed back to camp to get an early night ourselves.

We awoke bright and early on the day of the event to lovely sunshine and an eagerness to get cracking. We had worked out a "running order" and Pete was to be our lead-off man. As the start was getting closer, so were the clouds and we had a few showers but the lovely Mizuno staff gave us some Mizuno Ponchos!!

At precisely 12:07 the race was off and we watched all the lead-off runners head off up the path. The first runners back came in at about 30 minutes and they were very muddy. Apparently the ground was not as firm and dry as it was yesterday and with approximately 65,000 miles being run on it over the next 24 hours it was only going to get worse.



Pete handed over to Nikki, and we employed a system where Pete would now check that Davina was ready for her run in 3rd position and so on. By this time the clouds were back and the rain was coming down. With thunder and lightning for good measure. We had planned an average of 1 hour each lap and had a rough idea of when each person would be running but it soon became apparent that we were ahead of time. But we knew that we would slow down over night. The rain also got heavier and rained consistently for about 2 hours. But it was still warm.

8:00pm came and now everyone was expected to run with a head torch. But the rain had eased at this point and it was a lot brighter but the conditions were still challenging. It is at this point that you try and time your food and sleeping arrangements according to when you think you might be running next. I was due to be running at 11:00pm and then 7:00am so I decided I would stay up and try to sleep for a few hours later. Unfortunately when I did try to get some sleep we were camped very near the start so there was constant shouting as team mates handed over to each other. I didn't get a wink of sleep.

But at least I was warm and dry and resting. I got up at 6:00am to find that Nikki had had to pull out as her hamstring was really painful, so to keep the running order the same Kev had run her leg as well as his own. This was especially impressive as Kev hadn't been running at all for a few weeks because of his appendix!

I set out on my 3rd lap at around 7:00am after having a cup of tea and a biscuit for breakfast. I felt terrible! I had no energy at all. Everything felt stiff and sore. I managed to make it half way round to where the aid station was and I had some water and a few shot blocks. I then ran – walked back and completed my lap but I thought I couldn't do another. Maybe I am still suffering from the South Downs Marathon the week before? I was just empty!

We had a quick check of the running order and we knew that we would be finishing our 3 laps each early so we had a quick check to see who fancied doing another lap. I was out, Nikki was out and Davina was out. Pete said he would do another one and Meranda said she would like to do another too. Steve and the Ange set off on their 3rd laps and I went for a breakfast and a shower.



When I came back Pete was running but unfortunately Davina and Meranda had to leave so Meranda couldn't do her 4th lap. Pete then decided he would do a double lap. We finished ahead of time and I am a bit gutted that I couldn't go out for another lap, but we managed 26 laps between us which is 130 miles!

We stayed to the end to applaud all the other runners in especially the solo runners who had a big cheer from us every time they went past. These people are amazing. I was too tired after 3 laps and couldn't do a 4th lap yet these people continuously go round hour after hour and they are all ages, shapes and sizes.

We would like to thank all at Mizuno for their generosity and for looking after us all weekend, all at run24 for putting on a great event and Scott and Fiona for Bosh run for getting us involved and all their help over the last few weeks.

We definitely hope to be back next year. For those of you who have done (or will do) the Thunder run, this is a very similar event but it is a lot closer to us. Only an hour up the road!

### Results

Below are the team results for the "Bosh Bloggers" team at the Endure 24.

Lap	Name	Chip Time
1	Pete Phillipson	00:37:17
2	Nikki White	00:43:35
3	Davina Gladding	01:04:15
4	Kev White	00:40:45
5	Meranda Winter	00:58:57
6	Keith Elshaw	00:47:48
7	Steve Wise	00:52:59
8	Ange Elshaw	00:53:28
9	Pete Phillipson	00:38:38
10	Nikki White	00:46:54
11	Davina Gladding	01:06:19
12	Kev White	00:40:59
13	Meranda Winter	01:06:42

Lap	Name	Chip Time
14	Keith Elshaw	00:52:56
15	Steve Wise	00:59:48
16	Ange Elshaw	00:57:17
17	Pete Phillipson	00:42:38
18	Kev White	00:51:22
19	Davina Gladding	01:14:52
20	Kev White	00:57:00
21	Meranda Winter	01:08:54
22	Keith Elshaw	00:57:10
23	Steve Wise	01:05:32
24	Ange Elshaw	00:59:55
25	Pete Phillipson	00:45:01
26	Pete Phillipson	00:54:47

Overall Time	23:25:48
Overall Team Position	102

*Well done all, sounds like a lot of fun.*



# 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.

**Sunday 29<sup>th</sup> June 2014**



## Lordshill 10k

Chip Pos	Name	Gun Time
159	Pete Lindley	00:50:20
167	John Barrett	00:51:08
215	Ellie Blaiklock	00:55:11
223	Sue Barrett	00:55:49
242	Kellee Read	00:57:43
243	Sharon Clutton	00:57:43
279	Laura Cornborough	01:01:44
304	Denise Francis	01:06:24
307	Tania Bernice	01:06:56
320	Janet Lindley	01:13:56
321	Susan Barker	01:13:56





*Some of the GRR ladies warming up before the Lordshill 10k*



Two young, budding GRR's took part in the Children's 2k Fun Run after the Lordshill 10k in June. Jamie MacBeath & Jessica Adolpho-Pugh both done amazingly well, with both of them finishing in the top 20 and cheered on by two very proud Dads.





### Wednesday 2<sup>nd</sup> July 2014

#### Lakeside 5k Series – Race 3

Chip Pos	Name	Chip Time
120	Tracy Wales	00:23:56
126	Michael Stares	00:25:17



**CITY OF PORTSMOUTH  
ATHLETIC CLUB**

### Sunday 6<sup>th</sup> July 2014

#### Summer Plod – 21 miles (Run)

Position	Name	Time
45	Sarette Martin	04:08:56
81	Andrea Edwards	05:11:29
82	Nikki White	05:11:33
83	Kev White	05:11:34
	Sue Barrett	05:20:31
84	Lucy Hudson	05:23:31
87	Keith Elshaw	05:26:58
88	Ange Elshaw	05:27:33

#### Summer Plod – 21 miles (Walk)

Position	Name	Chip Time
10	Eileen Cowling	07:16:34
11	Giles Cowling	07:16:34







**Summer Plod**





**Tuesday 8<sup>th</sup> July 2014**

***Absolute Running – Gosport Summer 5k Series***

Chip Pos	Name	Chip Time	Comment
12	Terry Arnott	00:19:28	
22	Ben Wales	00:21:17	
27	Auz Gray	00:22:59	
31	Adam Roberts	00:23:32	
33	Tracey Wales	00:23:35	
44	Rikki Hatherly	00:26:20	
45	Jenner Moore	00:26:22	
51	Sarah Dawn	00:28:13	
52	Kerry Dawn	00:28:14	
56	Emma Mundy	00:30:24	
57	Shona Rust	00:31:38	
62	Amber Schlothurst	00:35:31	



This was the first of four summer 5k races, organised by Absolute Running.  
The next three races in this series are:

-  Tuesday 12th August 2014 at 7.30 pm
-  Tuesday 9th September 2014 at 7.00 pm

There is also a Children's 1k sprint race at each, event held prior to main event

You can find out more about these races, and enter online, by following the link below:

<http://www.nice-work.org.uk/events.php?id=156>





### Sunday 13<sup>th</sup> July 2014

#### Wyvern 10k

Chip Pos	Name	Chip Time	Gun Time	Comment
11	Chris Buxton	00:37:37	00:37:40	
114	Sarette Martin	00:46:08	00:46:19	
189	Pete Lindley	00:51:37	00:51:50	
216	Andrea Edwards	00:53:17	00:53:48	
236	Ellie Blaiklock	00:54:47	00:55:18	
235	Ian Pugh	00:55:13	00:55:17	
242	David Brace	00:55:31	00:56:01	
294	Kerry Irwin-Hall	00:58:59	00:59:35	
295	Sue Barrett	00:58:59	00:59:36	
357	Kim Carter	01:06:12	01:06:46	
358	Janet Lindley	01:06:10	01:06:46	
359	Amber Schothorst	01:06:10	01:06:46	
375	Sue Barker	01:11:24	01:11:59	
376	Emma Mundy	01:11:26	01:12:01	
378	Sue Tingley	01:12:03	01:12:40	
388	Kath King	01:14:00	01:14:36	



A brilliant GRR turn out at the wyvern 10k this morning. Great to see Amber Schothorst and Kim Carter running again, and Kerry Irwin-Hall racing again. Sarette Martin came first in her age group (I had to collect her trophy because she had gone home) and GRR ladies came third in the team event - result!!

*Sue Barrett (Ladies Captain)*

### Sunday 13<sup>th</sup> July 2014

#### New Forrest 10 Mile

Chip Pos	Name	Chip Time	Gun Time	Comment
121	Ben Jarvis	01:14:13	01:14:31	
134	Kev White	01:14:56	01:15:13	
175	Terry Arnott	01:16:49	01:17:09	
190	Craig Neil	01:17:51	01:18:08	
276	Kirsten Maw	01:22:37	01:22:54	
307	Terry Moore	01:24:19	01:24:36	
476	Keith Elshaw	01:33:58	01:34:18	
487	Caroline Oakes	01:34:21	01:34:41	
491	Nikki White	01:34:39	01:34:56	
672	Rikki Hatherly	01:44:31	01:44:50	
688	Lucy Hudson	01:45:17	01:45:37	
709	Jenner Moore	01:47:53	01:48:12	
716	Sarah Down	01:48:44	01:49:04	
717	Kerry Down	01:48:44	01:49:04	
728	Laura Grubb	01:49:56	01:50:16	









**Sunday 20<sup>th</sup> July 2014**

### Stansted Park Half Marathon

Chip Pos	Name	Gun Time
74	Sarette Martin	02:06:07



Also on Sunday 20<sup>th</sup> July a few of our Lady GRRs took part in the 10k Race for Life in Portsmouth. I haven't managed to find any results for this but Mike Barker has sent me a few photos from the day.



*Well done ladies.....*





### Thursday 24<sup>th</sup> July 2014

#### **Haslar IRC 5k**

Chris Buxton was the winner of the Haslar Immigration Removal Centre 5k which took place on a very hot afternoon inside the perimeter of the detention centre and consisted of seven laps. There were approximately twenty six runners in all, evenly split between the detainees and outside runners. It has traditionally been the choice of the winner to select a charity to receive the entry fees and Chris chose 'The Rowans Hospice' to receive £60.

Last year Sue Barrett was the winning lady so the club continues to hold a winning trophy for this event.

Hopefully we will receive the times but it isn't organised in quite the same way as most of are used to!

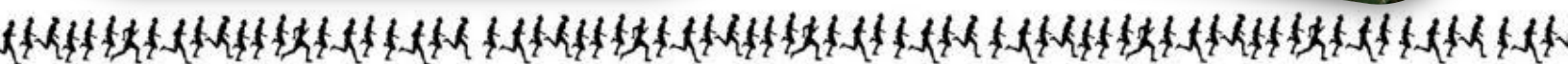
*Mike Barker*



**Sunday 27<sup>th</sup> July 2014**

### Wimbledon Common Half Marathon

Chip Pos	Name	Chip Time	Gun Time	Comment
465	Ellie Blaiklock	02:13:47	02:14:20	
466	Ian Pugh	02:13:48	02:14:21	





**PLEASE..... Let Us Know Your Results!**

Once again, sorry if I've missed anyone this month, or not noted a PB 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.

**The only way you can be sure that your result is include is to let us know by email or Facebook message with details of your race, photos, PBs, etc.**

**Results Co-ordinator**

You should all know by now that Brian Fisher is the Club's Results Co-ordinator. Brian has agreed that he will be taking responsibility for collating all of the Club members' race results and forwarding these onto me for inclusion in the newsletters. It is important to note that only those results that are provided to myself or Brian will be included in the newsletter.

Please email your results to Brian or myself at:  
[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)

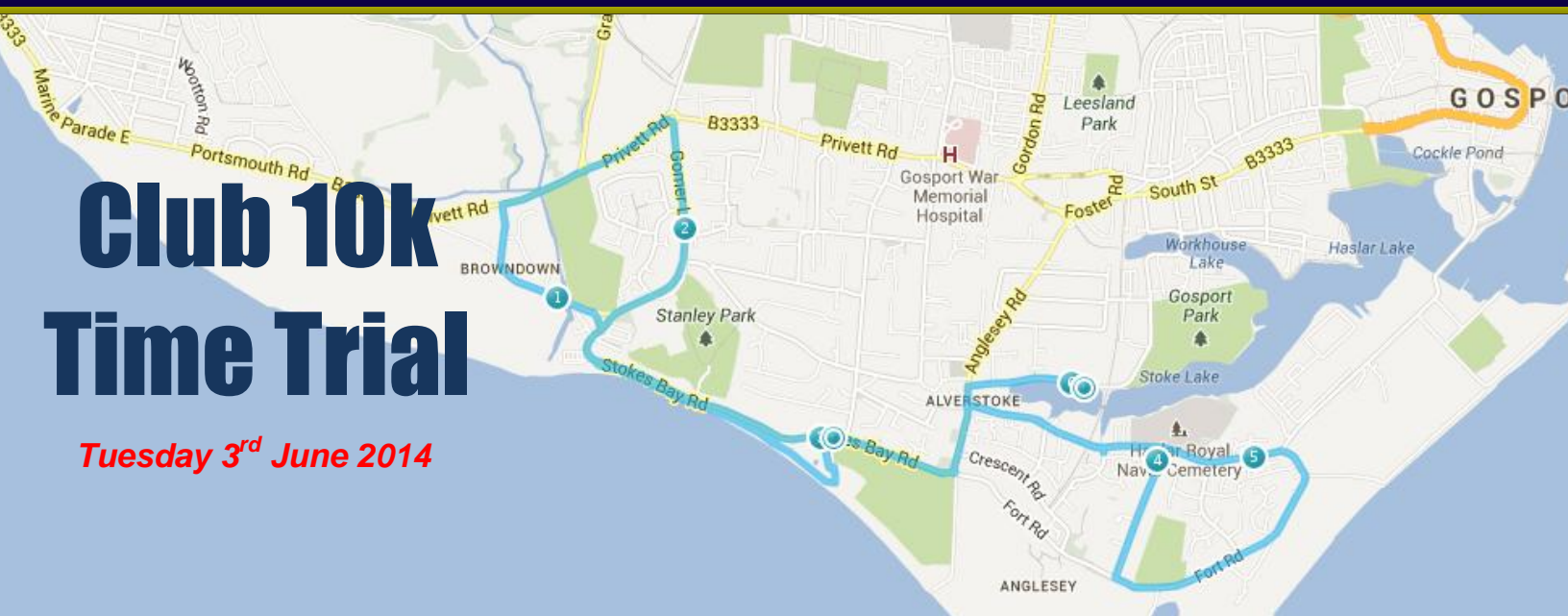


Brian Fisher - Results Co-ordinator



# Club 10k Time Trial

Tuesday 3<sup>rd</sup> June 2014



Pos	Name	Time
1	Jason Grygiel	00:41:15
2	Dan Belben	00:43:22
3	Terry Arnott 1 <sup>st</sup> 10k	00:43:53
4	Nick Carter	00:43:55
5	Ben Jarvis	00:44:18
6	Pete Brown	00:44:23
7	Alan Burgess	00:44:38
8	Kirsten Maw PB	00:48:17
9	Anthony Horne 1 <sup>st</sup> 10k	00:48:39
10	Luke Malone	00:49:24
11	Colin Middleton	00:49:56
12	Steve Moltini 1 <sup>st</sup> 10k	00:50:11
13	Pete Lindley	00:51:06
14	Rachel Davies PB	00:51:54
15	Jenny Shilling	00:52:45

Pos	Name	Time
16	Selina Bishop	00:52:57
17	Andrea Edwards	00:53:15
18	Mike Stares	00:53:27
19	Mike Kearney	00:55:37
20	Eileen Cowling	00:55:55
21	David Brace	00:58:24
22	Steve Dalmon 1 <sup>st</sup> 10k	00:58:24
23	Giles Cowling	00:58:24
24	Sharon Clutton	00:59:07
25	Rory Fall	00:59:08
26	Deborah Birch	00:59:11
27	Guy Sheppard	00:59:57
28	Sarah Down 1 <sup>st</sup> 10k	01:00:34
29	Laura Grubb 1 <sup>st</sup> 10k	01:00:34
30	Dave Kirby	01:01:40

Pos	Name	Time
31	Vicki Gorton 1 <sup>st</sup> 10k	01:01:46
32	Jenner Moore	01:01:58
33	Kevin Robinson	01:02:50
34	Maree O'Rourke 1 <sup>st</sup> 10k	01:02:51
35	Jenny Scott	01:04:53
36	Nicky Finnemore	01:04:59
37	Kate Smyth	01:05:42
38	Nicola Penton	01:05:51
39	Melissa Pink	01:06:06
40	Sue Barratt	01:06:06
41	Mary Ash	01:06:37
42	Sid Smith	01:06:37
43	Denise Francis	01:06:40
44	Emma Mundy 1 <sup>st</sup> 10k	01:11:21

A fantastic turnout of 44 participants on a lovely evening with perfect conditions for runners. Our usual thanks to the officials on the night:- Liz Redpath (Timekeeper), Janet Lindley (backup Timekeeper), Gary Francis (Scribe) and Andy Clutton Numbers). Thanks also to Ray Bernice (Tail End Charlie), Karen Williams, Adam Walters & Jo Harvey (Short Course) and of course to our faithful band of cheerleaders/supporters; Ian Buzzard, Mike Wellsted, Angie Elshaw, Keith Elshaw, Rachel Gee, Kerry Irwin Hall, Levi Hughes, Kevin White, Nikki White, Terry Weston, Sally Townley, Auz Grey & Pete Phillipson.





**Free** ✓  
**Weekly** ✓  
**Timed** ✓  
**5km** ✓

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

**28<sup>th</sup> June 2014**

## **Havant**

146 participants completed the run.

Position	Name	Gun Time
15	Auz Gray	00:21:38
16	Alan Burgess	00:21:54
19	James Heath	00:22:24

**5<sup>th</sup> July 2014**

## **Queen Elizabeth**

63 participants completed the run.

Position	Name	Gun Time
5	Auz Gray	00:22:19
8	Alan Burgess	00:23:03
13	James Heath	00:24:03
16	Colin Middleton	00:24:48
25	Kirsten Maw	00:26:14
41	David Brace	00:29:00
43	Peter Phillipson	00:29:04

## **Havant**

185 participants completed the run.

Position	Name	Gun Time
154	Christine Nation	00:35:31

## **Southsea**

176 participants completed the run.

Position	Name	Gun Time
4	Chris Buxton	00:18:35
67	Tim Durant	00:25:22

**12<sup>th</sup> July 2014**

## **Southsea**

236 participants completed the run.

Position	Name	Gun Time
32	Alan Burgess	00:21:29
164	Jenny Scott	00:30:24

## Killerton

247 participants completed the run.

Position	Name	Gun Time
21	Tim Durrant	00:21:24

## Mile End

126 participants completed the run.

Position	Name	Gun Time
31	Auz Gray	00:21:25

19<sup>th</sup> July 2014

## Queen Elizabeth

67 participants completed the run.

Position	Name	Gun Time
14	Tim Durant	00:22:45

26<sup>th</sup> July 2014

## Eastleigh

171 participants completed the run.

Position	Name	Gun Time
26	Tim Durant	00:21:46

## Abingdon

209 participants completed the run.

Position	Name	Gun Time
26	Alan Burgess	00:21:07

## Queen Elizabeth

65 participants completed the run.

Position	Name	Gun Time
2	Chris Buxton	00:19:28



Park Run organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and organisers encourage people of all abilities to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; ALL are welcome.

These are nationwide but local runs can be found at Southsea, Havant, Eastleigh, Netley Abbey, Southampton, Winchester, Queen Elizabeth Country Park and Brockenhurst. These are normally run on Saturdays at 09:00am by local volunteers.

You can find details of all runs via the events page on the Park Run website: [www.parkrun.org.uk](http://www.parkrun.org.uk). Select the event you are most interested in and review all the information about the course, local news items, the photo gallery and information about volunteering.

Once registered with [www.parkrun.org.uk](http://www.parkrun.org.uk) you receive a paper barcode (best to get it laminated apparently), take it along with you to your choice of run. When finished you are given a finishing number hand it in with your barcode to enable a time to be given. Results are sent out very quickly and you will receive an email on the Monday after with your personnel results.

