



NEWSLETTER



Winter

January 2016



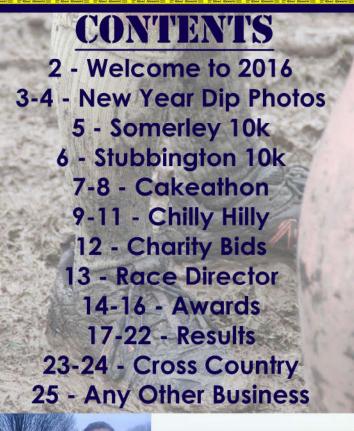
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Quiz - Andy Johnson sent these photos in, Its a spot the difference, with a difference. Two photo's that both include my daughter Rachel, with whom I ran the Bournemouth Marathon last year. Both show her with something old, slow and wrinkly behind her whilst on holiday in Mauritius 8 weeks before the Marathon but which contains the rarest image??? Gary Francis may have an answer!







GOSPORT GOSPORT

Welcome to 2016

Last summer Nick McBeath asked me if I fancied taking on the GRR monthly newsletter. He'd been doing it for 2 years, and had consistently produced a smart and funny newsletter that everyone looked forward to recieving each month.

I really liked the idea, but was a bit apprehensive about the amount of time it would take up. "Oh only a few hours a week!", Nick reassured me.

He was right, it does only take a few hours a week, but I will admit to struggling to find those few hours on occasion.

Time management has never been my one of my strong points.

Therefore, I've decided to make some changes to the newsletter, and to try some new ideas. Over the next few months, I might try some new formatting and layouts etc. I might add, things and take other things away.

This is all in an effort to make the newsletter stay smart and fun to read, but at the same time, easier and quicker to produce.

I've decided to significantly reduce the results section. All of the results for different races are available online, and Brian usually has copies of them. I'm going to concentrate on the HRRL, Time Trial and XC events.

I will cover other events, but I thought it would be nice if the results were given alongside an article. So, if you want your race featured, put together a few lines and tell everyone about it, and we'll publish it.

I understand lots of people don't use Facebook, but as so many people do, and so much stuff is put on there, sometimes it feels like the content for the newsletter is just a straight copy of what was posted live on facebook in the proceeding weeks.

Please send me feedback, its really helpful to know how people read the newsletter, and to hear what bits you like or dont like. Its only as good as the content provided by you the club members. If you want something changed, or have idea for things, please let me know.



newsletter@gosportroadrunners.org.uk

You can send me an article in various ways. Put it in a Word document, or link to a blog post, or just send an email. Attach some photos, the best quality you can as it helps later when they are being put into the newsletter. Facebook photos are not great quality, they are usable, but pictures straight from your camera are much better.

Finally, your content is very much appreciated. I appreciate you sending it in, and the readers like to read it. Please remember that not everyone is on Facebook, and not everyone will have easy and abundant access to the internet.

Thank you for reading, I hope you enjoy whats to come in 2016.

Colin



New Year Dip

Monthly Newsletter January 2016

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New Year Dip

Monthly Newsletter January 2016

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Somerley 10k by Rob Byrne

After a pretty lazy Christmas break with only a couple of short runs and cross country I had a gap in my diary for the first weekend of the year. I also had an itch that I needed to start the year with a decent run that would get me in a positive mood about the years running. With quite a big year ahead of me I needed to start strong!

I had a quick look around the usual websites; runners world, 100 marathon club, running diary etc. and stumbled across the Somerley 10k, and being in Ringwood and a fund raiser for Autism Wessex I thought it'd be rude not to enter, so at 6.30am on my last day before work started up properly again I got in the car to go for a run.

I arrived just before 9am via some very dubious sat nav'ing and signed up ready for a race start at 11am... Just enough time for a cuppa and 20mins sleep in my car whilst the hail hammered down outside.

At 10.45 I made my way up a worrying long hill to the race start, still very heavy rain and extremely cold but I got into the huddle and we all waited.... And waited... and then after a very heckled starting speech we were off!

It was a very scenic run through the Somerley estate, which I later found out was designed by Samuel Wyatt in 1750, and is hugely impressive – well worth a revisit and a proper walk around I'd say. The course was 2 laps of various pathways and tracks which I'm sure in dry conditions would have been a very enjoyable run. This was not the case.

It rained. Hard. After just over 37 minutes of being totally soaked and battered by hail running through flooded paths I crossed the line and remarkably in first place. Not something I'd experienced before and I didn't quite know how to react when I was handed my plaque for First Male – 'I won something' was my immediate outburst to the young lady! Totally overwhelmed by it, despite leading from quite early on I was sure I'd get lost or something, I certainly didn't feel 'comfortable' leading!

With that I ran straight to my car to try and get warm and dry, and after about 10 mins I was feeling human again, enough to see a few Stubbington runners come through too.

Overall what was a wet and cold run turned out just as I'd hoped – a great start to the season! Had the weather been better I'd of perhaps had more fun, but you can't have everything right!

Official	Result:	
omenui	nesure.	

 Finish Time : 00:37:13

 Overall :
 1 / 451

 Gender :
 1 / 214

 Categ :
 1 / 17





Stubbington 10km

GOSPORT GOSPORT

Stubbington 10km - by Rob Byrne

So I guess I owe it to Gosport Road Runners to write a report on Stubbington 10k!

I'll get straight to the point, without the help of the club and its members I wouldn't have run the race I did at Stubbington, so to all of you club members and supporters on the day – Thank you!

This was the first time at Stubbington 10k for me, so although I'd been told about it, some good, some worrying, and I didn't quite know what to expect. I knew about Coach Hill and that it'd be a busy start but after that it's always difficult as conditions are always different and I find I never really know how I'm feeling until I get going and have the first couple of miles behind me. I keep getting ushered towards the front at these races too, I'm still not sure I deserve it yet, perhaps that's just me though.

After a (probably too fast) start I could see the lead group getting away from me slightly, I wasn't too concerned about this though as I had no illusion I could keep up with that group so I settled down with a few Lordshill runners and a Denmead strider that I recognised from Hayling 10.



After hitting Coach Hill quite hard (thanks Ben) and pushing on a little I found myself in a bit of space, I could still see the lead group but wasn't going to catch them so sat behind a couple of guys to see how I'd cope with the pace.

After seeing Darren just before heading out towards the Meon Shore I felt comfortable, I'd recovered from Coach Hill and felt quite strong, even though my calves were tight from intervals on the Friday. Then getting onto the seafront and what a crowd of GRR's, just at a point of feeling a bit out of my depth there they were, cheering, whooping, clapping I cannot tell you how much it lifts the spirits, but I'm sure some of you will know, they made the day for me.

Turning left and away from the sea there was around 2.5km to go and I decided to save a little for the last kilometre, I felt like I had some reserves so I waited and kicked hard at 400m overtaking about 4 others which felt great! In the last 100m was even more support from our fantastic team and it made the last push seem that little bit easier. Then across the line in what I later found out was 21st place and a PB, epic day, and

Overall a great team performance too, many PB's and I expect good league points as well as some personal achievements met no doubt.

I hope momentum continues within the club, and once again thank you all for your support and kind words on race day!

Rob

Stubby 10k Photos can be found after the results





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Did Someone Mention Cake by Karen Middleton

Everyone that knows me know I love cakes! Making cakes, decorating cakes and, of course, eating cakes! So when I discovered there was a **Cakeathon** race I knew it was one race I had to do.

Cakeathon is a challenge race held by Saxon Shore and takes place in the Betteshanger Country Park in Deal, Kent. Originally, Cakeathon was meant to be a one off event to celebrate the 100th anniversary of the Women's Institute but the race proved so popular that they've now decided to run the event four times a year! I had tried to get a place for one of the 2015 races but with a maximum of 150 places per race it sold out quickly! I was lucky enough to hear that they were introducing a Winter Cakeathon so the minute entries opened I got mine in and paid for, I was not going to miss out again!

So, bright and early on the morning of the 30th January 2016 I found myself standing with 130 other cake lovers, contemplating what I was actually about to do. We had six hours to run as many (or as few) 4.37 mile laps as we wanted. I fully admit that I'm not a lover of off road courses but, where cake is concerned, it was more than worth it!

I was also grateful that my friend, and fellow GRR, Chris Nation, had decided to join me for the race.

So there we were, waiting at the start, having got up at silly o'clock to make the 2-3 hour journey just so we could run a race with 'cake' in the title.



Were we mad? The answer was yes! Mad for cake!

The race started and off we went. We completed our first lap. We had a choice now, collect a colour band and go back out for another lap (after a visit to the fuelling station) or ring the bell and collect our medal and goodie bag.

There was no way I was stopping this early, so we went to get a drink and have a quick pit stop. The fuel station was full of all sorts of cakes, flapjacks, biscuits, crisps, crackers and fudge. It was hard to decide what to have! Anyway, decision made and juice drunk, Chris and I went back out to run our second lap. I was really enjoying the race and had already decided that I would run 3 laps for definite.

Second lap completed, second band collected and still feeling strong. Another bit of cake (it would be rude not to!) and Chris and I headed back out for lap three! This is where Chris and I split up. Chris decided to only run three laps (a half marathon was enough for her on this occasion) and as I was still running strong we agreed I'd carry on alone.

I wasn't sure how this lap was going to go, I was nearing half marathon distance (the furthest I had ever run continuously) and was now on my own.

However, I needn't have worried. I still felt strong, although my legs were starting to ache. I finished my 3rd lap and made the decision to go out for a fourth and final lap. I was determined to get myself a PB!

More refuelling but I didn't want to stop long, I knew if I delayed going out I may change my mind. As I left for my final lap I saw Chris, she was just finishing! The last lap had been hard work but she'd done it!

cont....





I set out to complete my last 4.37 miles. This time it was different, the hills were harder work, my legs were getting heavier and heavier. 2 miles round and I was just wishing it was over. I had very little left and felt I was close to running on empty. I had to keep stopping to walk but I refused to stop,

I kept checking my watch to see how much was left. One and a half miles, one mile, run walking the whole way. All I wanted now was to finish. I got to half a mile from the finish and made the decision to run as much of the last half



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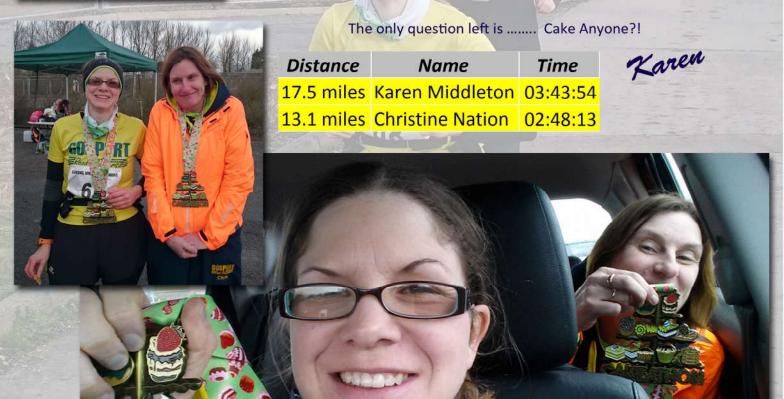
mile as possible. It was such hard work but when I rounded the corner and knew the end was in sight I just kept going. I got back and rang the bell. I had finished!

I collected my goodie bag, packed full of beer, crisps and chocolates, and the epic medal, I even got a PB badge as I had just completed my longest run ever (17.5 miles!).

To celebrate completing the race we had some more cake (yes, there was still cake left!) before making the journey home.

I loved (almost) every minute of the race and would thoroughly recommend it to all lovers of cake (& bling!).

Cakeathon gave me the chance to really push myself and I rose to the challenge!







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Rubix Chilly Hilly by Terry Arnott

The sold out Chilly Hilly 10k trail race was hosted by the Pompey Joggers and it was the first of its kind. I had done many training runs up Queen Elizabeth Country Park but this was a first. The route wasn't very well advertised in the build up to the race but I used that as an advantage. Sometimes when you know a route you can over think about things, unnecessary things and as a result become nervous and anxious.

More importantly it was the first bling of the year. I'm one of those people who actually likes a good race medal so I was excited to see the end result and get the medal collection started for 2016.

I was very impressed by the organisation from the Pompey Joggers they always seem to put on a good race. Despite the wet weather the number collection and baggage handling was stress free and we were all able to get ready for the race and make it to the start line all in good time.

There were just under 250 runners taking part in the Chilly Hilly 10k, most were club runners but there looked to be many who just wanted a nice Sunday morning run around QECP and enjoy the trails.

Before the race I had a good warm up with the other Gosport Road Runners, I pulled my hamstring over a week ago and was slightly nervous about running hard. I had no intention of running at race pace I just wanted to get warm and see what happened. The last thing I wanted was to aggravate my injury and make it worse and have to take some time out. Kevin my race buddy had a poorly knee so it kinda went without saying that we were going to take it easy and enjoy the beautiful scenery.

We were off and I just wanted to take it steady. Kevin and I started off quite far back in the field, we started with the other Gosport Road Runners. The first gravel track was quite narrow and with around 250 people starting it was quite difficult to overtake. Around half a mile in I felt great, my muscles felt loose and most importantly my hamstring wasn't causing me any bother at all. I thought do I push on and go for it or do I proceed with caution and sit back.

The competitive side of me kicked in and would you believe it I pushed on. Kevin and I are very competitive I knew he wouldn't let me push on alone. I made a move and went forward passing around 10 people which opened up some space and gave me room to push on further. I didn't look back to see whether Kevin was with me or not, I just dug my feet in the mud one step at a time and picked the pace up.I hit the first hill and it was a hill I hadn't trained on before but it didn't matter, I kept the cadence fast and attacked the hill hard.

The legs were working hard but I made it to the top. There was an opportunity to take a look over my shoulder and I saw that Kevin was probably around 50 metres behind. I picked the pace up even further as we raced through the very muddy and slippy downhill sections. There were several times where I nearly stacked it but I remained upright, I could feel all my other muscles working overtime to keep myself upright and racing hard.

It was around 2.5 miles in and we hit a hill which I named "the bad boy" it was a bit of an understatement to be honest. It was a bitch! I could see runners ahead of me walking and I made it my mission to catch them and most importantly not walk. There were several points of that one particular hill where I wanted to walk, my legs were burning, my shoulder and back were burning and my lungs were working super hard. I made it to the top and took a sharp left, my legs were like jelly and if it wasn't for a local club marshal Rachel I would have walked. A massive thank you Rachel.

ALEXANDRA

Cont....





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That hill hit me hard and took a lot of energy out of me. I started to question whether I went too hard to begin with and will I be able to maintain this pace to the finish. A quick glance at the Garmin and we were just under half way, still plenty of work to come. I managed to recover quite quickly and pick up the pace once again.

I kept on the heels of a female runner and a Denmead Strider for the next few miles. There was quite a bit of a gap behind me but i really didn't want to drop off and lose the runners ahead. I didn't have a clue what position I was in but I felt pretty good, the downhills were fast and I pushed it hard uphill.

I hit an opening in the course and a section of QECP that I recognised. With a another quick look at the Garmin I had 1 mile to go. It was time to give it all I had. The female runner in front of me had really opened the gap and I was keen to catch her or at least close the gap the best I could. We hit the last gravel track and I knew the finish line was fast approaching, it was the same style finish as the QECP cross-country so we were on for a cracking finish.

It was a tight turn and on to a fast downhill bank which had a field full of spectators and marshals all cheering their runners in. Like with all races coming to a finish you pick the pace up and give it 150% even though your body is telling you otherwise. I was catching the female runner with 200 meters to go but unfortunately she crossed the finish line just before me. I had to hand it to her she ran strong and if anything made me run a top performance to.

I congratulated her on such a good race and overheard from a marshal that she was the first runner back. Wow awesome stuff! I was pleased that I had made it back with the lead female runner.

As I crossed the finish line and received my awesome race bling I thought to myself what a fantastic race that was.

I was absolutely buzzing! The Pompey Joggers were very kind in giving out space blankets to keep us warm.

I looked around at the other runners and thought to myself actually there is only a few here, I may have actually placed quite well. I didn't think any more of it as I was just pleased I had a really good race and more importantly my hamstring was well on the mend. Not long after that my buddy Kevin came across the finish line and we congratulated each other. He was a jammy bugger and bagged himself a nice spot prize from the race marshals.

We made our way over to the chilli van as all runners got a nice chilli and rice meal and well deserved cup of coffee. The Pompey Joggers didn't disappoint the food was absolutely spot on. As we scoffed on our grub and cheered in our fellow club runners everyone was feeling the same. They loved it!

I was cold, wet and very muddy but I had a full belly and an awesome medal. I came 12th overall out of 231 people.

Overall a well organised race by the Pompey Joggers.

Medal was huge and the event was value for money. I will 100% be doing the Chilly Hilly 10k next year.

Thank you Pompey Joggers. I will see you all at the Meon Valley Plod.

Pos

12	Terry Arnott	00:48:53
50	Kevin White	00:56:12
64	Colin Gardner	00:58:37
120	Nicola White	01:08:03
124	Miranda Carrick	01:08:34
149	Sarah Down	01:11:10
173	Joanne Hopkins	01:15:07
182	Ros Clarke	01:17:00

Name

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Time





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Gosport Half Marathon – Charity Bids

Following the successful 2015 Gosport Half Marathon, we are now inviting Gosport Road Runners to submit their nominations for local good causes or charities to receive a donation from the race proceeds.

If you wish to make a bid, please download the attached proforma, and when completed hand to a member of the race committee, or e-mail to jenny.shilling@virgin.net .

Please supply as much information as possible to support your bid, including any relevant documentation.

All bids should be submitted by Tuesday 15th March 2016. The successful bids will receive a share of the profits from the race proceeds.

Anyone making a bid must be willing to attend and be photographed at the cheque presentation.

Many thanks

Jenny Shilling



http://goo.gl/Sd0vzb

Race Director Role

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With Dave Little stepping down, the club needs a new RD for our highly successful Gosport Half Marathon.

The RD needs to be a good organiser, able to work well with others and have a passion for the continuing success of the South Coasts top rated race.

Key Accountabilities:

DSPORT

oad Runner

- Ensuring the race remains profitable so as to be able to support local good causes
 The event typically raises >£10,000/year for these causes
- Named individual accountable to UK Athletics for all matters pertaining to the Gosport Half Marathon
- Defining the organisation structure for the Race Committee
- Chair of race committee meetings to review progress of preparations for the next race
- Progress reporting to the GRR Main Committee and AGM
- Set strategy and targets for the race
- Where necessary, represent the race at local meetings HRRL etc.
- Upholding the club's name and reputation for all decisions and actions made by the race
- Recruitment of race committee members as and when required

The RD could be delivered as a job share (though for administrative purposes it does need a single person named to UK Athletics). All we ask of the job share is that the 2 people need to be very clear about who is doing what (!) and communicating with each other. So if you and another GRR want to work the RD role together - please let us know. Note that Dave has agreed to support the new RD throughout the run-up and delivery of 2016's race.

While the Race Director (RD) has overall accountability for the Gosport Half, the role is extremely well supported by the Race Committee. It is the individual race committee members who each deliver their respective components of the race e.g. marshals, goodie bags, the race entry system etc. So on while the RD maintains the overall top view of the event, delivering the Gosport Half is very much a team effort.

Race Committee members are: Jenny Shilling, Kerry Irwin-Hall, Eileen Cowling, Brian Fisher, Ken Eaden, Ray Bernice, Liz Redpath, and Gary Francis.

Since 2015 was a great success, the 2016 event will be almost a precise re-run in terms of the route etc so this is a perfect year to handover.

One early activity for the RD is having a look at the organisation of the Race Committee to make sure it is working at its best. The Committee members are on board with this and Dave will support the new RD on this as well.

Responses needed to Club Secretary (secretary@gosportroadrunners.org.uk) by 15th Feb 2016. Any questions about the role, please speak to Dave Little (or email him race.director@gosportroadrunners.org.uk).

Whoever steps forward will have the support of Dave, the Race Committee and the Main Committee throughout so this absolutely is a well supported role.

The bottom line is that without a Race Director, there won't be a Gosport Half Marathon. This has consequences for the clubs reputation, its finances and of course the local good causes.

Thank you

Giles Cowling Chairman of Gosport Road Runners



GRR Awards Night

GOSPORT GOSPORT

January 29th saw the annual Gosport Road Runners awards night. It was a well attended event, and details of all the awards for 2015 are below. Congratulations to everyone who collected an award this year. Well Done!

Marathon		Half Marathon	
Male Senior	Rob Byrne	Male Senior Rob Byrne	
Female Senior	Laura Cornborough	Female Senior	Laura Cornborough
Male Veteran	Jayson Grygeil	Male Veteran	Jayson Grygeil
Female Veteran	Lisa Hennen	Female Veteran	Rachel Davies
Male Veteran 50	Steve Crook	Male Veteran 50	Chris Buxton
Female Veteran 45	Tracey Wales	Female Veteran 45	Tracey Wales
Male Veteran 60	Brian Fisher	Male Veteran 60	Brian Fisher
Female Veteran 55	Sharon Clutton	Female Veteran 55	Kim Carter
Male Veteran 70		Male Veteran 70	Peter Lindley
Female Veteran 65		Female Veteran 65	Jenny Shilling

10 Mile			10k	
Male Senior	Rob Byrne		Male Senior	Richard Oakes
Female Senior	Laura Cornborough		Female Senior	Jenna Knight
Male Veteran	Jayson Grygeil		Male Veteran	Jayson Grygeil
Female Veteran	Gill Dowling		Female Veteran	Lisa Hennen
Male Veteran 50	Colin Gardner		Male Veteran 50	Chris Buxton
Female Veteran 45	Tracey Wales		Female Veteran 45	Tracey Wales
Male Veteran 60	Brian Fisher		Male Veteran 60	Brian Fisher
Female Veteran 55	Sharon Clutton		Female Veteran 55	Sharon Clutton
Male Veteran 70	Dave Croft	¥	Male Veteran 70	Dave Croft
Female Veteran 65	Jenny Shilling		Female Veteran 65	Jenny Shilling
* 6	CONGRA	T (ULATION +	ee.



Special A	Awards	Bronze:	Silver:
Jane Barton Plate	Ange Elshaw	Sharon Clutton	Gill Dowling
Most Improved Ron Crane Plate	Adam Walters	Ange Elshaw	Terry Arnott
Most Improved	Adam Walters	Janet Lindley*	Dan Belben
Presidents Good Egg,	Amber Schothorst	¾ of a bronze!	Ray Bernice
Dedicated to Sheila Bradley Presidents Shield		Martyn Barnes	Rob Byrne
Male Novice	Darren Eynon	Darren Eynon	Nick Carter
Glenys Smith Novice Ladies	Joanne Hopkins	Pete Lindley	Ben Jarvis
Award Brenda Wiltshire 10k Plate		Terry Moore	Kevin White
Male	Chris Buxton	Bryn Whitehouse	
Brenda Wiltshire 10k Plate	Gill Dowling	Paul Williams	Gold:
Female			Jenny Shilling
Fastest Male Senior	Rob Byrne		
Fastest Female Senior	Laura Cornborough		
Fastest Male Veteran	Jayson Grygeil		
Fastest Female Veteran	Gill Dowling		
Presidents Shield	Janet Lindley		





GRR Awards Night

Monthly Newsletter January 2016

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Race Results from your Results Co-ordinator

Thanks to all those who contact me with their results, please keep sending them in. I am especially pleased to get web links to results pages! And don't forget to let me know if you ran as someone else, or someone else ran as you!

Can I please ask, to ensure we capture all your results, that you contact either me or Colin with your results and we can then ensure that they are recorded.

Congratulations to all those who won trophies at the Awards evening. It's one of the best parts of my job to see people improving their performance over time and to celebrate their achievements for the previous year.

If you are male and you have a birthday of 40, 50, 60 or 70 this year then you move up to the next age category as of 1st Jan, irrespective of when your actual birthday falls. For ladies it's your 35th, 45th, 55th and 65th birthdays.



Brian Fisher - Results Co-ordinator

For 2016 I have some new database software which will make it easier to record the ever-growing number of results. If you should find your race result online I am always grateful to get an e-mail with a web link so that I can crack on and type them up. And do please let me know if you take part in a race out of area that I may not otherwise hear about.

Result of the Month

My "Result of the Month" section features the result which caught my eye whilst recording all those times of yours, not necessarily a "fastest" result or a PB, although it could be.

My Result of the Month for January goes to Julia Roiz de Sa for pulling out all the stops and getting a nice round 50 min PB at the Stubbington 10K.

Thanks... Brian Fisher

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



Club 5km Time Trial - 5th January

There were others who started, who for one reason or another managed only one or part of a lap :- Kate Smyth, Sarah Down, Dave Kirby, Brian Fisher and Sid Smith. There were supporters, Adam Walters & Mike Welsted and off course even more important our OFFICIALS:- Liz Redpath-Starter & Timer, Janet Lindley- Backup Timer, Gary Francis - Recorder. A total of 67 GRRs in attendance a brilliant turnout in what proved to be very good conditions for a small jaunt.

Pos.	Name	Time	
1	Rob Byrne	17:04	PB
	Terry Arnott	19:13	
	Dan Belben	19:19	
4	Jason Grygiel	20:12	
	Bryn Whitehouse	20:43	PB
6	Josh Belben	20:55	Guest
7	Tim Durant	21:52	
8	Paul Williams	21:53	
9	Alan Burgess	21:59	
10	Lloyd Durham	22:36	
11	Stuart Outen	22:46	1st Timer
12	Phil Beed	22:48	
13	Terry Moore	23:07	
14	Voytek Rutkowski	23:11	1st Timer
15	Gill Dowling	23:19	
16	Ben Jarvis	23:19	
17	Nick McBeath	23:42	
18	Dan Thompson	23:52	Guest
19	James Wales	24:38	Guest
20	Darren Eynon	24:42	
21	Jenna Knight	24:48	
	Dave Croft	24:59	
22	Keith Elshaw	25:11	
23			
	Pete Lindley	25:26	
24		25:26 25:50	
24 25	Pete Lindley		
24 25 26	Pete Lindley Dave Little	25:50	

	Laoua				
Pos.	Name	Time			
29	Jenny Shilling	26:25			
30	Tracy Wales	26:25			
31	Mike Barker	26:32			
32	Rory Fall	26:42	Guest		
33	Mike Kearney	26:56			
34	Ken Eaden	27:15			
35	Mike Stares	27:18			
36	Caroline Oakes	27:19			
37	Liz Elshaw	27:20			
38	Lorna Harper	27:28	Guest		
39	Vicky Gorton	27:48			
40	Ray Bernice	27:50			
41	Kev Robinson	27:51			
42	Kerry Arnott	27:51			
43	Marie O'Rouke	28:04			
44	Ann Marie Staples	28:04			
45	Colin Middleton	29:22			
46	Richard Pelley	30:17	Guest		
47	Jenner Moore	31:55			
48	Shona Rust	31:58			
49	Jo Harvey	32:03			
50	Denise Little	33:10			
51	Emma Kedzierski	33:30	1st Timer		
52	Phillipa Clark	33:39			
53	Sue Barratt	33:39			
54	Laura Bishop	35:07	6		
55	Julia Roiz-De-Sa	35:07			
56	Barry Larse	40:17	Guest		





HAMPSHIRE ROAD RACE LEAGUE a running club competition

This month we had another magnificent turn out for the Stubbington 10K. It is our Closest HRRL event and we always turn up in force both on and off the course! I counted 43 Ladies and 34 males in the official results however there may have been some others not running under GRR and there may have been some number swaps too.

On the subject of number swaps, we all know that people get ill or injured and decide to pass their number on to someone else to run on their behalf but please try to inform the race director and make the swap official, especially when it is a HRRL event as the times do count towards the league therefore team and individual positions can be affected unfairly.

The next race in the calendar is the Ryde 10, details can be found here;

http://www.rydeharriers.co.uk/

They usually give a discount code for the Fastcat across which leaves Portsmouth harbour at 9:15. However if you intend to run and keep hold of your Fastcat receipt we will refund your fare from club funds. The race is an undulating run around the villages around the South West of the island and is well worth the trip across.

