



NEWSLETTER





January 2017



Contents

Monthly Newsletter January 2017

GOSPORT GOSPORT

CONTENTS

3 – Vacancies 4 – Bryn's Diary – Bryn Whitehouse 5-8 – Awards Night 9-13 – New Years Dip Photos 14-21 – Results 22 – Any Other Business





Vacancies

GOSPORT G

Committee Vacancy—Results Recorder

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:

- Compile and collate members race results from race websites (and those provided by members) and enter them into our database.
- Pass on race results to the Newsletter Editor
- 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
- PC Literacy with a working knowledge of Microsoft Excel.

Newsletter Editor

How would you fancy having a go at putting together the monthly newsletter? I've been doing it now for about 15 months, and as much as I enjoy the creative side of the work, I'm struggling to find the time around everything else that's going on.

I took over from Nick MacBeath, who used to edit the newsletter using Microsoft Word. At first, I used Adobe Photoshop, but this was a slow process. I now use Microsoft Publisher, but you can use any software you're comfortable with. I'd estimate it takes about 4 hours to put the newsletter together, plus time to format results, edit articles, and scour Facebook and the internet for photos. I output the newsletter as a PDF, and upload it to the club website.

Occasionally, you need to send emails to the membership on behalf of the club, and you will need to maintain the address book, with details provided by the membership secretary.

This is not an elected committee role, but you would need to attend the committee meeting once per month at the club.

It would help if you were outgoing, and attended the club and events fairly often. The role really needs someone who is going to go out and look for articles, as well as maybe take some photos at events, and be good at asking people for content.



Bryn's Diary By Bryn Whitehouse

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American Bank Half—I ran the Corpus Christi Half Marathon presented by American Bank, the race was different than what I expected it to be. It was a straight flat course, out and back with hard asphalt road that at times seemed to never end. I kept a consistent pace all the way round.

For 90% I ran on my own, that can either be an advantage or a disadvantage, for me it helped me keep in the zone and concentrate. One dude over took me around mile 8, I kept him in my sights then right at the finish he looks back I was doing my sprint finish and we raced...I got him by seconds - Praise Jesus I wasn't feeling 100% healthy but couldn't resist a race and the dude had an advantage he was yards in front of me.

My highlight of the race was when the Corpus Christi Road Runners sing the US national anthem before the start of any race (I've run a lot of races in the US and most race organizers don't do that!).

DISTANCE 13.1mi TIME 1:35:05 AVG PACE 7:15 POSITION 16 / 298



3M Half—What can I say, for the last two months I've been battling a sickness on and off, and this week training

was agony. I managed to push through it with help from flu medicine and having the 3M Half Marathon in mind.

Great race seeing some of Austin's hidden roads, strong winds that never ended, but it was an advantage once it became a tailwind. I kept a consistent pace which is the key and most of all enjoyed it.

Praise Jesus for giving me the strength to endure I kept the faith and ran the race

DISTANCE 13.1mi TIME 1:35:49 AVG PACE 7:19





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10 Mile

| M/sen | Rob Byrne | Stubb |
|----------|----------------|-----------|
| F/sen | Jenna Knight | Stubb |
| M/vet | Jayson Grygeil | Eastleigh |
| F/vet | Nikki Moxam | D-Day |
| M/vet 50 | Colin Gardner | Netley |
| F/vet 45 | Gill Dowling | Netley |
| M/vet 60 | Alan Burgess | Netley |
| F/vet 55 | Kim Carter | Eastleigh |
| M/vet 70 | Dave Croft | Stubb |
| F/vet 65 | Jenny Shilling | Stubb |



| M/sen | Rob Byrne | Worthing |
|----------|-----------------|-------------|
| F/sen | Jenna Knight | Southampton |
| M/vet | Paul Williams | Southampton |
| F/vet | Kathryn Wealthy | Helper's |
| M/vet 50 | Chris Buxton | Solent |
| F/vet 45 | Gill Dowling | Salisbury |
| M/vet 60 | Alan Burgess | Solent |
| F/vet 55 | Kim Carter | Helper's |
| M/vet 70 | Dave Croft | Helper's |
| F/vet 65 | Jenny Shilling | Helper's |



Marathon



| M/sen | Rob Byrne | Ryde |
|----------|----------------|-----------|
| F/sen | Kerry Arnott | Hayling |
| M/vet | Jayson Grygeil | Salisbury |
| F/vet | Nikki Moxam | Hayling |
| M/vet 50 | Colin Gardner | Salisbury |
| F/vet 45 | Tracey Wales | Hayling |
| M/vet 60 | Alan Burgess | Hayling |
| F/vet 55 | Sharon Clutton | Hayling |
| M/vet 70 | Dave Croft | Salisbury |
| F/vet 65 | Jenny Shilling | Hayling |



| M/sen | Harry Carter | Portsmouth Coastal |
|----------|------------------|--------------------|
| F/sen | Jenna Knight | Greater Manchester |
| M/vet | Jayson Grygeil | Bournemouth |
| F/vet | Julia Roiz de Sa | Brighton |
| M/vet 50 | Steve Crook | Saxon Shore |
| F/vet 45 | Tracey Wales | Bournemouth |
| M/vet 60 | John Barrett | South Downs |
| F/vet 55 | Kim Carter | Portsmouth Coastal |
| M/vet 70 | | |
| F/vet 65 | | |

10k



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Club Bronze Award

Julia Roiz de Sa **Tracy Slade** Hayley Sparshott John Barrett Ellie Blaiklock Jane Cockayne Jenna Knight