These are free events! but you must register before your first run (only ever register with park run once) and don't forget to bring a printed copy of your barcode with you. If you forget it, you won't record a time.

parkrun is for everyone





## Club Summer Relay & BBQ

### Team 1

Name	Time
Antony Dew	00:19:59
Pete Lindley	00:23:23
Colin Middleton	00:20:46
Sally Townley	00:29:36
Overall Time	01:33:44
Overall Team Position	2

### Team 4

Name	Time
Auz Gray	00:19:13
Denise Francis	00:29:23
Kellee Read	00:25:18
Ellie Blaiklock	00:24:45
Overall Time	01:38:39
Overall Team Position	9

### Team 7

Name	Time
Kirsten Maw	00:22:24
Dave Brace	00:24:05
Shirley Faichen	00:26:34
Levi Hughes	00:24:36
Overall Time	01:37:39
Overall Team Position	8

### Team 2

Name	Time
Jayson Grygiel	00:18:12
Terry Moore	00:21:46
Jo Harvey	00:29:13
Karen Middleton	00:28:01
Overall Time	01:37:12
Overall Team Position	6

### Team 5

Name	Time
Sarrete Martin	00:20:47
Steve Dalman	00:23:40
Adam Walters	00:27:06
Jenner Moore	00:25:39
Overall Time	01:37:18
Overall Team Position	7

### Team 8

Name	Time
Martyn Rowell	00:20:01
Jenny Scott	00:26:50
Keith Elshaw	00:22:44
Jenny Shilling	00:23:25
Overall Time	01:33:01
Overall Team Position	1

### Team 3

Name	Time
Pete Phillipson	00:19:56
John Barrett	00:24:00
Andrea Edwards	00:23:21
Liz Elshaw	00:28:51
Overall Time	01:36:08
Overall Team Position	4

### Team 6

Name	Time
Paul Street	00:20:29
Sharon Clutton	00:25:37
Dave Croft	00:22:29
Mellissa Pink	00:28:06
Overall Time	01:36:57
Overall Team Position	5

### Team 9

Name	Time
Amber Schothorst	00:26:07
Kate Smyth	00:26:44
Ben Jarvis	00:18:39
Nikki White	00:23:30
Overall Time	01:35:00
Overall Team Position	3



## Club Summer Relay & BBQ



**Fastest Man:**

Jason Grygiel

**Time:** 00:18:12



**Fastest Team:**

Jenny Scott, Jenny Shilling, Keith Elshaw & Martyn Rowell

**Time:** 01:33:01



**Fastest Lady:**

Ellie Blaiklock Sarette Martin

**Time:** 00:20:47











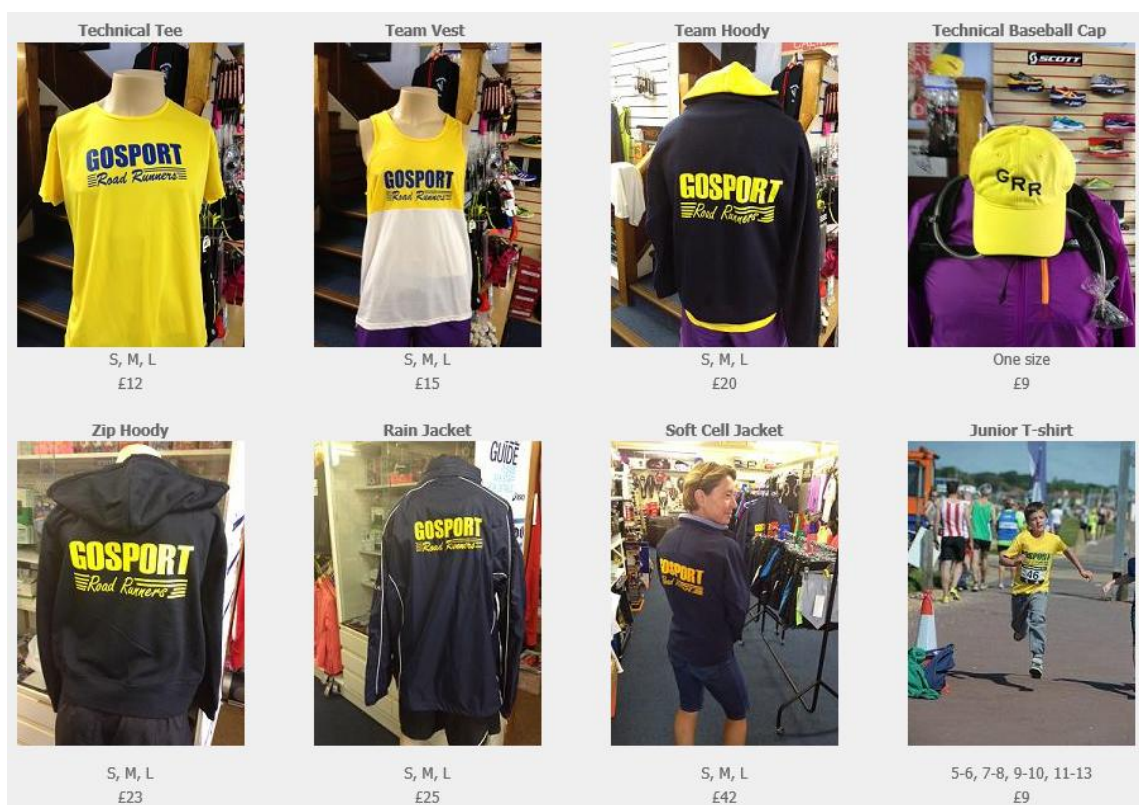
## GRR Website:

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 list. <http://www.gosportroadrunners.org.uk/>



**Club Kit:** A full range of the Club's kit is available to purchase at Absolute Running on Stoke Road.

Nikki & Kev are also working on a new Cross Country GRR t-shirt which will be available in time for the coming season. Watch this space for more details.



## 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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)



# The HASH

A few photos courtesy of Dave Croft  
taken at the Hash on Thursday 17<sup>th</sup> July









# GOSPORT

*Road Runners*



# NEWSLETTER

*August 2014*



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**HAMPSHIRE ROAD RACE LEAGUE**

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*This Month's cover photo:* Liz & Janet, the ladies who add a touch of glamour to the monthly time trial



On Thursday 28<sup>th</sup> August we held our last Out of Town run of the year. Yet again, work commitments stopped me from being there but I gather there was another good turn out to enjoy 'Sue & Ellie's Big Adventure'.

As usual, Dave Croft was armed with his trusty camera and I've included some of his photos below.

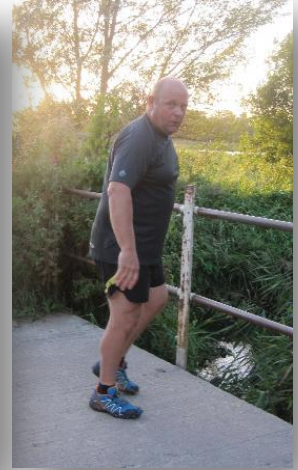
Finally, I'd just like to pass on, on behalf of all Club members, a massive thank you to all who have hosted, helped or contributed to this year's Out of Town run.

*"There were 51 of us on the night and we all ran the 6.5 mile (ish) course, just about finishing before it got dark. This turnout is perhaps the highest ever (not sure?) even Paul Turle came and joined us for the evening. I got the impression that everyone enjoyed themselves, some even posting on Facebook that it was the best route they had ever done on an OOT."*

*Dave Croft*









## The Summer Plod

Saturday 6<sup>th</sup> July 2014

(By Lucy Hudson)

We arrived at the Summer Plod and I was feeling pretty nervous. I hadn't run further than 10 miles since running the Brighton Marathon in April so I knew that I was going to find it tough. The route was familiar as I had run the Winter Plod earlier in the year but I was hoping that this time the conditions underfoot would be a little easier.

The Summer Plod has an option to run or to walk. There were several GRR taking part and some intended to run it all, others to run/walk it and others to walk it all. I was part of the group who planned to run/walk it and we asked if we could go out with the walkers. This took some of the pressure off as we knew that we would be starting a couple of hours earlier than the runners and could take our time if we needed to. There is a time limit of 5 hours 30 mins for the runners, anyone who may take longer than that can take a short-cut close to the end.

The start of the course is on a hill and we decided from the very beginning that we were going to walk up it to save our energy for later. We spotted another runner going in the wrong direction and after plenty of shouting and waving, she realised and headed down to join us. Our group of 7 then became 8. In true GRR style, we tried to recruit her but unfortunately she lived near Winchester.

We found ourselves all chatting together, running steadily along. The course is undulating in places and downright hilly in other places. We adopted the 'run the flats/downhills and walk the uphill' strategy and plodded along nicely. After about three miles we came across the first big hill. With hands on our knees and gritted teeth we struggled to the top but the rewards were huge as the views were worth it. We continued on together up and down a few more hills.

The route took us to a church where there was crazy amounts of mud in the winter, I remember feeling like I was ice-skating my way through it. This time round it was rutted and rock solid, we attempted to leap from rut to rut without turning an ankle. There was no let up though as once we reach the end we had another huge hill to climb again. At this point our group began to split off. The speedy Andrea, Nikki and Kevin fell into a comfortable pace and started to disappear into the distance. I continued along with my Plod Partner Sue, with Ange and Keith close by.

After successfully negotiating an electric fence, the route then has some really steep steps. I wasn't sure how I managed to get my foot from one step to the next; we literally dragged ourselves up them using the fence on the left-hand side to help.

With Butser Hill in the distance, we knew we were getting closer to the finish. As Sue and I were attempting to just walk up the hill, the race leader Jullian Manning went flying past (despite setting off 2 hours after us). Sue and I just looked at each other, questioning how on earth someone could run THAT fast up THAT hill.





After catching our breath at the top whilst posing for a photo we began the final few miles plod back to the finish, knowing that we would be rewarded with a cup of tea and more cake.

The course is 21 miles of beautiful trails around the Meon Valley. There is about 2 miles of road, the remainder is footpaths, tracks and fields. It is well marshalled with plenty of water and snack stations. The scenery is fantastic, you have to take a few moments to look around you and admire the view.

### ***Summer Plod – 21 miles (Run)***

Position	Name	Time
45	Sarette Martin	04:08:56
81	Andrea Edwards	05:11:29
82	Nikki White	05:11:33
83	Kev White	05:11:34
	Sue Barrett	05:20:31
84	Lucy Hudson	05:23:31
87	Keith Elshaw	05:26:58
88	Ange Elshaw	05:27:33

### ***Summer Plod – 21 miles (Walk)***

Position	Name	Chip Time
10	Eileen Cowling	07:16:34
11	Giles Cowling	07:16:34

I've loved running both the Winter and Summer Plods. They aren't easy but there's no time pressure like running a road race and the sense of achievement is huge when you get to the end! Definitely a must run race for anyone who likes a challenge!



***Excellent write up thanks Lucy.***

***I would love to receive more of these for future articles. If anyone is interested please send to [nick@macbeath.net](mailto:nick@macbeath.net)***

### Thunder Run – TR24

Saturday 26<sup>th</sup> & Sunday 27<sup>th</sup> July 2014

(By Karen Middleton)



Thunder Run is a 24 hour off-road relay race against the clock where you can run solo, in pairs or in teams of 5 or 8. With GRR entering 3 teams of 8 runners it seemed a shame for just one person to tell their story so instead we've gathered together some of our favourite memories & thoughts of the whole weekend. Enjoy!

#### Team A

Lap	Name	Chip Time
1	Keith Elshaw	01:05:05
2	Julie Shinton	01:07:25
3	Nikki White	00:58:48
4	Jo Harvey	01:14:48
5	Kevin White	00:48:42
6	Angela Elshaw	01:13:37
7	Ben Jarvis	00:45:46
8	Kirsten Maw	00:54:51
9	Keith Elshaw	01:03:09
10	Julie Shinton	01:10:50
11	Nikki White	01:03:55
12	Jo Harvey	01:14:36

Lap	Name	Chip Time
13	Kevin White	00:56:55
14	Angela Elshaw	01:13:24
15	Kirsten Maw	00:57:59
16	Ben Jarvis	00:54:20
17	Keith Elshaw	01:16:27
18	Julie Shinton	01:16:53
19	Nikki White	01:05:31
20	Jo Harvey	01:19:25
21	Kevin White	00:49:05
22	Kirsten Maw	01:00:45
23	Ben Jarvis	00:58:53
Overall Time		24:31:09





**Kirsten Maw** - "Most fun I have had in the dark in years. Total adrenaline rush. Can't wait to do it again!"

**Julie Shinton** - "The bottle of wine after my second run confirmed my third run!"

**Keith Elshaw** - "One of my memories was when I said I would try and keep up with Lucy on the first lap and she said "not a chance"!!"

**Ange Elshaw** - "I'll take a night run any time of day!"

**Nikki White** - "One of my highlights was running behind a solo runner. When passing him and saying well done he farted!"

**Kev White** - "The highlight for me was Steve eating a chicken foot for a dare"

**Ben Jarvis** - "everyone asked how my night run was... I replied "Brilliant, fairly quick apart from tripping twice and getting electrocuted!""

**Jo Harvey** - " TR24, not just an event but more a rite of passage for all GRR's!!! A pilgrimage for the yellow Holy Grail..... "



### Team 2

Lap	Name	Chip Time
1	Lucy Hudson	01:05:18
2	Colin Middleton	01:00:04
3	Austin Gray	00:52:57
4	Andrea Edwards	01:03:11
5	David Brace	01:01:51
6	Peter Phillipson	00:50:12
7	James Heath	00:53:49
8	Lucy Hudson	01:05:10
9	Colin Middleton	00:59:18
10	Austin Gray	01:10:53
11	Andrea Edwards	01:05:03
12	David Brace	01:05:29

Lap	Name	Chip Time
13	Peter Phillipson	00:56:37
14	James Heath	00:54:02
15	Lucy Hudson	01:09:14
16	Colin Middleton	01:06:39
17	A n Other	01:11:56
18	Andrea Edwards	01:03:44
19	David Brace	01:03:06
20	Peter Phillipson	00:57:47
21	James Heath	00:54:46
22	Lucy Hudson	01:08:55
23	Colin Middleton	00:57:59
24	James Heath	00:59:36

Overall Time 24:37:36





**Peter Phillipson** - I thought I was offering wise words to Pat when she asked me about the hills on the course. But apparently not! Pat: "what are the hills like?" Pete: "don't worry Pat they're easy you'll walk them!"

**Colin Middleton** - "This is possibly the best event I've ever done, I never thought it would be so much fun. I preferred my daylight runs to the dark one, but I wouldn't change anything about it."

**David Brace** - my most funny moment was catching up with Sue at midnight on a pitch black track, saying hello, her response "remind me not to buy another £3 head torch!"

**James Heath** - "I found Jesus & he pulled a mooney!"

**Andrea Edwards** - "Fantastic weekend...a great challenge with lots of exhilarating fun especially the night running. A definite for the future."

**Lucy Hudson** - "I love TR24! There's nothing better than running through a forest in the middle of the night trying to get back to the finish and find your team-mate!"

**Auz Gray** - "Such a fantastic weekend away, a great chance to spend time with fellow GRR's and friends. Also, the support from all the other campers really spurred me on, especially when I injured my leg and ran most of a lap sideways! Crab running works!!"

**Tine Chien** - Pat said you haven't had any sleep and you still have energy to run! You're like a battery woman..... don't you get tired? Are you like that at home.



### Team Cake

Lap	Name	Chip Time
1	Martyn Rowell	00:56:59
2	Brian Fisher	01:02:11
3	Sue Barrett	01:08:17
4	Steve Wise	01:09:16
5	Levi Hughes	01:07:57
6	Rachel Gee	01:12:59
7	Pat Lapworth	01:14:23
8	Karen Middleton	01:12:31
9	Martyn Rowell	00:54:21
10	Brian Fisher	01:04:54
11	Sue Barrett	01:15:10

Lap	Name	Chip Time
12	Steve Wise	01:19:28
13	Levi Hughes	01:11:57
14	Rachel Gee	01:22:57
15	Pat Lapworth	01:24:44
16	Karen Middleton	01:15:53
17	Brian Fisher	01:09:06
18	Martyn Rowell	00:56:00
19	Rachel Gee	01:12:47
20	Steve Wise	01:09:27
21	Sue Barrett	01:13:12
Overall Time		24:34:29





**Brian Fisher** – “As always the camaraderie and banter make it special!”

**Martyn Rowell** – “All runners should do a 24hr endurance race just to say they’ve done one. But if you don’t like slumming it, it may not be for you. Me? I loved it, camping and running all weekend. Happy days!”

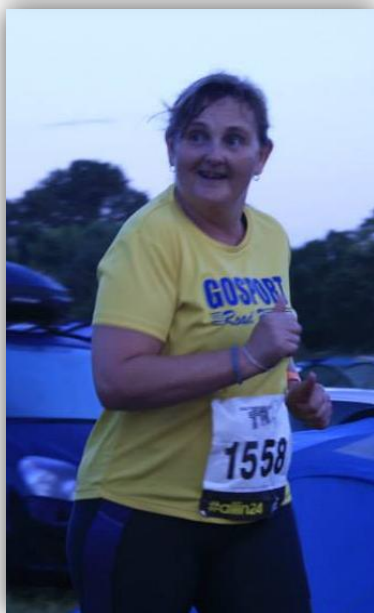
**Steve Wise** – “Not sure what to say that hasn’t already been said. I really enjoyed being away with the other GRR’s and doing the race. It was a fantastic weekend but I must cut down on the alcohol consumption next year”.

**Levi Hughes** - Doing the TR24 is probably the most fun you can have running in the dark.

**Sue Barrett** – “I should have spent more than 3 quid on a head torch....!”

**Karen Middleton** – “TR24 is such an awesome event to be part of & it helped me run the furthest I have to date! Loved it!”

**Rachel Gee** – “Let’s do it all again next year!”









For me personally, what an achievement. Last July at the end of the beginners course I struggled to run a mile without stopping. Never in a million years did I think 12 months later I would be running 10ks, rough terrain, in the dark, hilly. I was adamant I could only manage 2 runs, but after some wine and some camp banter my Scottish determination kicked in! 3 x 10ks ...as the medal and t-shirt say..ALL in 24 hours :))

*Julie Skinton*



# 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.

**Sunday 3<sup>rd</sup> August 2014**

***Harting 10 (10 mile)***

Chip Pos	Name	Chip Time	Comment
-	Tim Durant	01:17:38	
-	Andrea Edwards	01:32:42	



I thought that I would venture out and try running a trail race. I came across this race by accident and thought I would give it a go as it was fairly local. Best decision ever.....what a race. The course was amazing but definitely a challenge. There was a short walk from the car park to the start and then it was up and away. Well that was what it felt like anyway! The first mile started on road and then took us off onto track, but the steady incline seemed to go on for ages. Saying that the views were amazing and the course was a mixture of surfaces from gravel track, fields, woods and a small amount on country road. There were more hills but what goes up must come down and there were some good bits where you could get quite a pace downhill, as long as you watched out for the roots.

The medal was unique and the marshals were amazing and very encouraging. One other bonus was that there was tea and cake BEFORE the race if you wanted it as well as some left at the end.... bonus! If you fancy a challenge with gorgeous scenery then this is a definite must for next year.....I will defiantly be back.

*Andrea*





**Sunday 10<sup>th</sup> August 2014****Isle of Man Half Marathon**

Chip Pos	Name	Chip Time	Comment
221	Laura Cornborough	02:19:22	

**Sunday 10<sup>th</sup> August 2014****Salisbury 5.4.3.2.1****10k**

Chip Pos	Name	Chip Time	Comment
-	Nikki White	00:58:17	
-	Rachel Gee	01:24:46	

**Half Marathon**

Chip Pos	Name	Chip Time	Comment
-	Kev White	01:47:53	

**30k**

Chip Pos	Name	Chip Time	Comment
-	Paul Turle	03:20:17	
-	Ellie Blaiklock	04:10:21	

**Marathon**

Chip Pos	Name	Chip Time	Comment
-	Andrea Edwards	05:00:52	

**50k**

Chip Pos	Name	Chip Time	Comment
-	Keith Elshaw	07:29:01	

**Tuesday 12<sup>th</sup> August 2014**

### Absolute Running – Gosport Summer 5k Series, Race 3

Chip Pos	Name	Chip Time
16	Ben Wales	00:20:19
22	Tim Durant	00:21:15
32	Martin Sarette	00:22:22
58	Rikki Hatherly	00:27:06
61	Kerry Dawn	00:27:18
63	Kevin Robinson	00:27:31
64	Maree Louise O'rourke	00:27:31
79	Sarah Dawn	00:30:49



### Children's 1k Sprint Race

Chip Pos	Name	Chip Time
2	Ethan 'Lazerblade' Barrett	00:04:26
4	Luke Adolpho-Pugh	00:04:46
5	Charley Middleton	00:04:47
9	Jessica Adolpho-Pugh	00:05:28
12	Alex Middleton	00:05:48

This was the third of four summer 5k races, organised by Absolute Running. The final race in this series is on Tuesday 9th September 2014 at 7.00 pm and there is also a Children's 1k sprint race which is held prior to main event

You can find out more about these races, and enter online, by following this link:

<http://www.nice-work.org.uk/events.php?id=156>





### Saturday 16<sup>th</sup> August 2014

This unique event gives you the additional challenge of not only racing your fellow competitor's but also the Train. Race the Train takes place alongside the route taken by the Tallylyn Railway on its journey to Abergynolwyn and back.