For more details on the HRRL and to check on your individual position in the league go here

http://www.hrrl.org.uk/default.htm



Pos	Name	Time
21	Rob Byrne	00:35:13
129	Terry Arnott	00:39:03
133	Ben Jarvis	00:39:08
157	Dan Belben	00:39:41
166	Jayson Grygiel	00:39:46
254	Bryn Whitehouse	00:41:17
287	Kevin White	00:42:29
332	Paul Williams	00:43:02
353	Benjamin Wales	00:43:37
447	Nick Carter	00:45:20
527	Peter Brown	00:46:25
582	Daniel Thompson	00:46:59
615	Martyn Barnes	00:47:29
620	Ray Bernice	00:47:30
587	Ian Pugh	00:47:47
616	Terry Moore	00:47:47
638	Loyd Durham	00:48:04
641	Tracey Wales	00:48:15





HAMPSHIRE ROAD RACE LEAGUE a running club competition

Pos	Name	Time
721	Jenna Knight	00:48:30
671	David Croft	00:48:34
689	Gillian Dowling	00:49:07
760	Jenny Shilling	00:49:19
790	Daniel Roiz de sa	00:49:59
792	Julia Roiz de sa	00:50:00
791	Brian Fisher	00:50:32
828	Lee Westwood	00:51:12
	Paul Street	00:52:23
	Ellie Blaiklock	00:52:23
	Steve Silverlock	00:52:32
	Fiona Tomlinson	00:52:39
	Keith Elshaw	00:52:43
	Laura Cornborough	00:54:05
	Kerry Down	00:54:37
	Mick Kearney	00:54:37
	Johanna Ross	00:54:44
	Kirsten Maw	00:54:57
Report of the local division of the	Kim Carter	00:55:08
	Ken Eaden	00:55:20
	Caroline Oakes	00:55:26
	Susan Barrett	00:55:26
Concernance of the second	Michael Barker	00:55:33
	Adam Walters	00:55:40
	Tracy Bale	00:55:41
	Victoria Gorton	00:55:49
	Debra Talbert	00:56:03
	Tracy Moran	00:56:14
	Elizabeth Elshaw	00:56:22
1137	Andrea Ridley	00:56:41

Pos	Name	Time
1150	Zoe Windsor	00:57:17
1184	Miranda Carrick	00:57:25
1170	Eileen Cowling	00:57:27
1166	Tracy Slade	00:57:43
1201	Becky Veal	00:58:34
1248	Melissa Pink	00:58:47
1241	Andrew Hopkins	00:59:03
1255	Peter Robinson	00:59:31
1307	Colin Middleton	00:59:57
	Mike Battersby	01:00:49
1331	Nikky Leech	01:01:07
<mark>1393</mark>	Andrea Kitchen	01:02:42
<mark>1398</mark>	Ann-marie Stables	01:02:43
1397	Chris Nation	01:02:43
1401	Joanne Hopkins	01:02:56
1417	Jenny Scott	01:03:03
1463	Colin Gardner	01:04:40
1431	Pat Lapworth	01:04:42
1432	Dee Upshall	01:04:46
1446	Shona Rust	01:04:49
	Philippa Clark	01:06:31
	Louise Harrowsmith	01:06:34
	David McAllen	01:06:35
	Karen Middleton	01:06:41
	Karen Nichols	01:07:12
	Tania Bernice	01:07:19
	Denise Francis	01:07:21
	Sue Tingley	01:08:17
	Laura Bishop	01:09:02
1569	Levi Hughes	01:12:36



Race Results - 18 Jan

Monthly Newsletter January 2016

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Race Results - 18 Jan

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Southern Cross Country League - Race 4 - Manor Farm - 24 January 2016

What a fantastic turn out for the Manor Farm Country Park XC! There were 45 Gosport Road Runners in all, a true sea of yellow. Pretty certain we had by far the best turn out.

I hope that both Jenny Shilling and Chris Buxton are ok and kudos to Kirsten who helped Jenny and provided first aid. A true GRR right there!! As I have also suffered with anxiety and panic attacks I know how hard they can be to deal with. I take my hat off to Sarah Down for being a machine and running through a panic attack with the support of other GRR's.

Check the ladies out, what an awesome turn out. Well done all some fantastic results.

Unfortunately, I am unable to attend the next cross country on the 28th of February as I am running a marathon on that day. Not to worry though you will be in the fine hands of Adam Walters and hopefully another great turn out.

The GRRs are awesome!!!

Terry Pos Name 40 Ben Jarvis 64 Terry Arnott 76 Kevin White 118 Alan Burgess 122 Bryn Whitehouse 141 Darren Eynon 149 Ben Wales 166 Mason White 174 Terry Moore 191 Lee Westwood 201 Brian Fisher 206 Peter Linley 217 Mike Barker 221 Martyn Barnes 229 Mike Stares 233 Ken Eaden 241 Colin Gardener 244 Adam Walters **Keith Elshaw** 255

	Pos	Name	
	69	Tracey Wales	
	89	Lisa Maria Hennen	
	90	Nikki White	
1	97	Fiona Tomlinson	P
S	111	Eileen Cowling	2133
	114	Lizzie Elshaw	
X	116	Ros Clarke	
	118	Laura Cornborough	
	133	Julia Bentley	
	136	Sue Barrett	
	141	Kerry Arnott	
	150	Sarah Bishop	1
	151	Tracy Johnstone Slade	
	157	Becky Veal	
	159	Jenner Moore	
200	167	Katrina Jurd	
	168	Angela Hurst	
	173	Pippa White	
	175	Chris Nation	
	178	Dee Upshall	
C. 1. 11.	184	Joanne Hopkins	
	185	Sarah Down	
	188	Lucy Hudson	1
20	189	Jennifer Desmoulins	an Share









Any Other Business

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GRR Website:

All Club information relating to official meets and events can be found on the events page of our Website and all members are encouraged to look at this regularly.

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list.

http://www.gosportroadrunners.org.uk/





The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

http://www.facebook.com/groups/27301329294/

The Club also has a Twitter feed which can be accessed by following @gosportrr on

http://twitter.com/gosportrr

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



Newsletter Photos:

Photos help make the newsletter, if you are kind enough to supply an article, please could you also send me some of your original photos. A lot of photos included in the newsletter come from Facebook, this is fine, as its a good repository, and is always up to date, but the quality of the pictures is not as good due to compression.

If you have a photo you want to go with an article, or you think it would be great in the newsletter, then please send me a copy from your camera. This will be much better quality, and can be scaled and edited much easier.

If you're taking photos of an event, maybe you could keep some good ones aside just for the newsletter. Perhaps there was something particularly funny, that you think everyone would like to see. The newsletter reaches all current GRR members, and should ensure your snaps are seen by all.

Email them to me at

newsletter@gosportroadrunners.org.uk





NEWSLETTER



Winter

February 2016



Contents

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Welcome to the February 2016 Newsletter

Welcome to this months newsletter. Its a short one this month, there has been loads going on, but not so much in the way of content. I'm partly to blame for this, as i've not been chasing, asking, hassling (however you want to put it) all of you, and once I finally got my head around things, it was a bit late to start asking for articles before the deadline.

Firstly, if you want to write an article about an event in February, please do and send it in. This month, we had the Ryde 10, the Portsmouth Coastal, the Worthing Half, the Brighton Half, the Slindon Slog, the Valentines Day Challenge, and the Heartbreaker Half & Marathon. They are all listed in the results, and if you took part in one, i'm sure others would love to hear about it.

Secondly, I've decided to start trying to publish the newsletter a week into the next month. This allows us to get articles, results, photo's etc collected without me having to get it all done on the last day of the month.

Lastly, I've said it before, but I cant do it without you guys. I cant always get down the club to chat, but i'm here on email or FB if you have any articles/ideas/questions/requests. Please get in touch.





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Affiliation - When you join the Gosport Road Runners, you are also given the opportunity to become affiliated with England Athletics. This is an extra annual cost which is added to your membership fee.

When you affiliate, you're eligible for a few benefits. One being that you can take advantage of a £2 discount on many race entry fees. Your affiliation also counts towards the amount of places in the London Marathon that the club will be offered. We hold a draw at Christmas for rejected London Marathon entrants, a second chance at getting in.

For more information such as costs and benefits, please speak to the membership secretary, or visit

http://englandathletics.org/england-athletics/more-information-for-athletes/

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You may remember that we were asking for people who would like to volunteer to take on the role of Race Director for the Gosport Half Marathon.

The role was open to anyone, and was ready to be filled immediately.

We're happy to announce that Terry Arnott and Kevin White have taken on the role as a joint enterprise.

The Race Committee would like to welcome them to the role, and wish them the best of luck.



The Gosport Half Marathon 2016 is now live, and selling tickets. The work has started to bring another successful event to the Hampshire Road Race League Calendar.

A call to arms will be made for volunteers in due course, there will be volunteer roles available for all skills if you want to help.

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Contact Details - Are your contact details with the club up to date?

Do you recieve this newsletter via email, or just from the link on Facebook?

If your email address is out of date, or you're not recieving emails from the club, please send me an email and i'll get your details updated.

newsletter@gosportroadrunners.org.uk

membership@gosportroadrunners.org.uk



Monthly Newsletter February 2016

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Hi (virtual) Marathoners,

Public Car Park

Firstly a big thank you for taking part in the first Gosport Virtual Marathon, it has been a great journey from start to finish, but it couldn't have been done without the runners so I am truly grateful. It has been a pleasure seeing some of you achieve so much and a privilege to part of the marathon journey with you.

As part of this years event we supported the Brathay Trust who work with vulnerable and underprivileged young people who desperately need help, and the work that Brathay do is invaluable. Changing lives of children and young people in our own country and putting them on better paths to lead meaningful and fulfilling lives, as adults and young adults.

For those that couldn't make the final mile on Monday 29th February you should have received medals in the post by now, but, regretfully I have some still to send to those who didn't leave an address, there are also some that entered later in the week who I cannot confirm were at the final mile, so if you are yet to receive a medal (or your race number/certificate) please drop me a quick email just confirming your address and these will be sent out on ASAP.

For those just waiting for certificates/race numbers - I should have given these out on the 29th, but my plan went haywire in the wind and dark so I intend to get these all posted soon too, please just let me know your address and I'll get them posted ASAP - Thank you for your patience with this! If however, you have everything already, it's of course down to my exceptional organisational skills.....

Finally, with what we achieved this year, I'm excited about next year, I hope to certainly run the virtual event again, and am looking in depth at a possible 'real-life' marathon, so for those that took part this year I will hope to offer a 'friends of the marathon' discount, as a thank you for your support.

So thanks to you all for taking part, supporting me, and supporting this years charity - The Brathay Trust,

Sincerely, and happy running, Rob, Gosport Virtual Marathon www.gosportmarathon.co.uk

PS. This year I will be running the Brathay 10in10, a 10 day event consisting of 10 separate marathons around Britain's largest lake - Lake Windermere, totalling 262 miles. If you would like to support me or the Brathay Trust please visit my JustGiving page: www.JustGiving.com/Robs10in10 thank you :)



Monthly Newsletter February 2016

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3 in Three - by Colin Middleton

n Theee

I'm not a serial event participant. Due to various reasons, family/money/work/[insert other reason here], I'll only sign up for a few events. I might have a flurry of entries, but they tend to be fairly spaced apart.

Recently however, I found myself with places in three events all with a week between them. For some runners, this is totally normal, week in-week out, time for another race. First up, was a new race for me. It was the HRRL event at Ryde, hosted by Ryde Harriers. Next up, was the Portsmouth Coastal Half Marathon. This was my second go at this race, so I knew what to expect. And finally, the Meon Valley Plod! Another new race for me, and I had no idea what was coming. A 10 miler, followed by a 13.1, and then a 21.5. What had I done!

Ryde

OSPOR

oad Runners

I'll be honest, I didn't want to do Ryde. I signed up ages ago, keen, and with all good intentions. It's a HRRL race, and because it could be seen as a bit of a faff to get to, it's not as well supported as some of the others in the league.



I gave it a chance, and paid my fee. When it came to the weekend, I wasn't keen anymore. I can be a bit of a worrier, and issues like missing ferries, sticking to timetables, and generally not knowing what to expect bother me. I wasn't sure how many other GRR's would be there, and I had visions of me being Billy-No-Mates-Yellow-Vest, heading off to the land before time, without a clue where the nearest toilet was.

I need not have worried, I met up with some GRRs on the Gosport Ferry, and met loads more at the Wightlink Terminal. We made it over in good time, and picked up

our numbers. The Rowing Club where the race HQ is, is not a big place, and it was a bit chaotic getting changed and ready. Eventually, it was time to start, and we were off.

Nobody told me it was going to be a flat race, but then again, nobody told me that there would not be any flat bits either. It was undulating, to say the least. The weather was good, with only a little bit of freezing rain. The scenery was great, and everyone running seemed to be enjoying themselves. I really enjoyed it.

Although it was a hilly 10 miler, I didn't mind. At one point, I passed Kev White and Terry Arnott as they came the other way. I figured I must only be a corner or two behind them, but I think I must have been about 2 miles behind



them. The course seemed to weave in and out of all these little streets, and for a newbie to the island, I had no idea where I was on the course at any one time.

I was pleased with my time, and overall, I think it was a pretty well organised event. I would do this event again, it was fun, and if you've not done it before, try to add it to your calendar.

Cont...

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Portsmouth Coastal Half Marathon

Road Runners

I think most of us, have at some point, taken part in one of Rob Piggott's Believe and Achieve events. They are always pretty well organised, and usually have a very big turnout. I last did this race in 2014, and I enjoyed it then.

This year was the same for me. I enjoyed my run but it was nothing new. Parts of the course had been run only 2 months before on the Portsmouth Coastal Marathon, so it all felt a bit familiar.

The turnout was excellent, there were not as many GRRs there as there could have been, but the Worthing half was on the same day, and a lot of people went over for that.

The course was mainly on the flat road/pavements, but some of it is off road. It's all flat really, but there were some really slippery bits, and at some points it seemed a bit like ice skating.

The medal was really good, with a Valentine's Day theme, nothing says I love my wife, more than leaving her at home with the kids while I go and do a race.

My time wasn't too bad, the last 3 miles were awful really, and I wished it was a 10 miler once or twice.

I would possibly do this race again, but I think it's more tempting because its local. I think if I had to travel 50 miles, then I probably wouldn't go back for a third attempt.





Cont...

Road Runners B I D ThE Q Monthly Newsletter

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Meon Valley Plod

The last of my trio, was the most daunting.

I'd spoken to loads of people who'd done it before, and opinions ranged from 'It's my favourite event' to 'it's the toughest thing I've ever done'.

The emails from the organisers were just as encouraging, happily telling us that they had a new course, and it was the toughest ever Meon Valley Plod.

I was a MVP virgin though, and of all the races I've

done so far this year, this one was the one I was most looking forward to. Trail, Hills, Mud, and February Weather, what's not to like.

Early on the Sunday Morning, myself and four other fine GRR's bundled into the Roiz de Sa Funbus, and headed up toward East Meon. Of the 5 of us in the van, only one had done it before, and she'd sworn never to do it again...before then shouting 'Shut up and take my money' whilst waving a fistful of fivers in the air.

We met up with more GRRs in the Village Hall, and before long, it was briefing time. The organisers told us all about the new route, and that some of it was muddy. They said not to rush the last mile, as it was extra tough, and lastly, that we should enjoy it.

Within 5 minutes of starting, we hit the first patches of mud. At the time, it seemed like a quagmire, but I soon came to realise that this was just a gentle sprinkling of the sticky brown stuff. The quagmire was much more...quagmire'ish.

Then we came round a corner, and saw the first hill. I say hill, it could almost have done with some stairs, or a ski-lift, but we trudged to the top, still keen and excited about the race.

And so it went on, hill after hill, mud as deep as your knees, and freezing cold puddles the same depth, just to wash all the mud away before you hit the next lot.

We ran through streams, past dead wildlife, through fields of sheep, over rickety old styles, up some steep hills, and down some really slippery (remember I said the Portsmouth Coastal was slippery, it wasn't that bad now I look back on it.) hills.

In fact, it wasn't even coming down the hills where it was slippery, it was just everywhere, up, down, flat, everywhere.

If you weren't careful, you ended up on your backside before your head had realised you'd fallen.

Eventually, we reached the fateful last mile. We came down the side of a hill that would have scared a mountain goat, and we could actually see the church near the end just past some houses. We knew we were close, and it was nearly over.

Then we hit the clay. The path they sent us down, was only about ¼ of a mile, but it took 15 minutes. It was deep, and slippery, and sticky...and nice and soft when you fell in it.

Cont...



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We were laughing so hard as we tried our best to stay upright, and eventually we got through and ran the last 400 meters or so.

It's the longest its ever taken me to run 21.5 miles (5:34:47), but it was honestly so much fun. It was really hard, but I don't think it was as hard as I was expecting, so I guess it was easy (sort of).

I think I would consider doing this again. It was loads of fun, and a huge sense of achievement when we'd finished.

There was a problem though. Two days later, I found I couldn't walk. 21 miles of slipping, sliding, climbing, and running over rocks, meant my foot looked like I'd pumped it up with a foot pump!! and I was generally fed up with it all. I went to minor injuries who thought it could be a stress fracture.

One x-ray later, and it turned out it was just very badly inflamed on the joints. I'm now back to normal...well I'm walking fine again, and through 'mud tinted glasses', I'm fondly looking back at the Meon Valley Plod as one of the best races I've ever done.





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Gosport Half Marathon – Charity Bids

Following the successful 2015 Gosport Half Marathon, we are now inviting Gosport Road Runners to submit their nominations for local good causes or charities to receive a donation from the race proceeds.

If you wish to make a bid, please download the attached proforma, and when completed hand to a member of the race committee, or e-mail to jenny.shilling@virgin.net .

Please supply as much information as possible to support your bid, including any relevant documentation.

All bids should be submitted by Tuesday 15th March 2016. The successful bids will receive a share of the profits from the race proceeds.

Anyone making a bid must be willing to attend and be photographed at the cheque presentation.

Many thanks

Jenny Shilling



http://goo.gl/Sd0vzb



The Results Section

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Race Results from your Results Co-ordinator

Thanks to all those who contact me with their results, please keep sending them in. I am especially pleased to get web links to results pages! And don't forget to let me know if you ran as someone else, or someone else ran as you!

Can I please ask, to ensure we capture all your results, that you contact either me or Colin with your results and we can then ensure that they are recorded.

Result of the Month

My "Result of the Month" section features the result which caught my eye whilst recording all those times of yours, not necessarily a "fastest" result or a PB, although it could be.

Thanks...

My "Result of the Month" goes to Eric MacGurk for his PB at the Valentine Day Challenge Marathon.



Brian Fisher - Results Co-ordinator

Brian Fisher

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



Club 5km Time Trial - 2nd February

That was a cold, strong westerly breeze, not nice to stand around in so all the more reason to once again thank our officials:- Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Gary Francis - Recorder, Terry Weston - Numbers.

There were Supporters:- Mike Welsted, Nicky White, Adam Walters and Ken Eaden (on his bike). On the other hand it was great to feel the breeze on your back along Stokes Bay road, which along with Ben Jarvis's great pace making efforts must have contributed significantly to all those PB's **David**

Pos.	Name	Time		
1	Rob Byrne	17:23		
2	Terry Arnott	19:02	PB	
3	Dan Belben	19:07	PB	
4	Jason Grygiel	19:16		
5	Simon Gregg	19:28	Guest	
6	Kev White	19:43		
7	Andy Johnson	21:30		
8	Paul Williams	21:38		
9	Alan Burgess	21:43		
10	Mason White	22:16		
11	Dan Thompson	23:00	Guest	
12	Terry Moore	23:21		
13	Jenna Knight	23:25		
14	Dave Croft	24:32		
15	Connor Wells	25:00	Guest	
16	Brian Fisher	25:15		
17	Steve Silverlock	25:35		
18	Kayleigh Daniels	25:42	PB	
19	Debra Talbot	25:43	PB	
20	Kev Robinson	25:44	PB	
21	Claire Bates	25:48	Guest	
22	Lara Durham-Dent	25:52	Guest	

Pos.	Name	Time	
23	Wes Clift	25:54	Guest
24	Johanna Ross	25:56	PB
25	Ben Jarvis	25:57	
26	Kerry Arnott	26:21	
27	Gill Dowling	26:58	
28	Tracy Slade	26:59	PB
29	Kate Smyth	27:34	
30	Henry Gunner	27:35	1st Timer
31	Rory Fall	28:05	Guest
32	Mike Stares	28:16	
33	Mike Kearney	28:26	
34	Helen Williams	28:30	Guest
35	David Baker	28:34	
36	Jenner Moore	29:22	
37	Chris Nation	29:33	
38	Deborah Birch	29:41	
39	Dave Kirby	32:59	
40	Andrea Kitchen	34:44	1st Timer
41	Amber Schothorst	34:44	
42	Sarah Down	1 Lap	only
42	Sid Smith	1 Lap	only





HAMPSHIRE ROAD RACE LEAGUE a running club competition

5 Ladies and 9 men made the trip over to Ryde for an undulating 10 miler, it was a cold, but lovely day and there were some great performances.

The results and HRRL league tables can be found here

http://www.hrrl.org.uk/default.htm

The next race in the calendar is the Salisbury 10 on Sunday 13th March. It's a lovely route through the villages along the river and back, 1 or 2 short hills but mostly flat, and you finish on a running track.

Entry details can be found here

324 WESTWOOD, Lee

http://salisbury10.salisbury-arc.org/

Then, the following week is the Eastleigh 10K. We usually get a big turnout for this race as it is a very popular event.

Entries can be found here.

http://www.runningmania.co.uk/

01:31:12



Portland Coast Marathon								
Pos	Name	Time						
61	Ben Jarvis	05:12:23						
94	Paul Street	05:40:55						
95	Lisa Hennen	05:40:56						
115	Ray Bernice	06:06:22						

Chichester Priory 10k								
Pos	Pos Name							
573	Nick Carter	00:46:22						
698	Terry Moore	00:48:21						
1214	Laura Cornborough	00:55:00						
1169	Dave McAllen	00:55:21						
1121	Kim Carter	00:56:05						
1471	Jenner Moore	01:00:44						
1530	Shona Rust	01:04:21						

Chichester 10K:

An annual event and the last time over this course apparently as the organisers look to relocate to Goodwood for 2017.

Rumours had it that a loaded elite field were going for a new course record but that wasn't going to affect me greatly and I was ignorant of their efforts until much later.

Apparently, the windy conditions put paid to any super quick times and the front runners barely crept under 30 minutes...oh the shame! Meanwhile, for the rest of us, our day started to the dulcet tones of the superb MC for the day who always reminds me of Capt. Mainwaring and I kept expecting a 'stupid boy Pike' to sneak out.

We were kept abreast of events and warned several times about the risk of 'modest potholes' being hidden beneath the soggy course so I felt prepared for the hazards ahead. The start was a surprise as we were escorted from the assembly point to the timing mats only to keep going to cries of 'have we started yet?' We assumed correctly that we had and just kept going.

The course is a nice mix of urban and rural roads, most of which were closed and hillier than I remembered even though it hasn't changed...yet. Nonetheless, it was fairly enjoyable but lacking any marshal interaction as most sat in their cars to avoid the wind. As we all swept into the car park in anticipation of our big finish, there was no obvious finish point and two blokes ahead of me stopped at the first blue mat only to be told by spectators to keep going to the next blue mat which was the real finish point.

I wish they hadn't shouted...I almost caught them! Overall, an enjoyable morning where we met lots of friends and customers but the one obvious conclusion was that GosVegas marshals are still the friendliest and most welcoming.

Nick Carter



Portsmouth Coastal Half

Pos	Name	Time
26	Dan Belben	01:31:25
68	Bryn Whitehouse	01:37:18
105	Paul Williams	01:41:02
503	Jenna Knight	02:05:15
544	Colin Middleton	02:07:32
605	Debra Talbert	02:10:53
631	Angela Hurst	02:12:58
683	David Brace	02:17:37
703	Adam Walters	02:18:52
733	Ros Clarke	02:22:38
760	Katrina Jurd	02:23:57
762	Amber Schothorst	02:24:13
763	Joanne Hopkins	02:24:19
764	Caroline Oakes	02:24:20
838	Shona Rust	02:36:03

Worthing Half

Pos	Name	Time
13	Rob Byrne	01:17:53
78	Terry Arnott	01:27:58
91	Ben Jarvis	01:28:59
236	Darren Eynon	01:37:56
470	Kevin White	01:47:27
592	Martyn Barnes	01:49:54
593	Nikki White	01:49:55
939	Kerry Down	02:01:03
960	Keith Elshaw	02:02:01
1158	Zoe Windsor	02:10:57

Valentines Day Challenge

Pos	Name	Time
	Lisa Hennen	04:27:26
	Eric MacGurk	04:27:30





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Meon Valley Plod 21/2

Pos	Name	Time
	Rob Byrne	03:11:49
	Paul Turle	03:59:17
	Terry Arnott	03:57:05
	Colin Gardner	04:03:49
	Terry Moore	04:25:24
	Ray Bernice	04:31:24
	Paul Street	04:31:24
	Daniel Roiz De Sa	04:33:29
	Michelle Hayes	04:58:22
	Bryn Whitehouse	05:00:52
	Matt Johnson	05:01:34
	Michael Barker	05:03:28
	Jenna Knight	05:03:51
	Nicola White	05:12:41
	Lizzie Elshaw	05:34:57
	Colin Middleton	05:34:57
	Julia Roiz De Sa	05:43:24
	Becky Veal	05:49:00
	Keith Elshaw	05:53:38
	Kirsten Maw	05:53:39
	Kerry Arnott	06:09:30
	Sarah Down	06:09:36

Slindon Slog 21/2



Brighton Half 28/2							
Pos	Name	Time					
4512	Lizzie Elshaw	01:59:17					
5051	Becky Veal	02:04:06					



Heartbreaker Marathon 28/2

Pos	Name	Time
4	Rob Byrne	02:53:33
37	Ben Jarvis	03:38:35
106	Bryn Whitehouse	04:16:19
126	Lisa Hennen	04:29:24
128	Darren Eeynon	04:29:26
129	John Barrett	04:30:05

Heartbreaker Half 28/2

Pos	Name	Time
35	Terry Arnott	01:38:21
94	Terry Moore	01:54:39
149	Jenna Knight	02:03:14
150	Luke Willis	02:03:18
151	Nicky White	02:03:18
152	Nick MacBeath	02:03:21
176	Keith Elshaw	02:08:48
189	Amber Schothorst	02:13:59
197	Johana Ross	02:15:29
216	David Brace	02:19:39
227	Kerry Arnott	02:23:28
228	Sarah Down	02:23:29
244	James Bayliss	02:28:33
251	Tracy Slade	02:33:31





Southern Cross Country League - Race 5 - Hazlemere - 28 February 2016

Well Done to everyone who ran today, it was my last cross country as joint captain. It was a tough hilly route and an epic turn out as always the results are below.

I would like thank everyone for their continued support towards cross country this season, you are all superstars.

Hopefully we can carry the momentum forward to the next season and the Remaining HRRL races this season. Anyway enough from me and thanks again for your support its been a hoot.





Any Other Business

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GRR Website:

All Club information relating to official meets and events can be found on the events page of our Website and all members are encouraged to look at this regularly.

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list.

http://www.gosportroadrunners.org.uk/





The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

http://www.facebook.com/groups/27301329294/

The Club also has a Twitter feed which can be accessed by following @gosportrr on

http://twitter.com/gosportrr

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



Newsletter Photos:

Photos help make the newsletter, if you are kind enough to supply an article, please could you also send me some of your original photos. A lot of photos included in the newsletter come from Facebook, this is fine, as its a good repository, and is always up to date, but the quality of the pictures is not as good due to compression.

If you have a photo you want to go with an article, or you think it would be great in the newsletter, then please send me a copy from your camera. This will be much better quality, and can be scaled and edited much easier.

If you're taking photos of an event, maybe you could keep some good ones aside just for the newsletter. Perhaps there was something particularly funny, that you think everyone would like to see. The newsletter reaches all current GRR members, and should ensure your snaps are seen by all.

Email them to me at

newsletter@gosportroadrunners.org.uk





NEWSLETTER





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Club Membership Renewal is due this month!

If you still havent renewed, please can you contact Jo Hopkins on or catch her at the club or time trial. Many Thanks. membership@gosportroadrunners.org.uk



Affiliation - When you join the Gosport Road Runners, you are also given the opportunity to become affiliated with England Athletics. This is an extra annual cost which is added to **ATHLETICS** your membership fee.

When you affiliate, you're eligible for a few benefits. One being that you can take advantage of a £2 discount on many race entry fees. Your affiliation also counts towards the amount of places in the London Marathon that the club will be offered. We hold a draw at Christmas for rejected London Marathon entrants, a second chance at getting in.

For more information such as costs and benefits, please speak to the membership secretary, or visit

http://englandathletics.org/england-athletics/more-information-for-athletes/

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If you want to purchase club kit, then go and see the great team at Absolute Running down on Stokes Road in Gosport. They'll be happy to help with any running needs you may have.

If you're new to the club, and you're buying club kit, you may be asked to show your club membership card.

This is a simple procedure to ensure that the clubs image is protected, and that the kit with our name and logo on is only sold to members of the club.

If you've already been down and spoken with the AR team, or spoken with them at the club, then they'll likely know who you are, and wont insist on any ID before they complete the sale.

Thanks for your cooperation with this, we all value the good image that Gosport Road Runners has built and maintains.

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Contact Details - Are your contact details with the club up to date?

Do you recieve this newsletter via email, or just from the link on Facebook?

If your email address is out of date, or you're not recieving emails from the club, please send me an email and i'll get your details updated.

newsletter@gosportroadrunners.org.uk

membership@gosportroadrunners.org.uk



The Science Behind Sports Bras - by Kate Smyth

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THE SCIENCE BEHIND SPORTS BRAS

The Research Group in Breast Health at the University of Portsmouth is internationally renowned for research on the biomechanics of the breast. The Research Group aims to increase scientific knowledge of breast health, and to raise awareness of this important aspect of women's health.

Breast movement occurs when we move because of the weak natural support in the breasts. This breast movement can lead to a number of negative consequences including breast pain (which affects half the female population in the UK), a reluctance to participate in physical activity, embarrassment, and it changes the way we move.

Research has found that the movement of the breast can be as large as 15cm during running.

Recent research by the research group, identified 1 in 5 women identified their breasts as a barrier to exercise.

At the University of Portsmouth, the world leading research group are working to understand more about the breast and how bras can alleviate pain, breast sag, and embarrassment.

Sports bras can help allieviate some of these symptoms:

Sports bras are an essential part of exercise for women as they can help to reduce excessive breast movement and associated pain that comes with exercising in an incorrect bra. There are many different sports bras available on the market which does make it a difficult task to find the correct one for you.

There are three styles of sports bra; compression (which compresses the breasts against the chest wall), encapsulation (which supports each breast in an individual cup and is better for women with a larger cup size) and combination sports bras (which both compresses and encapsulates).

There are a wide number of bra brands now selling sports bras for different activities (e.g. bras specifically for running) so it maybe something to think about when you are looking for a bra. There are also other considerations such as the orientation of the straps (for example, racer-back or normal straps), wired or non-wired and padded or non-padded.

Research by the group has also found that if you wear a high impact sports bra, your running style may have the traits of more economical running mechanics than if you wear a low support bra, such as an everyday bra. This means that a sports bra may make your running performance better.



ENCAPSULATION

'encapsulates" or supports each breast individually with the use of two distinct cups.



COMPRESSION

compresses both breasts simultaneously, holding them firmly against the body with the use of a firm, stretchy fabric.



COMBINATION

While it keeps the two cup design of the encapsulation bra, it also compresses the breasts more firmly against the chest. Cont...



The Science Behind Sports Bras - by Kate Smyth

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Bra fittings are also important:

The research group also advocate getting a bra fitting when purchasing bras as different bra styles can vary across manufacturers so you may not always be the same size in every shop or in every style of bra, and with sports bras it is also useful when trying them on to run or jump on the spot to see if you can feel the extra support it gives, and to see if it feels comfortable when moving around.

Wearing a well-fitting bra is important for both sports bras and everyday bras.

Wearing an incorrectly fitting bra can increase breast pain and also can result in a number of other health problems such as back pain and poor posture. A well-fitting bra will also support the breasts and will also be more comfortable to wear than a poorly fitting bra.

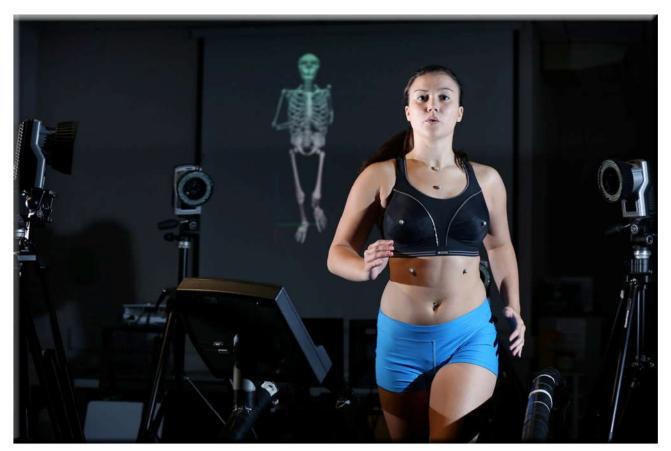
It is important for women to have regular bra fittings as your bra size can change due to many different factors and it may be that you fit in to one bra size in a particular retailer and a different size in another retailer.

This can also happen with different bra styles, you may be a specific size in an everyday bra but you then might need a different size for your sports bra.

How can you help?

The research group have a wide variety of projects running throughout the year that you can be involved in, if you are interested in becoming a participant or finding out more about our research please contact the group on

breastresearch@port.ac.uk.





The Phoenix Spring Marathon - by Rob Byrne

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So my 4th marathon of the year came round at the beginning of March, the Phoenix Spring Marathon. This was the first race of a 4 race series throughout the year ending in December, which seems very far away at this point!

Series Finishers Medal - Roll on December!

It was the first time running this route for me, which is a very well-known route amongst the marathon community, along a tow-path by the river at Walton-Upon-Thames. This route hosts several marathons throughout the year which are a favourite for those looking to get their numbers up and join the illusive '100 Marathon Club' so there are familiar faces and some real camaraderie between the runners, but equally they are welcoming to new people, and there were some first timers too.

I enjoyed the route, and whilst it was a very cold morning the sun did peak out at times in a valiant effort to warm us up, but it was still a little soggy underfoot although nothing to complain about.

I set off in a fluster, predominantly because I didn't realise we were about to start, I was still sorting my drinks bottles out when people started moving so I quickly dumped everything, beeped my watch and got moving. I slowly filtered my way through to the front group at what felt like a comfortable pace, at least like something I could maintain.

I got to the first turn around point at 3.38 miles in 2nd and the only person in front was slowly getting closer, he did in fact slow down and turn around to watch me catch him up, it was Rob Young, some of you might know him as Marathon Man UK – in short he ran 370 marathons in 365 days, as well as working a full time job, he now completes some insane challenges and is part of the UK Ultra team.

He is an unbelievable athlete. We had a brief chat and he was telling me about his time today was based on when his daughter was born last week, at 3.42am – he would run a 3.42 marathon today to celebrate it! I asked him to slow the guys behind down as they came through and I set off into the lead for the rest of my run.

This was new territory for me, but one thing was on my side - there was absolutely no way I could get lost!

Top 3 Finishers all under 3 hours!

It's a nice course in many ways, but for me, I liked to see everyone going past, as it's an out and back 4 times there is plenty of overlap and you always have someone coming past you one way or another. Essentially it's also 4 (just over) 10k's, I liked that little stat being in my head. I could think, I know I can run a 10k!

As it turns out I did pretty well on this, a new PB and thanks to some well-timed encouragement at about 25 miles I just got my club gold time too, couldn't have been happier! It certainly gave me a big confidence boost to know I can run that kind of time in good conditions on a flat course, but it left me feeling there is still more to come, I definitely felt comfortable during the run, and despite some slight ankle pain I felt Ok afterwards too. It has at least given me a sensible target now too, I can aim for 2.45 and try to get a championship place for London next year. I think it's nice to have a goal, and I 'know' it's achievable if I work hard, I can live with that.

I found out after that I was only a minute and a half off the course record, so I do also have something to aim for next time! Mainly though, this was a pleasure to take part in, the atmosphere was great, the people were welcoming and friendly, and to be surrounded by some true marathon legends like Rob Young, Rik Vercoe (Race Director and multiple world record holder) several 100 club members, Brian Mills (run over 1100 marathons) it was simply incredible to be company to them, they say you should never meet you heroes, but I don't think it's so bad, these are just ordinary people that have done extra-ordinary things! Hopefully one day people might say that about some of us!



The Paphos Marathon - by Kim Carter

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Having run the Paphos half in 2015 when David Brace (with his beautiful assistant Amber) and Nick decided to arrange a group outing for GRRs back to Cyprus in 2016, I felt I should have a go at the marathon.

The Cypriots have a long standing love affair with the distance and I felt it couldn't possibly be as hot as last year. Or could it ...! The weather had been a mixed bag of warm sunshine, high winds and hail but race day dawned with a beautiful blue cloudless sky and not even a hint of a breeze.

At 0630 over 120 brave souls were bussed to Aphrodite's Rock, a truly astounding view was enjoyed by all, and the atmosphere was one of excited anticipation. There were familiar touches - one ladies toilet but it was clear we weren't at home. Apart from the cosmopolitan selection of languages, the eclectic gear worn by some (lots and lots and lots of skimpy Lycra - and that was just the men!) was a colourful and distracting sight.

Even though it was only 0700 the air had a shimmering stillness that made Ben Jarvis remove his long leggings to try and cool down. All the 120 runners were encouraged to climb over a substantial metal barrier to allow for a better opportunity for the mass photo call nearer the cliff edge - who needs health and safety!

A drone buzzed above us constantly filming and after a European hooter honk we were off. Darren Eynon, Ben Jarvis and Andy Macmillan disappeared UP the first hill as I watched the dust from all those feet rise and after a few choice Anglo Saxon expletives I began my trot.

The views on the first hill climbs were amazing, blue seas to our left and exclusive 'dwellings' on the hillsides to our right. There were a host of British runners resulting in fruity banter about the difference in 'undulating' terrain compared to mountainous! The route takes you through nature reserves but the only wildlife I saw consisted of 2 hairy hot caterpillars and marshals on road bikes posing as they overtook the runners, giving the odd wink and 'Ciao'.

As with all races the field spread out and by 8 miles we had descended to the hot dusty roadways surrounding the airport. Shade was non-existent but water and isotonic drinks were available along with sponges every 3K or so. One little criticism here, the marshals need to do a GRR course on how to do it; bring mostly expats, language was not an issue but they were so quiet!

It was at this point I was feeling pretty good, taking in the sights when I heard a plane taxiing along a runway so decided to watch as I jogged, mistake....The ground leapt up and bit me, leaving me face down on Cypriot dust.

Having decided, although bruised and bloody of knee, that I could continue, off I went again. The route became mentally challenging for miles and miles, going up one side and down the other of a dual carriage way but I did see the other GRRs in good spirits. The heat took its toll after 15 miles and I was reduced to run/walk but I comforted myself that most of the other runners were doing the same and that ambulances were appearing.

The miles disappeared and suddenly there was only 5K left - just a park run, past the most luxurious swanky hotels I have ever seen, with the odd 'bravo ' from residents as we stumbled past. Finally, I reached the harbour and saw Nick waving his trophy (!) at me and he escorted me to the finish. I wasn't good company, convinced I had a broken wrist, and my watch had died because I was so slow. I have never 'hit the wall ' before but I did on the final 200 metres, it wasn't pretty, blurred vision, dribbling and unable to talk (yes really) but then I heard a cacophony of GRRs in the home strait and found my running legs again.

The support as always from team GRR was fantastic and they saw me home. Nick then renewed his marriage proposal on one knee just beyond the chip timing mat reducing me to a gibbering wreck. All in all, an emotional overwhelming rollercoaster topped off with 3rd place in the team race, and First Lady, still running at an old age trophy.

What a day, next year again guys? Yes, indeedy!!





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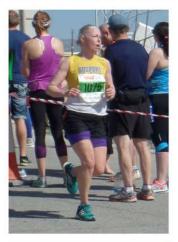










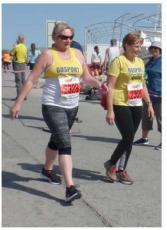






















Monthly Newsletter March 2016

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Club Awards

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Every year, the club presents awards to those runners who have met a consistent standard at races and events throughout the year. Below are the charts that show the times that should be met for different age groups in different distances, to recieve an award. A runner must meet four out of five of the times to qualify for an award in their age group.

We will aim to publish these charts in the newsletter on a regular basis, but the information is also available on the Gosport Road Runners website.

Brian Fisher will be collecting results, but if you think you have achieved any of the required times, and you are not sure he's aware. Please do let him know.

Male Times							Female	Times			
BRONZE						BRONZE					
	SENIOR	VET 40	VET 50	VET 60	VET 70		SENIOR	VET 35	VET 45	VET 55	VET 65
5 Km	22:00	23:30	24:30	25:30	27:00	5 Km	25:00	26:30	27:30	28:30	29:45
10 Km	45:00	48:00	50:00	52:00	55:20	10 Km	51:00	54:00	56:00	58:00	62:50
10 Mile	1:15:00	1:20:00	1:23:00	1:26:40	1:31:20	10 Mile	1:25:00	1:30:00	1:33:20	1:36:40	1:40:00
1/2 Marathon	1:42:30	1:50:00	1:55:00	2:00:00	2:07:30	1/2 Marathon	1:57:30	2:05:00	2:10:00	2:15:00	2:25:00
Marathon	3:35:00	3:50:00	4:00:00	4:10:00	4:28:00	Marathon	4:05:00	4:20:00	4:30:00	4:40:00	5:15:00
SILVER						SILVER					
	SENIOR	VET 40	VET 50	VET 60	VET 70		SENIOR	VET 35	VET 45	VET 55	VET 65
5 Km	20:30	21:30	22:30	23:30	25:00	5 Km	23:30	24:30	25:30	26:30	28:30
10 Km	42:00	44:00	46:00	48:00	51:00	10 Km	48:00	50:00	52:00	54:00	58:30
10 Mile	1:10:00	1:13:20	1:16:40	1:20:00	1:29:00	10 Mile	1:20:00	1:23:20	1:26:40	1:30:00	1:33:45
1/2 Marathon	1:35:00	1:40:00	1:45:00	1:50:00	2:00:00	1/2 Marathon	1:50:00	1:55:00	2:00:00	2:05:00	2:21:00
Marathon	3:20:00	3:30:00	3:40:00	3:50:00	4:15:00	Marathon	3:50:00	4:00:00	4:10:00	4:20:00	5:00:00
GOLD						GOLD					
	SENIOR	VET 40	VET 50	VET 60	VET 70		SENIOR	VET 35	VET 45	VET 55	VET 65
5 Km	17:30	18:30	19:30	20:30	22:30	5 Km	20:30	21:30	22:00	24:30	26:30
10 Km	36:00	38:00	40:00	42:00	46:00	10 Km	42:00	44:00	46:00	50:00	55:00
10 Mile	1:00:00	1:03:20	1:06:40	1:10:00	1:22:30	10 Mile	1:10:00	1:13:20	1:16:40	1:23:20	1:29:20
1/2 Marathon	1:20:00	1:25:00	1:30:00	1:35:00	1:49:00	1/2 Marathon	1:35:00	1:40:00	1:45:00	1:55:00	2:15:00
Marathon	2:50:00	3:00:00	3:10:00	3:20:00	3:58:00	Marathon	3:20:00	3:30:00	3:40:00	4:00:00	4:40:00





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Summer is upon us, the clocks have been set forward an hour, and that means we're now using the summer routes on the monthly club Time Trial.

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The club time trial always takes place at 7pm on the 1st Tuesday of the month, and we meet at the Pebble Beach car park on Stokes Bay Road.

All abilities are welcome, and we always wait until the last person has come back, so nobody gets left behind.

There are three summer routes, a 5km, a 5 mile and a 10km. The 5km is run in April, June, August and October. The 5 mile is run un May and September, and the 10km is run in July. When the clocks go back, we go back to using the winter routes.

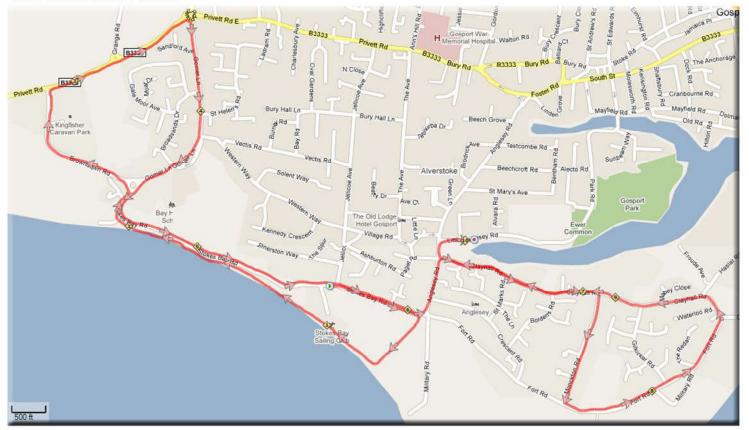
We'll publish these maps regularly in the newsletter, but they are also always available on the Gosport Road Runners website.

The 5km Summer Route





The 10km Summer Route





Out of Town 'The Bluebell Run'

Monthly Newsletter March 2015

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Along with new summer time trial routes, we also have the summer Out of Town runs to look forward to.

These are held at 7pm on the last Thursday of the month, and the first of this years runs will be the Bluebell Run.

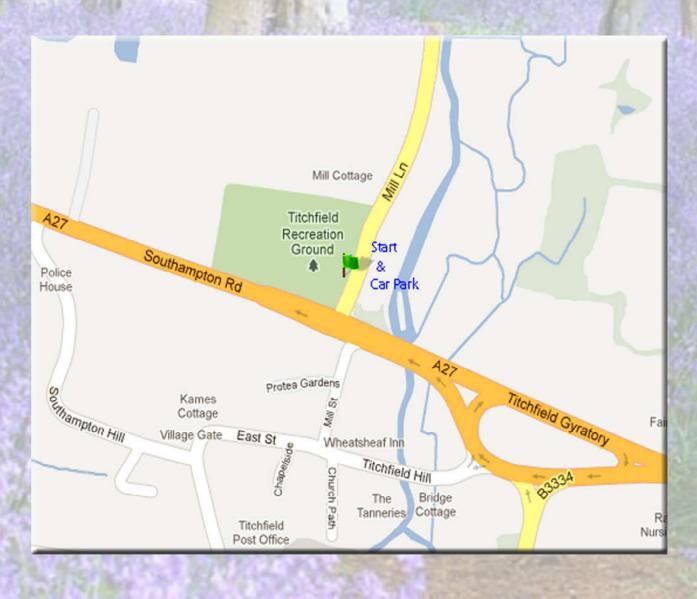
The Bluebell run is hosted by Dave Croft and Gary Francis.

We meet at the car park by Titchfield Recreation Ground, opposite the Titchfield Mill Pub/Restaurant.

There will be longer and shorter routes, and plenty of regrouping so we dont lose anybody.

19:00, Thursday 28th April. "The Blubell Run".

See you there.





The Results Section

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Race Results from your Results Co-ordinator

Thanks to all those who contact me with their results, please keep sending them in. I am especially pleased to get web links to results pages! And don't forget to let me know if you ran as someone else, or someone else ran as you!

Can I please ask, to ensure we capture all your results, that you contact either me or Colin with your results and we can then ensure that they are recorded.

Result of the Month

My "Result of the Month" section features the result which caught my eye whilst recording all those times of yours, not necessarily a "fastest" result or a PB, although it could be.

My "Result of the Month" goes to Tom Bates who ran a stonking 39:09 at the Eastleigh 10K. Tom has just joined GRR so welcome Tom (and Claire) and well done.

Thanks...



Brian Fisher - Results Co-ordinator

Brian Fisher

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



David

GOSPORT GOSPORT

Club 5km Time Trial - 1st March

A rather chilly breeze along Stokes Bay must have helped with both passes, although there are not as many PB's as might have been expected considering these conditions. For the spectators and officials, it was slightly uncomfortable even if you were well wrapped up. The officials:- Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder, our Thanks as always for your efforts.

The Supporters, Kerry Irwin Hall, Julia Roiz Da Sa plus family, Dean Conway, Mike Welsted & Dave Croft

					Davia
Pos.	Name	Time	Pos.	Name	Time
1	Rob Byrne	17:21	27	Rory Fall	27:30 Guest
2	Terry Arnott	19:09	28	Katrina Jurd	27:31 PB
3	Thomas Bates	19:36 1st Timer	29	Jane Cockayne	27:34 Guest
4	Dan Belben	20:20	30	Peter Robinson	27:37
5	Bryn Whitehouse	21:00	31	Ashley Crazier	27:46 Guest
6	Dan Lee	21:08 Lst Timer	32	Adam Walters	28:03
7	Paul Williams	21:26	33	Clare Tallack	28:14 Guest
8	Josh Belben	22:27	34	Sarah Bishop	28:28 PB
9	Daniel Thompson	23:08 Lst Timer	34	Ann Marie Stables	28:45
10	Martyn Barnes	23:12	36	Deborah Birch	29:27
11	Gill Dowling	23:41	37	Sarah Newman	29:42 1st Timer
12	Edward Anderson	23:45 Guest	38	Samantha Moore	30:36 1st Timer
13	Henry Gunner	23:46 PB	39	Tracy Moran	30:37
14	Loyd Durham	24:11	40	Richard Smith	30:46 Guest
15	Clair Bates	25:21 1st Timer	41	Jo McBride	31:03
16	Rachel Davies	25:23	42	Sue Barratt	31:04
17	Fiona Tomlinson	25:24	43	Chris Baker	31:35 Guest
18	Lara Durham-Dent	25:26 1st Timer	44	Lorraine Hamp	31:52 Guest
19	Wes Clift	25:27 Guest	45	Alan Burgess	31:53
20	Sarah Keteku	26:00 Guest	46	Amanda Morby	32:51 Guest
21	Anthony Horne	26:09 PB	47	Ann Adams	36:02 Guest
22	Mike Stares	26:36	48	Sharon Noble	36:12 Guest
23	Caroline Oakes	26:41	49	Lorraine Down	37:17 1st Timer
24	Catherine Stock	27:15	50	Kerry Arnott	37:18
25	David Baker	27:17	51	Sid Smith	37:42
26	Mike Barker	27:22	52	Debra Talbert	37:43
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HAMPSHIRE ROAD RACE LEAGUE a running club competition

March was a busy month with 2 HRRL races, the Salisbury 10 and the Eastleigh 10K, GRR were well represented in both races and we had some excellent results.

At Salisbury Dave Croft came second in his age group and at Eastleigh, Jenny Shilling came first in her age group! Well done to everyone that ran and supported. To check on your position in the league go here;

http://www.hrrl.org.uk/default.htm

In April the HRRL takes a break while people are off running marathons but it will be back in May with two races, the undulating Alton 10 mile and the 3 lap Netley 10k. Entry details can be found here;

http://www.altonrunners.co.uk/club-events/alton-ten/

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

Pos	Name	Time		Pos	Name	Time
86	Jayson Grygiel	01:04:46		349	Martyn Barnes	01:20:58
128	Dan Belben	01:07:31		374	John Barrett	01:21:39
241	Benjamin Wales	01:14:38		425	Fiona Tomlinson	01:25:05
308	Nick MacBeath	01:18:20		544	Keith Elshaw	01:32:23
311	Colin Gardner	01:19:01		546	Caroline Oakes	01:32:23
323	Tracey Wales	01:19:49		585	Susan Barrett	01:35:53
337	David Croft	01:20:23		586	Kerry Down	01:35:55
346	Kevin White	01:20:59	.6	601	Michael Barker	01:37:14
348	Nicola White	01:20:59		614	Adam Walters	01:37:49









HAMPSHIRE ROAD RACE LEAGUE a running club competition

	Pos	Name	Time		Pos	Name	Time
	225	Tom Bates	00:39:09		1354	Hayley Sparshott	00:54:30
	215	Jayson Grygiel	00:39:10		1363	Claire Bates	00:54:37
	228	Dan Belben	00:39:19		1426	Caroline Oakes	00:55:19
	455	Ben Wales	00:43:02		1431	Susan barrett	00:55:26
	669	Colin Gardner	00:46:02		1466	kim carter	00:55:04
	734	Tracey Wales	00:47:33		1495	Zoe Windsor	00:56:11
	923	Gillian Dowling	00:49:41		1633	Keith Elshaw	00:57:48
-	1009	Jane Cockayne	00:50:24		1634	Sarah Newman	00:57:49
	1037	Fiona Tomlinson	00:51:01		164 <mark>2</mark>	Fleur Giles	00:57:53
	1095	Jenny Shilling	00:51:24		1664	Lorna Harper	00:58:06
	1222	Elizabeth Elshaw	00:52:58		1687	Kevin Robinson	00:58:18
	1253	Mick Kearney	00:53:28		1717	Maree O'Rourke	00:58:37
	1261	Claire Tallack	00:53:29	P	1739	Peter Robinson	00:58:49
	1238	Nicola Colebourne	00:53:30		2052	Dee Upshall	01:03:52
0	1257	Laura Woodhams	00:53:45	T	2208	Susan Barker	01:10:32
	1311	Paul Street	00:54:16		2209	Michael Barker	01:10:31
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Race Results - 5/6 March

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	Paphos 10				
Pos	Name	Time			
60	Nick Carter	00:48:50			
181	Peter Lindley	00:56:56			
206	Steve Wood	00:58:50	Guest		
281	Janet Lindley	01:08:55			
295	Alison Mcmillan	01:11:20	Guest		
312	Wendy England	01:18:29	Guest		
340	Tara Lane	01:49:51	Guest		
341	Ange Elshaw	01:49:51			
	Paphos Maratho	n			
Pos	Name	Time			
20	Ben Jarvis	03:24:54			
71	Darren Eynon	04:02:30			
141	Kim Carter	04:54:25			
171	Andy Mcmillan	05:25:56	Guest		

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		and the second se
	Paphos Half	
Pos	Name	Time
119	Ben Wales	01:46:03
146	Martyn Rowell	01:47:57
158	Tracey Wales	01:49:59
172	Brian Fisher	01:51:48
223	Jenna Lily Knight	01:57:39
245	Fi Tomlinson	02:00:00
255	Lee Westwood	02:02:37
313	Amber Schothorst	02:09:57
364	David Brace	02:20:14
374	Keith Elshaw	02:23:30
386	Tracey Slade	02:28:14
390	Andy Hopkins	02:29:38
391	Pat Lapworth	02:30:11
392	Joanne Hopkins	02:29:39
393	Kirsten Maw	02:30:14
410	Shona Rust	02:42:26
420	Angela Hurst	02:53:59
421	Jo Harvey	02:53:57

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Race Results - 12/13 March

GOSPORT GOSPORT

Maverick Short 8k		Maverick Mid	dle 15k	Maverick Long 25k	
Name	Time	Name	Time	Name	Time
Ange Elshaw	01:12:52	Keith Elshaw	01:42:42	Amber Schothorst	03:18:48
Jenny Desmoulins	01:12:54	David Brace	01:44:05	Jo Hopkins	03:18:50



Silverstone Half Marathon

Name	Time
Jo Harvey	02:33:10

Larmar Tree Marathon

Name	Time
Rob Byrne	03:21:39
Ben Jarvis	04:02:36
Ray Bernice	04:44:08
Lisa Hennen	05:02:12
Eric Macgurk	05:02:27
Paul Street	05:07:36
Andy Clutton	05:10:46
Darren Eynon	05:16:49





		Jurassic Challenge - 84	I miles in 3 days	5	
Day 1 - 18 M	March	Day 2 - 19 l	March	Day 3 - 20 I	March
Lisa Hennen	06:22:32	Darren Eynon	05:59:44	Darren Eynon	06:50:06
Darren Eynon	06:26:40	Lisa Hennen	06:25:22	Lisa Hennen	07:22:47

New Forest Fest - Ladies Half

Pos	Name	Time
17	Joanne HOPKINS	02:26:31
18	Amber Schothorst	02:26:31

Portsmouth Duathlon

Pos	Name	Time
21	Ben Jarvis	01:10:10

New Forest Fest - 20 Miles

Pos	Name	Time
29	Martyn ROWEL	03:03:40
40	Daniel ROIZ DE SA	03:16:45
50	Luke WILLIS	03:22:07
61	Miranda CARRICK	03:39:29
63	Julia ROIZ DE SA	03:43:43
65	Andrea RIDLEY	03:45:16
74	Tracy MORAN	03:51:44
75	Debra TALBERT	03:51:44
80	David BRACE	03:57:18
88	Tracy SLADE	04:17:52

New Forest Fest - 50k

Pos	Name	Time
37	Andy Clutton	05:21:47

Hampton Court Palace Half

Pos	Name	Time	
2960	Karen Middleton	02:54:01	
2961	Louise Millson	02:54:08	PB







Any Other Business

GOSPORT GOSPORT

GRR Website:

All Club information relating to official meets and events can be found on the events page of our Website and all members are encouraged to look at this regularly.