Often the Train, or for many runners the track, is just over the fence and in many places if you coincide with the train your family friends, if they are on the train, will be able to shout encouragement to you.

### Rotary Challenge – 14 miles

Chip Pos	Name	Chip Time	Comment
-	Kev White	01:46:03	Beat the Train
-	Train	01:48:18	
-	Ben Jarvis	01:50:35	
-	Pete Phillipson	02:19:13	
-	Kirsten Maw	02:21:34	
-	John Barrett	02:35:42	Also ran the 3.5m race with Ethan
-	Sue Barrett	02:38:46	

### Quarry Challenge – 10k

Chip Pos	Name	Chip Time
-	Train	00:54:48
-	Brian Fisher	00:59:37
-	Nikki White	01:01:19
-	Keith Elshaw	01:04:48
-	Rachel Gee	01:12:59

### Tynllwynhen Challenge – 3.5 miles

Chip Pos	Name	Chip Time
-	Ethan Barrett	00:26:51
-	John Barrett	00:26:51



There are hundreds of fantastic photos from this weekend on the Gosport Road Runners Facebook page.

### Sunday 25<sup>th</sup> August 2014

#### Arundel 10k

Chip Pos	Name	Chip Time	Gun Time
38	Terry Arnold	00:43:04	00:43:13
46	Ben Jarvis	00:44:02	00:44:11
384	Laura Grubb	01:07:38	01:08:06
385	Kerry Down	01:07:38	01:08:07
419	Karen Middleton	01:12:52	01:13:21



### SHOREHAM-BY-SEA RIVER FEST

#### Shoreham River Fest 10k

Chip Pos	Name	Gun Time
153	Ange Elshaw	01:07:36
154	Keith Elshaw	01:07:37



**PLEASE..... Let Us Know Your Results!**

Once again, sorry if I've missed anyone this month, or not noted a PB 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.

**The only way you can be sure that your result is include is to let us know by email or Facebook message with details of your race, photos, PBs, etc.**

**Results Co-ordinator**

You should all know by now that Brian Fisher is the Club's Results Co-ordinator. Brian has agreed that he will be taking responsibility for collating all of the Club members' race results and forwarding these onto me for inclusion in the newsletters. It is important to note that only those results that are provided to myself or Brian will be included in the newsletter.

Please email your results to Brian or myself at:  
[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



Brian Fisher - Results Co-ordinator



Pos	Name	Time
1	Tom Barnard	00:19:03
2	Terry Arnott <b>PB</b>	00:19:29
3	Mark Mawby	00:20:07
4	Andy Johnson	00:20:56
5	Tim Durant	00:21:26
6	Anthony Dew	00:21:44
7	Luke Malone <b>PB</b>	00:21:45
8	Steve Moltini	00:22:33
9	Sarette Martin <b>PB</b>	00:22:35
10	Karen Williams	00:22:54
11	Richard Oakes	00:22:54
12	Dave Croft	00:24:26
13	John Barrett	00:24:45
14	Jenny Shilling	00:25:00
15	Fiona Tomlinson	00:25:01
16	Pete Lindley	00:25:12
17	Keith Elshaw	00:25:19
18	Rory Fall	00:25:44
19	Ken Eaden	00:25:47
20	Mike Kearney	00:25:56
21	Mike Stares	00:26:01
22	Eileen Cowling	00:26:28
23	John Jeffs	00:26:31
24	Darren Eynon <b>1<sup>st</sup> 5k</b>	00:26:53
25	Kerry Down <b>PB</b>	00:26:58



# Club 5k Time Trial

*Tuesday 5<sup>th</sup> August 2014*

Pos	Name	Time
26	Vicky Gorton <b>PB</b>	00:27:07
27	Sarah Down <b>PB</b>	00:27:30
28	Laura Grubb <b>1<sup>st</sup> 5k</b>	00:27:32
29	Marie O'Rourke <b>PB</b>	00:27:40
30	Kate Smyth	00:27:55
31	David Baker	00:28:03
32	Melissa Pink <b>PB</b>	00:28:21
33	Caroline Oakes	00:28:29
34	Sue Barrett	00:28:30

Pos	Name	Time
35	Levi Hughes	00:28:30
36	Nicky Fennemore	00:28:51
37	Sharnell Myers <b>1<sup>st</sup> 5k</b>	00:29:20
38	Dave Kirby	00:29:42
39	Mary Ash	00:30:15
40	Sharon Clutton	00:30:15
41	Christine Nation	00:31:03
42	Emma Mundy	00:32:16
43	Karen Middleton	00:32:27

That few degree drop in temperature certainly made life easier, although that unusual wind direction did very few favours until the path from the Esplanade to Stokes Bay Road. The support at the Pebbles Cafe was definitely up to GRR's normal vociferous standard and I am sure was fully appreciated by all runners. Must have been the most photographed Time Trial of all time, cameras were popping up all over the route.

Most important is to once again thank our officials: Gary Francis (Recorder), Liz Redpath (Starter & Recorder), Janet Lindley (Backup Timer) and Andy Clutton (Numbers). Thanks also to the supporters, Mike Welsted, Nikki White, Kerry Irwin-Hall, Sally Townley, Kim Carter, Terry Weston, Giles Cowling, Nick MacBeath, Ben Jarvis & Nick Carter.







Free ✓

Weekly ✓

Timed ✓

5km ✓

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

## 2<sup>nd</sup> August 2014

### Chichester

225 participants completed the run.

Position	Name	Gun Time
28	Tim Durant	00:22:14

parkrun is for everyone



## 9<sup>th</sup> August 2014

### Pomphrey Hill

145 participants completed the run.

Position	Name	Gun Time
139	Tim Durant	00:39:32

## 16<sup>th</sup> August 2014

### Southsea Hill

205 participants completed the run.

Position	Name	Gun Time
30	Auz Gray	00:21:18
98	Tim Durant	00:26:40

### Havant

160 participants completed the run.

Position	Name	Gun Time
41	Colin Gardner	00:24:51

## 23<sup>rd</sup> August 2014

### Havant

186 participants completed the run.

Position	Name	Gun Time
6	Chris Buxton	00:18:37
27	Colin Gardner	00:21:36
37	Alan Burgess	00:22:20

### Worcester

385 participants completed the run.

Position	Name	Gun Time
54	Tim Durant	00:21:52



## HAMPSHIRE ROAD RACE LEAGUE a running club competition



## 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. 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, which runs 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 (Gosport Road Runners 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.

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.hrri.org.uk>

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

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 confirmed dates for the 2014/15 HRRL season are:

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
1	Sunday 7 <sup>th</sup> September 2014	Overton 5	5m	Overton Harriers Athletic Club
2	Sunday 14 <sup>th</sup> September 2014	Victory 5	5m	City of Portsmouth Athletic Club
3	Sunday 28 <sup>th</sup> September 2014	Solent ½	13.1m	Hardley Runners
4	Sunday 2 <sup>nd</sup> November 2014	Lordshill 10	10m	Lordshill Road Runners
5	Sunday 16 <sup>th</sup> November 2014	Gosport ½ ***	13.1m	Gosport Road Runners
6	Sunday 18 <sup>th</sup> January 2015	Stubbington 10k	10k	Stubbington Green Runners
7	T/B/A. February 2015	Ryde 10	10m	Ryde Harriers
8	T/B/A. March 2015	Salisbury 10	10m	City of Salisbury A & R Club
9	T/B/A. March 2015	Eastleigh 10k	10k	Southampton Athletic Club
10	T/B/A. May 2015	Alton 10	10m	Alton Runners
11	T/B/A. May 2015	Netley RVCP	10k	Southampton Athletic Club
12	T/B/A. June 2015	D-Day 10k	10k	City of Portsmouth Athletic Club

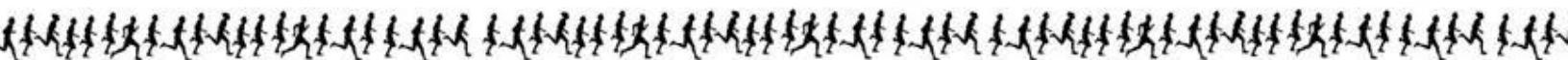
\*\*\* As a Club member, you are not permitted to take part in the Gosport ½ marathon. All members can take part in the helpers half which is run the day before but results are obviously not included for HRRL scoring.

Races are generally pre-registration entry only. You can find more details about entry for the next three races at:

Overton 5 <http://www.overtonharriers.org.uk/club-races/overton-5/>

Victory 5 <http://portsmouthathletic.co.uk/victory-5-mile/>

Solent ½ <http://www.hardleyrunners.co.uk/SolentHalf.html>





A few people have asked me recently if I could include a section which enables members to get to know a little bit about their fellow Club Members. This is an area that I would like to include in each month's copy of the newsletter so will be pestering everyone on a regular basis to help me out!

So here goes, a bit about me to set the ball rolling.....



## Getting to Know You

*Nick MacBeath*

### **Who are you and what do you do?**

I'm 42, originally from Inverness, Scotland but moved down South with work almost 20 years ago. I work as an Internal Auditor/Fraud Investigator which sounds way more glamorous and interesting than it actually is.

I've got two children (Callie 13 & Jamie 10) and I live with Karen Phillips, who is also a Club member and who will be completing one of these very soon 😊

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

I started running about 7 years ago mainly to lose weight (I was almost 20st at my heaviest) and after Pete Hewitt set us both a challenge to run the Great South Run.

### **How long have you been a member of the Club?**

After the GSR I ran a few local races but eventually started to get a bit bored of running on my own. I joined the Club in 2009 and absolutely love it. I've met some interesting people and made some great friends.

### **What do you most like about being a GRR?**

The camaraderie, being part of a team at races and the fact that there is always someone there to support and encourage you.

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

- My favourite has to be off road, trail runs. Although they are tougher, I feel that they are so much more relaxed and the scenery (especially on the South Downs) is amazing.

My least favourite would have to be multi lap courses (like the Netley 10k for example).

**What are your running ambitions?**

- Initially it was to run a marathon (which I done in 2011 with the support of GRR) and I have no intention of ever attempting anything further.

I suppose it would be just being able to keep fit enough to allow me to carry on running for as long as I can. I've had a couple of injuries which have kept me off running for several months and after experiencing that I've learnt to just appreciate getting out there and enjoying my runs, regardless of times or PB's.

**Tell us an interesting fact about yourself.**

- I can make a chicken out of a tea towel!

## YOUR NEWSLETTER NEEDS



# YOU.....

I'm obviously going to need some volunteers if I'm going to do some more of these so don't be shy..... Let me know if you're interested, either by email ([nick@macbeath.net](mailto:nick@macbeath.net)) or you can catch me at the Club one night.



## Gosport ½ Marathon Donations Update

My youngest son Ethan attends Woodcot primary school in Bridgemary. In September 2013 they decided to enter a team in the Gosport schools football league. The rules are that only children from years 5 and 6 can play but as Woodcot is a small school they didn't have enough children of the correct age so Ethan and one of his friends from year 4 were allowed to play to make up the numbers. The kit they used was, to put it politely, horrible. Straight out of the 1980's with only one size to choose from - extra large, all the shirts were numbered 6 or 9 and the poor keeper had to bring his own!! The below photo shows Ethan and his friend James wearing the maroon/yellow monstrosity!!



I approached the half marathon committee asking if they could provide money to re-equip the team and they came through magnificently with a cheque for £300! The school was thrilled and myself and Ethan's teacher went kit shopping.

The smart New Orange and black kit is great, comes in more than one size (and squad number) and as you can see the children are pleased as punch with it.



Thank You!.....

*Sue & Ethan Barrett*



### 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 list.

<http://www.gosportroadrunners.org.uk/>



**Beginners Course:** The next beginners' course will start on 9 September. Anyone interested should meet at Gosport rugby club at 7 pm.

We have created a flyer for you to put up in your work places to advertise the beginners' course and the Club generally. This is soon to be added to the GRR website for you to be able download but in the mean time, if you would like a copy, please let a member of the Committee know.

**Club Kit:** A full range of the Club's kit is available to purchase at Absolute Running on Stoke Road.

Nikki & Kev are also working on a new Cross Country GRR t-shirt which will be available in time for the coming season. Watch this space for more details.

### 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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)



### Given half a chance:

Some of you may be aware that Dave Croft's daughter (Emma) is a member of Headington Road Runners in Oxford. A member of HRR travelled down to Gosport last November to take part in our half marathon, and subsequently reviewed our race in their Club Newsletter (which is very nearly as good as ours!). Dave and Emma thought that you might be interested to read the review:



## Headington RoadRunners

*"Over the past few years I have targeted one or two half marathons each autumn for a couple of reasons. Firstly, I love racing the distance and have found that I'm still learning how best to tackle 13.1 miles. Secondly, I still want to improve my times and have achieved a (wait for it) whacking 11 seconds improvement since 2010. If I can keep this rate going, I think I will be satisfied with my efforts by about 2050. So, as you can see, I need to keep on racing half marathons. Over the years I have raced some of the more obvious ones (Reading, White Horse, Stroud, etc.) and some of the more obscure and hilly ones (Langdale and Leek). In a bid to find my ideal, flattest, fastest and best organised half marathon, my trips have identified a few favourite courses and this autumn I will be targeting the Gosport Half Marathon once again. I raced this last year in almost perfect conditions and found it a well organised and friendly event. There were around 1,500 finishers but it still had the feel of a friendly club organised event. Dipping in and out of an airfield in the first and second half of the race, a steel band help to keep your running rhythm going. Other than the airfield, the route takes you through urban Gosport with the final couple of miles along the promenade. A lovely goody bag with homemade cake is an added bonus at the end. It takes about 90 minutes to get to Gosport from Oxford and is well worth the travel time. It would be great to fill a car (or two) with Road Runners to this event. If you fancy targeting an autumn half and are interested in Gosport, please get in touch."*

Emma has advised that HRR are hoping to get a group down to race again this year so keep an eye out and give them an extra loud cheer!



# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER

*October 2014*



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# Chairman's Corner

Dear GRRs

First an apology from me for not keeping up a regular corner over the last few months. I will aim to correct for the future.

So what has been happening within the committee?

First, we now have 186 GRR members and continue to have new joiners each month. Some come as established runners moving to the area or starting running again after a period of absence. Others join after completing our twice yearly beginners group. This group, run by Terry Ash with support from other running leaders, has been really successful in taking people with nil/minimal experience and turning them into runners. The club owes a big thank you to all those that support these beginners groups. Of the 186 members, over 100 of you have chosen to be affiliated to UK Athletics. As well as this meaning affiliated members getting a discount on entering running events, we also keep our position of being offered places in the Virgin London Marathon.

We have invested some of the club funds into an improved set of kit for the cross country crew (captained by Kev & Nikki White) including a tent structure (a gazebo if you are from Alverstoke), new GRR flags and kit bags for holding runners clothing when out on the trail. With new x-country running tops from Absolute Running, the 1st x-country event earlier this month (part of the Southern Cross Country League) was a tremendous success. These are typically about 5 miles long and great to participate in. £1.50 gets you an event, a drink & food (including cake). The next event is on 9th November (see the GRR website Events page). I can thoroughly recommend it.

Finally we have a clarion call out for support to the Gosport Half on 16th November. This is critically important event for the club and also for local charities who received in excess of £13000 as a result of monies raised from the Half. The race takes a huge amount of organising and it is really a case of all hands to the pumps to ensure it remains the highest rated half marathon on the South Coast. If you haven't already offered but are prepared to help out, please contact Dave Little or any other member of the committee.

Thank you for your continuing support of the GRR.

*Giles Cowling*







## Ealing Half Marathon

Sunday 28<sup>th</sup> September 2014

(By Adam Walters)

### My First Half Marathon

On 28th September 2014 I ran my First Half Marathon in Ealing, West London. Here is my story about the day and a bit about the build up to this.

Just under a year ago I came along to Gosport Road Runners with my good friend, and fellow Gosport Road Runner, James Heath. I joined mainly just to keep my fitness up as, in the past; I had run mainly on my own but had never run as part of Club or with a group of people. I had also run the Great South Run twice before (in 2011 and 2012). I was hooked. From my first visit, the Club made me feel so welcome and I have since attended regularly making lots of new fantastic friends.

In 2014 I signed up for six 10Ks, which I competed; and as my times improved a lot the more I ran, I thought to myself "I would love to run a half marathon one day" so I decided to sign up for a longer run to test the water. I decided on the New Forest 10 mile but unfortunately I had to pull out of this race due to shin splints which stopped me running for most of the summer. Not feeling down though I decided to go for it and sign up for my first half marathon, the Bournemouth half which is run in October. I felt that I had plenty of time to train for it and that I would hit my peak of fitness just in time.

Prior to entering this race, I had also heard about the Ealing half marathon, which takes place at the end of September and which sounded like a good event, as it was an award winning race, but decided to stick with the Bournemouth half instead as it was closer to home and it is one of my favourite places.

About a month before the Ealing half, one of our fellow Gosport Road Runners (and friendly owner of Absolute Running) Nick Carter) injured himself quite badly running the Victory 5. I knew Nick was due to run the Ealing half and on hearing this news, the madness in my brain starting ticking over and saying "you could run the Ealing half too..... go on do it". I asked Nick what he was doing with his place and he was happy to transfer his number to me saying "I've got the legs to run both if I am very sensible and do not overdo it in between". So that was it, I was signed up.

I had already started to pick my running up again after injury, in August I was undertaking some hilly runs whilst on holiday on Newquay, but felt that I just needed a couple more long training runs. I managed this when doing leg 3 of the Test Way relay (on a relay leg that was supposed to be 12k and ended up being 15k due to me getting lost..... in typical GRR spirit). This experience strangely helped me get my running mojo back and made me more determined to run the half marathon distance that I had always wanted to do (this was one of my ambitions of running when I started back in 2011.).

The week before Ealing I went on one last training run around Gosport, along Stokes Bay and towards Lee on Solent and ended up running about 10 Miles which I was happy with as it was the furthest I had run since June. The following week consisted of two gentle tapering 3 mile runs at the Club and I then felt I was just about ready; if not a little bit anxious and nervous. I was particularly anxious about my left shin, which had been very temperamental all summer even once I was back running again.

Race day itself was an epic one that I will never forget. The day started very early (5:30am) when I picked up fellow Gosport Road Runners Caroline Oakes and Wayne Toms to drive to the Rugby Club to catch our mini bus to Ealing. All in all there were eight Club members running Ealing so a fair turn out, as well as the fantastic support from Jenner Moore (with her two kids) and Caroline Oakes (who also provided cake). When we got to Lammas Park, where the race started and finished, we were all given yellow ribbons to wear to help raise awareness in the hunt for the missing Alice Gross who lived fairly nearby. These ribbons were also scattered around the whole of Ealing; quite an amazing sight really.

The weather on the day was fab. Maybe not ideal conditions for running your first half marathon but you can't choose the weather. At the beginning of the race I decided to put myself right by the 2 hour 20 minute pacers as I had no agenda and my plan was just to run and complete the 13.1 miles, enjoying the atmosphere as I went along.



The Race itself was a very difficult one as the weather got hotter as we went along. Parts were surprisingly hilly and anyone who knows me at GRRs knows how much I love hills (NOT..... I hate them with a vengeance). I felt fine for the first nine miles but then my legs decided to get tired and not want to run! I suppose I hit the wall. For the last four miles I had to run as much as I could with various spells of fast walking in between. When I got over the line I felt euphoric yet absolutely shattered and a little dehydrated, even though I did rehydrate regularly throughout the race. I finished the run in a time of just over 2hr and 30 minutes.

The crowds all the way around were fantastic, the people of Ealing really came out in force to support this race, as were the marshals who were amazing all the way around.

This race was one I will never forget and I will definitely cherish the medal I received as being the one I have had to work the hardest for since I started running.