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list.

http://www.gosportroadrunners.org.uk/





The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

http://www.facebook.com/groups/27301329294/

The Club also has a Twitter feed which can be accessed by following @gosportrr on

http://twitter.com/gosportrr

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



Newsletter Photos:

Photos help make the newsletter, if you are kind enough to supply an article, please could you also send me some of your original photos. A lot of photos included in the newsletter come from Facebook, this is fine, as its a good repository, and is always up to date, but the quality of the pictures is not as good due to compression.

If you have a photo you want to go with an article, or you think it would be great in the newsletter, then please send me a copy from your camera. This will be much better quality, and can be scaled and edited much easier.

If you're taking photos of an event, maybe you could keep some good ones aside just for the newsletter. Perhaps there was something particularly funny, that you think everyone would like to see. The newsletter reaches all current GRR members, and should ensure your snaps are seen by all.

Email them to me at

newsletter@gosportroadrunners.org.uk









Spring

April 2016

GOSPORT Road Rummers

Contents

GOSPORT GOSPORT

* Cover Photo - Everyone...nearly

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21-23 - XC Results
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Welcome to April's newsletter.

Its been a month of emotion, both good and bad! Gosport Road Runners have stepped up to the challenge and have made it a month of racing, rememberance, and most importantly, celebration.

To those we've lost, you will be dearly missed, and fondly remembered. To those who are simply starting a new chapter of their lives, we wish you all the very best, and to let you know you will be welcomed back at any time.

April is Marathon month. I have not included any articles for Brighton, London, or the Isle of Wight challenge. They are coming, I have been promised, and i'll be chasing ;-) There is however loads to read this month.

Thank you all for the content you have provided this month. Its been difficult compiling all the words and photos, but I hope i've done it justice.

Colin

Thank You GRRs, all of you.







Monthly Newsletter April 2016

GOSPORT GOSPORT

It is with great sadness, that we have to report the passing of two Gosport Road Runners this month. A couple of club members have written a little bit about them.

Hugh Pritchard

In the late 1970s early 1980s, Hugh set up the Gosport joggers based in Gosport park. After seeing the London Marathon, Hugh decided to organise and run the Gosport and Fareham Marathon in 1982. In 1983 the joggers became G. R. R.

With increasing membership a committee was formed to help Hugh with all the clubs activities. Hugh, was keen to encourage all types of running, but his personal aim was the marathon. He completed 100 of them with a PB of 3 hours. I know Hugh was pleased to see the club survive and grow with members taking part in numerous types of events all around the country and even abroad.

Long may it continue.

Sid Smith



Hugh in blue, running with John Jeffs

Giles Cowling

I met Giles and his wife Eileen when they first joined gosport road runners, if my memory serves it was around the summer of 2010. They were a lovely friendly couple and I seem to recall encouraging them that a few summer speed work sessions with Gary were just the trick for a gentle introduction to the club. It must have worked as they both signed up and quickly become well liked, popular club members

GOSPORT GOSPORT

Roll forward a few years and when Paul Turle resigned as chairman Giles was the first 'only person' that everyone wanted in the role. He was instrumental in instigating the move from our previous location to our current one at the ru which has been a complete success.

Equally happy supporting or participating, Inspirational and endlessly encouraging Giles was everything a chairman should be and much much more. Ever friendly and always showing a fatherly like concern for others and their progress. Always willing to take on tail runner duties and happy to keep anyone company during a run without being asked, a truly selfless man.

As a club we shall miss his attention to detail, enthusiasm for all things Gosport Road Runners and not least his foresight and fairness (and his dry wit). As his friends we shall miss his perchance for fancy dress, be it Austin powers, Robin or 'faux leather' lederhosen and his insistence that no off road run was complete without cake at the end and his hugs.

Our thoughts and hearts go out to his family, Eileen, Alex and josh for their loss.

If you didn't know Giles, then you missed knowing someone special.

One of life's true gentlemen and a hard act to follow.

Sue Barrett



Giles in his regular Robyn costume, alongside Auz Gray at parkrun.





GOSPORT GOSPORT

For various reasons, we dont cover the parkrun events in the newsletter anymore. This month however, there is an exception.

On the 30th April, Gosport Road Runners staged a parkrun takeover. Every volunteer post was manned by a Gosport Road Runner, there were pacers provided by GRR, and all club members were encouraged to wear club colours.

This invitation to wear club colours was extended to the local Fareham Crusaders, Stubbington Green and Portsmouth clubs.

The parkrun was always something Giles was very fond of, and the idea of a GRR takeover excited him. This event was held in memory of both Hugh and Giles, and a massive 485 runners, along with lots of supporters turned out on the day to celebrate both parkrun, and the lives of two friends.

I'm going to post some photos over the next couple of pages, but there are far too many to post them all. You can find more photos on the Lee on the Solent parkrun facebook page, Ian Buzzards photo library, and on the Portsmouth News website at the following links.

https://www.facebook.com/LotSparkrun/

https://goo.gl/fWfEB5	÷	lan Buzzard
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http://goo.gl/Tg69Z5 - Portsmouth News

Also, online are some amazing videos that were taken on the day.

These can be found on YouTube at the following links.

https://youtu.be/QN-NrbihQk0 - Mike Gilmour

https://youtu.be/GTYCvrSBvcU - Ben Jarvis.

Thanks go out to everyone who made this event so special.

Pos.	Name	Time
6	Chris BUXTON	18:37
7	Thomas BATES	18:43
10	Jayson GRYGIEL	19:03
12	Jamie HAYNES	19:15
32	Dan BELBEN	20:59
34	Benjamin WALES	21:02
35	Su BALDOCK	21:05
41	Tim DURANT	21:16
42	Paul WILLIAMS	21:18
67	Alex COWLING	22:50
73	Ray BERNICE	23:01
79	Daniel LEE	23:12
83	Nick CARTER	23:22
103	Ben JARVIS	23:58
120	Lorna HARPER	24:34
122	Hayley SPARSHOTT	24:43
123	Adam ROBERTS	24:45
131	Colin GARDNER	25:10
132	Alex BARRETT	25:10
136	Phillip MORAN	25:16
141	Wes CLIFT	25:27
145	Claire BATES	25:37
151	Fiona TOMLINSON	25:44
156	Michael STARES	25:55
157	Rachel DAVIES	25:56













Pos.	Name	Time
160	Adam MUNDELL	26:02
162	Terry MOORE	26:15
166	Kevin MCMORROW	26:27
180	Jamie MACBEATH	27:01
196	David WALTERS	27:29
201	Ken EADEN	27:37
204	Ann-Marie STABLES	27:40
205	Austin GRAY	27:42
209	Catherine STOCK	27:54
210	Peter ROBINSON	27:56
216	Adam WALTERS	28:03
219	Ros CLARKE	28:07
224	Andrea EDWARDS	28:15
227	Miranda CARRICK	28:19
236	Christian BAKER	28:41
239	Nicola Cameron FINN	28:47
246	Fleur GILES	29:00
256	Peter BROWN	29:17
263	Rachel GEE	29:36
265	Yvette EASTMAN	29:40
267	Salvina CAWTE	29:42
	Sharon CLUTTON	29:43
277	Stephen CAWTE	30:04
278	Deborah BIRCH	30:04
279	Levi HUGHES	30:06

























Name	Time
Michael BARKER	30:07
Martyn ROWELL	30:34
Brian FISHER	30:37
Richard SMITH	30:39
Callie MACBEATH	30:41
Kellee READ	31:05
Laura BISHOP	31:45
Shona RUST	32:00
Lee WESTWOOD	32:01
Tania BERNICE	32:31
Huw BONES	32:34
Gillian DOWLING	32:35
Denise LITTLE	33:18
Jackie BRADY	33:25
Ann ADAMS	33:26
Julie CONWAY	33:25
Lucy HUDSON	33:58
Aaron MOORE	34:02
Debra TALBERT	34:23
Jenner MOORE	34:39
Shirley FAICHEN	35:48
Susan BARRETT	56:37
Jenny SHILLING	56:38
	Michael BARKER Martyn ROWELL Brian FISHER Richard SMITH Callie MACBEATH Kellee READ Laura BISHOP Shona RUST Lee WESTWOOD Tania BERNICE Huw BONES Gillian DOWLING Denise LITTLE Jackie BRADY Ann ADAMS Julie CONWAY Lucy HUDSON Aaron MOORE Debra TALBERT Jenner MOORE Shirley FAICHEN Susan BARRETT

Newcastle parkrun

Pos.	Name
407	Pippa White





Time





GOSPORT GOSPORT

by Bryn Whitehouse

This was the third American race I've done and it was tough. Just like all the rest, I probably over trained for it, clocking up 130miles in the month before hand trying to get conditioned to the inconsistent spring weather 65.F one day 88.F the next.

Running from paved trails to hard highway road, but on the day none of it mattered. I had a time in my head and I was determined to get it.

I started out top 3 for first 5Km then my cramps kicked in with the humidity and I couldn't maintain the pace/time I knew I wanted.

The route itself isn't that great, the Marathon is much more scenic, but for the Half you are running round a neighbourhood, then round a park/lake area then back through some paved trails. It doesn't do much for the imagination but the medal made up for it.

It's another achievement and although I didn't get my silver awards time I got a PB.

I came 18th and won an award for my age category...as I write this I'm about to go for another 10k run.







Houghton 11km by Fiona Tomlinson

GOSPORT GOSPORT

On a sunny but cool Sunday 17 April morning, whilst many runners were taking on the challenge of longer races such as the Brighton Marathon, Manchester Marathon, I drove myself off to a local event at Houghton – brand new for me, but been running for a few years now according to those at the race. A low key, non-competitive village event with no prizes! Pressure off!

Houghton is about 7 miles north of Romsey on the Stockbridge Road and not too difficult to find from the instructions emailed from the Race Director. It's a beautiful little village set in the North Hampshire countryside, very picturesque.

Car parking dotted is around the village in fields, farms and sidewalks with plenty of marshals assisting and registration at Houghton Village Hall. No chip timings, just a card number to pin on with black on yellow to help you remember that you will also be following the black arrows on yellow card signage! Cyclists had other colours

I arrived, as always, way too early, just in case I couldn't find the place, need the loo etc. etc. I registered and chatted to the other runners, cyclists and supporters. I found, as I thought, I was the GRR rep at this event. Lots of Romsey runners, a few green Stubbington vests etc. It's a small field of 250 maximum with registration available on the day too. After a while I discovered chairs and tables, a playground, burger van, teas, coffees, cakes and portaloos set up behind the hall with a fete like atmosphere and a raffle for a wonderful The Houghton Trail cake, donated by the local bakers.

As well as the 11km trail, there are also mountain bike rides off road with 32 Km and 14km going at 1015, 5km for kids at 1025, the trail run at 1030 and finally the 5km last for the kids.

The first half of the race is up a long track after starting casually on the road by the village hall, and then through fields and woods with a hill of course. It was muddy in places but nothing like any of the HRRL events mud! After going through a cattle farm, you reach a road at about 6km and no more hills. You go for about 1km along the road before re-joining a track to go through fields again, with an array of bluebells on show! There are beautiful crossings over rivers, grass tracks, two water stops at 5.5 and 9.5 and I think I only spotted one 3km marker.

You pick up part of the Test Way at 8km and the Clarendon Way. I recognised this from previous walks in this area and there were also plenty of walkers out for the sunshine this time too. From 8km it's gravelly and flat and then a 500m finish on the road back to the village hall.

Some of the lead runners took it to be a race as they do, but most participants seemed to be out for a less stressful trail run of enjoyment. You do get a medal, not the best ever but a memento, some water and some orange slices but most of all I got a sense of a village that was putting on an event for families and for charity. I would rate this top notch for friendliness, beauty and a lovely way to spend a Sunday morning with a change of scenery from Gosport!!

Let's see if we can get a few avid trail runners out there next year so I am not the only yellow vest in Houghton!! Well apart from a few Alton runners of course!!!









Monthly Newsletter April 2016

GOSPORT GOSPORT

Saturday morning, bright and early, 8am to be precise...

Waiting at the end of my road with what seemed to be way more than I needed for one night away. Into the car then directing Rob to get Jenna from hers after a nice morning drive along lee on Solent beach. Picking Jenna up gave us the first laugh of the weekend, Jenna didn't look like she was alive, let alone ready for a marathon the following day.

The drive began and it looked like it was going to be a nice drive, having the usual run chats and making sure rob had got his shoes.... always a good thing to do before we get too far. Especially since we had now stopped to top up on drinks and most important... food! which was also good because it changed the conversation from our upcoming naked run.

The rest of the journey was plain sailing, satnav got us to the car park and then walked into the hotel to meet Jenna's sister and to find out we couldn't check in for a couple of hours, this gave us an opportunity to go and collect our numbers



as well as taking a trip to the Trafford centre... this was great as I had found out I hadn't brought my base layer 3/4 leggings, not good!

Trip to get the numbers and the first look at the race finish straight and race village. Having a mooch around seeing if there was anything exciting going on. Numbers collected, onto the Trafford centre of which became a witch hunt for some running gear which ended up with me and rob looking in the women's section of John Lewis but this was okay as they fit fine and were exactly what I needed.

So after our drive back to the hotel, we got our bags, our room key and decided to sort ourselves out before food that evening... upon getting in the room me and rob found we was sharing a double bed... this soon changed after a quick call to reception, thank god!

Food was next where we decided to walk through the back alley entrance to this quaint underground Italian, they also decided to run out of every dessert on their menu and started to offer us random desserts, food done back to the room.

This gave us a chance to set out our kit and tape up rob and Jenna for race day, next came the movie and then bed... ready for the morning!

On the Saturday afternoon Rob had gone to meet some friends he knew were running. I decided to get my kit ready



and leave him to it. This was a wise decision as it decided to start raining. If you could call it that. It came over very dark and the rain just got heavier and heavier. The best moment was seeing Rob walk through the door. Soaked to the bone.

He only had one pair of shoes and one pair of jeans. So out came the iron. Trying to dry his jeans and shoes.... and yes he tried to dry his shoes using the hair dryer and the iron. I must admit. This didn't work!

Marathon Day

Porridge was the breakfast of choice which was a good idea as we weren't sure what sort of continental breakfast the hotel was giving us. a slow walk to the tram where we eventually found where to go, where to buy tickets and ended up running onto the tram, nearly missing it.

cont....





Getting to the stadium/race village was easy, walking around trying to stay warm in the sun and getting a few photos sorted. Bags into the bag drop then queueing for the loo started and never seemed to end.

This moved to the start of the race where I again tried to join a queue. This didn't last too long as I heard the start of the race quick jog to the start line where I joined a few others trying to get a time of around 3 hours 20.

Nice steady start trying to get into a bit of space, getting past a few of the slower runners in the wrong start section. Was amazing to run with so many people and with the crowds it was even better. Looping back around different points of the course was really good as you could look out for friends and other runners you knew. putting a big smile on my face was the first time I saw Ben Smith from the 401 challenge.

This continued as I saw Rob and Ben again which was so uplifting, even getting a high 5! Getting through the course mile by mile it seemed to go fairly quick. I felt comfortable sticking around 7.30 a mile which I was surprised about, water stations in great positions as well as the crowd giving you that extra bit of energy. Seeing Rob and Ben had also given me that bit of a push even though I had little bits of pain from my knee hip and bottom of my foot, which all seemed to come and go at various points.

The course itself was fairly flat even though there were a few small hills but wasn't anything major. In and out of the city as well as a small section of what seemed to be like countryside (in Manchester I know!!!).

Mile 21 came and my legs had started to hurt, less than 10k was all I kept saying, counting down the miles but happily for me I was only slowing down by 10-15 seconds so this was good news. Mile 23 was here and this is when I really got a kick. crowds started to get bigger, familiar sights were in view as well as seeing old Trafford in the distance. The best part of the race was when I heard someone shout "go guys 1 mile to go!" always good news...

Turning the last corner and there it was, you could see the finish in the distance and I seemed to start sprinting, moving past all the other runners hearing the crowds shout and cheers then being able to see the clock and hear the tannoy. Seeing the clock was amazing, slowly ticking second by second knowing I was close to my 3.20 That I wanted I put my head down and put everything into the last push. crossing the finish line was a relief, my legs hurt, I was hot, tired and sweaty... but I did it! I got sub 3.20! what an amazing feeling.

Slowly moving through, collecting my medal, goody bag and t shirt, oh and my beer...couldn't not take a beer! seeing Rob and chatting about our races before taking a walk through to get our bags was next...oh what a disaster that was, having to wait nearly an hour before we got our bags but luckily we found Jenna before getting to the front, this was once I congratulated her on a PB herself! Getting the tram back, my god that was smelly was next and then we could finally get back to the hotel and have a wash and a nice drink! some very nice pots of tea and a hot chocolate was most



welcome!

So to the car and saying bye to Jenna's sister before making our way home, Rob driving with me chatting and Jenna sleeping was the story of the drive but not forgetting the subway we stopped for... mmmm subway!

Back home shower time and food food food. time for rest! time for sleep! So how was the overall weekend? Well the course was great, crowds were amazing, medal was superb, goody bag fairly good, beer was alright and baggage was awful... I would definitely recommend this race for anyone looking for a big marathon. it's a great weekend away and it was great to be part of, there is always good and bad points in a race weekend but on this occasion the good just outdid the bad. So yes a great weekend away

Ben

with some great people who ran some great times!!



Mick Welstead Retirement

Monthly Newsletter Month 2016

GOSPORT GOSPORT

After many years being a figurehead of the club, Mick Welstead has decided its time to retire. Many of us more recent club joinee's will have seen Mick at the club giving the notices, or supporting from the sidelines at the Time Trials, and other races.

Mike has been a member of the club for a long time, and alongside being a very acomplished runner, he has always been there to help, encourage, and offer advice to anyone who needed it.

He will be missed, but its certain that we will still see him supporting at various events.

The photos below were taken at Micks last official club night.



.....











Goodbye from Me by Adam Walters

Monthly Newsletter April 2016

GOSPORT GOSPORT

If I think back nearly 3 years ago, my god I was a different person to who I am today. A lot of that is down to the support and friendship I have built up through Gosport Road Runners. Definitely one the best decisions I have ever made in my life joining GRR and something I will never regret.

When I Joined GRR I had run before but not on the scale I do now and I now have passion for running which wasn't there prior to joining. Since Joining GRR I have since run 8 Half Marathons, 5 Ten Mile races and 12 10Ks along with numerous 5ks.

Favourite GRR Moments - For me this would be recently when the Club came together to remember two of its greats, Giles Cowling and Hugh Pritchard. The Sea of Yellow on that run was epic and it really made me feel like part of a huge family gathering in unison it was epic. The second would be being Joint Cross Country Captain for the 2015/16 Season working alongside he awesome Terry Arnott.

The turnout at each race throughout the season was epic, and something which makes me very proud.



Favourite Races - There are 2 races that rate as my favourites, the first would be the Bournemouth Half Marathon. This was due to a lovely route along the Dorset coast on a spectacularly sunny day at the beginning of October. The second race would be the

Great South Run in 2015. I have always loved this race as it was the first race I ever ran in 2011, but 2015's race was special. It was one of those races where everything felt great and the 10 miles flew by. Every mile felt strong and I got a massive PB on this by over 8 Minutes.



What has been great about being a GRR? - From my first ever outing with GRR I have always been made to feel welcome by all members old and new and have made some great life time friends, far too many to name individually, and will cherish these. The social side of Gosport Road Runners is fabulous, its far more than just a running club I will miss this when I start my new life in Cornwall.

What's Next for me? - Well I shortly move to Newquay to start a new Life with my fiancée Laura. I plan to carry on running. I will run the Liverpool Rock N Roll Half Marathon on 29th May (downgraded from full as been unable to train

properly) then I get to run around Cornwall. Its rather hilly, so I won't need much Hill training.

I am planning on running a Full Marathon as this is my running dream. I'm just unsure of which one to go for, there is a choice of two at the moment Bournemouth Marathon or Portsmouth Coastal Marathon just before Christmas but I'm still at the decision stage on which one and need to get settled in my new home first.

I am planning on coming back to Gosport on a regular basis and planning on entering the best Half around which of course is the Gosport Half and run it on the Sunday as a non-GRR paying entrant.

Finally

I would like to thank everyone at everyone for their support and friendship over the past 3 years I will miss you immensely xx.

Adam





Out of Town The Bluebell Run

Monthly Newsletter April 2016

GOSPORT GOSPORT

April saw the return of the monthly Out of Town runs. This month was the Bluebell Run, organised by David Croft.

There was a good turnout, and lots of fun was had by all. The next Out of Town will be held on the 26th of May in Warsash. Its hosted by Paul Turle, meet in the car park in the village at 7pm.























Wickham Whistler **Monthly Newsletter** by Louise Millson

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It's Saturday 30th April and I'm off to meet up with Janet, Karen and Sue for our road trip to On The Whistle at Wickham, where we will meet up with Chris. Once there we managed to park in the sun right by the start, happy days!

The race was run on the Wickham railway line, going north to the fourth bridge about 1.65 miles then turning back. As long as you completed a lap you got a medal and could eat cake! Nice bling and cake my sort of race, 4 laps a half marathon, 8 laps a full marathon and anything over 8 laps for an Ultra.

We went to collect our numbers, only to be asked if we would like to choose the number we would wear. Never had to choose my number before so this threw me and the ladies!!! After deciding on 19 (Edith's birthday) I then proceeded to decorate it with a smiley face!.



April 2016

Said hi to a couple of other runners I knew, then it was time to listen to the pre race talk and ready for the off. Not forgetting the GRR photos of us all, think there were about 10 of us in the end.

At 9.30am on the sound of the whistle we were off. I let all the fast runners go past, this included Karen and Chris who were definetely on a mission! Janet, Sue and I stayed together. The scenery was beautiful, a real spring morning with the birds singing and the sun shining brightly. Along the track the Bluebells were so thick and pretty like a carpet of blue.

First lap done and we stopped for a quick drink and to grab a few sweets, and then started off again. The 2nd lap was ok too. By now we were being lapped but everyone was happy, smiley and very supportive to each other. There was such a nice atmosphere to the whole race. The sun was so strong I decided to get my cap, so you can imagine my 3rd lap was very slow and for some reason at 8 miles I lost the plot (nothing unusual there then at the moment).

I had a moan, walked, and was told by Janet, Sue and Karen to get a move on. Chris continued on her own and was flying; we waved to her as she was already running back. After getting the 3rd band, having a drink and fudge, Sue and I set off for our final lap. We had told Janet to go as she was running really well too. Karen finished 3 laps and was our photographer. With the help of Sue giving me some more motivational "Come on we can bet these two they have walked more than us" I ran on and heard my watch peep at 13 miles. We couldn't see the finish yet!

When we finally arrived I checked my watched and couldn't believe I had run 14.1 miles, the furthest I have ever run!

Not a great time of just over 3hours 21 minutes but I'm running and that's what counts. Not forgetting the fabulous medal.

A great morning with great company. I would recommend this race it was fun. The next one is The World Emoji Day on 17th July at Staunton. I have already booked in and really want to run the whole half marathon distance.

I started on a beginner's course over three years ago now and have never looked back. I couldn't even run a mile that first night, but will always remember Kirsten saying she would stay with me and get me round, which she did. I have now completed 4 half marathons and many more races, slow and steady that's me!!







The Results Section

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Race Results from your Results Co-ordinator

Thanks to all those who contact me with their results, please keep sending them in. I am especially pleased to get web links to results pages! And don't forget to let me know if you ran as someone else, or someone else ran as you!

Can I please ask, to ensure we capture all your results, that you contact either me or Colin with your results and we can then ensure that they are recorded.

Result of the Month

My "Result of the Month" section features the result which caught my eye whilst recording all those times of yours, not necessarily a "fastest" result or a PB, although it could be.

My "Result of the Month" goes to Jenna Knight for a sub-4 hour Greater Manchester Marathon (3:56:49).

This is well deserved, and compensation for her after the 100 Acre Half Marathon the week before, where she should have got the 3rd Lady place had the race not ended in chaos.

Brian Fisher - Results Co-ordinator

Thanks...

Please email your results to Brian or myself at:

Brian Fisher

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



Results - Time Trial

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What a fantastic turn out for the first Summer Time Trial of the season. The weather laid on was almost perfect, not to hot, not to cold, led to many P B's, so we'll done to both old and new runners. Our brilliant officials always deserve our thanks; Liz Redpath - starter and timer, Janet (I almost know what I'm doing) Lindley- Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder. The Supporters, Mike Welsted, Pete Lindley, Kate Smyth plus Son, Colin & Karen Middleton plus Family, Ken Eaden (on his bike), Kerry Irwin-Hall, Amber Schothorst, and I think I also saw John Jeffs?

saw John Jeffs?

David

Pos.	Name	Time		Pos.	Name	Time	
1	Terry Arnott	18:43	PB	33	Mandy Grant	28:22	
2	Ben Jarvis	18:46	PB	34	Adam Walters	28:28	
3	Thomas Bates	18:52	PB	35	Sarah Newman	28:31	
4	Dan Belben	18:52	PB	36	Katerina Jurd	28:33	
5	Steve Blake	20:24	Guest	37	Samantha Moore	29:14	
6	Simon Gregg	20:33	1st Timer	38	Christina Nation	29:35	
7	Paul Williams	21:48		39	Ellen Williams	29:46	
8	Colin Gardner	22:18		40	Fleur Giles	30:09	
9	Nick McBeath	22:29		41	Shona Rust	30:19	
10	Martin Barnes	23:21		42	Lorraine Hamp	30:21	
11	Gill Dowling	23:39		43	Alan Burgess	30:21	
12	Rachel Davies	24:39		44	Chris Baker	30:38	
13	Dave Croft	24:45		45	Richard Smith	30:54	
14	Yvette Eastman	24:55	PB	46	Amanda Morby	31:48	
15	Jane Cockayne	25:21	1st Timer	47	Laura Marsden	32:48	
16	Clair Bates	25:33		48	Laura Bishop	33:16	
17	Fiona Tomlinson	25:41		49	Ann Adams	33:29	
18	Dean Conway	25:49	1st Timer	50	Vicky Walsh	33:30	
19	Ashley Crozier	25:53	Guest	51	Sue Barrett	33:31	
	Hayley Sparshott	26:01	1st Timer	52	Sharon Noble	33:34	
21	Rory Fall	26:20	Guest	53	Mike Kearney	33:54	
22	Lora Woodhams	26:24	1st Timer	54	Sarah Williams	34:00	
23	Nicola Colebourne	26:32	1st Timer	55	Kayleigh Breen	34:01	
24	Mike Stares	26:36		56	Julie Conway	34:41	
25	Claire Tallack	26:37	1st Timer	57	Deb Humphreys	35:43	
26	Steve Wood	26:40	1st Timer	58	Lorraine Down	36:51	
27	David Baker	26:42		59	Debbie Atkinson	36:52	
28	Steve Silverlock	26:57	28	60	Angie Elshaw	36:57	
29	Sarah Bishop	27:00	PB	61	Mike Bowers	37:11	
30	Keith Elshaw	27:00		62	Paul Street	37:13	
31	Kerry Down	27:12	PB	63	Louise Millson	37:20	
32	Melissa Pink	27:25		64	Sid Smith	37:22	

	Paris Marathon	
Pos.	Name	Time
	Andrea Ridley	04:58:59
	Reading Half Marathon	
Pos.	Name	Time
7630	Sharon Clutton	02:10:45
7152	Ellie Blaiklock	02:12:38
9466	Tania Bernice	02:27:00
9470	Ray Bernice	02:27:04
10620	Denise Francis	02:53:34
	Coombe Gibet	
Pos.	Name	Time
	Fiona Tomlinson	02:44:45
	Sylvia Cawte	02:56:00

Pos.	Name	Time
	Fiona Tomlinson	02:44:45
	Sylvia Cawte	02:56:00
	Steve Cawte	03:23:35
	Mike Barker	03:23:35
	Shirley Faichen	03:23:35

Hundred Acres Half - No Results Recorded Officially

Ange Elshaw
Ben jarvis
Claire Tallack
Daniel Roiz de Sa
Dave McAllen
Harry Carter
Hayley Sparshott
Jane Cockayne
Jennifer Desmoulins
Julia Roiz de Sa
Keith Elshaw
Kim Carter
Kirsten Maw
Laura Durham-Dent
Martyn Barnes

QE Spring Marathon

Pos.	Name	Time
316	Lisa Hennen	05:04:07

QE Spring Half Marathon

Pos.	Name	Time
17	Terry Arnott	01:46:26
32	Luke Willis	01:54:46
46	Kevin White	02:04:52
80	Eric Macgurk	02:16:41
98	Nicola White	02:21:01
122	Laura Woodhams	02:28:42
123	Nicola Colebourne	02:28:45
146	Kerry Down	02:38:41
151	Sarah Down	02:39:45
183	Ros Clark	03:03:13

	Exbury 5 Miles	
Pos.	Name	Time
61	Gillian Dowling	00:39:54
82	Dean Conway	00:42:24
110	Zoe Windsor	00:46:40

Hundred Acres 10K - No Results Recorded Officially

Pos.	Name	Time	
3	Jenna Knight	00:57:33	(GPS est)
94	Sarah Newman	01:13:44	
95	Sarah Bishop	01:13:27	
122	Katrina Jurd	01:13:37	
39	Joanne Hopkins	01:14:14	
40	Dee Upshall	01:14:16	(est)



10th April

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Brighton Marathon

Name	Time
Colin Gardner	03:48:37
Darren Eynon	03:53:58
Julia Roiz de Sa	04:12:46
Edward Anderson	04:12:48
Lizzie Elshaw	04:36:59
Keith Elshaw	04:51:28
Debra Talbert	04:53:41
Tracy Moran	04:53:42
Kirsten Maw	04:57:06
Mike Barker	05:03:47
Becky Veal	05:14:05
Lee Westwood	05:23:46
Tracey Slade	06:26:52





















London Marathon				
Pos.	Name	Time		
16696	Martyn Rowell	04:09:45		
18498	Yvette Eastman	04:16:45		
19559	Ray Bernice	04:20:46		
22245	Miranda Carrick	04:31:09		
30818	Keith Elshaw	05:13:46		
30835	Henry Gunner	05:13:58		
30868	Ange Elshaw	05:14:25		

Southampton 10K

Pos.	Name	Time
179	Hayley Sparshott	00:51:27
677	Dee Upshall	01:03:29









	Maverick Long 24	
Pos.	Name	Time
29	Amber Schothorst	02:59:13
	Southampton Half	
Pos.	Name	Time
48	Robert BYRNE	01:23:31
112	Terry Arnott	01:28:33
126	Dan BELBEN	01:29:15
148	Ben JARVIS	01:29:58
392	Paul WILLIAMS	01:36:24
1005	Martyn BARNES	01:46:57
1177	Gillian DOWLING	01:48:47
1309	Daniel ROIZ DE SA	01:49:01
1411	Amanda Holloway	01:50:31
1756	Jane COCKAYNE	01:54:30
1767	Jenna KNIGHT	01:56:31
1936	Fiona TOMLINSON	01:57:44
2179	Claire TALLACK	01:59:43
2596	Kellee READ	02:04:35
2613	Lara Durham DENT	02:05:41
2878	Kim CARTER	02:09:07
2879	Amber SCHOTHORST	02:09:06
2892	Kerry Arnott	02:10:10
2997	David BRACE	02:11:21
3349	Fleur GILES	02:19:38
3453	Becky Veal	02:19:55
3742	Karen HOGGARTH	02:28:47





Lakeside 5k		
Pos.	Name	Time
140	Aike Stares	00:26:10

Isle of Wight Challenge			
Pos.	Name	Time	
94	Daniel Roiz de Sa	21:36:40	
110	Keith Elshaw	22:20:14	
111	Kirsten Maw	22:20:15	
112	Lizzie Elshaw	22:20:22	
115	Becky Veal	22:20:26	
116	Darren Eynon	22:20:31	
117	Jo Harvey	22:20:41	



Wickham Whistler

Pos.	Name	Time		
20	Lisa Hennen	04:37:57	8 laps	28 miles
93	Chris Nation	02:55:54	4 laps	14 miles
96	Janet Lindley	03:07:11	4 laps	14 miles
98	Louise Millson	03:21:24	4 laps	14 miles
99	Susan Barker	03:21:27	4 laps	14 miles
111	Tracy Bale	01:48:56	3 laps	10.5 miles
115	Debbie Humphries	02:06:44	3 laps	10.5 miles
121	Karen Middleton	02:31:39	3 laps	10.5 miles





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Points Explained

At each XC race, runners are awarded points. Runners who score in four out of the Six will qualify towards end of the season results anyone who has run less that four races will automactically drop down positions regardless of their average score.

Average scores are calculated on overall race position divided by 6 races.

Anyone who has run in the season but then misses a race will automatically be awarded 300 points.

Mementos are to be awarded to individuals who have completed all six Races so Big Well done to;

Alan Burgess Mike Stares Mike Barker Adam Walters

See you for Cross Country in October with your XC Captains Terry Arnott and Sarah Down.







Pos	Name	Total score	No of Races	Pos Avg
1	Terry Arnott	827	4	138
2	Kevin White	875	5	146
3	Alan Burgess	914	6	152
4	Colin Gardner	1145	5	191
5	Bryn Whitehouse	1222	4	204
6	David Croft	1271	5	212
7	Ben Wales	1276	4	213
8	Lee Westwood	1357	4	226
9	Mike Stares	1426	6	238
10	Mike Barker	1428	6	238
11	Adam Walters	1495	6	249
12	Ken Eaden	1524	5	254
13	Keith Elshaw	1583	4	264
14	Ben Jarvis	1053	3	176
15	Terry Moore	1512	3	252
16	Martyn Barnes	1546	3	258
17	Pete Lindley	1547	3	258
18	Loyd Durham	1585	3	264
19	Rich Oakes	1373	2	229
20	Darren Eynon	1490	2	248
21	James Heath	1620	2	270
22	Rory Fall	1634	2	272
23	Rob Byrne	1510	1	252
24	Chris Buxton	1535	1	256
25	Daniel Roiz de Sa	1650	1	275
26	Mason White	1666	1	278
27	lan Pugh	1670	1	278
28	Andy Hopkins	1697	1	283
	Martyn Rowell	1718	1	286
30	David Brace	1729	1	288
31	John Barrett	1730	1	288
32	Nick MacBeath	1761	1	294
33	Dave Wright	1762	1	294
34	Giles Cowling	1801	1	300



Cross Country

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Pos	Name	Total score	No of Races	Pos Ava
-	Tracey Wales	642	5	1.00
	Fiona Tomlinson	765	5	128
3	Eileen Cowling	923	5	154
4	Nikki White	973	4	162
5	Jo Hopkins	1082	5	180
6	Pippa White	1085	5	181
7	Chris Nation	1129	5	188
8	Sue Barrett	1151	4	192
9	Kerry Arnott	1180	4	197
10	Jenner Moore	1225	4	204
11	Sarah Down	1238	4	206
12	Katrina Jurd	1372	3	229
13	Ros Clarke	1271	2	212
14	Lucy Hudson	1399	2	233
15	Julia Roiz De Sa	1410	2	235
16	Laura Cornborough	1433	2	239
17	Miranda Carrick	1449	2	242
18	Sarah Bishop	1492	2	249
19	Lizzie Elshaw	1497	2	250
20	Angela Hurst	1511	2	252
21	Dee Upshall	1513	2	252
22	Gill Dowling	1565	1	261
23	Jenna Knight	1575	1	263
24	Jenny Shilling	1587	1	265
25	Lisa Hennen	1589	1	265
26	Lara Durham-Dent	1593	1	266
27	Sarah Newman	1622	1	270
28	Rachel Gee	1630	1	272
29	Jo Harvey	1648	1	275
30	Tracey Slade	1651	1	275
31	Johanna Ross	1653	1	276
32	Becky Veal	1657	1	276
33	Ashley Bradshaw	1663	1	277
34	Ann Marie Stables	1686	1	281
35	Jen Desmoulins	1689	1	282



Any Other Business

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GRR Website:

All Club information relating to official meets and events can be found on the events page of our Website and all members are encouraged to look at this regularly.

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list.

http://www.gosportroadrunners.org.uk/





The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

http://www.facebook.com/groups/27301329294/

The Club also has a Twitter feed which can be accessed by following @gosportrr on

http://twitter.com/gosportrr

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



Newsletter Photos:

Photos help make the newsletter, if you are kind enough to supply an article, please could you also send me some of your original photos. A lot of photos included in the newsletter come from Facebook, this is fine, as its a good repository, and is always up to date, but the quality of the pictures is not as good due to compression.

If you have a photo you want to go with an article, or you think it would be great in the newsletter, then please send me a copy from your camera. This will be much better quality, and can be scaled and edited much easier.

If you're taking photos of an event, maybe you could keep some good ones aside just for the newsletter. Perhaps there was something particularly funny, that you think everyone would like to see. The newsletter reaches all current GRR members, and should ensure your snaps are seen by all.

Email them to me at

newsletter@gosportroadrunners.org.uk





NEWSLETTER



Spring

May 2016



4 mil 10

Contents

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* Cover Photo - Lucy Hudson, Jen Desmoulins, Julie Mansfield, Ange Elshaw and Pat Lapworth - The Ox Half, 22nd May.

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High Praise!

Gosport Road Runners prides ourselves on the level of support we offer, not just our runners, but all runners. We're often there shouting encouragement at anyone that will listen, and some of us are known to favour a 'Motivational Sign' or two.

Recently, Rob Byrne completed the Brathay 10-in-10 challenge. He received this email about our club.

"Hi Rob

It was as real pleasure to support you during the event and to see you running so well every day. We're all really pleased your finishing time put you into the top 10. I hope you're recovering well and will be running again soon.

It was great to see the support from your club during the 10 days – this is the best example of a club getting behind their runner that we've seen over the 10 years. Please pass on our thanks to everyone.

Best wishes Scott″

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June Out of Town - 19:00, 30th June - Wickham

After the success of May's Out of Town in Warsash. The next OoT will be hosted by Andy Clutton and will start in Wickham. More details are not yet available, but we will let you know via the GRR website as soon as possible.



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Contact Details - Are your contact details with the club up to date?

Do you recieve this newsletter via email, or just from the link on Facebook?

We have recently been updating the clubs address book. If you think your details are wrong or missing, please contact us at one of the following addresses.

newsletter@gosportroadrunners.org.uk

membership@gosportroadrunners.org.uk



Three Forts Challenge - Katrina Jurd

I started talking about wanting to achieve a goal, not actually knowing exactly what I wanted to achieve!

Lucky for me the person I was talking to was Lisa Hennen! (an inspiring and experienced marathon runner).

We discussed in about ten minutes what I had done in the last year since I joined the club a year ago. Distances, times and races I had completed. I also told just a handful of close family and friends as I honestly wasn't sure I would be able to complete it.

Before I knew it I was training for a trail marathon, not a half, not a road race but 27.2 miles of gruelling hills.it is actually called "the tough one" (they were not lying). So my training started and I learnt some hard lessons very quickly! Not to eat quiche before a long run, I spent my first 12 mile run wanting to be sick, another time a lovely 20-mile training session became a nightmare as I stubbed my toe, wore the wrong trainers and ended up bruising my toenails so badly they turned black! I hobbling/walking and running from mile 13 onwards!

With Lisa by my side with her endless energy and positive attitude still giving me confidence telling me I can do this I carried on training, and learning to master long distance running. Lisa took me took me out of my very comfortable training zone and took my running, thinking and diet to a new level.

So the morning of the Marathon we arrived at Hill Barn, Worthing in West Sussex. The weather was on our side. beautiful and sunny also a lovely breeze just perfect running conditions. My porridge in my stomach was dancing away, as we got out of the car only to see experienced ultra-athletes looking very trim and athletic in their designer running gear and top of the range trail shoes! I felt like the new kid on the block.

We had a quick pic with our clubt shirts on then with a nervous smile and heart racing we walked over to the field. We Quickly found the toilets, bag drop and registration tent. That fear I had almost vanished as we went to collect our race pack, everyone was so friendly and warm towards me, it really did help calm my nerves.

The crowd started to move towards the start line, so we followed the horn sounded...

So we were off.!

Mile one, oh my days! Straight up a steep hill two miles long, going with the flow adrenaline doesn't last long, big mistake! I knew early on I had set out too fast my calf's felt like I had tennis balls in them! My thoughts straight away I can't do this for 27 miles!!

Thankfully as we ran the path opened out and the runners thinned out also great because behind me was a chap very heavy breathing and gasping for air running up that hill! He sounded like he was going to have a respiratory arrest any second! Lisa asked me up that first hill if I was ok because he was breathing that frantic and loud she thought it was me behind her making that racket!

I really struggled as this hill was never ending and wanted to run instead of this very fast paced stomping.

Eric started to walk with me and just raised my spirits and assured me that we would be running soon. Cissbury ring was soon behind us. (the first fort)

Once we had accomplished that first hill we were rewarded with the most beautiful scenery of the South downs, cows and even a bull were just chilling out on the top of that hill!

Cont...



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This was the moment I thought yes I am liking this now!

More hills upon us, Running alongside us were two ladies who were wearing skirts on top of their running tights it was a bit of cat and mouse they were in front, then we would overtake. this carried on throughout the race.

Lisa said early on that we were going to beat them to the finish! I had my doubts.

We ran up to Devils Dyke the other runners were so friendly chatting and giving lots of encouragement as we ran. The weather was warming up and the aid stations were a wonderful sight and well equipped with friendly marshals, drinks, bite size biscuits, sweets and even kit kats! I took advantage and took a bite at each station! (All eight of them)

Next we ran to Adur River a truly wonderful downhill run. That just felt amazing! To stride out and get a good pace going. At this point we started seeing the first runners making their way back once again shouting words of encouragement as they passed.

Also this is when I decided trail running is definitely for me!

It was very relaxed and had such a friendly vibe.

Soon it was time to make our climb up Chanctonbury ring. I started getting heavy legs a few choice words were the beginning to slip out! Four miles of climb seemed to go on forever. I started struggling getting a good pace going again for a while.

After trying to get up the hills the transition from walking to running became harder as the use of muscles are so different with up and down hill.

My previously battered and bruised toenails were aching and my shoelace had come undone I was so tired I had the audacity to ask the marshal at the aid station to redo my lace and he did! Bless him!

Once again I was rewarded with gorgeous views, lambs, cows and a pig farm all which help distract from my heavy legs. Once we had reached mile twenty I realised that I could complete the whole twenty-seven miles and got a second wind.

Also the ladies in skirts were struggling so this was our opportunity to overtake them and we sure did!

We realised that to get to the finish in under the six hours we had to make up some time so Lisa picked up the pace and we ran for our lives. the ground was soft but not muddy so it was lovely to be able to get going again.

The last part of the run we overtook a few runners who were walking and also some who were running. This gave me a real boost as I really thought we were going to be last! The endorphins were kicking in very quickly now as we were racing down the hill.

I was smiling like a Cheshire cat on the 26th mile onwards because I knew I was going to finish it!

Eric came back to run the last half a mile with us. Which was so lovely. That feeling of achievement and excitement was so overwhelming I was so emotional I couldn't even speak!

The more emotional I felt the faster I ran. I went through that finish line absolutely on cloud nine! When I received my medal I wanted to hug that man! Felt so emotional! I never expected to feel like that. I just wanted to complete the course.

Cont...



Forts Challenge Sunday 3rd May 2015

Monthly Newsletter May 2016

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Of course I wanted a picture with Eric and Lisa .so asked a runner who had just put a huge bite of cake in his mouth to take our picture. Unbeknown to me that was the winner of the race!

A runner spoke to Lisa and I just as we were leaving and asked how did we get the energy to fly past him at the last mile of the race. he said "you were gone!". Of course this gave me a huge boost!

My only moan is that sadly my gaps watch died at mile 16. Also because I took so long to complete the Marathon I didn't get a free massage! They had gone home!

So I completed it on a slow 6 hrs. I was 338th out of 358 runners and we beat the skirts and I wasn't last...Whoo hoo!

I would never have achieved this marathon of 27.2 miles and 3450 ft. of climb without Lisa's guidance, training and belief in me, which I am so thankful for. It has opened up a new world of Trail running for me.

Three forts challenge is not a PB course but I highly recommend it for beautiful views, friendliness, and good organisation. Oh yes and if you like hills ...it takes you to another level! You will love it! I thoroughly recommend that everyone gives a marathon a go! If I can anyone can!

Katrina

3 Forts Challenge 2016@SussexSportPhotography.com

Tough for a first marathon? Definitely! Would I do it again? Hell yeah!

> LHREE FORTS CHALLEN 2016 4.29

> > MARATHO





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Conti Lightning Run by Simon Gregg

Monthly Newsletter May 2016

SPORT COSPORT COSPORT

So firstly, what's it all about? Some of you may remember Ben Carrington and I won this event 2 years ago in the Male Pair category clocking 15 laps between us, well you can also enter Solo, and teams up to 5 in both sexes and mixed teams.

You basically run as many 10k multi terrain laps as you can, or want to, in 12 hours. As a solo runner you can leave the course after any lap to rehydrate and eat, so long as you do it in the allocated area, for the teams each team member must complete one lap, but the rest of the principle is the same.

After competing in the solo category for 3 years, and also doing the mixed 5's at the 24hr Thunder Run, we also competed in the 24hr Equinox not only winning the small team category outright, we were actually 3rd placed out of everybody there (although the organisers failed to recognise this!) I'd never contemplated running the 12hr as a solo until I completed the Long Mynd Hike with Nick Richards, this served to prove I could run / walk for 12+ hours, so the Conti Run was always achievable.

My training had been slightly hampered by a cold for about 2 weeks and I never really got back in to full on training mode and the mileage I wanted, but I had still trained well off the back of Long Mynd, so fingers crossed everything would go to plan on the day.

I'd originally planned to sleep in the back of the car with the seats down, but Shaw buying a new caravan, and his partner away he wanted to take it out to play so joined me with the van, a lot comfier than a Golf Estate! Shaw had planned to stay for the majority of the race on Sunday too, so this gave me a great base camp to keep my kit dry and food ready to go during the race. We had meat balls and pasta for tea on Saturday cooked by moi and very nice it was too.

I woke at 4:30am and headed to the catering tent for a Full English Breakfast, I didn't need to worry too much about having a heavy stomach, there was a plan for the day, 1 hour laps for as long as I can and try and achieve 12 laps!

You can start your last lap up to the 12hr cut off, and that lap will still count.

I came in for shoes, and it must have seemed like an F1 pit stop as Shaw ran back and forth to my demands. First up I needed my Salomon's, and Shaw had got me a fresh pair of socks too, I took this footwear change to put my calf guards on too, I changed T-Shirt at this point as it felt like it was warming up, Shaw also ran back and forth firstly for Pringles, then flap jacks, next up flat coca cola, then an energy gel, and lastly some jelly babies.

I managed to get my next drinks bottle myself though!

I did two more laps in my Salomon's before we had issues, I came in after lap 6 to put a long sleeve top back on as it was getting cold and looking like rain, we discussed if I should go T-Shirt and coat, or long sleeve top which I made the wrong choice of no coat, and just as I got about ¼ mile from the start/finish it started to spit with rain, great!

I wasn't going back, so cracked on, when something in my right knee gave way almost putting me on the floor, hmm, somethings not right, I stopped and had a stretch, then tried to run again, nope, still not right, ok I'll walk a bit and see if I can walk it off, I couldn't so I decided I would still continue and walk the rest of the lap!

Cont...



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Conti Lightning Run by Simon Gregg

Monthly Newsletter May 2016

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At 2k there was a pleasant surprise of Shaw hiding behind a tree with my coat! YOU STAR! The rain stopped, but there was to be no more running, I did try a couple of times, but my knee was too painful, and by the time I got within the last 2k it was hurting to walk, I crossed the line and told Shaw that was it for the day, which he disagreed with.

I stopped and had a more sizeable food stop, when a post from Stu Hawkes said "Most solos will be walking now. If you can't walk, crawl" hmm I kitted back up, and went again, wrongly wearing my road shoes as I wanted some extra cushioning, but the course was still extremely slippy, I was however running! I managed to overtake several team and pairs runners (they have a fluorescent snap band which acts as a baton and helps identify them) at 3k I caught a solo guy who we got chatting to each other, he asked what lap I was on "8" I replied "you?" "7" he said, I couldn't bear to tell him I been sat in a caravan stuffing my face for an hour as I continued running up a gradual incline as he stopped for a walk.

At this point I was thinking of lap 9, I'd seen Shaw again and asked him to get my Salomon's ready as I was going to carry on for another lap ... which was shortly followed by my knee going again! But a lot worse this time, I couldn't even walk without limping, I knew that this would be the last lap as I wanted to get away close to 6 as possible to travel back to Hampshire so walking lap 9 was out of the equation, I managed to get back, Shaw again tried to coax me in to carrying on, but I knew enough was enough and it was time to get some warm clothes on, and warm down.

I sat in the caravan and had some food and drink and then it dawned on me, I'd run 48 miles in under 10 hours (excluding my 1hr break) pretty much non-stop, I could have quite easily achieved sub 10hr 50mile I think, but injury excluded I could have managed at least 60 miles.

So for 2017, I'm either going back for a second attempt, or look at some other Ultra races as I now know that I can do it. It would be great to get some teams back at the Lightning Run, it's a great atmosphere and team friendly event, and doesn't get the entries it deserves compared to the 24hr Thunder Run, it's also highly competitive!

See you there in 2017?





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Monthly Newsletter May 2016

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Dubrovnik Half Marathon 1st May 2016 by Zoe Windsor

I travelled to Dubrovnik on the Friday and settled into the apartment, this overlooked the main street within the city walls, all of which are rich in history and have outstanding beauty.

I decided to collect my race number at the expo which was only a couple of minutes' walk away and I'm glad I did; not only did I get two very nice technical t shirts but also a pass. The pass gave me free entry to the city walls, boat trip to Lokrum Island and much more!

The Friday and Saturday I spent exploring Dubrovnik and doing lots of walking! Plus, there are steps everywhere in the town.

Race day and its pouring with rain, however it is not cold. One thing I was worried about was running through the town as the floor is marbled, which when wet can be very slippery! The first mile is all uphill, then you had a very very long stretch of downhill. It is an out and back route, you follow the route along the sea which goes inland, and it was fascinating to see the ships and small villages along the way, you see many buildings in Dubrovnik left as they were bombed in the Balkan war, in some ways it serves as a reminder that war took place only just over twenty years ago.

I was very glad to get to the turnaround point, but I knew what was to come with those pesky hills which really hit you at mile 11. My finish time was 2.28.30, this is my slowest ever half marathon, my total climb was 2030 ft. so I can understand why.

This is only the second ever Dubrovnik half marathon, Du Motion who organise it are really trying to get more people involved. There is something here for everyone, a children's race and run the city walls on the Saturday and



then 5k and half marathon on the Sunday.

This was my first overseas race and I would defiantly do this run again, the price was £70 and considering the free entry to museums and discounted meals is quite good value. Next year I may be tempted with the city wall run and the 5k the next day!

Vidimo se induce godine Dubrovnik! Boe Name Zoe Windsor 02:28:20



Netley

GOSPORT GOSPORT



HAMPSHIRE ROAD RACE LEAGUE a running club competition

My First 10K Netley May 2016 Jackie Brady

I have always said I would be quite happy to be able to run 5k and I was not interested in running further, therefore I am not sure how I ended up joining Keith's 5 to 10k group.

Having only entered Netley a week before after trying to decide if I could do this is or not, race day arrived, nervous was not the word. Just before nine, Andy and Tracy who are both experienced runners arrived to pick me up. On our way out of Gosport, there was a car crash just in front of us, great we had to stop and give details, as one of the cars involved drove off with the airbag inflated with the police in pursuit, this set our time back a bit so I was even more a nervous wreck.

After a slightly hair-raising drive by Andy to Netley, we arrived parked up and met with the rest of the group, many of us were doing our first 10k and a few (myself included) had only run 5 miles before. We collected our numbers, me questioning how do they know our times then? not realising the chip was on the back of the number doh!!

A few group photos later and a warm up from Amber, it was time to go to the start (or the back in my case). Off we went, I stuck with a few of the ladies from Keith's group. First lap was good, (we got lapped before the end of the first lap). The first half of the second lap I was losing the will to live, it was too hot and my mind was telling me I cannot get through this, however as soon as we hit the nice run down to the water I felt far more positive

The third lap I was almost enjoying myself, however as we approached what I thought was the finish line, I started to speed up, nearly there yes, no actually, as where I thought was the finish line was not the finish line and we had to go that little bit further. Finally we saw that magical finish line and sprinted towards it (okay ran slightly faster) !!

Cont...

Pos.	Name	Time
72	GRYGIEL, Jayson	00:40:09
161	WALES, Ben	00:44:31
166	BURGESS, Alan	00:44:46
178	GARDNER, Colin	00:45:14
220	DOWLING, Gillian	00:47:20
225	WALES, Tracey	00:47:28
229	Holloway Amanda	00:47:43
236	BARRETT, John	00:47:55
	TOMLINSON, Fiona	00:51:04
310	LINDLEY, Peter	00:52:34
338	SHILLING, Jenny	00:54:54 1st in age group
345	BARKER, Michael	00:55:26
366	BRACE, David	00:56:29
369	SCHOTHORST, Ambei	00:56:32
391	ROBINSON, Peter	00:58:44
403	SLADE, Tracey	00:59:24
416	DOWN, Sarah	01:02:10
417	GILES, FLEUR	01:02:14
424	SMITH, RICHARD	01:03:02
427	HUGHES, Levi	01:03:26
435	HAMP, Lorraine	01:04:47
440	LINDLEY, Janet	01:05:15
445	WALSH, Vicky	01:06:24
453	NOBLE, Sharon	01:08:43
457	BARKER, Susan	01:10:13
460	BARRETT, Susan	01:10:57
461	ADAMS, Ann	01:10:59
469	BRADY, Jackie	01:12:33
468	CONWAY, Julie	01:12:33
470	DOWN, Lorraine	01:12:37
471	ATKINSON, Deborah	01:12:38



Netley

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HAMPSHIRE ROAD RACE LEAGUE a running club competition

Very emotional to finish especially as a lot of the group were there to cheer at the end.

The support throughout the race was amazing, with Keith and the marshals all cheering along the way, plus loads of runners whether GRR or other clubs all yelling well done Gosport as they ran past.

So what's next, I should be happy I can run a 10k and stick at that, so why I am googling "The Great South Run"

Jackie







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MK Marathon - Adam Mundell

MILTON KEYNES

Arriving bright and early I found myself drawn to the reassuring coffee of McDonalds. Meeting up with Ben race prep continued (read breakfast for him, more coffee for me!).

Lining up at 0930 ready for a 10am set off. Initially waiting for the field to spread out Ben and myself happily plodding along. A nice chat with a victory runner and a catch up with Nick Mac early on keeping spirits high. Through the centre early on and a gospel band singing, pace holding well, we went through the 10k mark at 59:16 feeling good we pushed on.

Next little boost was a great chat with Ben from 401 and some photos (although much much quicker than we wanted). We approached the half way point although not as quick as what the official time says! (69mins is what Steve Way Won the half in, so I serious doubt we covered it in that!). Realising my pace was far too quick, I started to back off and released Ben to run his race. So with a handshake and a quick pic off he went!

Then my problems started. Mile 14 through to 22 was a mix of a rather boring 2 mile straight (thankfully broken up by a Jazz band) and a blister rubbing like mad! but mainly because I started to get back spasms that become so painful I had to switch to a run walk strategy. Pushing on and chatting to other runners about the event I heard a "come on Gosport" shout from behind by Erika from Bayside Tri. Picking the pace up for the next few miles with her felt great until I hit the mile 22 where again back spasms meant stopping at the medical tent, no pain killers but a rather good knuckle rub in the area sorted it.

The next final miles were met with much cursing about how the organisers said "flat" marathon.

Finally, with the stadium in sight I pushed on and the mile 26 marker was a very welcome site. All pain fell away as I entered the stadium car park and the return of the crowds I dropped back to a much better 9min/mile pace and entered the stadium to a wall of noise and cheers. The final lap around the stadium is something I'll hold with me for the rest of my life. Turning the last corner to the finish straight the Parkrun sprint finish kicked in and I jumped across the line to finish in 4hrs 53mins 08secs.