Adam Walters



Chip Pos	Name	Gun Time	Chip Time	Comm
3,851	Adam Walters	02:36:01	-	



October 4<sup>th</sup> - 5<sup>th</sup>  
**Bucharest International**  
**MARATHON 2014**  
7<sup>th</sup> edition

## Bucharest Marathon

Sunday 5<sup>th</sup> October 2014

(By Tim Durant)

### 7th BUCHAREST INTERNATIONAL

Well as another marathon season is upon us I thought I'd write a few words about a marathon where any member of Gosport Road Runners could have been in the top 10 GB finishers. Impressed? I hope so. Although I should point out there were only eight Brits who finished the race!

As a bit of a tourism runner, I decided back in April that at a time when others were preparing to run in Bournemouth, Abingdon or Snowdonia, I'd rather be jetting off to Romania to take part in the 7th Bucharest International Marathon. It was going to be my fifth marathon in a fifth country and, in all likelihood, was also going to be my last (five just seemed a more 'rounded' number than four).

My last marathon was in April 2012 and, although I'd only had a few injuries/illnesses since then, I knew my fitness wasn't what it had been and I guess one of the reasons for doing another marathon was to try and regain that fitness level. So, following six months of intense training (well, a few less beers and a few more runs over 10K in length), I felt a little better prepared and ready to give it a go.

At this point, I must say that I and several other members of GRR have been fortunate enough to be able to take part in several races outside of the UK and I'm sure some of you may have thought you'd love to do so as well but that it's just too expensive and you can't afford it? Sometimes that is the case and an unfortunate fact of life, but if I give you a breakdown of the costs involved on this trip, hopefully it shows that if you're prepared to do a little research and book well ahead then you can get great value for money and an amazing experience rolled into one, all for a reasonable price. We spent three nights in Bucharest and paid £80 (£105 if taking hold luggage) for flights, £75 per person for bed & breakfast in a 3 star Apartment hotel (twin/double) and about another £100 per person on transfers, meals, sightseeing and gifts. All together, less than £300 per person ☺

(Flights booked with Easy Jet, Hotel Orhideea booked through bookings.com)

So on Friday 3rd October myself and five other adventurers (one running the half marathon and the others going to cheer and shout) set off from Gatwick and arrived in Bucharest at lunchtime. After a quick hotel check in, we took a lovely walk to the expo to collect our race packs, check out where the race was going to start and finish and to start our sightseeing. Luckily the expo, race start/finish and the most imposing tourist attraction in Bucharest, the Palace of Parliament (The world's second largest building, built as a palace for Nicolae Ceaușescu, who was overthrown and executed before it was completed) were all in the same place so that wasn't a difficult task!



Collecting our race numbers went smoothly and the expo was really interesting. As well as several clothing and shoe companies there were also many stalls dedicated to local charities and in a country that is a lot poorer and sociably challenged than us, it was great to see and hear a little bit about the work these charities are able to do.

Saturday passed in a blur of tube/tram travel, sightseeing and pasta eating. Once again all went smoothly and to be honest we couldn't believe how lovely Bucharest was and how friendly the people were. It really is a great place to visit with loads of culture and history.

Finally Sunday arrived and with the forecast being temperatures of between 12-22 Degrees Celsius and bright sunshine I put away the jacket and gloves and put on the sunscreen, sunglasses and hat with a feeling of excitement but also one of concern it might just be a little too hot for comfort by the time I crossed the finish line.

The start was well organised and although there were a total of over five thousand runners taking part across the three events (marathon, half marathon and marathon relay) it was very quiet and uneventful getting to the start line in time for the gun to go off at 9am.



The race itself was two laps around the city with views of the national football stadium, Palace of Parliament (you can't really miss it wherever you are in Bucharest!), the national history museum and many other historic buildings and churches. I won't say much more, other than that the first lap was great and the second one was hot.

However, I will say that one of the highlights of finishing, apart from realising I was still alive, was that I was greeted on the finish line by a member of the Hope and Homes for Children of Romania charity ([Hopeandhomes.co.uk](http://Hopeandhomes.co.uk) or [hhc.ro](http://hhc.ro)) and invited back to their hospitality tent to recover from the race. They are a great charity founded by an ex British Army Colonel and his wife, who have helped reduce the number of children trapped in institutional care in Romania from over 100,000 in 1999 to about 9,000 today. They were also wonderful hosts who provided food and water, as well as a massage and fellow runners to talk to about the experience.





The rest of the day passed by in a bit of a haze with lots of food, drink and aching legs being my only real memories!

And so it was that we flew home on Monday afternoon to the lovely storms that were raging in our fine land and with my thoughts on how fortunate I am to be alive and well. To have experienced one of my most pleasant foreign tourism runs, where I saw some amazing sights and met some wonderful people. I highly recommend both the race and the city to all.

### Result:

Time: Half 1.38.59, Finish 3.29.47

Position: 104/705

Brits: 2/8

*Tim Durant*





## Atlantic Coast Challenge

3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> October 2014

(By Lisa Marie Hennen)

### An Absolutely Awesome Challenge!

#### Location

The route starts near Padstow and finishes at Lands End. Complete up to 78.6 miles (3 marathons) over 3 days by walking, running or crawling, pitting your mental and physical prowess against some of the wildest coastline in Britain. Dare to complete 1, 2 or 3 days and brag about it for much, much longer. Every Atlantic Coast Challenge starter receives an event T-shirt and every finisher receives a classic challenge medal. Monday morning proof to your work colleagues or family that you completed the toughest 3 day challenge!

This race is also a qualifier for The North Face Ultra - Trail du Mont-Blanc. You will also receive the famed hot Cornish Pasty when you get to Lands End!

Individual - 3 marathons in 3 days - £160.00

Individual - Day 1 - 26 miles - £60.00

Individual - Day 2 - 26 miles - £60.00

Individual - Day 3 - 26 miles - £60.00

Day One: North of Constantine Bay (near Padstow) to Perranporth





Day Two: Perranporth to St Ives Bay Holiday park Day



Three: St Ives Bay Holiday Park to Lands End



There is an option to do just one or two days of the challenge @ £60 per day.

## Terrain:

Wild and rugged. Steep climbs and descents that test your concentration as well as your strength. Each day is unique with its own individual challenges and famous landmarks to add to the experience. The course follows the South West Coast path which is marked by the Acorn sign. Its a very obvious well worn route. You will be issued with course maps and the emphasis is on self navigation. In most cases its as easy as keeping the sea on your right and the land on your left.

## Event Facilities

**Event HQ:** This will act as a meeting point, catering area, massage/first aid point and reception. This will be open throughout the whole event to answer any questions, sell you some event merchandise including hoodies and jackets or offer you some running advice. The Event HQ will be based at the St Ives Bay Holiday Park.

**Check Points (CPs):** These are located approximately every 8 miles. At each CP you will be 'checked' in by the CP staff and your time logged. This means we know where you are on the course and if you are late for a check point we can assist you. All the CPs will be stocked with energy bars, jelly babies, salty snacks, filled rolls, homemade sausage rolls and pizzas, water, squash, Pepsi and hot drinks. At the finish point each day a bowl of hot homemade soup and bread roll will await you, on day 3 we replace the soup with a hot Cornish pasty. CP locations are marked on the issued maps and CP close times will be issued to you along with your actions on emergency card. Accesses to the event medics will be available at the CP.

**Transportation:** Each day you will be instructed to meet at the event HQ and then be transported to the start. Once you join the event you can leave your car at the event HQ and take advantage of the mini buses. On completion of the days run you will be transported back to the event HQ. Mini bus pick-ups and drops offs from the local train station in Hayle are included in your entry fee.

Every morning at race registration the medics will be available to sort out any blisters, tape feet up and re-attach severed limbs etc. The votwo sports massage staff will also be available at the end of each day to advise on dealing with strains and injuries.

**Catering:** All catering is provided by our very own mobile kitchen. Food vouchers are purchased at the event. The cost is £15 per day. This includes a cooked breakfast and evening meal. The chef is briefed to make large, healthy portions suitable for people running a marathon a day! Meals start on Thursday evening and finish on Sunday evening. The catering marquee is located next to the HQ tent and provides a great social atmosphere in the evening. free beer, wine and soft drinks available.

### Team/Relay

Team Entry is £185.00 Teams of two. Change over at half way each day at the check point (this is a condition of the team entry). Complete 13.1 miles a day each. Perfect for teams looking to raise money for charity or runners who don't fancy the full marathon each day.

#### Start Groups

Group 1 is predominately for walkers and slower runners. If you are a faster runner you may start with group 1 but it is preferred you start with group 2. Group 1 start first each day. Group 2 is for runners and faster runners. No walkers in group 2. The briefing, bus and start times for each group on each day of the challenge are in the participant information pack.

On day one of the challenge each group is limited in size to 128 participants. This is the number of people we can get on the mini bus lift to the start. You will be asked which group you would like to start with on via an online survey emailed to you two weeks before the start date.

*Lisa Hennen*

### Lisa's Results:

Name	Day 1	Day 2	Day 3
Lisa Hennen	07:04:10	06:31:51	09:02:15







# 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.

**Sunday 5<sup>th</sup> October 2014**

## **Downland Challenge (10k)**

Position	Name	Chip Time	Comment
9	Kev White	00:42:09	
38	Pete Phillipson	00:50:54	
48	Nikki White	00:53:33	
58	David Brace	00:55:58	
76	Amber Schothorst	01:01:02	



Sunday 5<sup>th</sup> October 2014

### Bournemouth Marathon

Chip Pos	Name	Chip Time
145	Jayson Grygiel	03:22:15
487	Paul Street	03:48:45
538	Paul Turle	03:51:05
1385	Luke Malone	04:38:03
1803	Steve Wise	05:19:32
1831	Keith Elshaw	05:23:58
1832	Ange Elshaw	05:23:58

### Bournemouth Half Marathon

Chip Pos	Name	Chip Time
175	Ben Jarvis	01:34:32
640	Kirsten Maw	01:47:01
673	Dave Croft	01:47:39
1807	Jenner Moore	02:08:50
1808	Terry Moore	02:08:51
2365	Adam Walters	02:24:32
	Meranda Winter	03:05:20



bourne<sub>2</sub>m<sub>2</sub>outh  
marath<sub>2</sub>on  
festival



### Sunday 5<sup>th</sup> October 2014 ....(Continued)

#### **Bucharest Marathon**

Chip Pos	Name	Gun Time	Chip Time	Comment
104	Tim Durant	-	03:29:47	

#### **Lloyds Cardiff Half Marathon**

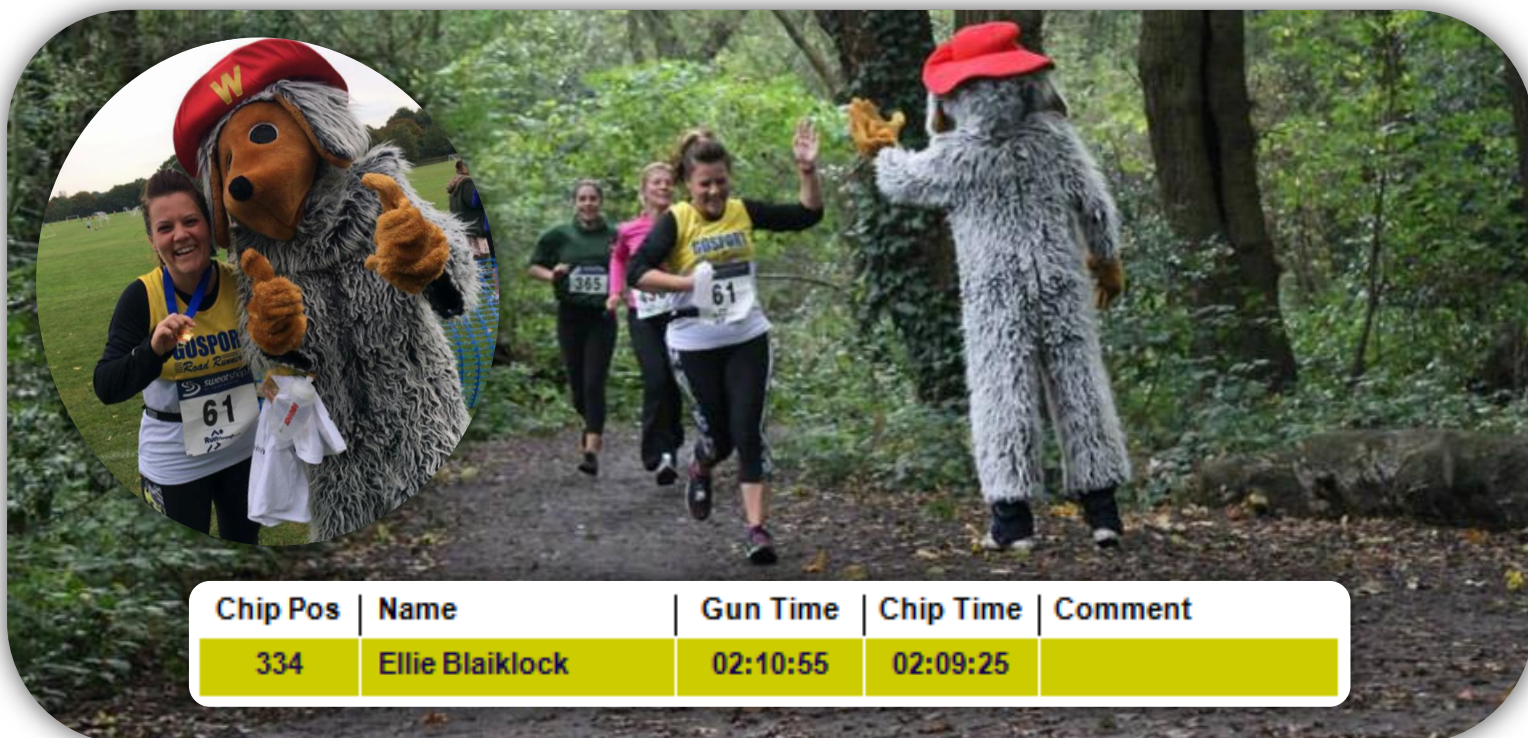
Chip Pos	Name	Gun Time	Chip Time	Comment
1059	Stephen Crook	01:33:26	01:32:44	

#### **RNLI 10k**

Chip Pos	Name	Gun Time	Chip Time	Comment
314	Sue Barker	01:12:07	01:11:38	
316	Kath King	01:12:57	01:12:28	

### Sunday 12<sup>th</sup> October 2014

#### **Wimbledon Common Half Marathon**



Chip Pos	Name	Gun Time	Chip Time	Comment
334	Ellie Blaiklock	02:10:55	02:09:25	

### Sunday 12<sup>th</sup> October 2014 .... (Continued)

#### Chichester Half Marathon

Chip Pos	Name	Gun Time	Chip Time
204	Anthony Dew	01:48:28	01:48:13
501	David Brace	02:08:32	02:07:36
677	Kim Carter	02:32:19	02:31:23
678	Shona Rust	02:32:19	02:31:23
679	Amber Schothorst	02:32:19	02:31:23



### Sunday 19<sup>th</sup> October 2014

#### Worthing10k

Chip Pos	Name	Gun Time	Chip Time	Comment
115	Colin Middleton	-	00:53:11	
156	Karen Middleton	-	01:11:05	

#### Denmead 10k

Chip Pos	Name	Gun Time	Chip Time	Comment
8	Chris Buxton	-	00:39:13	
37	Colin Gardner	-	00:44:51	
47	Auz Gray	-	00:46:00	
62	Ian Pugh	-	00:48:09	
92	Fiona Tomlinson	-	00:52:36	
96	Rory Fall	-	00:53:33	
114	Michael Stares	-	00:54:57	
139	Jenner Moore	-	00:59:50	
168	Sue Tingley	-	01:11:30	
172	Mandy Myers	-	01:15:09	
173	Susan Barker	-	01:15:39	
174	Kathleen King	-	01:16:44	



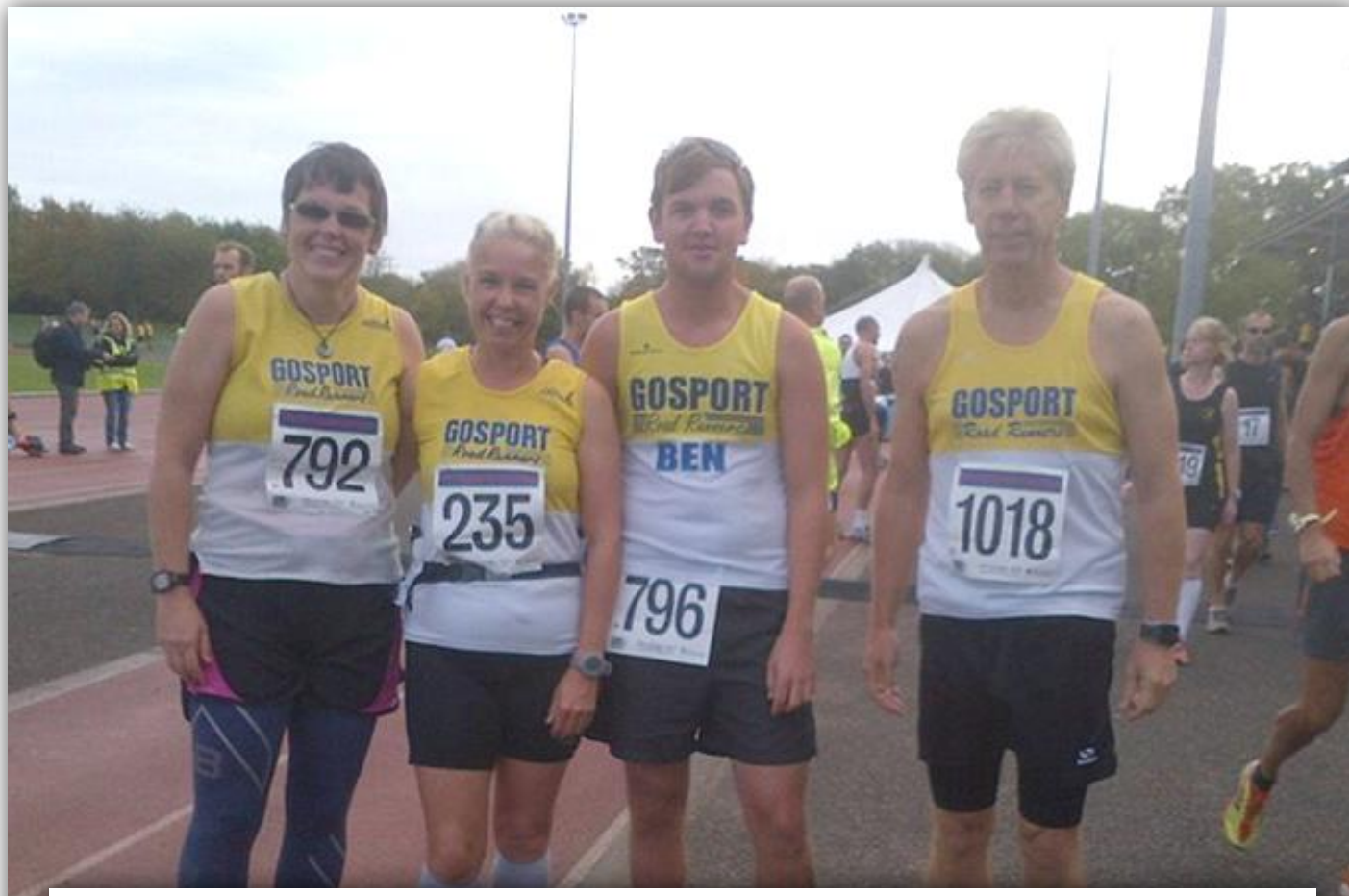


**Denmead 10k**



### Sunday 19<sup>th</sup> October 2014 .... (Continued)

#### Abingdon Marathon



Chip Pos	Name	Gun Time	Chip Time	Comment
454	Ben Jarvis	04:00:19	03:59:53	1 <sup>st</sup> Marathon
539	Tracey Wales	04:23:22	04:22:56	
597	Sue Barrett	04:56:24	04:55:49	
598	David Brace	04:56:24	04:55:49	

#### The Great Birmingham Run (Half Marathon)

Chip Pos	Name	Gun Time	Chip Time	Comment
5,470	Bryn Whitehouse	-	01:57:57	



### Sunday 26<sup>th</sup> October 2014

#### *The Great South Run (10 miles)*

Name	Time
Kev White	01:07:35
Terry Arnott	01:09:40
Steve Crook	01:09:52
Colin Gardner	01:10:39
Ben Jarvis	01:12:51
Wayne Toms	01:13:41
Paul Street	01:16:53
Anthony Horne	01:20:43
Darren Eynon	01:20:57
Kirsten Maw	01:21:29
Terry Moore	01:21:38
Jenny Shilling	01:22:03
Jenna Knight	01:22:23
Karen Williams	01:23:17
Rory Fall	01:25:53
Craig Neil	01:26:20
Rachel Kraan	01:26:35
Pete Hewitt	01:27:48
Colin Middleton	01:27:59
Andrea Edwards	01:28:20
Rachel Davis	01:28:46
Nikki White	01:28:56

Name	Time
David Brace	01:29:08
Jack Lambie	01:32:39
Kerry Irwin	01:33:15
Nick MacBeath	01:33:22
Karen Phillips	01:33:22
Sue Barrett	01:34:18
Jo McBride	01:35:11
Mick Kearney	01:35:37
Jenner Moore	01:36:22
John Barrett	01:37:04
Nikki Finnemore	01:37:28
Rikki Hatherly	01:37:30
Steve Parker	01:37:45
Lucy Hudson	01:38:29
Becky Veal	01:38:37
Georgina Massingale	01:38:43
Kim Carter	01:38:54
Amber Schothorst	01:40:05
Dave McAllen	01:40:12
Julie Shinton	01:40:45
David Chilvers	01:41:48
Melissa Pink	01:42:01

Name	Time
Kevin Robinson	01:42:23
Maree O'Rourke	01:42:25
Rachel Gee	01:43:05
Kerry Down	01:44:15
Sarah Down	01:44:15
Jo Harvey	01:45:01
Adam Walters	01:47:33
Claire Hill	01:47:53
Miranda Carrick	01:48:26
Laura Grubb	01:48:54
Seam McKay	01:50:24
Tina Kraan	01:51:39
Laura Cornborough	01:52:01
Shona Rust	01:52:07
Emma Mundy	01:52:42
Michelle Mose	01:53:11
Karen Hoggarth	01:54:36
Sally Townley	02:05:06
Karen Middleton	02:07:42
Lousie Millson	02:10:38
Linda Moorehead	02:10:38
Meranda Winter	02:15:29













**Monday 27<sup>th</sup> October 2014****Dublin Marathon**

Chip Pos	Name	Gun Time	Chip Time	Comment
6,561	Andy Clutton	04:18:32	04:15:56	
8,196	Ray Bernice	04:35:07	04:33:34	
8,743	Kellee Read	04:41:13	04:38:53	
8,758	Ellie Blaiklock	04:41:32	04:39:12	
9,245	Sharon Clutton	04:48:19	04:45:59	
11,729	Tania Bernice	06:04:06	06:01:46	1 <sup>st</sup> Marathon
11,770	Denise Francis	06:08:22	06:06:02	





## 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:

- You ran under someone else's number and didn't let me know. They might have had YOUR time recorded under THEIR name.
- 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.
- 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.