So my first marathon completed. Emotionally drained, mentally exhausted but utterly buzzing at completing the challenge. I would like to say a very special thanks to Ben for helping me through the first half and the great photos.

But I would also like to add to that, GRR and the 545 run club for helping me hit my training mileage and the support from you all has been the deciding factor in me completing. Bring on Portsmouth coastal in December!







Adam



The Results Section

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Race Results from your Results Co-ordinator

Thanks to all those who contact me with their results, please keep sending them in. I am especially pleased to get web links to results pages! And don't forget to let me know if you ran as someone else, or someone else ran as you!

Can I please ask, to ensure we capture all your results, that you contact either me or Colin with your results and we can then ensure that they are recorded.

Result of the Month

My "Result of the Month" section features the result which caught my eye whilst recording all those times of yours, not necessarily a "fastest" result or a PB, although it could be.

My result of the month this month can only go to Rob Byrne for his extraordinary achievement of running ten marathons in ten days, and with an average time for each one of 3 hrs 31 mins.

I know many of us were following Rob's progress online and willing him on each day.

<u>parkrun</u>

I am still collating parkrun times (for now at least) even though they do not now appear in the Newsletter. Please make sure you have GRR in your parkrun profile so that I can find your times whenever and wherever you do a parkrun.

Thanks...

Brian Fisher

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



Brian Fisher - Results Co-ordinator



GOSPORT GOSPORT

Club 5m Time Trial - 3rd May

Pos.	Name	Time	
1	Rob Byrne	29:33	
2	Simon Hearnden	29:59	Guest
3	Chris Buxton	30:47	
4	Thomas Bates	31:01	1st Timer
5	Jason Grygiel	31:39	PB
6	Nicki Moxham	32:10	1st Lady
7	Richard Wiltshire	33:00	Guest
8	Kev White	34:31	
9	Josh Belben	34:49	
10	Colin Gardner	36:49	
11	Kathryn Wealthy	37:35	1st Timer
12	Steve Pacey	37:39	Guest
13	Gill Dowling	38:32	
14	Daniel Thompson	38:33	1st Timer
15	Nick McBeath	39:05	
16	Dave Croft	40:09	
17	Yvette Eastman	41:02	PB
18	Fiona Tomlinson	41:06	
19	Pete Lindley	41:19	
20	Lee Westwood	41:52	
21	Brian Fisher	41:58	
22	Mike Stares	42:13	
23	Dave Little	42:52	
24	Dean Conway	43:03	1st Timer
25	Steve Wood	43:46	1st Timer
26	Tracey Wales	43:46	
27	Jane Cockayne	43:59	1st Timer
28	Catherine Stock	44:09	1st Timer
29	Rory Fall	44:31	
30	Lorna Harper	44:34	1st Timer
31	Nicki White	44:34	
32	Karen Phillips	44:35	

Yet another phenomenal turnout, thankfully who ever it was doing that rain dance has finally stopped and the Sun came out to play, even the breeze helped particularly along the Esplanade.

There were even big smiles on the faces of our Officials :-Janet Lindley - Starter & Timer, Andy Clutton - Backup Timer, Terry Weston - Numbers and Gary Francis - Recorder, as ever our thanks to you. Supporters, Louise Millson, Edith Millson, Emma Mundy, Samantha Moore, Karen Middleton + Family.

We even had an official Photographer, Ian Buzzard. Finally, was it not good to see Mike Welsted in his usual position on the front cheering everyone on?

David

Pos.	Name	Time	
33	Claire Bates	44:38	1st Timer
34	Debra Talbert	44:52	PB
35	Ann Marie Stables	44:53	PB
36	Colin Middleton	44:54	
37	David Baker	45:11	
38	Deborah Birch	45:20	
39	Mike Barker	45:21	
40	Claire Tallack	45:37	1st Timer
41	Nicky Finnemore	45:44	1st Timer
42	David Wright	45:49	
43	Melissa Pink	45:50	PB
44	Steve Dalmon	45:59	1st Timer
45	Sarah Newman	46:00	1st Timer
46	Tanya Ward	46:03	1st Timer
47	Sheena Ball	47:44	Guest
	Richard Smith	48:27	1st Timer
	Ellen Williams	49:06	Guest
50	Paul Williams	49:06	
51	Christina Nation	49:33	
52	Dave Kirby	51:19	



Club 5km Time Trial - 3rd May

Pos.	Name	Time	
53	Lara Bishop	52:56	PB
54	Debbie Atkinson	54:20	1st Timer
55	Sarah Williams	54:21	1st Timer
56	Ann Adams	56:50	1st Timer
57	Sue Barrett	56:50	
58	Lynn Jones	57:41	1st Timer
	STAR IN MARY MERINA		
59	Sid Smith	57:42	
	Sid Smith Jackie Brady	57:42 59:01	1st Timer
60			1st Timer 1st Timer
60 61	Jackie Brady	59:01	
60 61 62	Jackie Brady Jo Harvey	59:01 59:03	1st Timer
60 61 62 63	Jackie Brady Jo Harvey Lorraine Down	59:01 59:03 60:09	1st Timer





Dubrovnik Half - 1st May

Pos.	Name	Time
	Zoe Windsor	02:28:20
Milton Keynes Marathon - 2nd May		
Pos.	Name	Time
433	Paul Turle	03:43:36
888	Ben Jarvis	04:11:29
1497	Adam Mundell	04:53:08

Milton Keynes Half - 2nd May

Pos.	Name	Time
853	Nick MacBeath	01:59:27

Alton 10 - 8th May

Pos.	Name	Time	
30	Rob Byrne	01:06:42	
54	Thomas Bates	01:09:52	
104	Jayson Grygiel	01:14:59	
240	John Barrett	01:26:07	
251	Gillian Dowling	01:26:58	
281	Jane Cockayne	01:29:33	
294	Hayley Sparshott	01:30:42	
340	Martyn Barnes	01:37:27	
365	Claire Bates	01:40:22	
367	Laura Woodhams	01:40:56	
373	Nicola Colebourne	01:41:21	
376	Michael Barker	01:41:36	
386	Sharon Clutton	01:44:02	
387	Ellie Blaiklock	01:44:00	
391	Claire Tallack	01:44:59	
413	Sarah Newman	01:49:11	
414	Keith Elshaw	01:49:12	
441	Michaela Ward	01:55:40	
457	Tania Bernice	02:02:06	

Three Forts Challenge - 1st May

Pos.	Name	Time	
62	Ben Jarvis	04:18:58	
177	John Barrett	04:50:08	
303	Eric Magurk	05:38:22	1
338	Katrina Jurd	06:01:59	1st Marathon
339	Lisa Hennen	06:02:40	

Geneva Half - 8th May

Pos	•	Name	Time
366	61 Trad	cy Slade	02:18:04

Portsmouth Duathlon - 8th May

Pos.	Name	Time	
5	Eric MacGurk	01:35:07	2nd in age cat
14	Ben Jarvis	01:45:55	2nd in age cat
118	Fiona Tomlinson	02:23:47	3rd in age cat





Gosport 5k Summer Series - 10th May

Pos.	Name	Time
8	Chris Buxton	00:18:14
14	Ben Jarvis	00:18:26
16	Dan Belben	00:18:47
17	Jayson Grygiel	00:18:48
26	Kevin White	00:19:34
29	Su Baldock	00:19:54
38	Paul Williams	00:20:45
39	Tim Durant	00:20:49
49	Amanda Holloway	00:22:21
50	Gillian Dowling	00:22:28
51	Tracey Wales	00:22:34
52	Daniel Roiz De Sa	00:22:41
59	Dean Conway	00:23:50
65	Wes Clift	00:24:09
67	Jane Cockayne	00:24:16
68	Julia Roiz De Sa	00:24:27
72	Claire Tallack	00:25:09
74	Lara Durham-Dent	00:25:12
75	Lorna Harper	00:25:20
	Hayley Sparshott	00:25:24
79	Rikki Hatherly	00:26:04
83	David Wright	00:26:09
84	Catherine Stock	00:26:16
87	Debra Talbert	00:26:32
94	Peter Robinson	00:27:27
97	Lee Westwood	00:27:49
129	Lorraine Down	00:35:24
130	Sarah Down	00:35:24
133	Karlie Palmer	00:36:43
134	Izzie Watts	00:36:44

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Pos.NameTime162Eric MacGurk05:51:57	278 Pos.	Claire Barker Bristol 10k - 15th May Name	01:23:26 <i>Time</i>	
162 Eric MacGurk 05:51:57	278 Pos.	Claire Barker Bristol 10k - 15th May Name Tim Durant	01:23:26 <i>Time</i> 00:44:07	
	278 Pos. 778	Claire Barker Bristol 10k - 15th May Name Tim Durant Swashbuckler Tri - 15th N	01:23:26 <i>Time</i> 00:44:07	
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. 05.	runne	
10	Ben Jarvis	01:09:02
11	Andy Johnson	01:10:06
117	Lorna Harper	01:26:51

GOSPORT GOSPORT

BH5k Naked Run - 15th May

Name	Time	
Kirsten Maw	00:33:13	3rd in age cat
Jenna Knight	00:33:13	
Angela Hurst	00:33:13	
Pippa White	00:33:13	
Lara Durham-Dent	00:33:13	
Steve Squires	00:33:13	Guest
Steven Dalmon	00:33:13	
Colin Middleton	00:33:13	

Marlborough 33 Miles - 15th May

Pos.	Name	Time
102	Paul Street	07:03:13
103	Michelle Hayes	07:03:14
104	Ray Bernice	07:03:15



Netley 10k - 15th May		
Pos.	Name	Time
72	GRYGIEL, Jayson	00:40:09
161	WALES, Ben	00:44:31
166	BURGESS, Alan	00:44:46
178	GARDNER, Colin	00:45:14
220	DOWLING, Gillian	00:47:20
225	WALES, Tracey	00:47:28
229	Holloway Amanda	00:47:43
236	BARRETT, John	00:47:55
	TOMLINSON, Fiona	00:51:04
310	LINDLEY, Peter	00:52:34
338	SHILLING, Jenny	00:54:54 1st in age group
345	BARKER, Michael	00:55:26
366	BRACE, David	00:56:29
369	SCHOTHORST, Ambei	00:56:32
391	ROBINSON, Peter	00:58:44
403	SLADE, Tracey	00:59:24
416	DOWN, Sarah	01:02:10
417	GILES, FLEUR	01:02:14
424	SMITH, RICHARD	01:03:02
427	HUGHES, Levi	01:03:26
435	HAMP, Lorraine	01:04:47
440	LINDLEY, Janet	01:05:15
445	WALSH, Vicky	01:06:24
453	NOBLE, Sharon	01:08:43
457	BARKER, Susan	01:10:13
460	BARRETT, Susan	01:10:57
461	ADAMS, Ann	01:10:59
469	BRADY, Jackie	01:12:33
468	CONWAY, Julie	01:12:33
470	DOWN, Lorraine	01:12:37
471	ATKINSON, Deborah	01:12:38

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Brathay 10-in-10 - 13-22nd May

Day	Name	Time	Pos.
1	Rob Byrne	03:25:09	1
2	Rob Byrne	03:37:13	1
3	Rob Byrne	03:29:34	1
4	Rob Byrne	03:30:01	1
5	Rob Byrne	03:35:35	3
6	Rob Byrne	03:29:31	1
7	Rob Byrne	03:30:31	1
8	Rob Byrne	03:32:28	1
9	Rob Byrne	03:36:00	1
10	Rob Byrne	03:27:57	1
		Total	Average
	1st overall	35:14:09	03:31:24

The Ox Marathon - 22nd May

Pos.	Name	Time
73	Ray Bernice	05:14:20
74	Lisa Hennen	05:14:20
	The Ox Half - 22nd May	

Pos.	Name	Time
206	Julie Mansfield	03:02:55
238	Lucy Hudson	03:18:13
239	Pat Lapworth	03:18:13
240	Angela Elshaw	03:18:13
272	Jennifer Desmoulins	03:31:56



Run for the Roof 5k - 22nd May

Pos.	Name	Time
46	Laura Woodhams	00:27:34
47	Nicola Colebourne	00:27:34
49	ClaireTallack	00:27:38
50	Rory Fall	00:27:40
51	Jane Cockayne	00:27:40

Run for the Roof 10k - 22nd May

Pos.	Name	Time
10	Terry Arnott	00:41:28
21	Nick MacBeath	00:47:00
37	Kevin White	00:50:41
42	Nicola White	00:51:13
65	Jane Cockayne	00:56:28
68	Laura Woodhams	00:57:01
69	Nicola Colebourne	00:57:05
71	Rory Fall	00:57:26
76	Karen Phillips	00:58:05
83	Claire Tallack	01:00:40
84	Michaela Ward	01:01:04
98	Kerry Arnott	01:04:16
99	Sarah Down	01:04:51

Clanfield Challenge - 22nd May

Pos.	Name	Time
	Colin Gardner	00:58:21
	Darren Eynon	01:17:01

Great Manchester 10k - 22nd May

Pos.	Name	Time
287	Thomas Bates	00:39:35
8849	Claire Bates	00:55:34

6495 Tracy Slade

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Lakeside 5k - 25th

Pos.	Name	Time
148	Mike Stares	0025:49
Kent	Roadrunner Marathon - 28	th May
Pos.	Name	Time
103	Ben Jarvis	03:46:18
202	Lisa Hennen	04:16:32
252	Eric MacGurk	04:24:18
397	Keith Elshaw	05:27:02
423	Ange Elshaw	05:45:05
Live	erpool Rock & Roll Half - 291	th May
Pos.	Name	Time
	Adam Walters	02:16:36
Edinburgh Half - 29th May		
Pos.	Name	Time
1715	Martyn Rowell	01:45:15
5440	Deutid Droce	02.00.25
5440	David Brace	02:08:35
	dinburgh Marathon - 29th I	



06:18:43

Purbrook Ladies 5mile - 29th May			
Pos.	Name	Time	
11	Dowling, Gillian	00:39:07	
17	Wales, Tracey	00:39:58	
26	Tomlinson, Fiona	00:42:57	
27	Shilling, Jenny	00:43:09	
43	Elshaw, Lizzie	00:44:48	
46	Schothorst, Amber	00:45:40	
47	Oakes, Caroline	00:45:48	
58	Hudson, Lucy	00:46:48	
60	Barrett, Sue	00:46:52	
61	Talbert, Debra	00:46:53	
69	White, Pippa	00:47:51	
75	Clarke, Ros	00:48:19	
79	Harper, Lorna	00:48:29	
80	Pink, Melissa	00:48:30	
83	MacGurk, Jenay	00:48:41	
96	Shinton, Julie	00:49:44	
105	Windsor, Zoe	00:50:41	
111	Lindley, Janet	00:51:22	
112	Gee, Rachel	00:51:22	
113	Upshall, Dee	00:51:24	
117	Lapworth Pat	00:51:33	
156	Conway, Julie	00:57:00	
159	Bradshaw, Ashley	00:57:26	
161	Barker, Susan	00:57:48	
164	Tingley, Sue	00:58:24	
200	Hennen, Lisa	01:17:56	
200	nennen, Lisa	01.17.30	

Outlaw Half Triathlon - 29th May

Pos.	Name	Time
	Shona Rust	07:21:15



Any Other Business

GOSPORT GOSPORT

GRR Website:

All Club information relating to official meets and events can be found on the events page of our Website and all members are encouraged to look at this regularly.

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list.

http://www.gosportroadrunners.org.uk/





The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

http://www.facebook.com/groups/27301329294/

The Club also has a Twitter feed which can be accessed by following @gosportrr on

http://twitter.com/gosportrr

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



Newsletter Photos:

Photos help make the newsletter, if you are kind enough to supply an article, please could you also send me some of your original photos. A lot of photos included in the newsletter come from Facebook, this is fine, as its a good repository, and is always up to date, but the quality of the pictures is not as good due to compression.

If you have a photo you want to go with an article, or you think it would be great in the newsletter, then please send me a copy from your camera. This will be much better quality, and can be scaled and edited much easier.

If you're taking photos of an event, maybe you could keep some good ones aside just for the newsletter. Perhaps there was something particularly funny, that you think everyone would like to see. The newsletter reaches all current GRR members, and should ensure your snaps are seen by all.

Email them to me at

newsletter@gosportroadrunners.org.uk





NEWSLETTER





October 2016



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GOSPORT GOSPORT

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Chairmans Corner

GOSPORT GOSPORT

Hi all GRR,

Just a few words to introduce myself as your temporary chairman of Gosport Road Runners.

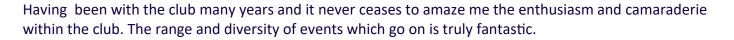
A little about me for those who don't me:

I am Ex RN Warrant Officer and I have been with GRR since 1989, besides running, I also participate in the odd triathlon. My PB's

5K: 19:30 10K: 40:07, 10 Miles 68:48, Half Marathon 1hr 31 Mins. Marathon 3hr 44 mins.

In addition I enjoy long distance hill walking and I have completed several National trails.

I am honoured to be your Chairman and my aim primary aim during the length of my tenure is to uphold the Gosport Road Runner Brand.



I am also blessed that I have a strong and committed team around me, please be assured that every decision we make is for the greater good of the club.

My primary objectives for the next few months are to:

- Success of the Gosport Half Marathon and ensure succession planning is in place
- Ensure the Gosport Road Runner Brand is maintained and identify areas for improvement.

Anyhow folks, please do not hesitate to contact me or the committee if you have any concerns or issues, and I will endeavour to resolve as soon as I can.

So as we move into the winter months, stay safe and look after each other.

All the best

Yours in running

Ken Eaden





GOSPORT GOSPORT

Ever since I did this marathon 5 years ago I've been trying to persuade my friends to come back with me to enjoy the scenery sun and best of gastronomy that this region of France has to offer.

This year Edward Anderson and quite a few other friends managed to get entries (which go very fast once the registration opens in March) and started to plan our outfits. For those who have heard of this event or for those who haven't, the marathon is done in compulsory fancy dress, the organisers set the annual theme and four and a half thousand people turn up at the start in appropriate costumes.

The rest of the event is a tour through the vineyards and grand estates of this region of Bordeaux whilst sampling produce from the region. There are 22 red wine stations, hams, cheese, oysters and entrecote steak on offer followed by a party tent with free wine and beer for those who haven't had enough already at the finish.

Last time around I almost died from overheating whilst dressed as woody woodpecker. This time the theme "Tales and Legends" lent itself to costumes that would be better in the 30°C heat and humidity along the Gironde. We went as Robin Hood, a few Merry Men, Ed was Friar Tuck and we even had a Maid Marian and a Nasty Sherriff of Nottingham. Now let's be clear about the event: it's not one for fast runners and quick times, it is about the spectacle, fun and festivities.

Those who are serious about it enjoy as much of the spectacle and aim to finish as close to the 6 hour 30 cut off as possible: as it was so hot this year the finish time was extended by another 30 minutes and we all made it through in time.

I enjoyed it so much I want to go back and do it all again.





GOSPORT GOSPORT

Once upon a time a very mature gentleman (Keith Elshaw) was due to turn 50 years young and I needed a half decent birthday pressie – 2 marathons in 2 days in Iceland what could be better!

I registered us both for this event with a company called <u>Action Challenge</u> who do loads of ultra-distance events, open to anyone, with choices of 25km, 50km, 75km or full 100km distances, e.g. London to Brighton/Thames Path etc.

The Iceland Challenge was to go along the <u>Laugavegurinn Trail</u>, which can only be accessed by multi-terrain vehicles at certain points. Therefore, it has only ever been a 5 day trek before Action Challenge (A.C.) decided to do the trail in just 2 days - so we were very much guinea-pigs!

We had to make our own way to Gatwick on the morning of 22nd July, to meet up with lots of other people who were flying out to Iceland for the event, others were joining us from various other airports, all organised by A.C.

On arrival in Iceland we all chatted excitedly with each other as we boarded the coach, and set off towards base camp, stopping en-route for dinner.

Just after dinner, we were advised over the coach tannoy to 'buckle up and expect a bumpy ride' as we were about to run out of tarmac... and oh boy did we! We rumbled over thick black ash, volcanic rock, sheer drops, mud, water crossings, but we eventually made it to the base camp – phew!

After spending a sleepless night in our cosy tent for 2, due to excitement and the 'midnight sun', the group split into 2 - group 1 having breakfast the other breaking down their tents, then this was reversed. Everything was handed over to A.C. who would drive it to the next base camp (end of 'day 1' stop – 26.2 miles away).

DAY ONE

So, off we went, my tendon was sore so it was always our intention to walk and warm up for a bit before 'running' the remainder of the marathon... but the terrain was such that you just couldn't run!

Now, I don't want to bore you all with how MAHOOSIVE the climbs and how steep the descents were, crossing boulders, lava fields, black sand, crossing glaciers, sulphur pits, and hot bubbling streams to raging sulphuric rivers and waterfalls. We had 4 seasons in 1 day. It was both brutal and stunning in equal measures, and very hard to describe.

We were told that once we got to the ½ way point on day 1 and had started the trek onto the glaciers that you MUST be fit and well enough to get to the finish point, as the only get to you from then on would be by helicopter.

So on we trekked, over a glacier (white and bright), down the other side onto wet black rock and ash, back up onto a glacier (white again), down the other side (black again). At one point we came off the last glacier and the descent was very very steep, to the point that I start going downhill, my foot slipped, then the other, again and again until I was running full pelt down this wet slope with nothing to do but hit the ground at the bottom... it felt like slow motion to me, as I desperately thought.. OMG this is gonna hurt!

Cont...





2 Marathons. 2 Days. Trek it, Explore it, Go for it!

Monthly Newsletter October 2016

GOSPORT G

I hit the ground and skidded to a stop, with Keith and a couple of other blokes shouting at me to 'stay down', but adrenalin made me get up, and quickly nearly fall back down again as the real pain hit. I'd banged my knees, forearms, head and it felt like I'd ripped my left booby off! Blood was everywhere, Keith had to pick gravel out of my head. After a little sit down we had no choice but to get moving again. En-route I used a stream and my buff to wash the blood, sand and gravel out of the cuts. It did knock my confidence, and I was frustrated with myself for being nervous and irrational about any descents from this point – Keith helped and I basically just had to man up!

We came down 1 hill, and in the distance we could see the basecamp, we just had to cross a river and we'd be there... 2 hours later we were still going as the terrain meant that we had to zig-zag towards it around a river (which we eventually had to cross anyway, but at a safe point).

On reaching the end, it had taken us about $9\frac{1}{2}$ hours all in all, and we finished about 4.45 pm'ish. 4 people had tried to 'run' it all, but even they took around $8 - 8\frac{1}{2}$ hours, so not that much in it really and I'm sure we enjoyed the scenery more.

The event paramedic and doctor were hard at work most of the evening in their make-shift surgery helping the injured or sorting out blisters and feet issues. But in all honesty they mostly ended up dishing out Ibuprofen and paracetamol like sweets.

We then had to set up our tent for 2 for the night, and again dinner was held in 'sittings' as people continued to arrive. The last walkers to finish day 1 took around 18 hours, and arrived once we were tucked up and asleep (some people had pulled out or been pulled out due to the toughness on day 1. Some were only allowed to do the first 10 miles of day 2 due to the terrain and their capability to complete the event).

DAY TWO

So, day 2, up again at 4.00am to get breakfast and pack down.

I was still sore and my knee was swollen from the tumble on day 1; it was a shame as day 2 turned out to be a bit flatter, with lots of 'Butser hills' black ash and lava fields to contend with.

We had to cross a number of fast moving rivers, and the guides made us cross arm-in-arm to hold each other up.

This was the day we walked up a big hill, down a steep descent and had to use a rope chain to sort of abseil about 6-7 foot to be able to cross a black sulphur river.

We did get a little competitive towards the end, as a 'gentleman' who had huffed and barged passed us a few times over the 2 days, including on a dangerous single track with a sheer; seemed now to be playing cat and mouse with us.

The Itinerary:

Day 1 - Fri 22 July - Arrive Iceland

- Depart London Airports on group flights (we departed from Gatwick)
 Coach transfer to South Iceland
 Day 2 - Sat 23 July - 0-42km
- · · ·
- Early start & day begins
 2 rest stops & lunch en-route
- Day 3 Sun 24 July 42-84km
- Very early early start 4.00am
- 2 rest stops & lunch e-route
- Medals, t-shirt & fzz
- Day 4 Mon 25 July Return to UK

Breakfast in hotel

Transfer to airport for group flights (again ours was back to Gatwick)

Camp in Afangagil. Briefing, dinner &

Trek to campsite in Hrafntinnuske

Transfer to hotel near Reykjavik

Dinner, briefing & sleep

Celebratory dinner & party

sleep



GOSPORT G

BUT! With about 3 miles to go, and a pleasant 'well done' from us, we decided to 'have him'... which we did by about 25 minutes (get in!).

We collected a medal, event t'shirt, a nice glass of champagne; and even a sweaty kiss (equates to a very quick peck only) We Finished!!

Groups of finishers were then bussed for about an 1½ hour to a hotel (more like a hostel, very basic) so we could actually shower – it was heaven!!!

We then met up with some others and hit the bar, but after a few drinks and the 'celebratory party' meal and speeches everyone was pooped, and so needless to say we slept very very well that night.

We were then back on the bus to the airport very early the next morning, back to Gatwick, back to Gosport and back to bed for a bit!

The bumps and bruises healed well, although the booby bruise did take 2 weeks to fully come out but has now gone, so I am still pleased to say I still have my twin-airbags to save me another day!

Would I do it again? You know at this point I don't know. I'd definitely go back to Iceland as a 'tourist' to see the sights and more of the country because it is an absolute joy to behold. The event was brutal but we still did it in a good time without too much drama!

Ange & Keith Elshaw





Tring Humanity Ultra

GOSPORT GOSPORT

Way back in January, someone posted a link on Facebook to an autumn Ultra Marathon. I was in training for the spring Isle of Wight Challenge, and I fancied the sound of this other Ultra for two reasons. Firstly, it was in a place called Tring (Hertfordshire), which is where I grew up, and secondly, it was Free to enter.

The whole event was being organised by Extreme Energy, and the idea was that you donated money to the Humanity Direct charity that was associated with the event. I put my name down, alongside a group of other GRRs.



Fast Forward on through the year, and I had to pull out of the Isle of Wight challenge on medical advice. Fast Forward on some more, and I've done a bit of running over the year, but maybe not more than 6-7 miles at a time. I've now been given a clean bill of health, and I then completed the Winchester Half in September, albeit 40 minutes off my PB.



As you can probably tell, I was not prepared for a 50k Ultra. I was never going to be able to run this race! In the end, after discussing various ailments, and injuries between us, we all agreed that we would walk the 50k, and stay together as a group...A kind of social event rather than a race.

On the Friday, we all made our way up to a Travelodge in Aylesbury, and early Saturday morning, we headed off to Tring Cricket Club. We had our briefing, in which they told us it was more like 32 miles, what's a mile between friends, and then we started with the other walkers at 8am. The other walkers must have been speed walkers, as they were gone like greyhounds out of the

trap...we'd already lost the walkers race. It was a bit fresh, and very misty, and then when we left the cricket club grounds, we immediately asked a marshal for directions...this was going to be fun.



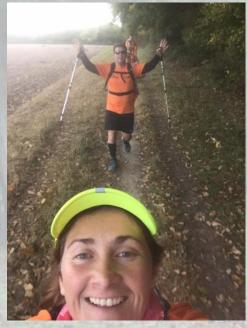
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Tring Humanity Ultra

GOSPORT GOSPORT

I've worked out in my head that it's 22 years since I lived in Tring, but only about 14 since my last visit. I don't have any family in the area now, and have no reason to return. As we were starting our walk though, I was looking at roads, and thinking I went to so and so down there, or that road goes to such and such. It's strange how you retain all this information, completely forget all about it, and the suddenly it's all there again, clear as anything.



Within a couple of miles, we'd left the road, and were now walking along the towpath of the Grand Union Canal. There was quite a bit of towpath on the whole route, which ended up being a bit boring. It's all very straight, and flat, but the hills made up for this eventually.

The route included some road, the canal towpath, Wendover Woods, some

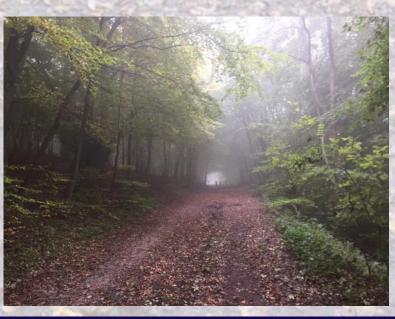
fields, Tring Park, more canal towpath, more fields, the Ashridge Forest Estate, Icknield Way, the Ridgeway, Ivinghoe Beacon, more canal towpaths, and finally a bit of road. The scenery was amazing, as good as

anything we'd get down here on the South Downs. Once the mist cleared, you could see for miles from up in the hills.

There were four checkpoints in total, all were well support-



ed, had loads of food and drink, and very friendly/chatty volunteers. We knew we were the last ones out on the route, but as a big group, we were pretty hard to miss. We'd gained the name 'The Hungover Walkers', but we're not sure where that came from, although we might have had a couple the night before.



Cont....



Tring Humanity Ultra

GOSPORT GOSPORT

As we were nearing the end, with about 6 miles to go, we were crossing over lvinghoe Beacon. This large hill sits in the Chilterns, overlooking Tring on one side, and Whipsnade Zoo/Dunstable on the other. As we're crossing over you could see a windmill in a field down in the valley. I thought to myself "I remember pointing that out to the kids as we drove past in the car", but then it dawned on me that I was one of the kids, and it was my Dad pointing it out to me. My kids have never been up to this area before.

This whole event was a massive trip back in time for me. I don't have particularly happy memories of my teenage years in Tring, and I'd always vowed I would never go back, but I'm really glad I did. Its helped me realise what a nice place it actually was to live and grow up, and hopefully it's time to close that chapter of my life. The sense of achievement when we finished was amazing. I'd completed my first Ultra Marathon. I'm sure I could have done it on my own, but I'm so glad I didn't.

We had a great day, just walking, chatting, laughing, and pushing each other on through the next mile. At the end, my feet were sore, but that was all really. I can't complain about sore feet after walking for 32 miles. The whole team who organised the event were still smiling when we finally arrived back, 10 hours after starting, the smiles were probably due to happiness at finally being able to go home.

The event was really well organised, and we were all made to feel very welcome. The event was initially limited to only 200-250 runners. It appears that on the day, only 114 turned up, of which 10 were from Gosport. We suspect the fact it was free, made it a lot easier for people to no bother. After talking to the organisers, they said that they had 100 people on a waiting list, but of course they don't know until the day how many spaces would be available. They said they'd learnt from the experience, and would do things differently next time. I would definitely do an Extreme Energy event again, and I would definitely do this event again.

Colin Middleton





The Results Section

GOSPORT GOSPORT

Race Results from your Results Co-ordinator

Thanks to all those who contact me with their results, please keep sending them in. I am especially pleased to get web links to results pages! And don't forget to let me know if you ran as someone else, or someone else ran as you!

Can I please ask, to ensure we capture all your results, that you contact either me or Colin with your results and we can then ensure that they are recorded.

Result of the Month

My "Result of the Month" section features the result which caught my eye whilst recording all those times of yours, not necessarily a "fastest" result or a PB, although it could be.

I dedicate this month's "Result of the Month" to all our new members who ran the Great South Run, especially those who only joined after the June Beginners Course.

These are Camille Ainsworth, Hayley Baird, Andy Brown, Andrew Bryant, Steve Calder, Karen Morby and Richard Smith. Apologies if I have missed anyone else.

Some of you had never run 10 miles before, look how far you have come in 4 months, well done all of you!



New Members

May I also welcome all the new GRR members, it's nice to see that you are out there taking part in club events already! If you do parkrun please do amend your parkrun profile so that I can see how you do.

Reminder

Please can I remind everyone! please let me know if you are running as someone else or someone else is running as you, if you take part in a race far away that I wouldn't know about. And if you are missing in any of the race results listed in the newsletter.

Thanks... Brian Fisher

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk



Results—Time Trial

GOSPORT GOSPORT

Club 5km Time Trial—August 2016

Who ordered that South Easterly wind? Really hit you as you turned to go along Stokes Bay road and slowed you down the whole length(that's my excuse anyway). Despite the conditions there is a good splattering of PB's, so well done all. The officials did there usual brilliant job, so thanks to :- Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Sue Barrett - Numbers, Gary Francis - Recorder. Piles of Supporters, Mike Welsted, Auz Grey, Pete Lindley, Kerry Irwin, Kev White, Nicky (I'm being sensible) White, Ken Eaden, Hayley Sparshott, Steve Wood, Tracy Johnston Slade and Angie Elshaw on her bike.

Thanks Dave	Croft
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Pos.	Name	Time	Comment	Pos.	Name	Time	Comment
1	Rob Byrne	17:29		26	Keith Elshaw	26:59	
2	Tom Barnard	18:19		27	Matt Jarvis	27:22	1st Timer
3	Dan Belben	19:41		28	Caroline Oakes	27:26	
4	Terry Arnott	19:48		29	Deborah Birch	27:36	
5	Colin Chalmers	19:53	1st Timer		Kim Carter	27:50	
6	Bryn Whitehouse	20:34		31	Levi Hughes	28:35	
7	Nick Carter	21:30		32	Nicky Finnemore	28:38	PB
8	Alan Burgess	21:33		33	Richard Smith	28:48	PB
9	Gill Dowling	22:25	1st Lady	34	Hayley Baird	29:05	PB
10	Ben Jarvis	22:26		35	Jo Hopkins	29:37	
11	Robin Maloney	23:31	1st Timer	36	Sarah Newman	29:37	
12	Nick MacBeath	24:20		37	Karen Morby	30:01	
13	Dan Thompson	24:41		38	Lorraine Down	30:05	PB
14	Darren Eynon	24:43		39	Dave Kirby	30:56	
15	Steve Caulder	24:45	PB	40	Andy Brown	31:06	PB
16	Mel Maloney	25:01	1st Timer	41	Nicky Hayward	31:32	PB
17	Dave Croft	25:38		42	Mike Kearney	32:07	
18	Guy Sheppard	25:47		43	Jackie Brady	33:10	PB
19	Fiona Tomlinson	25:49		44	Mel Bagwell	34:08	Guest
20	Dave Kitching	26:18		45	Vicky Gordon	34:09	
21	Mike Barker	26:21		46	Karen Harding	36:35	PB
22	Steve Squires	26:24		47	Sid Smith	36:36	
23	Lee Westwood	26:33		48	Caroline Harms	38:06	1st Timer
24	Kerry Arnott	26:37		49	Catherine Rogers	38:07	PB
25	Mike Stares	26:44					





GOSPORT GOSPORT

Cross Country

Pamber Forest-09-10-2016

Pos.	Name	Time
1	Terry Arnott	27th
2	Colin Cadillac Chalmers	54th
3	Richard Oakes	82nd
4	Bryn Whitehouse	92nd
5	Martyn Barnes	173rd
6	Chad Newman	178th
7	Brian Fisher	191st
8	David Croft	196th
9	Steve Calder	211th
10	Rory Fall	236th
11	Andy Hopkins	248th
12	Levi Hughes	260th

Pos.	Name	Time
1	Kerry Arnott	81st
2	Fiona Tomlinson	83rd
3	Ros Clarke	93rd
4	Lara Durham-Dent	96th
5	Caroline Mcguigan	98th
6	Vanessa Grant	127th
7	Pippa White	130th
8	Sue Barrett	139th
9	Nikki White	140th
10	Joanne Hopkins	142nd
11	Chris Nation	153rd
12	Nicky Hayward	156th
13	Lorraine Down	158th
14	Sarah Down	159th





Race Results

GOSPORT GOSPORT

Clarendon Marathon - 02-10-2016				
Pos.	Name	Time	Comment	
132	Ben Jarvis	04:24:16		
341	Lizzie Elshaw	07:25:05		
342	Ange Elshaw	07:25:05		

Clarendon Half Marathon - 02-10-2016				
Pos.	Name	Time	Comment	
132	Andy Clutton	02:04:54		
199	Mike Barker	02:23:29		
207	Sylvia Cawte	02:24:18		
229	Ros Clarke	02:32:16		
265	Sharon Clutton	02:44:12		
266	Debbie Birch	02:44:12		
267	Steve Cawte	02:44:12		

Gower Ultra 50 Miles - 02-10-2016

Pos.	Name	Time	Comment
98	Darren Eynon	13:18:41	

RNLI 10K - 02-10-2016				
Pos.	Name	Time	Comment	
7	Chris Buxton	00:38:23		
25	Nick Carter	00:43:25		
113	Hayley Sparshott	00:52:30		
116	Lisa Hennen	00:53:09		
279	Wendy England	01:11:15		

Southsea Pirates Pieces	of 8 (miles) - 02-10-2016
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Pos.	Name	Time	Comment
38	Colin Gardner	00:58:53	
84	Eric MacGurk	01:07:07	
127	Fleur Giles	01:12:46	
147	Kim Carter	01:15:11	

Bournemouth Ma	arathon - 02-10-2016
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Pos.	Name	Time	Comment
170	Jayson Gregeil	03:27:54	
315	Bryn Whitehouse	03:40:50	
614	Tracey Wales	03:57:51	
1335	Ed Anderson	04:41:27	
1486	Julia Roiz de Sa	04:50:59	
1738	Jennifer Desmoulins	05:17:09	

Bournemouth Half Marathon - 02-10-2016

Pos.	Name	Time	Comment
137	Kevin White	01:30:39	
138	Terry Arnott	01:30:39	
723	Martyn Barnes	01:46:17	
1252	Fiona Tomlinson	01:55:17	
1359	Jenna Knight	01:56:54	
3130	Samantha Moore	02:40:22	

	Bournemouth 10K -	02-10-201	.6
Pos.	Name	Time	Comment
290	Daniel Roiz de Sa	00:55:05	

Atlantic Challenge Day 1 - 07-10-2016

Pos.	Name	Time	Comment
277	Daniel Roiz de Sa	08:35:49	
	Day 2 - 08-10	-2016	
Pos.	Name	Time	Comment
234	Daniel Roiz de Sa	09:38:38	
	Day 3 - 09-10	-2016	
Pos.	Name	Time	Comment
73	Daniel Roiz de Sa	07:43:06	
	Overall		
Pos.	Name	Time	Comment
170	Daniel Roiz de Sa	25:57:33	

Oxford Half Marathon - 09-10-2016

Pos.	Name	Time	Comment
2127	Ray Bernice	01:51:39	
6693	Tanya Bernice	02:25:22	

Solent Half Marathon - 09-10-2016

Pos.	Name	Time	Comment
22	Rob BYRNE	01:22:34	
71	Chris BUXTON	01:29:49	
181	Colin GARDNER	01:42:00	
195	Alan Burgess	01:42:47	
232	Nick MACBEATH	01:45:54	
307	John BARRETT	01:57:31	
312	Hayley SPARSHOTT	01:58:39	
366	Lee WESTWOOD	02:08:39	
390	Rachel GEE	02:17:04	
411	Keith Elshaw	02:26:01	



Race Results

GOSPORT GOSPORT

	Salisbury Half Maratho	on - 09-10-2	2016
Pos.	Name	Time	Comment
200	Gillian Dowling	01:45:05	
322	Jane Cockayne	01:56:40	
446	Laura Woodhams	02:10:21	
491	Mandy Grant	02:16:27	
492	Claire Tallack	02:16:53	
513	Michaela Ward	02:20:20	

IOW Marathon - 09-10-2016

Pos.	Name	Time	Comment
129	Ben Jarvis	04:20:32	
169	Lisa Hennen	04:46:13	
170	Katrina Jurd	04:46:13	

Great Birmingham Run - 16-10-2016

Pos.	Name	Time	Comment
478	Bryn Whitehouse	01:31:54	

Amsterdam Half Marathon - 16-10-2016

Pos.	Name	Time	Comment
6684	Martyn Barnes	02:00:09	
9427	Amber Schothorst	02:08:42	
9885	Tracy Slade	02:10:17	
9960	David Brace	02:10:33	
12926	Martyn Rowell	02:10:37	
12927	Pat Lapworth	02:10:37	
13071	Joanne Hopkins	02:10:38	
13072	Andy Hopkins	02:10:39	

Eden Project Half Marathon - 16-10-2016

Pos.	Name	Time	Comment
	Hayley Sparshott	02:09:28	
	Laura Woodhams	02:52:44	
	Jane Cockayne	02:52:53	
	Claire Tallack	02:53:05	
	Michaela Ward	02:53:25	
	Adam Walters	02:28:49	Ex Member
	Denmead 10K - 1		
Dec	A 1		•
Pos.	Name	Time	Comment
	Gillian Dowling	00:48:41	Comment
66			Comment
66 88	Gillian Dowling	00:48:41	Comment
66 88 116	Gillian Dowling Fiona Tomlinson	00:48:41 00:52:22	Comment
66 88 116 122	Gillian Dowling Fiona Tomlinson Michael Stares	00:48:41 00:52:22 00:55:29	Comment
66 88 116 122 124	Gillian Dowling Fiona Tomlinson Michael Stares Jenny Shilling	00:48:41 00:52:22 00:55:29 00:56:38	Comment
66 88 116 122 124 145	Gillian Dowling Fiona Tomlinson Michael Stares Jenny Shilling Michael Barker	00:48:41 00:52:22 00:55:29 00:56:38 00:56:57	Comment

Humanity Tring Ultra 32 Miles - 22-10-2016					
Pos.	Name	Time	Comment		
102	Ange Elshaw	10:06:54			
102	Steve Pacey	10:06:54			
104	Lizzie Elshaw	10:06:55			
105	Jo Harvey	10:06:56			
105	Neil Elshaw	10:06:56			
107	Colin Middleton	10:06:57			
108	Becky Veal	10:06:58			
108	Jennifer Desmoulins	10:06:58			
108	Kirsten Maw	10:06:58			
111	Keith Elshaw	10:07:02			

Maverick Long 21K - 29-10-2016

Pos.	Name	Time	Comment
9	Tracey Wales	02:15:03	
14	Fiona Tomlinson	02:24:08	
19	Amber Schothorst	02:43:43	

Maverick Short 8K - 29-10-2016

Pos.	Name	Time	Comment
14	Jenner Moore	01:11:31	
15	Janet Lindley	01:11:32	
16	Eileen Cowling	01:11:33	

Beachy Head Marathon - 29-10-2016

Pos.	Name	Time	Comment
594	Rachel Davies	04:53:15	
667	Andy Clutton	05:02:00	
782	Paul Street	05:15:49	
999	Lisa Hennen	05:36:13	
1000	Darren Eynon	05:36:13	
1129	Michael Barker	05:51:00	
1148	Ellie Blaiklock	05:53:15	
1149	Jo Oakes	05:53:15	
1172	Lizzie Elshaw	05:55:45	
1345	Deborah Birch	06:28:49	
1346	Shirley Faichen	06:28:48	
	Sharon Clutton	06:28:48	
1417	Ray Bernice	06:42:00	
1418	Tania Bernice	06:42:00	
1468	Susan Barrett	06:55:20	
1479	Stephen Cawte	06:59:35	



Any Other Business

GOSPORT GOSPORT

GRR Website

All Club information relating to official meets and events can be found

on the events page of our Website and all members are encouraged to look at this regularly.

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list.



http://www.gosportroadrunners.org.uk



GRR and Social Media

The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

http://www.facebook.com/groups/27301329294/

The Club also has a Twitter feed which can be accessed by following @gosportrr on

http://twitter.com/gosportrr



Newsletter Photos

Photos help make the newsletter, if you are kind enough to supply an article, please could you also send me some of your original photos. A lot of photos included in the newsletter come from Facebook, this is fine, as its a good repository, and is always up to date, but the quality of the pictures is not as good due to compression.

If you have a photo you want to go with an article, or you think it would be great in the newsletter, then please send me a copy from your camera. This will be much better quality, and can be scaled and edited much easier.

If you're taking photos of an event, maybe you could keep some good ones aside just for the newsletter. Perhaps there was something particularly funny, that you think everyone would like to see. The newsletter reaches all current GRR members, and should ensure your snaps are seen by all.

Email them to me at

newsletter@gosportroadrunners.org.uk





NEWSLETTER





November 2016



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GOSPORT G

Club Awards

If you think you have achieved the required times for a Bronze, Silver or Gold Club Award please let me know asap. I would also like to hear from anyone who is close and just needs one more time (i.e. you're waiting to do the Coastal Marathon to complete your set). If I have not already messaged you in the last week then I have not got your Award details on my list

Now we're approaching the end of the year I need to get back the Club Trophies awarded last year. If you hold any, please get them back to me by the end of the year so I can get them engraved in time for the Awards Evening.

Details of the Awards Evening on Fri 27th Jan 2017 will be put out shortly.

So, you're thinking of using somebody else's running number?

On the GRR Facebook page we often see runners asking for, or offering up, unwanted running numbers, I have done it myself. Races are expensive to enter, it's a shame to waste the number, right?

Well, at our Half Marathon, a prize was awarded to the third lady runner to come in. Later that day I received a query from a club coach disputing the result. Upon studying the finish video record, it was discovered that the person wearing the lady's running number was in fact a man! She had given her number away.

This caused a considerable amount of work to correct several prizes in this lady's age-category. She was not a club runner, but her actions could have changed a team result too. And the real third-place runner could have been cheated out of her rightful prize. I disqualified this woman and the man's time was removed from the results. We may well ban her from entering the Gosport Half next year.

Please be aware, apart from the obvious safety issues around an unknown person becoming ill at a race, there can be other unintended consequences from unofficial number swaps too.

IF you make a swap, do try and get your own name assigned to it if you can. If you can't, and you are still determined to use it, then at the very least write your own details on the back of the number. Remember, if you get caught out it can lead to a ban for you and embarrassment to our Club.

Personal Safety

At the time of writing this, there is a story in the local press about a lone runner who has been assaulted in our town. Luckily for this lady, some GRRs were passing, and managed to intervene and protect her from being in any more danger.

It brings home to us all just how vulnerable we all are as runners at any time, but more so on the cold winter nights.

Please be safe and seen, run with a buddy if possible, and take extra steps to ensure you don't put yourself in harms way.



Couch to Great South Run By Andy Brown

Monthly Newsletter November 2016

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My story starts in Feb 2015, when at the age of 53 I weighed in at nearly 21 stone, for various reasons something clicked in my head and I decided to start Slimming World in order to lose some weight. I joined the gym in Jun 2015 after an initial 3 stone loss, by Christmas 2015 my weight loss was 5 stone and I felt a lot better, especially when not having to hunt down XXXL shirts that weren't too tight.

I was thinking about another challenge to sustain the weight loss and at HMS Sultan Summer Show, the Hampshire RBL County fundraiser flicked her blonde locks and flashed her blue eyes at me, and in a moment of weakness (aided by a couple of pints of New Forest cider!) I was persuaded to sign up for the Great South Run in aid of the Royal British Legion Poppy Appeal. I've been an active RBL member for many years and Chairman of Gosport and Alverstoke RBL Branch for the last 3 years, which also influenced my decision.

I have never been a runner and during my time in the Royal Navy I used to detest running along with most physical exercise apart from 20oz arm lifts, so my only intention was to raise some sponsorship money and complete the course before the finish line was dismantled and beat anyone doing it in lead diving boots !

I thought it would be prudent to start a bit of training, a trawl of the internet came up with the club page and the fact a beginners course was starting in June. With some trepidation I joined the nervous huddle of beginners for an introduction from Sue, followed by the first training session and meeting the 'tree of shame'. As the

weeks progressed we found we could actually run a bit further each week and still walk the day after. More importantly we were getting to know each other and bond as a group, encouraging and helping each other, aided by Sue, Keith, Jenny, Andrea and other GRR members who joined us for laps of Alverstoke village and the rugby field. Park runs also became part of our vocabulary, with a massive sense of achievement when I finally managed to run the complete distance

Due to the friendliness and welcoming attitude of GRR members, most of our beginners group joined GRR which is a testament to how inclusive and welcoming the club is. We celebrated graduating from our beginners' course by taking part in the final Bayside 5k race of the season, and having a group photo proudly displaying our medals, I was relieved to finish ahead of the gorilla.

I had already spoke to Keith about training for the GSR and he wrote me a modified plan with lower distances for the first 4 weeks, joining in with the group training for the GSR. I immediately got it wrong by missing the 3 mile group on a Thursday and joining the 5 mile group and to my surprise actually completing it, after this Keith suggested I join the rest of group and see how I got on. I struggled with the first 6 mile LSR due to setting off too quick, a lesson learnt. Each Saturday LSR saw an increase in distance.

My programme had Monday hills starting on week 5 but I found the post session pain in my calves too much so elected to stay on the flat and increase the miles on the LSRs up to the final 9 miles on the week before the GSR. Thanks to Keith, Ange and Andrea for the coaching and the rest of the group for your company encouragement, laughs and chat during the LSRs and other training sessions.

Cont...





Couch to Great South Run By Andy Brown

GOSPORT GOSPORT

Sunday October 23rd-Race Day

I met up with a large group of GRR at the ferry and started to feel the buzz of the event as we boarded and then made our way to the race village at Southsea Castle Field. I had to check in with the RBL contingent before joining the sea of yellow for group photos prior to everyone bomb bursting to their various starting waves. Butterflies had started as we made our way to the green wave start and warm up. Once I passed the start line, I stuck to Keith's words of advice of looking out for people suddenly stopping in front of you and trying not to zig zag too much whilst avoiding the walkers after the first mile.

I was running in a group of fellow GRR including Lou Down, Jackie Brady, Sharron Noble, Richard Smith, Andrew Bryant and Karen Morby, and a work colleague. We split up into smaller groups as we all got into our stride. I really enjoyed rolling back the years running through the dockyard section. Fortunately Karen was wearing club colours, so I got to hear and appreciate all the superb encouragement from GRR supporters around the course (I was wearing a blue RBL top). After the fifth mile we were passing more walkers and slower runners which was a great boost. Despite the training I was starting to feel tired after mile 7 but plodded on thankful for a tailwind along the seafront. I must have been tired as I don't recall passing the Yomper statue, I was probably more interested in grabbing some jelly babies for some much needed energy. I managed to see my family near the finish which was a boost. Karen managed a sprint finish, I was just happy to cross the line in a time of 1:48;58 and running for the whole 10 miles.



After the finish the euphoria of finishing my first ever distance running event kicked in along with everyone else celebrating, this feeling was reinforced by getting back to the rv point and being congratulated by experienced runners from the club, thanks to one and all. Post run food and rehydration took place in Gosport Wetherspoons under the guidance of some more seasoned GRR marathon runners.

I was pleasantly surprised not to be aching the next day with no nipple rub and was buoyed by getting a message from my Itchen Spitfire work colleague moaning about chafing because he made the schoolboy error of wearing different kit to what he'd trained in !!.

Did I enjoy it? I've already signed up for next year and will be running in club colours

As a bonus I have managed to raise over £1100 for the RBL Poppy Appeal



GOSPORT G

Depression Friends in association with Gosport Road Runners

We wish to invite All Supporters of Depression Friends who are members of Gosport Road Runners to a Sailing/ Running Event next May/June. GRR kindly donated to Depression Friends following last year's BRILLIANTLY successful half marathon event and we would like to subsidise a number of day sailing trips to make it possible for as many GRR members who would like to join us, to come along.

This includes any members suffering from a mental health issue, their GRR friends and family members who support those who are struggling and any other GRR member who wish to support our event.

GRR member Steve Crook is a Commercial Yacht Skipper and wife Claire Crook, also a GRR member and founder of Depression Friends are happy to volunteer their time free of charge as skipper & crew taking up to 8 guests for the day on the sailing trip over to Cowes, Isle of Wight on a yacht chartered from the Four Seasons Charter Company based in Haslar Marina, Gosport. There will also be an option of a run over on the island, for anyone who fancies it!

To charter a yacht for the day can cost anything upwards of £500 so there will be a charge per person for this sailing event but depending on the level of interest, it will be heavily subsidised, as best we can. So we will let you know more details shortly. We're hoping we can charge no more than £50-£75 per person if we manage to get enough interest.

Please 'LIKE' and 'SHARE' Depression Friends Facebook Page to help stop the stigma of mental health and build awareness that 1 in 4 of us will most likely suffer from a mental health illness sometime in our lives...

Please register your initial interest BY 8th DECEMBER on either by MESSAGE on DEPRESSION FRIENDS FB PAGE or via Email or FB messenger to:

Claire Crook

Mobile: 07730 394441

Email: te55el@yahoo.com

Thank you for taking the time to read this and if anyone has any queries in the meantime, please do not hesitate to get in touch with Claire Crook, Steve Crook or Terry Arnott.





Gosport Half

Monthly Newsletter November 2016

GOSPORT GOSPORT

























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The Results Section

GOSPORT GOSPORT

Race Results from your Results Co-ordinator

Thanks to all those who contact me with their results, please keep sending them in. I am especially pleased to get web links to results pages! And don't forget to let me know if you ran as someone else, or someone else ran as you!

Can I please ask, to ensure we capture all your results, that you contact either me or Colin with your results and we can then ensure that they are recorded.

Result of the Month

My "Result of the Month" section features the result which caught my eye whilst recording all those times of yours, not necessarily a "fastest" result or a PB, although it could be.

My result of the month for November goes to Su Baldock for her Helper's Half time of 1:45:30 and just behind her Kathryn Wealthy in 1:46:22. This was the first Half Marathon as GRRs for them both. Great times ladies, well done.



Reminder

Please can I remind everyone! please let me know if you are running as someone else or someone else is running as you, if you take part in a race far away that I wouldn't know about. And if you are missing in any of the race results listed in the newsletter.



Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk



Results—Time Trial

GOSPORT GOSPORT

Club 5km Time Trial—November 2016

Almost perfect conditions once again, not to Hot, not to Cold, not to Windy, Goldilocks could not have asked for more. As always our officials did a splendid job, so once again, Many Many thanks to :- Liz Redpath- Starter & Timer, Janet Lindley - Back-up Timer, Terry Weston - Numbers, Gary Francis - Recorder. Supporters, Brian Fisher, Nikki White, Pete Lindley, Dave Kirby, Kerry Irwin-Hall, Lee Westwood

Thanks... Dave Croft

Pos.	Name	Time	Comment	Pos.	Name	Time	Comment
1	Rob Byrne	17:43		26	Matt Jarvis	28:08	
2	Terry Arnott	18:24	PB	27	Christine Nation	28:18	
3	Michael Percival	18:49	1st Timer	28	Mike Kearney	28:42	
4	Dan Belben	19:16		29	Lorraine Down	28:53	PB
5	Ken White	19:17		30	Keith Elshaw	28:54	
6	Bryn Whitehorse	19:31	PB	31	Richard Smith	28:54	
7	Paul Williams	20:52		32	David Baker	29:02	
8	Nick Carter	21:12		33	Andy Brown	29:07	PB
9	Alan Burgess	21:25		34	Karen Morby	29:11	PB
10	Tim Durant	22:14		35	Tracy Slade	29:12	
11	Robin Maloney	22:57	PB	36	Kieran Slade	29:12	Guest
12	Nick MacBeath	22:57		37	Pete Robinson	29:35	
13	Gill Dowling	23:54		38	Andrew Bryant	29:36	PB
14	Danial Thompson	23:54		39	Lorna Harper	29:41	
15	Yvette Eastman	24:34	PB	40	Kate Smyth	29:47	
16	Mel Maloney	24:38	PB	41	Jackie Brady	31:02	PB
17	Fiona Tomlinson	25:14		42	Nicky Hayward	31:07	PB
18	David Kitchen	26:37		43	Nikki Leech	32:12	
19	Levi Hughes	26:41		44	Julie Conway	34:14	PB
20	Kerry Arnott	26:52		45	Caroline Harms	36:21	
21	Rory Fall	27:00		46	Karen Harding	36:22	PB
22	Caroline Oakes	27:01		47	Sue Barrett	36:27	
23	Fleur Giles	27:10	PB	48	Jennifer Parker-Lummi	37:00	1st Timer
24	Mike Stares	27:30		49	Steve Crook	37:02	
25	Colin Middleton	27:45			Dave Croft		1 Lap



Results—Helpers Half

GOSPORT GOSPORT

After some very bad weather earlier in the day, we were very lucky to have fairly benign conditions for this event, especially if you considered what transpired last year.