***Can I also ask that any member who thinks that they might have qualified for a club award this year (i.e. the Gold, Silver or Bronze Club awards) to contact me ASAP?***

Thanks.....

*Brian Fisher*

Please email you results to Brian or myself at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

or

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



*Brian Fisher - Results Co-ordinator*



# Club 5k Time Trial

Tuesday 8<sup>th</sup> October 2014

Pos	Name	Time
1	Joe Wales	17:50
2	Terry Arnott	19:46
3	Auz Grey	20:22
4	Colin Gardner	20:36
5	Josh Belben	21:54
6	Pete Phillipson	22:53
7	Philip Bull	22:59
8	Guy Sheppard	23:10
9	Steve Moltini	23:16
10	Phil Bead	23:31
11	Nick MacBeath	24:11
12	Dave Croft	24:26
13	Pete Lindley	24:56
14	Jenny Shilling	25:19
15	Rachel Davies	25:21
16	Rory Fall	26:07
17	Mike Kearney	26:11
18	Darron Eynon	26:16
19	Mike Stares	26:18

Pos	Name	Time
20	Melissa Pink <b>PB</b>	27:05
21	Rachel Gee <b>PB</b>	27:16
22	Giles Cowling	27:37
23	David Baker	27:41
24	Nicky Finnamore	27:42
25	Mike Barker	27:45
26	Marie O'Rourke	28:12
27	Kerry Down	28:43
28	Tina Krahn	29:01
29	Edward Smyth	29:01
30	Kate Smyth	29:45
31	Dave Kirby	29:47
32	Mary Ash	31:12
33	Denise Francis	31:12
34	Jo Jacobs	34:45

Pos	Name	Time
35	Maria McKay	35:55
36	Sean McKay	35:56
37	Caroline Dickens	36:00
38	Charlotte Watkins	36:06
39	Christie Breen	36:07
40	Angie Elshaw	36:09
41	Fiona Townsend	36:28
42	Kim Carter	36:29
43	Sophie Jacobs	36:41
44	Leanne East	37:54
45	Sue Barratt	37:54
46	Terry Weston	37:55
47	Rebecca Lesley	42:13
48	Keith Elshaw	42:18
49	Amber Schorthorst	42:28

The first 5k on the winter route for this season, not bad weather for the runners, maybe a bit chilly for officials and supporters. Talking of which, many thanks to our super officials:- Gary Francis (Recorder), Liz Redpath (Starter & Timer), Janet Lindley (Backup Timer), Sid Smith (Numbers) and of course to the supporters, Nick Carter, Alan Burgess, Ian Buzzard, Brian Fisher, Tracy Wales, David Brace, Mike Welsted, Paul Turle and Adam Walters. Julie Shinton and John Jeffs ran one lap.





Free ✓  
Weekly ✓  
Timed ✓  
5km ✓

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

## 4<sup>th</sup> October 2014

### Southsea

212 participants completed the run.

Position	Name	Gun Time
23	Ben Wales	00:21:38
66	Tracey Wales	00:24:32

### Havant

184 participants completed the run.

Position	Name	Gun Time
6	Chris Buxton	00:19:08
137	Alan Burgess	00:34:06

### Mile End

159 participants completed the run.

Position	Name	Gun Time
21	Auz Gray	00:21:10

### Netley Abbey

202 participants completed the run.

Position	Name	Gun Time
123	Levi Hughes	00:27:45
136	Rachel Gee	00:28:39
163	Ange Elshaw	00:30:28
183	Sally Townley	00:32:53

### Queen Elizabeth

74 participants completed the run.

Position	Name	Gun Time
28	Toby Bettridge	00:26:59

## 11<sup>th</sup> October 2014

### Southampton

523 participants completed the run.

Position	Name	Gun Time
187	Tim Durant	00:24:26

parkrun is for everyone



## Southsea

222 participants completed the run.

Position	Name	Gun Time
136	Rachel Gee	00:28:30
123	Ethan 'Lazerblade' Barrett	00:29:58
136	Sue Barrett	00:30:02
123	Alan Burgess	00:32:04

## Havant

157 participants completed the run.

Position	Name	Gun Time
11	Auz Gray	00:23:00

## Netley Abbey

179 participants completed the run.

Position	Name	Gun Time
67	Keith Elshaw	00:23:58
167	Lizzie Elshaw	00:35:32
169	Ange Elshaw	00:35:34

## Queen Elizabeth

77 participants completed the run.

Position	Name	Gun Time
6	Chris Buxton	00:19:38
11	Colin Gardner	00:22:42

**18<sup>th</sup> October 2014**

## Havant

192 participants completed the run.

Position	Name	Gun Time
15	Kev White	00:20:43
57	Nikki White	00:26:02

## Eastleigh

179 participants completed the run.

Position	Name	Gun Time
38	Auz Gray	00:23:04

## Pomphrey Hill

239 participants completed the run.

Position	Name	Gun Time
11	Tim Durant	00:21:53

**25<sup>th</sup> October 2014**

## Havant Abbey

158 participants completed the run.

Position	Name	Gun Time
25	Alan Burgess	00:23:51

## Eastleigh

168 participants completed the run.

Position	Name	Gun Time
17	Tim Durant	00:21:21

## Mile End

137 participants completed the run.

Position	Name	Gun Time
61	Auz Gray	00:23:52

## Queen Elizabeth

46 participants completed the run.

Position	Name	Gun Time
40	Keith Elshaw	00:40:18





## HAMPSHIRE ROAD RACE LEAGUE

a running club competition

I included a quite detailed section on the HRRL in August'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:

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



## THE SOUTHERN CROSS COUNTRY LEAGUE

I included a quite detailed section on the Southern Cross Country League 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 this is and how it works.

This year's season started in October with the first event held at Pamber Forest, near Basingstoke. This was superbly supported by GRR (34 runners must be a record cross country turnout) and I've included the results and some photos on [page ???](#)

*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 9 <sup>th</sup> November 2014	-	Queen Elizabeth Country Park
Sunday 7 <sup>th</sup> December 2014	-	The Bourne Woods, Farnham
Sunday 28 <sup>th</sup> December 2014	-	Lord Wandsworth College, Odiham
Sunday 25 <sup>th</sup> January 2015	-	Manor Farm & Country Park (Venue might change to '100 Acres')
Sunday 15 <sup>th</sup> February 2015		Chawton Park Wood, Alton (date might change to 22 February')
Sunday 1 <sup>st</sup> 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 between £1 and £2) 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.....***

The next run (which is one of my favourite routes) is at Queen Elizabeth Country Park on Sunday 9<sup>th</sup> November. This is also Remembrance Sunday (there will be a minutes silence before the race starts) so don't forget to wear your poppy with pride on your GRR vest.

See you there.....wouldn't it be great to top the 34 runners who took part at Pamber Forest?



### Pamber Forest, Basingstoke – Finishing Positions – 12<sup>th</sup> October 2014

Pos	Name
40	Chris Buxton
44	Rich Oakes
73	Terry Arnott
75	Kevin White
103	Colin Gardener
129	Paul Turle
145	Ben Jarvis
150	Auz Gray
158	Peter Phillipson
164	Martin Rowell
181	Nick MacBeath
185	Terry Moore
197	Keith Elshaw
207	Rory Fall
220	Ricky Hatherley
225	Adam Walters
229	Gilles Cowling

Pos	Name
59	Kirsten Maw
83	Nikki White
108	Eileen Cowling
116	Karen Philips
121	Andrea Edwards
124	Sue Barrett
125	Kerry Irwin-Hall
126	Melissa Pink
136	Rachael Gee
137	Julie Shinton
139	Kerry Down
140	Becky Veal
143	Sarah Down
145	Jenner Moore
154	Ange Elshaw
157	Lizzie Elshaw
159	Pat Lapworth



Massive well done to the men's team on finishing in 10<sup>th</sup> position, with an overall position off 13<sup>th</sup>..... Excellent! Well done everyone.

Hope to see you all again on the 9<sup>th</sup> November at Queen Elizabeth Country Park for another 'sea off yellow'. Big thanks for the support on our first x-country as Captains.

*Kev & Nikki*











### 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](mailto:crosscountry@gosportroadrunners.org.uk)



**Cross Country T-Shirts:** The new GRR X-Country Team t-shirts are available to buy at Absolute Running on Stoke Road or on-line at:

[www.absolute-running.co.uk/gosportroadrunners](http://www.absolute-running.co.uk/gosportroadrunners)





## Getting to Know You

*Keith Elshaw – Membership Secretary*

***Who are you and what do you do?***

My name is Keith Elshaw, I have been married to Angela for 26 years and we have 2 children, Maisie and Jack who are both 21.

I work as a Universal Grinder for Eaton Aerospace in Titchfield.

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

I have been running for about 5 years, After I stopped playing football, my already oversized frame got bigger and I needed to change.

***How long have you been a member of the Club?***

5 years

***What does your role on the Committee involve?***

I am the Membership Secretary so I collect the membership fees and contact details from all members.

***What do you most like about being a GRR?***

The camaraderie, being part of a club and not having to run on your own. Also being introduced to some weird and wacky races.

***What are your running ambitions?***

To run a sub 4 marathon.

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

Favourite, is Bacchus (although I can never remember much about it! Least favourite. I haven't found one yet. Every race has its benefits.

***Tell us an interesting fact about yourself.***

I'm in a band. Check out "The Startled Monkeys"



## GRR and Social Media:

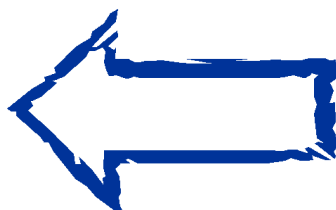


The Club's Facebook page currently has 227 registered members and has recently undergone a bit of a clean-up to remove anyone with no link to the Club. This is predominantly where Club members share stories, race experiences, photos and arrange out of Club meetings, etc. You can find us by following this link:

<https://www.facebook.com/groups/27301329294/>

## London Marathon

A quick reminder for those of you who got rejected in the London Marathon ballot this month..... keep hold of the rejection letter that came inside your magazine. The Club receives an allocation of places for the London Marathon (usually 2) and those who were unsuccessful in the ballot are eligible to enter the draw for one of the Club places (subject to meeting certain criteria). The draw is normally made around Christmas time and details will be circulated when the draw date is decided.



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 as soon as possible.

## 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 recently 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 list. <http://www.gosportroadrunners.org.uk/>





## Date for Your Diary:

You may have seen the recent email that I circulated about the annual Pub to Pub race, which takes place on the Saturday after Christmas. What a great way to run off the Christmas excesses and it would be great to see a large GRR turnout to support this local charity event.



# 30<sup>th</sup> PUB TO PUB CHARITY ROAD RACE & WALK

Presented by  
**PORTSMOUTH JOGGERS**

Saturday 27<sup>th</sup> December 2014 at 11am

In aid of the  
Portsmouth Hospital's Rocky Appeal  
Run under ARC Rules. Permit tbc.



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.

You can find out more about this event by following this link: [http://pjc.org.uk/?page\\_id=110](http://pjc.org.uk/?page_id=110)

## 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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)

# GOSPORT

## Half Marathon

# YOUR CLUB NEEDS



# YOU.....



Dear Members,

This year's Half Marathon will be soon upon us - Sunday November 16th. As always the success of the event is driven by you the members and your friends and family. Without fail you always get behind us and deliver a fantastic event. I'm hoping this year will be no different. It's more challenging this time around as we introduce a brand new route so we need as many of you as possible to volunteer your services.

If you've already responded to my Facebook entry, then thank you. If you haven't put your name forward yet but would like to then please contact either myself or Sharon Clutton.

Thank you in advance for your support. Let's make it another year to remember.

*Dave Little*

Race Director, Gosport Half Marathon

*If you would like to help at the Gosport Half Marathon either on Saturday 15th November or marshal on race day (or volunteer for both days) would you please contact Dave Little on Facebook or e-mail:*

[race.director@gosportroadrunners.org.uk](mailto:race.director@gosportroadrunners.org.uk)



**GOSPORT**  
Half Marathon

**GOODIE BAG PACKING TEAM**

**Saturday 15th November**



If you, your family and friends would like to help pack the Goodie Bags for the Half Marathon your assistance would be much appreciated.

Venue will be the same as last year, which is the Church Hall in Fort Blockhouse, Haslar Road. Fort Blockhouse is between the old Royal Hospital Haslar and the bridge on Haslar Road (Postcode PO12 2AB).

I will be at the entrance of Fort Blockhouse at 8.30am to meet people and take to Church Hall. Those of you that arrive after 8.30am will be given directions by Security at Entrance Gate. We are starting a little earlier this year to ensure that there is sufficient time for those running the 'Helpers Half'.

Whatever time you can give will be appreciated. Refreshments will be provided.

Adjacent to the Church Hall there are showers/changing facilities should you wish to change for Helpers Half.

Thank You

*Eileen Cowling*

**HELPERS SUNDAY EVENING SOCIAL**



Dear Members,

The evening social is being held at the Rugby Club and the Bar will be open from 7pm. Your first drink is free when you hand the voucher contained in your marshal pack to the bar staff.

In addition to your first drink you may have a free hot meal at 8pm and the choice would be: a Chicken Korma Curry, Chilli & French Stick or Jumbo Sausage & Chips. The Curry and Chilli would be of medium range.

Catering will be organised by the Rugby Club and you will need to give prior notification of your meal choice. Names and meal requirements will be given to the Catering Manageress on Thursday 6th November.

If you would like a meal please add your name to the list on the club notice board.

*Mike Barker*

# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER

*November 2014*

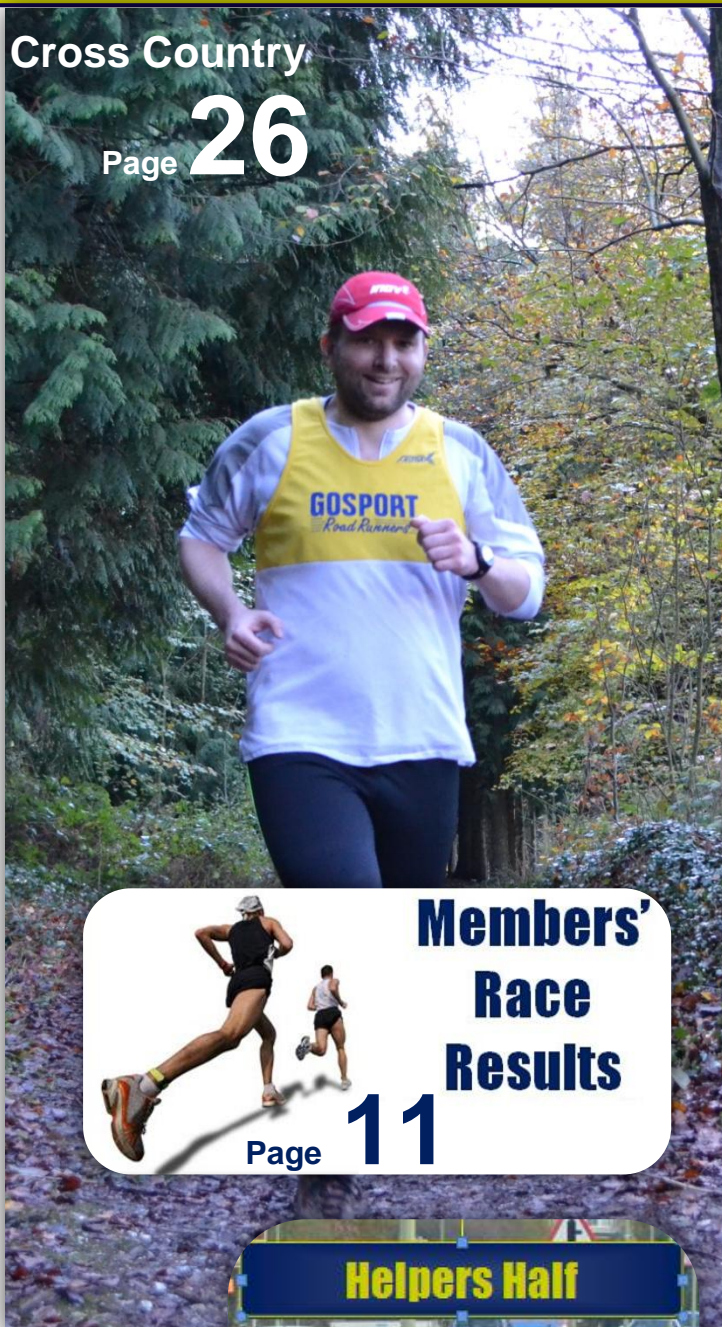


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**HAMPSHIRE ROAD RACE LEAGUE**

*This Month's cover photo:* Rachel & Julie celebrating at the end of the Lordshill 10.

# Chairman's Corner

Dear GRRs

The November Committee meeting was held on the Tuesday after the Gosport Half. And what a Half it was!

We have had really positive feedback from a cross-section of runners - first timers, last timers, pros and ams. Bearing in mind 80% of the course was new, that we had great feedback and a record number of finishers it is an absolutely cracking outcome. So we owe a huge vote of thanks to Dave Little and the Race Committee who pull it all together. Then there the many 10's of GRR volunteers who post leaflets, pack goodie bags, tie wrap signs, direct cars, guide runners, cheer runners, help runners, fill cups, give out chips, put up road signs (& take them down).....In fact I don't think there is anything that a GRR can't do!

All of the club members who gave up their time to ensuring this remains one of the South's premiere running events deserve a huge Thank You.

Dave's announcement that after 2015 he will be stepping down as Race Director means we will be looking for volunteers to step into his shoes. His plan is that he will lead on 2015 with his successor watching and learning. That person will then be supported in 2016. Dave will be providing more details in due course but if you are minded to consider this - please let Dave know.

Our club membership continues to grow and we approaching 200 which is absolutely great. Reports from new joiners is that the club feels really friendly and supportive which, bearing in mind we are getting bigger, is a really good testament to our ability to keep the GRR spirit no matter what.

The ~~gazebo~~ event shelter I mentioned in the last newsletter has continued to be put to good use on x-country events and was pressed into service at the Half. If you are thinking about coming to the ext x-country on 7th Dec then please see if you can car share as these are now attracting almost 500 runners.

The committee is also considering whether to position the club to take on under 18's. This would be a major change in how we are set up but equally would start to encourage new talent at an earlier stage. One small step would be to actively encourage parents to bring their older children down on a club night so they can go on a gentle run with their parent(s). This has happened informally in the past but we would like to know what you think about a) formally accepting under 18's and b) actively encouraging parents to bring along their older children. Let me know at [chairman@gosportroadrunners.org.uk](mailto:chairman@gosportroadrunners.org.uk)

Thank you for your continuing support of the GRR



*Giles Cowling*



# GOSPORT

## Half Marathon

You will all clearly be aware that the Club hosted the 29<sup>th</sup> Gosport Half Marathon on Sunday 16<sup>th</sup> November. In previous years, our race had been voted by 'Runners World' readers 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 particular, the friendliness of the marshals.

Well it would appear that we have managed to live up to these high standards yet again. The following are some of the feedback comments received by the Club or posted on Runners' World.

## RUNNER'S WORLD

**In full:** My fourth running of this race and as always the organisation, marshals, atmosphere and goody bag are head and shoulders above other races. New course this year which I preferred as most of the route has seaviews. Downside is that it is narrow in places, so can get a bit congested which may affect PB potential for some. All in all another brilliant race, and special mention must go to the marshals who are so encouraging and friendly, they do Gosport proud every year and this year was no exception.

**In short:** Great atmosphere but slightly marred by parking chaos

**In full:** This was my first time doing this race and I really liked the course. It was nice to run mostly along the seafront, and the loops meant that you could see other runners, and that the support was brilliant; the foam finger family were particularly appreciated, as was the child giving out jelly babies. Marshalls were excellent, and the water stops frequent.

**In full:** Course change this year which I thought may be difficult to marshall but my concerns were quickly put at ease. Excellent facilities, number easy to pick up and a very well organised baggage system. Out on the course the Marshall's were very friendly and supportive and plenty of them. Water stations well spaced and pack with encouraging helpers. PB potential course and scenic views across the solent. Gosport road runners and all their helpers should feel very proud. Excellent race!

**In short:** Nice flat course with great support from marshals cheering on your club vest which was a nice touch

**In short:** Brilliantly organised race. Course of 2 laps was good and flat so definitely a pb course. I got a 3 min pb! Very welcoming and frequent marshals.

**In short:** Excellent organisation, as always, excellent marshalls and a decent goody bag plus the post race massage for a donation was very welcome.

**In full:** First time for me. Might have been the rain, or the course changes, but not a fan of the pre-race stuff. Car parking seemed chaotic, the race number pick-up very strange (some queues had loads of people, some none, but no effort made to help the long queues) and the baggage drop off and loos poorly labelled so people in the wrong place a lot. That being said, the race itself was terrific. The course is flat, fast and although slightly congested at times you don't feel hemmed in too much. And the marshalls, to a man/woman, were terrific. helpful, supportive, well placed and just generally great. And the drinks stations were perfectly placed and well run. I didn't mind the loop either as could see other runners on the far side so motivated me! That pre-race stuff really should be better, but if you want a fast and friendly Half then you should certainly give this a try.

### Overall Runners' World Readers' Rating

#### The big picture 2014 (28 votes)

Overall score	<div><div></div></div>	87%
How many would do it again?	<div><div></div></div>	96%

#### Details:

Scenery	<div><div></div></div>	74%
PB potential	<div><div></div></div>	89%
Atmosphere	<div><div></div></div>	75%
Organisation	<div><div></div></div>	80%
Value	<div><div></div></div>	88%
Beginner-friendliness	<div><div></div></div>	76%

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

## e-mails

This is an excerpt from an email Brian received from one of this year's Half Marathon entrants:

"Can't wait! I did the Gosport Half 25 years ago when I was 14.

I know I was too young but I joined in at the start and ran the whole thing. A lady who I ran most of the way with made the organisers give me a medal at the end even though I was a naughty one! I decided that 25 years on, it's time to do it again so I'll be travelling down from Sheffield to visit the family.

The medal hangs in the garage amongst a load of other medals!"

Nice to know that our race inspired that young man all those years ago eh?

And the subsequent follow up.....

Hi Brian

I absolutely loved the race. I was so impressed with the organisation (especially as it was bucketing it down when everyone was milling around before the race) and there were loads of great, enthusiastic marshals.

I really enjoyed the course, I often run past Bay House and down to Lee-on-Solent when I'm visiting the family so it was nice to run along a route I knew pretty well.

The medal was great, and as you can see from the photo below, it is very similar to the one I got 25 years ago. The pair are now hanging up together in the garage/gym.

As for my own race, I was over 4 minutes off a PB but still a decent time for me (1:42) although I'm still kicking myself for slowing down on the last couple of miles so much! I was having too much fun to keep my pace up!!!

Thank you for putting on such a great event, and thank you to the original organisers from 25 years ago for inspiring me. I think I've done around 90 races since I moved away from the area when I was 20 years old including several marathons and ultra-marathons. I'll be sure to do this again.





These are copies of some emails Giles received from some of his work colleagues who ran our half marathon:

This was my first Gosport Half so I can't compare to previous years. I enjoyed it, I quite liked the two laps, they were long enough to be interesting and also I had a good idea about how far I was round and what was coming up next. The signage and race HQ were good, parking was very convenient, although I must have missed that we'd need to have £1 to hand to pay. The marshalling was great, very thorough, very cheerful, all the way round the course and at the finish. Ditto the water points and the jelly babies (although I wasn't sure whether these were "official" or just very helpful locals). Getting professionals to do the results really pays off, I don't think I've had them so quickly before.

The only bit of the course which was too tight (given the challenges you faced) was a junction / roundabout between (I think) mile 1 and mile 2, where we had to briefly go onto the pavement – it was quite a major pinch point. For me the first 2.5 miles were slow due to the volume of people in a fairly narrow space, but it worked quite well in pacing myself! A few colleagues mentioned the brief cross country stretch on the shingle – it didn't bother me, but they found it disconcerting. I'll definitely do it again next year.

And another.....

Thanks for the encouragement: I was struggling yesterday.

In general, yesterday's event had the usual very good organisation and support. Compared to previous years:

- Collection of numbers on the day is better than posting them (in two previous years I had to be issued a new number on the day);
- The very wide route on the airfield of previous courses provides plenty of space to pass (and be passed) comfortably. Not so easy on the new route;
- The short section across compacted shingle wasn't too bad;
- It seems a bit mean that the school showers couldn't be made available.

Yet another one.....

I think the new route worked well, the signage was clear, there were enough water stations, marshalling was clear. As usual, your club provided highly efficient service back at race HQ, re bag drop, area for massage facilities etc. So it's a big thumbs-up from me. The new route ensured that there was lots of support from spectators for most of the way, which gave lots of us locals a real boost.

And finally.....

I really enjoyed the race (well, not at the time, but after I finished) and I have to say I think a lot of it was down to the marshals – there were loads and loads and they were all really friendly. I don't know how your club does it. The one thing I would add is that I was definitely running in a quite solid pack for most of the first lap and I wonder whether a slightly smaller number limit, or alternatively signs telling everyone where to line up at the start for different predicted finish times, might reduce the impact of some of the crowding at the beginning?

This is a copy of a race review, also received from one of Giles' work colleagues.....

## Race recap - Gosport Half Marathon

Gosport Half was my best half marathon ever by quite some margin, about 30 minutes faster than Berlin in 2009 and 40 minutes faster than Hastings in 2013. My chip time was 2:07:39 which is pretty close to the 2:10 I thought I'd probably get and much better than the 2:15 I'd decided I would be happy with. But most importantly I felt fairly relaxed during the race - tired, yes; but I didn't ever doubt that I would finish, and I didn't spend very long thinking about walking either.

I woke up this morning at 4:30 (typical!) to the sound of steady rain outside. Not the most encouraging start to the day, but we had a very wet club time trial on Wednesday so we knew that while we might get wet in the race, once you reach a certain level you just can't get any wetter.

Our club friends arrived at 8:30 to pick us up and we headed down to Gosport, where it immediately started properly raining while we were trying to pick up numbers and chips. The less said about that the better really - except that Gosport were well organised and if it's pouring, well there's not much they can do about that.

The course is new for this year, and is two loops along the seafront. This means that for much of the course there are gorgeous sea views which were pretty spectacular even with the grey skies. Luckily the rain eased off within the first five minutes and although it drizzled a bit once I had warmed up I never really noticed it. The residents of Gosport were absolutely lovely with many of them out in their front gardens cheering on the runners which makes a huge difference. Because of the two loops, which were more like an out and back in some places, I also saw plenty of my fellow Denmead Striders which was lovely and made a welcome change from running on my own. The one issue with this setup was that the lead runners must have spent the second half of their second loop running past the slower runners as they began to pass me about 100m before the end of my first loop, not really an issue because I didn't have to run in single file for very long but I imagine it was frustrating for them. The other issue was that in places the pavements were very narrow but for me this was probably a good thing as it stopped me from going off too fast and crashing in the last few miles.

Before I knew it I was on my second loop and it was nice to see the friendly marshals for a second time - the marshals really made this race, there were loads of them and they were all really friendly and encouraging. They also all seemed to know the girl behind me, who was also called Sarah, it took me some time to figure out how everyone knew my name and I think I was at mile 9 before I realised that yes, she was definitely called Sarah and no, my name wasn't on my number :-)

I had a difficult couple of miles between mile 10 and mile 12 but I just put my head down and pushed on through it, and before I knew it I was coming round the corner and saw Rory waiting for me at the finish line, which like the rest of the course was amazingly well organised. I was also impressed with the goody bag for this race, there is a cloth drawstring bag filled with a Capri-Sun orange drink, hula hoops, a Wagon Wheel and a piece of cake. Very much a school packed lunch theme which was perfect! Then it was time to meet up with Kirsty, Terry and Mark and head back to the car for coffee and brownies, who very kindly waited for me to get changed. Who knew that taking a pair of capris off and changing into jogging bottoms in a toilet cubicle could be so difficult and take so long?

All in all, I'm really pleased with how my training has paid off - and thanks to Gosport for putting on a great race and all my Denmead Strider club buddies for all the encouragement!

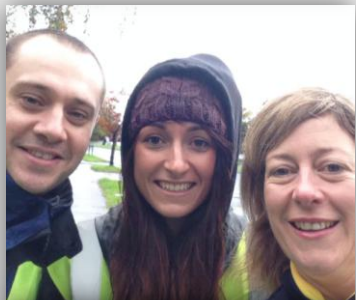
*All very impressive feedback don't you think?..... and to make you feel even better about yourselves I thought I'd include a few photos of the people who really make this race what it is.....*



## The GRR Marshals









**Goody Bag Team**







# 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.

**Sunday 2<sup>nd</sup> November 2014**

## ***New York City Marathon***

Position	Name	Chip Time	Comment
39,213	Ken Eaden	05:10:45	



**TCS NEW YORK CITY MARATHON 11.02.14**



### Sunday 2<sup>nd</sup> November 2014

#### Lordshill 10 mile (HRRL Event)

Position	Name	Chip Time
74	Chris Buxton	01:03:09
137	Kev White	01:07:15
181	Terry Arnott	01:09:58
197	Colin Gardner	01:11:45
259	Auz Gray	01:15:36
277	Ben Wales	01:17:05
322	Ray Bernice	01:20:32
321	Karen Williams	01:20:33
345	Jenny Shilling	01:22:54
344	Nikki White	01:22:54
348	Pete Hewitt	01:23:08

Position	Name	Chip Time
349	Tracey Wales	01:23:44
377	Fiona Tomlinson	01:25:32
396	Keith Elshaw	01:27:38
413	Ben Jarvis	01:29:40
425	Kerry Irwin-Hall	01:32:00
426	Sue Barrett	01:32:14
442	Jo McBride	01:34:07
472	Julie Shinton	01:39:28
473	Rachel Gee	01:39:29
487	Kerry Down	01:42:32
489	Laura Grubb	01:44:15



There are more photos from this race on page 24



### Friday 7<sup>th</sup>, Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> November 2014

#### **The Druid Ridgeway Ultra (84 miles over three days)**

Name	Stage1	Stage2	Stage3	Overall Time	Overall Position
Ange Elshaw	08:36:08	08:09:40	08:25:10	25:10:58	118
Lizzie Elshaw	08:36:08	08:09:40	08:25:10	25:10:58	119

*Well done ladies, an amazing achievement and an ideal topic for a newsletter write up.  
I'll look forward to reading about it next month.*





**Saturday 15<sup>th</sup> November 2015*****Helpers Half Marathon***

Position	Name	Chip Time	Position	Name	Chip Time
1	Chris Buxton	01:25:19	17	Yvette Eastman	01:58:17
2	Terry Arnott	01:34:44	18	Kerry Irwin-Hall	02:04:23
3	Colin Gardner	01:36:19	19	Jenny Shilling	02:04:24
4	Auz Gray	01:41:04	20	Sharon Clutton	02:05:55
5	Miles Pritchard	01:42:43	21	Kellie Read	02:06:40
6	Paul Street	01:45:00	22	Dave Wright	02:12:25
7	Ben Jarvis	01:47:01	23	Sarah Down	02:17:31
8	Kirsten Maw	01:48:03	24	Kerry Down	02:17:34
9	Ben Wales	01:48:22	25	Jo Harvey	02:18:54
10	Lisa Hennen	01:49:18	26	Becky Veal	02:20:01
11	Tracy Wales	01:50:25	27	Jenna Moore	02:20:10
12	James Heath	01:52:17	28	Laura Grubb	02:21:52
13	Dave Croft	01:53:08	29	Ellie Blaiklock	02:31:45
14	Paul Jerram	01:54:50	30	Adam Walters	02:32:00
15	Rachel Davis	01:55:37	31	Den Francis	02:38:42
16	Andrea Edwards	01:58:17	32	Ray Bernice	02:38:44

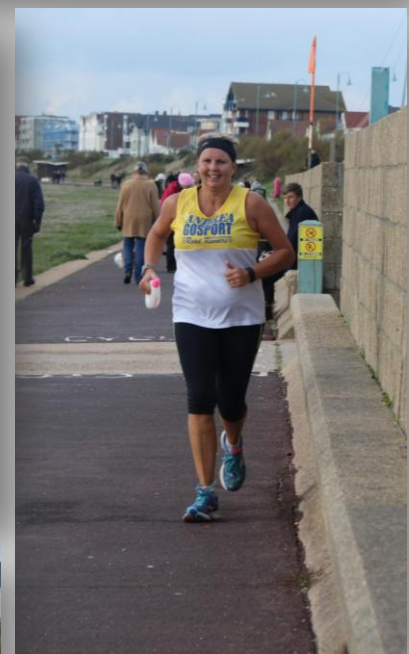
## Helpers Half













**Sunday 23<sup>rd</sup> November 2014****Castle Coombe 10k**

Chip Pos	Name	Gun Time	Chip Time	Comment
120	Nikki White	00:51:07	00:50:41	
149	Martyn Rowell	00:53:22	00:52:55	
150	Kerry Irwin-Hall	00:53:22	00:52:56	
234	Pat Lapworth	01:03:23	01:02:56	



*Martyn, Nikki, Pat & Kerry at the Castle Coombe 10k*

### Club Awards

As the end of the year approaches I need to hear from anyone who believes they qualify for a Club Award. Details of the age categories, distances and required times can be found on the Club Website: <http://www.gosportroadrunners.org.uk/club-awards/>

Please contact me as soon as possible listing the events in which you have achieved the required times – EVEN if you have already told me, I have a bad memory and don't want to miss anyone out!

I would also like to hear from anyone who is almost there and might squeeze in a last-minute race result (for example on the Portsmouth Coastal Marathon).

I can be contacted by e-mail [results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk) or via Facebook



*Brian Fisher - Results Co-ordinator*

### Race Results

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 manage 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 of members contact me directly with their results! Can I please ask, to ensure we capture all your results, that you contact either me or Nick with your results and we can then ensure that they are recorded.

Thanks.....

*Brian Fisher*



Please email you results to Brian or myself at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

or

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



# Club 5k Time Trial

Tuesday 4<sup>th</sup> November 2014



Pos	Name	Time
1	Tom Barnard	17:50
2	Terry Arnott	19:55
3	Tim Durant	20:55
4	Colin Gardner	20:59
5	Josh Belbin	21:32
6	Pete Phillipson	23:06
7	Lisa Hennen	23:31
8	James Heath	23:38
9	Steve Moltini	23:43
10	Rory Fall	24:21
11	Dave Croft	24:36
12	Pete Lindley	24:54
13	Rachel Davies	25:30
14	Andrea Edwards	25:56
15	Dave Little	25:56
16	Mike Stares	26:06

Pos	Name	Time
17	Mike Kearney	26:42
18	Eileen Cowling	26:56
19	Jenny Shilling	27:05
20	Kerry Irwin-Hall PB	27:06
21	Jenner Moore PB	27:15
22	David Baker	27:55
23	Mike Barker	28:01
24	Richard Morris 1 <sup>st</sup> 5k	28:02
25	Sue Barrett	28:05
26	Ellie Blaiklock	28:05
27	Adam Walters	28:59
28	Sarah Newman 1 <sup>st</sup> 5k	29:02

Pos	Name	Time
29	Guy Sheppard	29:03
30	Kevin Robinson PB	29:04
31	Marie O'Rourke	29:05
32	Dave Kirby	29:26
33	Giles Cowling	29:55
34	Christine Nation	31:17
35	Jo Hopkins 1 <sup>st</sup> 5k	31:40
36	Charlotte Watkins PB	34:06
37	Terry Weston	34:46
38	Leanne East	38:15
39	Rachel Gee	38:17
40	Brian Fisher	38:17

Winter is defiantly here, that was the coldest night so far this season, especially waiting round at the start. Our officials and supporters although mostly well warped up must have suffered. So for all your pain our most heartfelt thanks. Liz Redpath (Starter / Timer), Gary Francis (Recorder), Janet Lindley (Backup Timer), Sid Smith (Numbers) and not forgetting our supporters:- Mike Welsted & Caroline Oakes.

Keith Elshaw, Jo Harvey and Lorraine Down ran one lap



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

## 1<sup>st</sup> November 2014

### Southsea

206 participants completed the run.

Position	Name	Gun Time
39	Colin Gardner	00:21:56
127	Aaron Moore	00:28:30
131	Jenner Moore	00:28:38



*Aaron Moore finishing his first ever Park Run*

### Havant

205 participants completed the run.

Position	Name	Gun Time
170	Esther Lasham	00:35:20

### Bath Skyline

172 participants completed the run.

Position	Name	Gun Time
26	Tim Durant	00:21:54

### Chichester

129 participants completed the run.

Position	Name	Gun Time
44	Auz Gray	00:24:05

## 8<sup>th</sup> November 2014

### Southampton

531 participants completed the run.

Position	Name	Gun Time
65	Tim Durant	00:21:00

### Southsea

190 participants completed the run.

Position	Name	Gun Time
11	Ben Jarvis	00:20:58

### Havant

188 participants completed the run.

Position	Name	Gun Time
3	Chris Buxton	00:18:44
12	Colin Gardner	00:22:02

### Netley Abbey

206 participants completed the run.

Position	Name	Gun Time
75	Levi Hughes	00:27:46
127	Sally Townley	00:34:13



## 15<sup>th</sup> November 2014

### Southsea

259 participants completed the run.

Position	Name	Gun Time
159	Aaron Moore	00:28:18
160	Terry Moore	00:28:21

### Havant

185 participants completed the run.

Position	Name	Gun Time
22	Auz Gray	00:23:09

## 22<sup>nd</sup> November 2014

### Southampton

558 participants completed the run.

Position	Name	Gun Time
256	Lee Westwood	00:25:51

### Brueton

276 participants completed the run.

Position	Name	Gun Time
52	Ben Wales	00:21:43

### Winchester

179 participants completed the run.

Position	Name	Gun Time
152	Keith Elshaw	00:32:34

### Netley Abbey

180 participants completed the run.

Position	Name	Gun Time
92	Levi Hughes	00:27:28
152	Sally Townley	00:34:57

### Southsea

210 participants completed the run.

Position	Name	Gun Time
73	Nikki White	00:24:35
80	Guy Sheppard	00:24:48
81	Terry Moore	00:24:49
112	David Brace	00:26:28
156	Adam Walters	00:30:08
176	Aaron Moore	00:32:29
178	Alan Burgess	00:32:35
203	Maddison Moore	00:37:35
204	Jenner Moore	00:37:53



Maddison Moore finishing her first Park Run strongly





For details about the HRRL, what it is and how it works, please see the detailed section in Augusts' newsletter.