Many Many thanks to :- Liz Redpath- Starter & Timer, Janet Lindley - Back-up Timer, Terry Weston -Numbers, Gary Francis - Recorder. Supporters, Brian Fisher, Nikki White, Pete Lindley, Dave Kirby, Kerry Irwin-Hall, and Lee Westwood.

Pos.	Name	Time	Comment
1	Terry Arnott	01:28:22	
2	Steve Crook	01:30:19	PB
3	Bryn Whitehouse	01:35:42	
4	Su Baldock	01:45:30	First Half
5	Kathryn Wealthy	01:46:22	First Half
6	Ray Bernice	01:49:21	
7	Rachael Davies	01:50:13	PB
8	Paul Street	01:52:22	
9	Eric Macgurk	01:52:22	PB
10	lan Pugh	01:52:56	
11	Kevin White	01:52:57	
12	Gill Dowling	01:53:29	
13	Yvette Eastman	01:53:30	PB
14	Dave Croft	01:54:16	
15	Lisa Hennan	01:55:53	
16	Tracy Slade	01:56:06	PB
17	Jane Cockayne	01:57:04	
18	Fiona Tomlinson	01:58:06	
19	Catherine Stock	02:01:56	
20	Steve Silverlock	02:01:56	First Half
21	Katrina Jurd	02:01:56	PB
22	Colin Gardner	02:02:06	
23	Jenny Shilling	02:04:35	
24	Steve Calder	02:04:35	First Half
25	Andrea Edwards	02:05:29	
26	Lee Westwood	02:07:07	

Pos.	Name	Time	Comment
27	Julia Roiz Da Sa	02:07:41	
28	Phil Moran	02:09:00	First Half
29	Kim Carter	02:09:03	
30	Wesley Clift	02:09:44	First Half
31	David Brace	02:12:23	
32	Kirsten Maw	02:12:23	
33	Laura Woodhams	02:12:23	
34	Mike Barker	02:18:56	
35	Pat Lapworth	02:24:23	
36	Martyn Rowell	02:24:24	
37	Sue Barratt	02:24:29	
38	Chris Nation	02:28:17	
39	Ann-Marie Stables	02:28:17	
40	Steve Wood	02:34:27	First Half
41	Caroline Oakes	02:39:21	
42	Sarah Down	02:39:21	
43	Sarah Bishop	02:39:45	
44	Claire Tallack	02:39:45	
45	Sarah Newman	02:40:14	
46	Jo Hopkins	02:40:15	
47	Sue Barker	02:43:01	
48	Sue Tingley	02:43:01	
49	Janet Lindley	03:07:00	First half for years!
50	Louise Millson	03:07:00	
51	Denise Francis	03:07:00	



Race Results

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Corrida Pedestre de Guerande 10k - 06-11-2016				
Pos.	Name	Time	Comment	
107	Tom Bates	00:40:43		
514	Claire Bates	00:54:47		

Meon Valley Marathon - 06-11-2016

	•		
Pos.	Name	Time	Comment
77	Ray Bernice	04:51:52	
103	Lisa Hennen	05:14:33	
131	Jane Cockayne	06:17:00	
132	Claire Tallack	06:19:32	
136	Nicola Colebourne	06:26:34	
135	Laura Woodhams	06:26:34	

Meon Valley Half - 06-11-2016

Pos.	Name	Time	Comment
10	Terry Arnott	01:38:08	
58	Kevin White	01:59:08	
114	Ros Clarke	02:18:48	
141	Nick MacBeath	02:36:17	
142	Nicola White	02:36:17	

Bayside Sprint Duathlon - 06-11-2016

Vesuvius 5k - 06-11-2016				
Pos.	Name	Time	Comment	
	Maree O'Rourke	00:50:35		

Timelord on the Thames - 24-11-2016

Pos.	Name	Time	Comment
	Lisa Hennen	04:22:48	26.24 miles
	Eric Macgurk	04:44:24	26.24 miles
	Susan Barrett	02:36:19	13.12 miles
	Jane Cockayne	02:49:47	16.4 miles
	Claire Tallack	02:36:19	13.12 miles
	Janet Lindley	02:33:56	9.84 miles
	Louise Millson	02:33:56	9.84 miles



Pos.	Name	Gun Time	Run1	T1	Cycle	T2	Run2
10	Thomas BARNARD	01:17:09	00:18:10	00:01:13	00:37:08	00:01:29	00:19:09
17	Ben JARVIS	01:20:54	00:20:10	00:00:47	00:38:53	00:00:42	00:20:23
48	Daniel Roiz de Sa	01:26:32	00:22:58	00:00:59	00:38:05	00:00:49	00:23:42
58	Daniel Thompson	01:28:52	00:23:40	00:01:17	00:39:27	00:01:07	00:23:21
77	Darren Eynon	01:35:31	00:25:02	00:01:40	00:43:57	00:01:14	00:23:39
78	Martyn Rowell	01:35:36	00:24:05	00:00:53	00:45:20	00:00:32	00:24:46
94	David Kitching	01:40:41	00:27:18	00:02:12	00:42:04	00:01:51	00:27:17
104	Fiona Tomlinson	01:44:04	00:27:38	00:01:20	00:48:45	00:00:42	00:25:39
106	Edward Anderson	01:44:30	00:26:03	00:01:00	00:49:17	00:00:39	00:27:33
113	Hayley SPARSHOTT	01:46:42	00:27:17	00:02:08	00:47:21	00:01:39	00:28:18
116	Lee WESTWOOD	01:48:08	00:26:05	00:01:23	00:52:38	00:00:56	00:27:07
121	Sheena Ball	01:56:12	00:29:27	00:01:31	00:51:19	00:01:07	00:32:48

Bayside Super Sprint Duathlon - 06-11-2016

Pos. Nan	ne Gun Time	e Run1	T1	Cycle	T2	Run2
2 Chris BUXTC	ON 00:40:5	00:09:05	00:01:03	00:19:17	00:01:02	00:10:29
8 Steven Squi	res 00:48:2	.9 00:12:09	00:00:49	00:23:06	00:00:26	00:11:59
24 Miranda Ca	rrick 00:54:5	3 00:15:03	00:01:21	00:23:06	00:00:56	00:14:27
36 Julia Roiz de	e Sa 01:00:1	.2 00:14:36	00:01:44	00:29:22	00:01:55	00:12:36
38 Joanne Hop	kins 01:00:4	1 00:15:05	00:01:59	00:26:57	00:01:26	00:15:14
45 Tracy Slade	01:05:2	2 00:14:32	00:01:32	00:35:08	00:00:55	00:13:14



Race Results

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	Hayling 10 - 2	/-11-2016			Saxon Shore Marath	on - 27-11-2(016
Pos.	Name	Time	Comment	Pos.	Name	Time	Comment
54	Terry Arnott	1:04:12		8	Steve Crook	03:19:34	
65	Nikki Moxham	1:05:16					
82	Ben Jarvis	1:06:54			Southampton 10k	- 27-11-2016	5
84	Bryn Whitehouse	1:07:01		Pos.	Name	Time	Comment
114	Kevin White	1:09:05		12	Colin Chalmers	00:40:55	
157	Paul Williams	1:11:57		61	Tracy Slade	00:49:57	
195	Benjamin Wales	1:13:59					
200	Alan Burgess	1:14:26			Festive Frolic - 2	27-11-2016	
226	Tracey Wales	1:15:42		Pos.	Name	Time	Comment
352	Gillian Dowling	1:25:10			Lisa Hennen	04:56:32	27.6 miles
353	Fiona Tomlinson	1:25:10			Jane Cockayne	03:15:08	18.4 miles
381	Hayley Sparshott	1:27:50			Claire Tallack	02:59:54	13.8 miles
385	Lee Westwood	1:28:24			Laura Woodhams	02:59:54	13.8 miles
389	Jenny Shilling	1:28:44			Mandy Grant	02:59:54	13.8 miles
396	Tracy Bale	1:29:35			Debbie Humphries	02:08:38	9.2 miles
418	Rory Fall	1:31:31			Louise Millson	01:08:27	4.6 miles
423	Kerry Down	1:31:47			Janet Lindley	01:08:28	4.6 miles
	Andrew Hopkins	1:31:54					
	Nikki White	1:32:07					
431	Ellie Blaiklock	1:32:36					
432	Sharon Clutton	1:32:36					
	Keith Elshaw	1:38:43					
499	Karen Morby	1:40:01					
500	Susan Barrett	1:40:01					
509	Joanne Hopkins	1:41:27					





Any Other Business

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GRR Website

All Club information relating to official meets and events can be found

on the events page of our Website and all members are encouraged to look at this regularly.

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list.



http://www.gosportroadrunners.org.uk



GRR and Social Media

The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

http://www.facebook.com/groups/27301329294/

The Club also has a Twitter feed which can be accessed by following @gosportrr on

http://twitter.com/gosportrr





Photos help make the newsletter, if you are kind enough to supply an article, please could you also send me some of your original photos. A lot of photos included in the newsletter come from Facebook, this is fine, as its a good repository, and is always up to date, but the quality of the pictures is not as good due to compression.

If you have a photo you want to go with an article, or you think it would be great in the newsletter, then please send me a copy from your camera. This will be much better quality, and can be scaled and edited much easier.

If you're taking photos of an event, maybe you could keep some good ones aside just for the newsletter. Perhaps there was something particularly funny, that you think everyone would like to see. The newsletter reaches all current GRR members, and should ensure your snaps are seen by all.

Email them to me at

newsletter@gosportroadrunners.org.uk





NEWSLETTER



Winter

December 2016



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News

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Club Awards Evening & AGM

Our Annual Awards evening will be taking place on Friday 27th January 2017. Tickets will be £7 each. Please see Sue Barrett or Rachel Gee to get your tickets.

Our AGM will be taking place on Tuesday 28th March 2017 at 19:00. All are welcome, and as it's a normal club night, there will be an option for an earlier club run at 18:00 or 18:30, more details on this to follow.

Call for LIRFs

Would you like to be a GRR LIRF? A LIRF is a Leader in Running Fitness, and we rely on LIRFS to take out groups of runners on a club run night. There is a course that you would need to go on to qualify, the costs of which would

be met by the club. Once you've qualified, we'd like you to attend the club on a semi-regular basis, and to lead a group of runners on one of our run routes.

If you think you might be interested in becoming a LIRF, please see either Sue Barrett or Keith Elshaw who can offer more information.

Hi-Vis & Routes

At this time of year, it is especially important to make personal safety a priority. Please can we remind runners that Hi-Vis clothing makes a big difference in helping keep you visible and safe in the winter weather.

On the safety note, every club night, we supply club routes for our runners to run. If you decide to go off route, and choose to run a different route, we need to remind you that in the event of an accident, you will not be covered by the clubs liability insurance.

Committee Vacancies

In March 2017, we will be holding the annual club AGM. One of the roles becoming vacant will be that of Results Recorder. Brian Fisher has done a sterling job over the last three years, but now its time to give someone else a turn.

Here is a job spec, and there is a bit more information in Brians results section later in the newsletter.



Results Recorder Job Spe
Compile and collate members' race results from race websites (and those provided by members) and enter them into our databas
Pass on race results to the Newsletter Edit
Produce the statistics needed for our Club Awards in conjunction with the men's and ladies' captains.
Source trophies and help run the Awards Evening.
Requirements:
A Computer.
P.C. literacy with a working knowledge of Microsoft Excel.



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5.30 am Sunday 11th December saw us up and on our way for the first ever Bovington Marathon run by White Star Running, sitting in the car and all around was thick fog, I was thinking this is going to be fun.

I met Ben Jarvis for a short time before he disappeared into the distance.

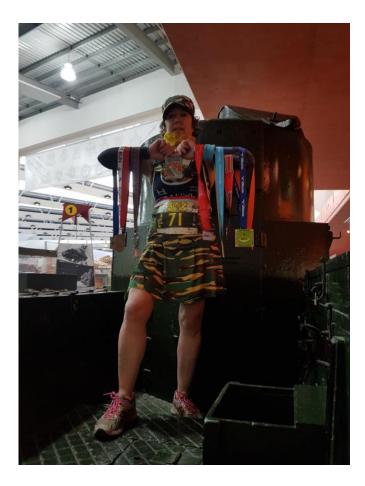
8.30 am arrived and off we went, about 1k in everyone stopped for a river, and waited to use the bridge. Not me, I went straight though the ice-cold water lol, the views through the fog/mist were amazing, watching other runners disappear into the mist was like watching the walking dead.

We had mud, ice cold rivers (didn't need an ice bath with them), trail paths, small hills, large hills and a big huge hill, what went up came down.

With a water station every 4/5k you had no worries if struggling, the last station is what they call a 'love station'. Here you will fine cuddles, cake, sweets, cider, vodka, and hot mulled wine, which was much needed

The last 2 miles had you running through 3 rivers the last one being the same river as on the out. This meant no muddy shoes! I came home in a slow 5hrs 46 min 36. And this is only thanks to another runner called Ivor McQuaid who got me through the last couple of miles...Will I do it again? HELL yes, Roll on next year!

What a great way to finish off my racing year with Bovington being my last race and GRR being my first club race. and being allowed to stand on a World War 1 armoured car for a photo, I had hoped for a tank but hey ho!







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Portsmouth Coastal Marathon

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PORTSMOUTH

MARATHON

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I'd just like to say I found this my most enjoyable marathon to date. - Ian P

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favourite coastal marathon to date. was my third time running it and loved it. great weather, great seeing all of our grr runners and as ever fantastic support from the club, making more checkpoints and giving u that burst of energy we always need. - Ben J

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Portsmouth Coastal Marathon

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ORTSMOUTH









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Portsmouth Coastal Marathon

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I cannot thank the GRR family enough for their amazing support all the way round the 26.2 mile course. It kept me going when I was in agony! You all rock! - Hayley S

499

Emotional. So pleased to see Harry Carter lace his racing shoes on again. Lots of other personal triumphs and such team spirit! Happy Christmas - Nick & Kim C







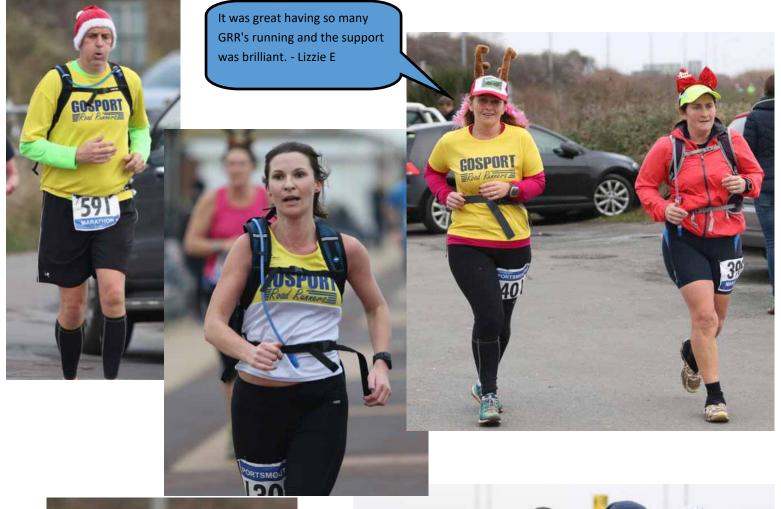


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I would strongly recommend that you train for a marathon. I didn't but should have known better as the PCM was my 4th marathon. The first 20 miles were fine as I had recently run a couple of halves but from there to the finish line was not pretty. For the correct marathon preparation chat to Keith or Sue. - Lee W

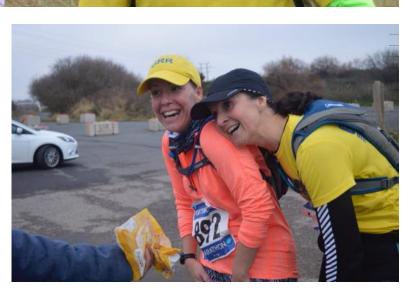


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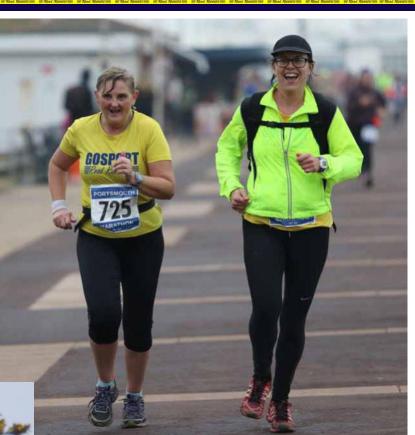
Portsmouth Coastal Marathon

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Road Runners:







The Results Section

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Race Results from your Results Co-ordinator

Thanks to all those who contact me with their results, please keep sending them in. I am especially pleased to get web links to results pages! And don't forget to let me know if you ran as someone else, or someone else ran as you!

Can I please ask, to ensure we capture all your results, that you contact either me or Colin with your results and we can then ensure that they are recorded.

Result of the Month

My "Result of the Month" section features the result which caught my eye whilst recording all those times of yours, not necessarily a "fastest" result or a PB, although it could be.

It's not often that someone runs their first ever Marathon and finishes in third place, but that's what Harry Carter did at the Portsmouth Coastal Marathon in a time of 2:44:48.

What else can I say but that's a pretty special result to finish 2016, well done!

Finally the last date for Club Award applications is Tues 3 Jan, if you think you have achieved the qualifying times for an award please contact me as soon as possible.

Reminder

Please can I remind everyone! please let me know if you are running as someone else or someone else is running as you, if you take part in a race far away that I wouldn't know about. And if you are missing in any of the race results listed in the newsletter.

Thanks... Brian Fisher

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

<u>newsletter@gosportroadrunners.org.uk</u>





Results News

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Park Run Records

Please note that from Jan 1st I shall stop recording Park Run times.

With ever-increasing numbers of GRRs taking part in Park Runs at multiple locations every Saturday; the task has become too big on top of all the races our members participate in.

Park Run times will still count towards the Club's bronze, silver and gold awards. The Park Run website has good statistical information on each runner and it is easy to find your PBs.

A member who believes they have achieved the qualifying times for a club award advises the Results Recorder of their races and times. The Results Recorder will verify their times from his database, if this includes a Park Run time he will check on the Park Run website too.

It is still important that you register with Park Run as a GRR so that your statistics can be easily found on the Park Run website.

New Trophies

We have three new awards for this year:

The Giles Awards (M & F) will be presented in memory of Giles Cowling our chairman who, as most will know, sadly passed away in April.

Giles was very encouraging to everyone, irrespective of their ability.

These awards will go to someone who may not have won races, or gained Club Awards, but has made the best effort they could in their running.

The Hugh Pritchard Cup is in memory of Club founder Hugh who also passed away this year. Hugh organised the first Gosport Marathon and was himself a good Marathon runner. This Cup will become a Club marathon record. Starting with the fastest male and female marathon runners and their times for this year; their names and times will be inscribed on the base and will be the starting benchmark for future years. When a GRR runner beats the Club Marathon record in subsequent years their name will be added to the list. I have to say that the bar will be set pretty high from the start!

The Mick Wellsted XC Trophy is in recognition of Mick's contribution to GRR and will be presented at the end of the cross-country season in March. More details later.

Result Recorder Needed!

You will have seen elsewhere in this newsletter a notice that there will be a vacancy for the Results Recorder role at the next AGM.

By then I will have been your recorder for three years. During my tenure I have updated the recording process (with the kind help of Paul Street who has written bespoke software for me) and made recording results quicker and with less room for error.

I have also updated some club trophies and replaced missing ones.

It's time to pass the reigns on to someone else. That said I shall be happy to shadow and mentor my successor until they are up to speed.

If the Results Recorder job sounds like something <u>you</u> would like to do, please drop me a line and we can have a chat.

Thanks... Brian Fisher



Results—Time Trial

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Club 5km Time Trial—December 2016

Different set of conditions from those of last month but just as good for running, calm and warm (for a winters night). Surprisingly few PB's considering these conditions, although Gill Dowling's should be mentioned as being a bit special(Gold Standard?). HUGE THANKS as always to all our officials and supporters, Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder, Emma Louise Robinson, Nikki White

Thanks... Dave Croft

Pos.	Name	Time	Comment	Pos.	Name	Time	Comment
1	Terry Arnott	18:30		24	Darren Eynon	28:21	
2	Mike Percival	18:49	Equal PB	25	Kate Smyth	28:23	
3	Ben Jarvis	19:09		26	Lorna Harper	28:26	
4	Kevin White	19:14		27	Mike Kearney	28:32	
5	Paul Williams	21:16		28	Amy Wadhams	29:14	Guest
6	Gill Dowling	21:20	PB	29	Ken Eaden	29:38	
7	Richard Wiltshire	21:53	1st Timer	30	Andy Brown	29:43	
8	Kathryn Wealthy	22:36		31	Sheena Ball	30:02	
9	Danial Thompson	23:06		32	Nikky Leech	30:02	
10	Yvette Eastman	24:28	PB	33	Jenner Moore	30:32	
11	Dave Croft	25:37		34	Karen Morby	30:41	
12	Rory Fall	25:41		35	Lorraine Down	30:42	
13	Jenny Shilling	25:55		<mark>36</mark>	Camille Ainsworth	31:04	
14	Dave Kitching	26:17		37	Hayley Baird	31:04	
15	Mike Stares	26:18		<mark>38</mark>	Shannon Brown	32:06	Guest
16	Terry Moore	26:33		39	Danielle Henry	32:07	Guest
17	Fleur Giles	26:40	PB	40	Rob Byrne	32:35	
18	Lara Durham-Dent	26:40		41	Melanie Bagwell	34:32	1st Timer
19	Steve Squires	26:42		42	Kier Bagwell	34:35	
20	Ann Marie Stables	27:29		43	Jennifer Parker-Lummis	35:30	PB
21	Keith Elshaw	27:39		44	Debbie Humphreys	35:43	PB
22	Sue Barratt	27:47		45	Steve Crook	35:47	
23	Lisa Maria Hennan	27:48		46	Sid Smith	35:47	



Race Results

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Cognac Half Marathon - 12-11-2016									
Pos.	Name	Time	Comment						
73	Tom Bates	01:30:28							
	Barbados 1 Mile	- 02-12-201	6						
Pos.	Name	Time	Comment						
	David Brace	00:08:35							
	Amber Schothorst	00:08:59							
	Barbados 10k -	03-12-2016							
Pos.	Name	Time	Comment						
168	David Brace	01:02:59							
233	Amber Schothorst	01:14:49							
	Barbados Half -								
Pos.	Name	Time	Comment						
	Amber Schothorst	02:26:11							
255	David Brace	02:28:01							
	Bovington Maratho	on - 11-12-2	016						
Pos.	Name	Time	Comment						
	Ben Jarvis	04:20:44							
240	Eric MacGurk	05:28:14							
241	Lisa Hennen	05:28:15							
275	Carol Collins	05:46:36							
	Twixmas 10k - 2	27-12-2016							
Pos.	Name	Time	Comment						
	Lisa Hennen	00:51:57							
	Eric Macgurk	00:51:57							
	Emma Robinson	01:01:51							
		04 05 22							
	Micheala Ward	01:05:32							
229	Micheala Ward Debbie Humphreys	01:05:32 01:16:22 01:31:58							

Winter Cross 50k - 28-12-2016

Pos.	Name	Time	Comment
58	Daniel Roiz de Sa	06:29:37	
88	Becky Veal	08:02:30	
89	Lizzie Elshaw	08:02:56	
91	Laura Woodhams	08:29:51	
93	Jane Cockayne	08:29:56	
94	Claire Tallack	08:29:56	

Victory 5 - 04-12-2016							
Pos.	Name	Time	Cat Place				
43	Rob Byrne	00:28:28	37				
74	Terry Arnott	00:29:35	54				
110	Nikki Moxham	00:30:41	1				
121	Ben Jarvis	00:31:06	74				
163	Kevin white	00:32:05	94				
164	Jayson Grygiel	00:32:05	13				
241	Ben Wales	00:34:19	33				
273	Colin Gardner	00:35:14	15				
300	Gillian dowling	00:36:02	7				
299	Tracey Wales	00:36:07	6				
342	John Barrett	00:38:17	10				
418	Fiona Tomlinson	00:40:47	10				
445	Lee Westwood	00:41:29	4 4				
455	Jenny Shilling	00:41:45	1				
457	Michael Stares	00:41:54	9				
465	David Kitching	00:42:06	15				
467	Hayley Sparshott	00:42:11	19				
520	Andrew Hopkins	00:44:13	51				
532	Fleur Giles	00:45:02	71				
533	Susan barrett	00:45:05	24				
555	Mick Kearney	00:46:17	12				
557	Steve Wood	00:46:29	39				
577	Miranda Carrick	00:47:35	32				
581	Joanne Hopkins	00:47:45	25				
582	Zoe Windsor	00:47:45	84				
607	Nikky Leech	00:49:43	35				
617	Dee Upshall	00:50:26	28				
679	Caroline Harms	01:00:35	33				
681	Marie Bowers	01:01:12	7				
690	Michael Bowers	01:16:26	15				





Race Results

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	Cross					
Pos.	Name	Time	Pos.	Name	Time	
1	Terry Arnott	34th	1	Nikki White	98th	
2	Kevin White	73rd	2	Lara Dent	108th	
3	Colin Gardener	128th	3	Kerry Arnott	114th	
4	Alan Burgess	135th	4	Caroline Mcguigan	120th	
5	Martyn Barnes	180th	5	Sue Barrett	141st	
6	David Croft	187th	6	Eileen Cowling	142nd	
7	Lee Westwood	190th	7	Jane Cockayne	143rd	
8	Steve Calder	210th	8	Michaela Ward	144th	205
9	Rory Fall	214th	9	Nicky Hayward	153rd	
10	Levi Hughes	233rd				

Portsmouth Coastal Marathon - 18-12-2016

Pos.	Name	Time	Comment	Pos.	Name	Time	Comment
3	Harry Carter	02:44:48	3rd Place	766	Kim Carter	04:54:12	
46	Rob Byrne	03:14:13		782	Fiona Tomlinson	04:57:20	
143	Chris Buxton	03:32:14		786	Ros Clarke	04:58:06	
274	lan Pugh	03:47:02		872	Rory Fall	05:19:36	
280	Colin Gardner	03:47:28		877	Becky Veal	05:21:16	
300	Ben Jarvis	03:49:37		882	Lizzie Elshaw	05:21:55	
418	Jenna Knight	04:03:28		897	Tracy Slade	05:26:14	
421	Yvette Eastman	04:03:44		906	Laura Woodhams	05:28:07	
422	Gillian Dowling	04:03:45		910	Michaela Ward	05:30:01	
453	Paul Street	04:07:16		911	Sarah Newman	05:30:01	
504	Martyn Rowell	04:15:26		912	Claire Tallack	05:30:02	
506	Andy Clutton	04:15:36		913	Sarah Bishop	05:30:02	
508	Daniel Roiz De Sa	04:16:19		919	Julia Roiz De Sa	05:31:49	
546	Jane Cockayne	04:21:32		922	Lee Westwood	05:32:49	
636	Matt Johnson	04:32:56		925	Susan Barrett	05:33:43	
640	Ray Bernice	04:33:32		926	Julie Mansfield	05:34:12	
690	Hayley Sparshott	04:41:02		927	Patricia Lapworth	05:34:14	
722	Andrea Edwards	04:46:02		950	Keith Elshaw	05:42:43	
751	Catherine Stock	04:52:56		971	David Wright	05:54:52	
752	Katrina Jurd	04:52:56		972	Sarah Down	05:55:04	
753	Lisa Hennen	04:52:57		973	Caroline Oakes	05:55:05	



Any Other Business

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Follow this link to see what's going on:

http://www.facebook.com/groups/27301329294/

The Club also has a Twitter feed which can be accessed by following @gosportrr on

http://twitter.com/gosportrr



Newsletter Photos

Photos help make the newsletter, if you are kind enough to supply an article, please could you also send me some of your original photos. A lot of photos included in the newsletter come from Facebook, this is fine, as its a good repository, and is always up to date, but the quality of the pictures is not as good due to compression.

If you have a photo you want to go with an article, or you think it would be great in the newsletter, then please send me a copy from your camera. This will be much better quality, and can be scaled and edited much easier.

If you're taking photos of an event, maybe you could keep some good ones aside just for the newsletter. Perhaps there was something particularly funny, that you think everyone would like to see. The newsletter reaches all current GRR members, and should ensure your snaps are seen by all.

Email them to me at

newsletter@gosportroadrunners.org.uk