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 the most recent event (Lordshill 10) are detailed above and there are a number of photographs from this race 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:

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
6	Sunday 18 <sup>th</sup> January 2015	Stubbington 10k	10k	Stubbington Green Runners
7	Sunday 1 <sup>st</sup> February 2015	Ryde 10	10m	Ryde Harriers
8	Sunday 8 <sup>th</sup> March 2015	Salisbury 10	10m	City of Salisbury A & R Club
9	Sunday 22 <sup>nd</sup> March 2015	Eastleigh 10k	10k	Southampton Athletic Club
10	Sunday 10 <sup>th</sup> May 2015	Alton 10	10m	Alton Runners
11	Sunday 17 <sup>th</sup> May 2015	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 7 <sup>th</sup> June 2015	D-Day 10k	10k	City of Portsmouth Athletic Club

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:

**Stubbington 10k** <http://stubbingtongreenrunners.net/index.php/10k>

There are currently 79 GRRs registered for this race so it should be a brilliant turnout as usual. It is also worth noting that the race is very nearly sold out so if you are not already entered it might be worth looking at this very soon.

**Ryde 10** <http://www.rydeharriers.co.uk/Ryde10info.htm>





## Lordshill 10 mile









### THE SOUTHERN CROSS COUNTRY LEAGUE

This year's season started in October (at Pamber Forest, Basingstoke) and November saw the second race of the season at Queen Elizabeth Country Park. Both of these races have been superbly supported by GRR; 38 runners at QE Country Park for the Remembrance Sunday race is a record for the Club. I've included the results and some photos on page 28.

*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 7 <sup>th</sup> December 2014	-	The Bourne Woods, Farnham
Sunday 28 <sup>th</sup> December 2014	-	Lord Wandsworth College, Odiham
Sunday 25 <sup>th</sup> January 2015	-	Manor Farm & Country Park
Sunday 15 <sup>th</sup> February 2015		Chawton Park Wood, Alton
Sunday 1 <sup>st</sup> 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 between £1 and £2) 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.....***

### 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](mailto:crosscountry@gosportroadrunners.org.uk)



### Queen Elizabeth Country Park – Finishing Positions – 9<sup>th</sup> November 2014

Pos	Name
93	Kev White
94	Ben Jarvis
99	Terry Arnott
124	Colin Gardner
162	Paul Turle
179	Mason White
183	Stephen Crook
215	David Robertson
229	Martin Rowell
239	John Barrett
254	Rory Fall
264	Terry Moore
271	Mike Stares
277	Mick Kearney
283	David Brace
290	Rikki Hatherley
292	Ken Eaden
298	Toby Betteridge
302	Giles Cowling
305	Adam Walters



Pos	Name
66	Amanda Holloway
67	Lisa Hennen
72	Kirsten Maw
98	Fiona Tomlinson
104	Tracey Wales
108	Jenna Knight
118	Andrea Edwards
131	Eileen Cowling
145	Melissa Pink
152	Kerry Down
153	Julie Shinton
160	Sarah Down
167	Lucy Hudson
169	Jenner Moore
175	Pat Lapworth
188	Laura Grubb
189	Sue Barrett
190	Chris Nation

Massive well done everyone on an excellent turn out again. Massive thanks and great running on a tough course lets have another sea off yellow at our next X country in December.

*Kev & Nikki*















### My First Marathon

(By Ben Jarvis)

I recently ran my first marathon, this was Abingdon in October. I had never imagined running a marathon until I started running. The only reason I had got into running was to run the great south run. I had then got into running so much that I had set my sights on the Portsmouth Coastal as my first marathon as it was my home town race. Nick Carter then had to drop out as he was injured. I always pop into the shop so I was one of the first to find out that he had to drop out of the race, therefore was one of the first to be offered the place. At first I kindly turned the offer down as I had only recently run 14 miles and it was only about 6 weeks until the race. The more I thought about it and spoke to people about it the more I thought I could do it. After all its only 26.2 miles right?!?!

So on the last out of town of the year people were really getting me in the mood, I got myself into a state and thought. why not! I can do this if I really put my mind to it, and as soon as me and Nick had a chat it was all agreed and all sorted, I was in!

So the real training started, I went along to the Saturday morning training runs where I got up to 17 miles. Not a lot and to be honest not enough before a marathon but I had other races to also think about. I would ask other marathon runners in the club for advice and I was inundated with help from how to run, to pacing myself, to what to expect.

So the day came. The morning of 19th October. I was picked up by Amber, David and Sue and our journey began. we soon arrived and I had my pre-race banana and got all my things ready, got my last bit of advice from Amber, got our team photo sorted and then stood on the line ready to go with Tracey Wales. We agreed that we would help each other and run together to try get under 4 hours. it was a great run very steady and we paced well until Tracey had to pull up and slow down with cramp at 17 miles. I then had to get into the mind set of "it's only a 10 mile race from here" that mind set had worked until 21 miles where my legs felt like lead and the miles seemed to go on forever. I kept pushing on and keeping an eye on my watch as I was still on track to get under 4 hours. With help of the marshals then hearing the crowd at the track really helped me push on and as sprint for the line ( if you could call it a sprint). Well that was that I had completed my marathon and I had done it in under 4 hours. I was very proud and was thankful I had Amber there as she gave me a big hug and helped me recover from feeling sick by giving me a flapjack. It was a great day and I want to thank everyone that helped me prepare and recover, and of course thank Tracey for running with me!



Not forgetting the swim in the Solent that afternoon :) recovery complete!!!

*Ben Jarvis*

Chip Pos	Name	Gun Time	Chip Time	Comment
454	Ben Jarvis	04:00:19	03:59:53	1 <sup>st</sup> Marathon
539	Tracey Wales	04:23:22	04:22:56	
597	Sue Barrett	04:56:24	04:55:49	
598	David Brace	04:56:24	04:55:49	



*Thanks Ben and well done on your first marathon*



## Spectator to Marathon Runner

(By Tania Bernice)

I have always enjoyed sports from playing netball at school to turning up to the weekly aerobics classes at the local gym to joining a tennis club but running, oh no not for me. PE at school in the summer meant having to run round the athletics' track and participating in sports day which I did but had no intention of ever returning to once I left.

Ray on the other hand was a good 100m sprinter in his school days, attended many athletic events and gained the nick name of 'Jet Propelled Bernice'.

When Ray considered joining a running club it felt like the right thing for him to do. Within a couple of weeks he told me he was marshalling for some race the club held every year and he was out running every week and weekends and signing up for all sorts of races. Here I had the choice of either to go along and watch him race or stay in and catch up with the housework.

### Amsterdam – October 2010

Ray did encourage me to join the beginners group and I went along in 2010. I was made very welcome by everyone at the club. Unfortunately after just 6 months of running I started suffering from plantar fasciitis and had to withdraw from doing the Great South Run which was my goal at the time. I was so disappointed and was having trouble walking let alone running for about 9 months, so back to being a spectator for me.

Ray again suggested going to the beginners group again in January 2012. I really enjoyed the 6 weeks course and felt more confident second time around.

With the encouragement of members of the club I started the progression of signing up for different races; Purbrook Ladies, Netley 10k, Victory 5, Poole 10k to name a few and the big one for me at the time, Great South Run. I loved the GSR with the fantastic atmosphere and support you had on route, amazing. Maybe I could run another 3 miles and do a half possibly!



### Netley 10k – 2012

The following year I chose to do the Bath Half in March and a small group of us went away for the weekend. We had a great time, I loved the race and at the end, for the first time I got a little emotional when I crossed the finish line.



**Bath Half – 3<sup>rd</sup> March 2013**

After that people started asking 'Are you going to do a marathon next?' 'No, definitely not' I would reply. And in my head at the time I wasn't ready to do one.

I continued to do a couple more half marathons to better my original time doing the Robin Hood Half at Nottingham and my first foreign race in Vienna. Dublin marathon was mentioned but soon realised that there wouldn't be a half marathon on the same day like there was at Vienna. Do I go to Dublin and spectate or do I just sign up for the big one?

Ray thought I should enter the marathon and after doing my research I established that Dublin was known as the 'friendly marathon', it was mainly flat (which wasn't true on the day due to a new hillier route this year) and was open for 7 hours to accommodate walkers. I thought this one looks ideal for me.

Still hesitant and not 100 per cent sure I could do it, I sought advice from the one person I knew would give me an honest answer, I asked Sharon. She fully supported me, thought it was a great idea and I could see she was really pleased for me. I began to mention it to a few others not really knowing if they thought I was mad or maybe rushing into something I wasn't ready for. But I was wrong; everyone was behind me and now had to convince myself.

As soon as I told Denise Francis, she said she would support and train with me which I am forever grateful for. Using Mick's marathon training plan, it was a long hard slog but it helped me get through those miles and I felt myself getting stronger over time. The Saturday Morning Crew were fantastic and I started to enjoy the early morning runs.

Monday 27th October 2014, the day had arrived. Like every other race things were a bit chaotic at the start, putting your bag in the baggage area, grabbing hold of the nearest GRR so you were not separated by the crushing crowds, trying to work out where the loos were with the shortest queue and swearing at the irritating lady on a microphone spouting off a load of rubbish, as you do!

Once we got running Den and I had already agreed to use her idea of breaking the mileage down into 5 mile blocks which would be referred to as part 1, part 2 and so on. Once we reached 20 miles we would knock down the mileage one by one till the end. Running a marathon is a mental as well as a physical challenge and this approach worked for me.



After a little bumpy start from me mentally at the start, nerves I guess, I soon settled down and enjoyed the cheers and shouts of applause from the Irish people. I felt extremely lucky to have Den running with me as I would imagine it would be tough to endure this distance on your own for the first time.

Fatigue started to hit at around 16/17 miles. I was confident I was going to get through this rough patch as I still felt very positive. Den realised this and told me to go off on my own. I didn't want to leave her. She gave me a few stern words to go but still I refused. At 24.5 miles I did go and ran towards the line with a sprint finish trying to get under the 6 hours which I just missed.

I crossed the finish line but didn't feel emotional at all, oh that's it, I thought. They put the medal over my head and then I turned round to see if I could see my running buddy. Once I spotted Den running up the home straight I could see she had the biggest smile on her face ever and she was punching the air with joy to see I had finished. That vision will stay with me forever and that's when it hit me, I had just run a marathon.

What I have achieved would not have been possible without the great support I have had from many members of Gosport Road Runners. Especially Denise Francis, for putting up with my negativity at times during the marathon training and I'm glad she talked some sense into me. Thank you to Sharon Clutton who has always been there for me from day one of my journey of Spectator to Marathon Runner; welcoming me on the first day I walked into the club, being there when I completed my first half to seeing me complete my first marathon. Thank you also to all the other GRR members who have become such good friends and not forgetting Ray who thankfully persisted with me to take up running and who never wanted me to just stay at home and do the housework.



*Tania Bernice*

**Dublin Marathon**  
**27<sup>th</sup> October 2014**



Chip Pos	Name	Gun Time	Chip Time	Comment
6,561	Andy Clutton	04:18:32	04:15:56	
8,196	Ray Bernice	04:35:07	04:33:34	
8,743	Kellee Read	04:41:13	04:38:53	
8,758	Ellie Blaiklock	04:41:32	04:39:12	
9,245	Sharon Clutton	04:48:19	04:45:59	
11,729	Tania Bernice	06:04:06	06:01:46	1 <sup>st</sup> Marathon
11,770	Denise Francis	06:08:22	06:06:02	

*Thanks Tania, what a brilliant article.  
A massive well done to you too on your first marathon.*



The ghost race happily coincided with Halloween this year, it's a 5 mile night run starting and finishing at the Mountbatten Centre in Portsmouth. Kerry and I opted for 'sturdy pumpkin' outfits whilst my 9 year old son Ethan (aka Jimmy Lazerblade) decided a slender man morph suit was just the thing (I hadn't heard of slender either). Head torches are a must. We meet up with other GRRs pre race, and assembled at the start. Fancy dress is a must and those dressed in normal running kit looked strangely out of place. It's an untimed race anyway.

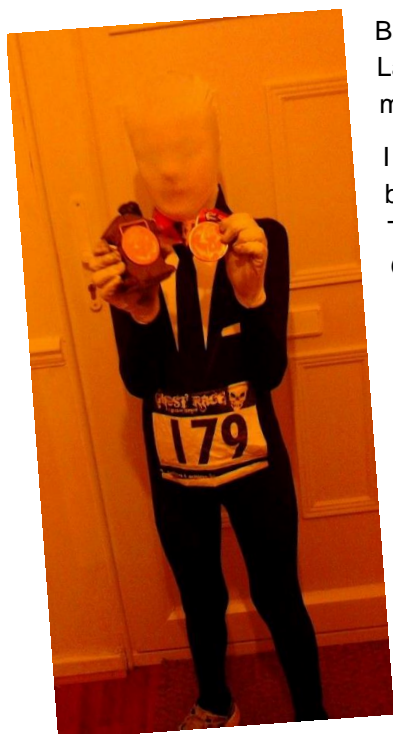
We started out across the playing field where we fended off zombies, then on to the cycle path with more ghouls to dodge. Over the bridge and into the forest which was full of screaming monsters, ghosts, people in scream masks - you get the picture.....

At points it was so dark the head torches were the only things that kept us on course (you'll be pleased to know I spent more than £3 on a new one). The scariest thing was a sombre frogman dripping water, although I subsequently discovered he was an actual frogman, hired by the race organizers in case anyone fell in the water!!



Back to the finish across the fields with Jimmy Lazerblade leading the way to get our pumpkin medals and toffee Apple's.

I was duly presented with a fancy dress award; I think the Orange leggings clinched it, followed by Ethan and Auz also winning awards. They only handed out 5 awards and GRR won 3 of those , result!!



*Sue Barrett*





## Getting to Know You

*Ange Elshaw – Secretary*

### ***Who are you and what do you do?***

Originally from Coventry, and we moved down here in September 2004 and have never looked back.

I am currently a HR Advisor for a Manufacturing Company in Waterlooville and it's very very busy with over 140 people and just little ole me, but very rewarding and I enjoy all the people I work with.

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

I started running because I had a Halloween photo taken on my 40th Birthday and looked like a red blimp!

So, I started running, well wobbling up and down alleys by my house at night, dressed in black, with the eventual aim of making it all the up Military Road without stopping.

The weight started coming off and I thoroughly enjoyed zoning out after a long day at work.

Keith my husband went to a GRR club night after being recommended by a friend, but I wasn't ready to join an 'elite' running club at that point. But I eventually joined in late summer 2009.

### ***How long have you been a member of the Club?***

Keith came back raving about the club. Everyone was lovely, all shapes and sizes, speeds etc. and that I really should get my backside down there and enjoy the company.

So, I actually joined in about September 20XX.....

(if I tell you, you'll guess my age)!



*Sorry to point this out to anybody who didn't notice but I'm pretty sure your answer to the previous question gives this away Ange?*



***What does your role on the Committee involve?***

I was originally voted on as Ladies Captain and as much as I enjoyed this role, I am truly shocking at remembering names, so thought I best try out for Club Secretary and put my organizational skills to good use. I passed the proverbial cap to the illustrious Sue Barrett, who knows EVERYONE!

***What do you most like about being a GRR?***

The support and camaraderie, no matter how fast or slow, good day or bad, going to club gives you a buzz. I've never regretted a club night yet.

***What are your running ambitions?***

I think with bad tendons, I've had my best runs, and I'm a plodder, who will happily plod along until something drops off. My ambition is to stay running for as long as I possibly can and enjoy every minute of it.

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

Least favorite runs – Alton 10 miler. It was hot and sticky, and HILLY, I'd forgotten my inhaler, needless to say I struggled and eventually came last for Gosport and 2nd from last overall – totally embarrassed and gutted and so I've never been remotely tempted to go back again! (one day perhaps)

Bacchus – it's a half marathon with added wine... although the winter cross countries are a very close 2nd, show up, run and then eat cake.

***Tell us an interesting fact about yourself.***

My middle name is Dave.....



I'm going to need some volunteers if I'm going to do some more of these so don't be shy..... Let me know if you're interested, either by email ([nick@macbeath.net](mailto:nick@macbeath.net)) or you can catch me at the Club one night.



### GRR and Social Media:



The Club's Facebook page currently has 227 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 and arrange out of Club meetings, etc. You can find us by following this link:

<https://www.facebook.com/groups/27301329294/>

### 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 recently 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 list. <http://www.gosportroadrunners.org.uk/>



### Membership Update:

Nick has asked me to write a few lines each month about the club membership. The current membership is a very healthy 195 of which 102 are affiliated to England Athletics.

This month we welcome Jack Coulbert, Lorraine Down, Elizabeth Whittaker, Fiona Townsend, Mason White, Maisie Elshaw, Leanna East, Joanne Hopkins, Lee Westwood, Sue Nelson and David Robertson to the club.

If you need any information about club membership please catch up with me on a club night or e-mail me at [membership@gosportroadrunners.org.uk](mailto:membership@gosportroadrunners.org.uk).

Thanks,

*Keith Elshaw*

Membership Secretary





**Cross Country T-Shirts:** The new GRR X-Country Team t-shirts are available to buy at Absolute Running on Stoke Road or on-line at:

[www.absolute-running.co.uk/gosportroadrunners](http://www.absolute-running.co.uk/gosportroadrunners)

### **Dates for your Diary**

#### **Saturday 13<sup>th</sup> December – Club Handicap**

The Rugby Club has an event on this day and the bar area will not be available, however we will still have basic access to changing facilities/showers.

Soup will be provided to warm us all up prior to the Club London Marathon Draw

Please ensure you are aware of the rules of entry for the club ballot (available on the club notice board).

#### **Thursday 1<sup>st</sup> January – New Years Day Run (& dip in the Solent)**

Meet in the Rugby Club car park (already in your fancy dress) at 10.45am. The Rugby Club will only be open from 12.15 – 1.15pm approx., so we can make use of the changing facilities/showers. The bar will also be open during this period.

#### **Friday 30<sup>th</sup> January 2015 – Club Awards Night**

Tickets will go on sale early in the New Year. Please ensure any awards that are re-issued are returned to the Club as soon as possible Notify Brian Fisher of any Bronze, Silver or Gold Award claims.

#### **Thursday 11<sup>th</sup> December – Winter Out Of Town Run**

Details will be on club notice board soon.

### **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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)





# GOSPORT

## Road Runners



# NEWSLETTER

## DECEMBER 2014





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# Chairman's Corner

Dear GRRs

Here we are at the end of a fantastic year for the club. We have grown in size (numbers of club members that is rather than too many Christmas parties), successfully moved to new premises, seen our members achieve personal bests (whether that be running 3 miles for the first time, running cross-country, marathon or an ultra), held our best ever Gosport Half and all done with the usual fantastic (& noisy) GRR spirit!

That the Club continues to be a great place is a credit to all the membership, both past & present. Particular recognition is due to those who volunteer for the Race Committee and the Main Committee, giving up their free time to help the club progress. Thank you all.

Hopefully we will see you for the New Years Day run (& optional dip in the sea at GAFIRS). Then on Friday 30th Jan, it is the Club Awards Night. So if you like to boogie or simply enjoy hearing about the GRR achievements of 2014, then make that a date for your diary.

Whatever you are doing and wherever you are, have a great Christmas and Happy New Year.

Looking forward to a GRR 2015!

*Giles Cowling*







Sunday 14<sup>th</sup> December 2014





# Race Results



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

Well done all.

## **Sunday 15<sup>th</sup> December 2014**

### **Andy Reading Memorial 10k**

Chip Pos	Name	Gun Time	Chip Time
225	Andrea Edwards	00:51:17	00:50:56

*I know this is not in date sequence but I needed something to fit in this space.*



## Sunday 30<sup>th</sup> November 2014

### Hayling 10 Mile

Chip Pos	Name	Gun Time
8	Chris Buxton	01:01:20
37	Terry Arnott	01:08:00
67	Colin Gardner	01:10:33
114	Kevin White	01:15:22
120	Paul Street	01:15:04
121	Tim Durant	01:15:54
152	Ray Bernice	01:19:30
178	Lisa Hennen	01:21:36
183	Rory fall	01:22:33
196	Jenny Shilling	01:23:16
226	Ben Jarvis	01:25:07
227	Andrea Edwards	01:25:09
255	Nikki White	01:27:20
290	Sharon Clutton	01:29:44
335	Ellie Blaiklock	01:33:58
336	Ian Pugh	01:33:58
348	Kerry Down	01:35:00
349	David Brace	01:35:04
360	Jenner Moore	01:36:19
404	Richard Morris	01:43:53
405	Sarah Down	01:44:05
408	Amber Schothorst	01:44:20
418	Adam Walters	01:48:27
425	Denise Francis	01:50:20
426	Tania Bernice	01:50:20
432	Shona Rust	01:53:48







## Sunday 13<sup>th</sup> December 2014

### Club Christmas Handicap

Name	Runner's Est. Time	Club's Est. Time	Difference	Time	Time Diff Runner's
Den Francis	01:06:00	01:04:00	00:00:00	01:01:06	-00:04:54
Amber Schothorst	01:06:00	01:04:00	00:00:00	01:01:06	-00:04:54
Jo Harvey	01:00:00	01:00:00	00:04:00	01:03:08	+00:03:08
Lee Westwood	01:00:00	01:00:00	00:04:00	00:57:14	-00:02:46
Julie Shinton	00:59:00	00:59:00	00:05:00	00:59:48	+00:00:48
Rachel Gee	00:59:00	00:59:00	00:05:00	00:59:47	+00:00:47
Laura Cornborough	00:58:00	00:58:00	00:06:00	01:03:11	+00:05:11
Adam Walters	00:58:00	01:00:00	00:04:00	01:03:07	+00:05:07
Jenna Moore	00:58:00	00:57:00	00:07:00	00:56:32	-00:01:28
Kellee Read	01:00:00	00:57:00	00:07:00	01:02:12	+00:02:12
Sharon Clutton	00:56:00	00:56:00	00:08:00	00:54:39	-00:01:21
Ken Eaden	00:55:00	00:55:00	00:09:00	00:54:31	-00:00:29
Terry Moore	00:55:00	00:54:00	00:10:00	00:46:30	-00:08:30
Mike Stares	00:53:00	00:53:00	00:11:00	00:52:39	-00:00:21
John Barrett	00:52:00	00:52:00	00:12:00	01:00:04	+00:08:04
Pete Lindley	00:52:00	00:52:00	00:12:00	00:51:51	-00:00:09
Fiona Tomlinson	00:51:30	00:51:30	00:12:30	00:54:09	+00:02:39
Dave Croft	00:51:00	00:51:00	00:13:00	00:49:11	-00:01:49
Nikki White	00:50:00	00:50:00	00:14:00	00:50:35	+00:00:35
Lisa Hennen	00:49:00	00:49:00	00:15:00	00:49:05	+00:00:05
Dave Robertson	00:48:00	00:48:00	00:16:00	00:46:41	-00:01:19
Ben Wales	00:44:00	00:44:00	00:20:00	00:44:53	+00:00:53
Ben Jarvis	00:48:00	00:44:00	00:20:00	00:42:41	-00:05:19
Terry Arnott	00:42:30	00:42:30	00:21:30	00:40:47	-00:01:43
Kev White	00:42:00	00:42:00	00:22:00	00:46:58	+00:04:58





The Club's annual Winter Handicap was held on the morning of Saturday 13th December. The general idea of this event being that all participants record their predicted time for a 10k run and Ray then adjusts this to take into account current performance and recent results. This means that all runners have their own and the Club's predicted finish time. The start is staggered, with runners starting in accordance with the Club's anticipated running time. The overall aim is to have everyone finish together (i.e. the faster ones start later with the aim of catching the slower runners and *hopefully* all cross the line as a group).

There are prizes for the winners (first lady and first man home) and for those closest to their own predicted finish time.



**First Ladies Back**

**Amber Schothorst & Den Francis**



**First Man Back**

**Terry Moore**



**Closest to Own Time**

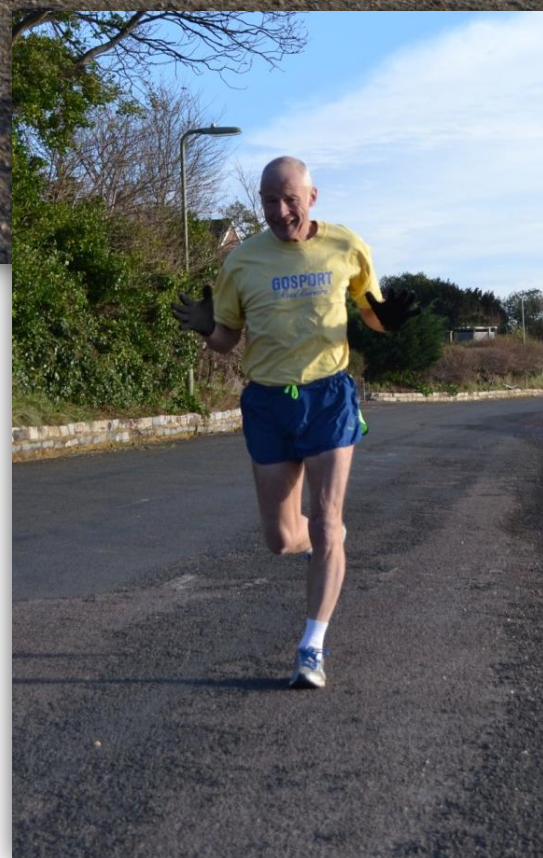
**Pete Lindley & Lisa Hennen**

(Lisa left before the photo was taken)

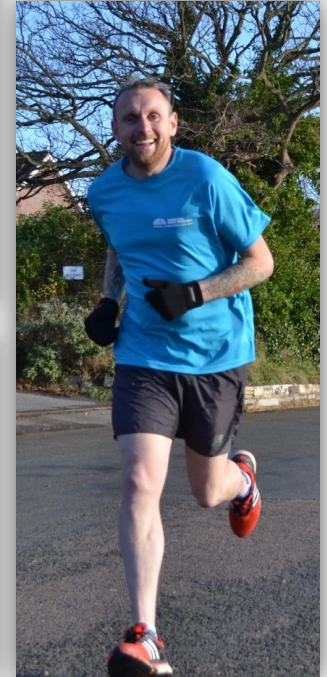
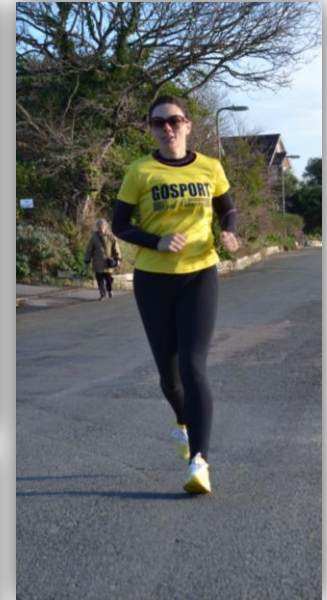




**GRR Christmas Handicap**









**Sunday 21<sup>st</sup> December 2014**

**Portsmouth Coastal Marathon**

Chip Pos	Name	Chip Time	Comment
278	Ben Jarvis	03:45:52	
472	Paul Street	04:01:45	
479	Lisa Hennen	04:02:16	
497	Kirsten Maw	04:04:12	
630	Anthony Dew	04:17:35	
844	Jack Colbert	04:36:22	1st Marathon
912	Amanda Holloway	04:44:53	
948	Paul Jeram	04:48:53	
956	James Heath	04:50:07	1st Marathon
987	Jenny Shilling	04:55:06	1st Marathon
997	Ray Bernice	04:56:33	
1028	Eric Macgurk	05:00:22	
1048	Kelley Read	05:03:17	
1061	Sue Barrett	05:05:59	
1114	Dave Wright	05:19:47	
1140	Jo Harvey	05:25:16	1st Marathon
1141	Keith Elshaw	05:25:17	



Portsmouth Coastal Waterside  
**MARATHON**













## Club Awards

As the end of the year approaches I need to hear from anyone who believes they qualify for a Club Award. Details of the age categories, distances and required times can be found on the Club Website: <http://www.gosportroadrunners.org.uk/club-awards/>

Please contact me as soon as possible listing the events in which you have achieved the required times – EVEN if you have already told me, I have a bad memory and don't want to miss anyone out!

I would also like to hear from anyone who is almost there and might squeeze in a last-minute race result.

I can be contacted by e-mail [results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk) or via Facebook

## Race Results

I have been actively recording the Club's results for about eight 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 manage 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 of members contact me directly with their results! Can I please ask, to ensure we capture all your results, that you contact either me or Nick with your results and we can then ensure that they are recorded.

Thanks.....

*Brian Fisher*

Please email you results to Brian or myself at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

or

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



*Brian Fisher - Results Co-ordinator*





# Club 5k Time Trial

*Tuesday 2<sup>nd</sup> December 2014*

Pos	Name	Time
1	Tom Barnard (Guest)	00:17:58
2	Josh Belben (Guest)	00:21:30
3	Anthony Dew	00:22:03
4	Keith Elshaw	00:22:38
5	Richard Oakes	00:22:39
6	Jack Coulbert	00:23:23
7	Guy Sheppard	00:23:24
8	Rob Towers	00:24:07
9	Dave Croft	00:24:22
10	Lee Westwood	00:25:09
11	Andrea Edwards PB	00:25:11
12	Colin Appleton	00:25:33
13	Mike Kearney	00:25:42

Pos	Name	Time
14	Steve Dalmon	00:26:11
15	Phil Moran (Guest)	00:26:12
16	Melissa Pink PB	00:26:19
17	Mike Stares	00:26:24
18	David Baker	00:28:09
19	Vichy Gorton	00:28:21
20	Aaron Moore (Guest)	00:28:26
21	Jenna Moore	00:28:26
22	Mike Barker	00:28:44
23	Dave Kirby	00:29:09

Pos	Name	Time
24	Rory Fall	00:30:57
25	John Barrett	00:31:19
26	Caroline Dickens (Guest)	00:33:18
27	Deborah Birch	00:33:30
28	Caroline Oakes & Bump	00:34:13
29	Kerry Irwin-Hall	00:34:13
30	Charlotte Watkins	00:34:34
31	Fiona Townsend	00:34:35
32	Sue Barrett	00:34:36
33	John Jeffs	Late Start

"Reasons to be cheerful 1,2,3" there are only 3 more winter time trials this season and with the temperatures experienced by runners officials and supporters this can only be welcomed.

To the officials who withstood the cold, our MANY THANKS:- Liz Redpath (Starter & Timer), Janet Lindley (Backup Timer), Gary Francis (Recorder), Terry Weston (Numbers).

Supporters:- Richard Morris, Mike Welsted, Ray Bernice, Adam Walters, Sid Smith and Ken Eaden.

*Dave Croft*







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

## 29<sup>th</sup> November 2014

### Southampton

527 participants completed the run.

Position	Name	Gun Time
281	Lee Westwood	00:27:17

### Southsea

186 participants completed the run.

Position	Name	Gun Time
22	Ben Jarvis	00:20:46

### Netley Abbey

185 participants completed the run.

Position	Name	Gun Time
95	Levi Hughes	00:28:17
159	Sally Townley	00:35:38

## 6<sup>th</sup> December 2014

### Southsea

201 participants completed the run.

Position	Name	Gun Time
2	Chris Buxton	00:17:45

### Abingdon

181 participants completed the run.

Position	Name	Gun Time
51	Alamn Burgess	00:24:07

## 13<sup>th</sup> December 2014

### Havant

144 participants completed the run.

Position	Name	Gun Time
6	Chris Buxton	00:18:39

## 20<sup>th</sup> December 2014

### Southsea

170 participants completed the run.

Position	Name	Gun Time
131	Laura Cornborough	00:31:06

### Netley Abbey

189 participants completed the run.

Position	Name	Gun Time
101	Auz Gray	00:27:50
102	Rachel Gee	00:27:51





# THE SOUTHERN CROSS COUNTRY LEAGUE

Early December saw the third race of the season at Bourne Woods, Farnham; and this was again superbly supported by a brilliant GRR turnout of 34 runners (and a fair number of supported too). The results and some photos from this race are on page 20.

The fourth race of the season is being held in Odiham on the Sunday after Christmas so what better way to burn off some of those seasonal excesses than to join the GRR cross country team for some muddy fun!.

*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 28 <sup>th</sup> December 2014	-	Lord Wandsworth College, Odiham
Sunday 25 <sup>th</sup> January 2015	-	Manor Farm & Country Park
Sunday 15 <sup>th</sup> February 2015		Chawton Park Wood, Alton
Sunday 1 <sup>st</sup> March 2015		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. You WILL get muddy.....***





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 between £1 and £2) after each event while the results are prepared and presented.

## **NEXT two RACE dates....**

### ***Sunday 28th December***

Lord Wandsworth College, Odiham: This is a cracking route, not too hilly but with guaranteed mud. It's a bit of a trek this one so car sharing is recommended. The address is:

**Lord Wandsworth College**  
**Long Sutton, Hook,**  
**Hampshire RG29 1TB**

### ***Sunday 25th January***

Manor Farm & Country Park: This is one of the most local Cross Country locations in the league so there can be no excuses for an even bigger turnout at the end of January. The address is:

**Pyland's Lane,**  
**Bursledon,**  
**Southampton SO31 1BH**

## **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](mailto:crosscountry@gosportroadrunners.org.uk)



### Bourne Woods, Farnham – Finishing Positions – 7<sup>th</sup> December 2014

Pos	Name
82	Ben Jarvis
92	Terry Arnott
97	Kev White
105	Colin Gardner
154	Wayne Toms
158	David Robertson
187	Terry Moore
194	Jack Coulbert
210	Guy Shepherd
219	Darren Eynon
229	Rory Fall
245	Ken Eaden
247	David Brace
250	Phil Moran
255	Giles Cowling
256	Richard Morris
264	Adam Walters

Pos	Name
47	Kirsten Maw
73	Nikki White
79	Andrea Edwards
95	Karen Phillips
97	Melissa Pink
101	Eileen Cowling
110	Jenner Moore
113	Rachel Gee
114	Julie Shinton
119	Sue Barrett
120	Lucy Hudson
121	Kim Carter
123	Amber Schothorst
129	Chris Nation
133	Sarah Down
135	Laura Grubb
136	Kerry Down

Another fab turnout for X-Country, we are being noticed by other clubs for having a good team so let's keep it up. Massive well done to everyone that ran and a big thank you for c

*Kev & Nikki*













## Getting to Know You

*Sarette Martin (and Wilson)*

### ***Who are you and what do you do?***

My name is Sarette (sometimes Spaghetti, depending on which of my friends you are), which isn't French as people often think but from a character in an episode of Perry Mason –

<http://www.imdb.com/title/tt0673183/plotsummary>

I work in the NHS in a non-clinical role, for an organisation that didn't exist two years ago, and for which I was never interviewed. That's NHS reorganisation for you.

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

I've been a regular runner for 10 years but did it on and off for about five years before that.

I started because my sister ran a bit when she was in the Air Force in the late 1990s, and she wanted someone to run the Eastleigh 10k with her as her friend had pulled out. I dug out a pair of Nike trainers that were a size too small and off I went. Slowly.

### ***How long have you been a member of the Club?***

Since September 2004, bar about a year when my membership lapsed. The last time I ran regularly with the club on a training night was about 2007. I can't be bothered to wait until 7pm to run, even though I live only a five minute walk away. My new year resolution might be to show up once a month!

### ***What do you most like about being a GRR?***

It's a friendly club, supportive of runners of all abilities and distances. And I've made some good friends there and because of running generally.

If there's one thing I'm not so keen on it's people rushing into entering multiple marathons every year when they're not ready for the distance or the training, and the number of GRRs who run injured (ok, that's two things).

A running injury isn't a rite of passage or some kind of badge of honour. It's a pain in the ass (or foot in my case), and rest is very often the only path back to full fitness. Running on an injury ain't the way to make it better.



***What are your running ambitions?***

First and foremost I want to get my fitness back and be injury-free, having not put on my running gear since the Solent Half at the end of September thanks to a naff foot. A few more PBs in 2015 would be nice. A good friend of mine runs for Pompey Joggers, his enthusiasm for running is infectious and the reason I clocked up 5k and 10k PBs in summer after years of barely racing.

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

I really rated the Wyvern 10k this year, and not only because I got a PB. It was really well organised, a decent route - despite being an out and back - the marshals were nice and vocal, and the medal was ace. I also used to do loads of trail running and I'd like to do more again.

Least favourite has to be the New Forest 10, which I did for the first and only time in 2005. It was really hot (the word 'forest' sort of made me think there might be some shade from things called trees), and traffic jams on the way there and back. I remember seeing the two mile marker and thinking I could pack it in right there. It's the only time I've walked in a 10 mile race, and I did it four times. I was not feeling the love. Especially not for the marshal at nine miles who tried to chivy me along.

***Tell us an interesting fact about yourself.***

I'm a trainee dog handler for Hampshire Search and Rescue Dogs with my mutt Wilson, who's training to be an air-scenting search dog. The team is called out by the police or coastguard to look for missing vulnerable people (generally elderly people with dementia, the very young or those with mental illness). We're all volunteers, on call 24 hours a day, 365 days a year. I'm also the team's call out co-ordinator, so I get the joy of waking up the team at 3am if our services are required.



**VOLUNTEERS  
WANTED**



I'm going to need some volunteers if I'm going to do some more of these so don't be shy..... Let me know if you're interested, either by email ([nick@macbeath.net](mailto:nick@macbeath.net)) or you can catch me at the Club one night.





## Annual Club Awards Night

**This year's Club awards night has been booked for Friday 30th January 2015.**

Please see below for details, 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..... 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?



**GOSPORT**  
Road Runners

### Annual Awards Night

**Friday 30<sup>th</sup> January 2015**

**Buffet & Disco**

**£6.00 per ticket**

(See Ange or Sue for tickets)

**Doors open at 7.00pm  
Bar extension to midnight**



Venue: Gosport & Fareham Rugby Club, Dolphin Crescent,  
Gosport. PO12 2HE



## GRR and Social Media:



The Club's Facebook page currently has 225 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 and arrange out of Club meetings, etc. You can find us by following this link:

<https://www.facebook.com/groups/27301329294/>

## 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 recently 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 list.

<http://www.gosportroadrunners.org.uk/>



## Membership Update:

The current membership is a very healthy 202 of which 102 are affiliated to England Athletics. This month we welcome Charlotte Watkin, Sarah Newman, Becky Leslie, Robert Towers, Erik Macgurk, Phil Moran and Caroline Dickens to the club.

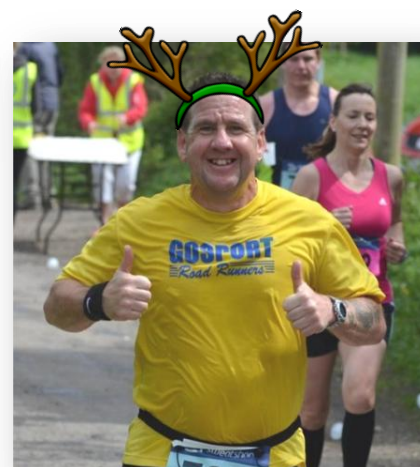
If you need any information about club membership please catch up with me on a club night or e-mail me at:

[membership@gosportroadrunners.org.uk](mailto:membership@gosportroadrunners.org.uk).



*Keith Elshaw*

Membership Secretary







**Cross Country T-Shirts:** The new GRR X-Country Team t-shirts are available to buy at Absolute Running on Stoke Road or on-line at:

[www.absolute-running.co.uk/gosportroadrunners](http://www.absolute-running.co.uk/gosportroadrunners)

### **Dates for your Diary**

Thursday 1<sup>st</sup> January – New Years Day Run (& dip in the Solent)

Meet in the Rugby Club car park (already in your fancy dress) at 10.45am. The Rugby Club will only be open from 12.15 – 1.15pm approx., so we can make use of the changing facilities/showers. The bar will also be open during this period.

Sunday 18<sup>th</sup> January 2015 – Stubbington 10k

This is the next race in the Hampshire Road Race League series. Although it is now sold out, being local this run is notoriously well supported by the GRRs.

I managed to count 80 GRR's registered for this race, however, 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!



### **London Marathon Draw:**

The draw for the Club's London Marathon places took place after the Christmas handicap run and the successful club members were:

Male place: **Auz Gray**

Male Reserve: **Keith Elshaw**

Female Place: **Lizzie Elshaw**

Female Reserve: **Nikki White**



**LONDON  
MARATHON 2015**

Well done all and good luck with the training



### Guess the Santa

Just for a little bit of festive fun to finish off..... the first person to get back to me with the correct answers wins a free place in the New Year's Day run and Solent dip! Good Luck.





### ....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. Apologies for any random additions..... Just trying to be seasonal!

Finally, I'd like to wish everyone at GRR a very Merry Christmas and a Happy & Successful 2015

# MERRY CHRISTMAS

## Happy New Year

2015



# YOUR NEWSLETTER NEEDS YOU.....



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 race reviews, any recent running achievements, what GRR's has done for you, any funny (running related) stories or photos from over the Christmas holidays..... 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!!

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](mailto:newsletter@gosportroadrunners.org.uk) or [nick@macbeath.net](mailto:nick@macbeath.net)