Dan Roiz de Sa Nick MacBeath

| Club Silver Award | | | | |
|----------------------------|--------------|--|--|--|
| Nikki White | Thomas Bates | | | |
| Gill Dowling Bryn Whitehou | | | | |
| Lisa Hennen Alan Burgess | | | | |
| Paul Williams | | | | |

Club Gold Award **Rob Byrne**















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Trophy

Jane Barton Plate Most improved Glenys Smith Novice Ladies Award Fastest Male Sen Fastest Female Sen Fastest Male Vet Fastest Female Vet Ron Crane Plate Most improved Presidents Shield, Male Novice Presidents Shield, Best Vet

The Hugh Pritchard Cup

Brenda Wiltshire 10k Plate M Brenda Wiltshire 10k Plate F The Giles Best Effort M The Giles Best Effort F

Chairman's Good Egg (Dedicated to Sheila Bradley)

| Recipient |
|---------------|
| Lorraine Down |

Karen Morby Rob Byrne Jenna Knight Jayson Grygeil Nikki Moxam Bryn Whitehouse Steve Calder Mike Barker Harry Carter 2:44:48 Jenna Knight 3:56:49 Rob Byrne Kathryn Wealthy Andy Brown Pat Lapworth Kerry Irwin-Hall











































































GOSPORT G















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.

This month, my result of the month goes to Phill Moran who ran his first 10k at Stubbington in a very respectable 49:43. Well done Phill!

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

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Club 5km Time Trial—January 2017

That was a biter wind, helping along Stokes Bay road, but not so nice along Western Way. A MASSIVE THANKS to our officials, marshals and supporters. Officials were :- Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder. Marshals were :- Kim Carter & Ken Eaden, both on their bikes. The freezing Supporters were :- Shona Rust, Lizzie Elshaw, Brian Fisher, Caz Harms and Andy Brown

| Thanks Dave | Croft |
|--------------------|-------|
|--------------------|-------|

| Pos. | Name | Time | Comment |
|------|-------------------|-------|-----------|
| 1 | Dan Belben | 19:10 | |
| 2 | Ben Jarvis | 19:26 | |
| 3 | Michael Percival | 19:28 | |
| 4 | Terry Arnott | 20:39 | |
| 5 | Kev White | 20:49 | |
| 6 | Ben Wales | 20:51 | |
| 7 | Josh Belben | 21:17 | Guest |
| 8 | Edward Smyth | 21:27 | Guest |
| 9 | Paul Williams | 21:46 | |
| 10 | Alan Burgess | 21:53 | |
| 11 | Darron Eynon | 22:16 | PB |
| 12 | Jenna Knight | 22:29 | |
| 13 | Katherine Wealthy | 22:29 | |
| 14 | Gill Dowling | 22:30 | |
| 15 | Doug Ritchie | 22:46 | 1st Timer |
| 16 | Tracy Wales | 23:13 | |
| 17 | Julia Roiz- De Sa | 23:21 | PB |
| 18 | Dan Roiz- De Sa | 24:16 | |
| 19 | Daniel Thompson | 24:23 | |
| 20 | Tracy Slade | 24:29 | PB |
| 21 | Edward Anderson | 24:50 | |
| 22 | David Walters | 25:09 | |
| 23 | Dave Croft | 25:15 | |
| 24 | Lee Westwood | 25:26 | |
| 25 | Caroline McGuigan | 25:29 | |
| 26 | Richard Pelley | 25:43 | Guest |
| 27 | Lara Dent | 25:49 | |
| 28 | Tracy Bale | 25:57 | |
| 29 | Hayley Sparshott | 25:59 | |

| Pos. | Name | Time | Comment |
|------|----------------|-------|---------|
| 30 | Adam Mundell | 26:05 | |
| 31 | Dave Kitching | 26:32 | |
| 32 | Mike Stares | 26:38 | |
| 33 | Terry Moore | 27:24 | |
| 34 | Mike Barker | 27:33 | |
| 35 | Melissa Pink | 27:38 | |
| 36 | Adam Grey | 28:23 | Guest |
| 37 | Nick Boorn | 28:25 | Guest |
| 38 | Kate Smyth | 28:30 | |
| 39 | Karen Morby | 28:40 | PB |
| 40 | Gill Thomas | 29:05 | Guest |
| 41 | Lorna Harper | 29:09 | |
| 42 | Pete Robinson | 29:18 | |
| 43 | Mick Kearney | 29:22 | |
| 44 | Sue Barratt | 29:23 | |
| 45 | Jenner Moore | 29:30 | |
| 46 | Richard Smith | 29:30 | |
| 47 | David Baker | 30:42 | |
| 48 | Steve Cawte | 30:43 | |
| 49 | Caroline Oakes | 30:50 | |
| 50 | Kerry Arnott | 30:50 | |
| 51 | Nicky Leech | 31:07 | |
| 52 | Angie Elshaw | 31:38 | |
| 53 | Keith Elshaw | 31:38 | |
| 54 | Auz Gray | 32:31 | |
| | Rory Fall | 32:35 | |
| 56 | Kier Bagwell | 32:37 | Guest |
| 57 | Steve Crook | 32:37 | |



Race Results—XC

GOSPORT GOSPORT

| XC 4 Lords Wandsworth - 02-01-2017 | | | | | |
|------------------------------------|-----------------------|-------|------|-------------------|-------|
| Pos. | Name | Time | Pos. | Name | Time |
| 1 | Terry Arnott | 31st | 1 | Nikki White | 108th |
| 2 | Colin Cadillac Chalme | 63rd | 2 | Hayley Sparshott | 112th |
| 3 | Kevin White | 118th | 3 | Caroline Mcguigan | 119th |
| 4 | Colin Gardener | 148th | 4 | Lara Dent | 129th |
| 5 | Darren Eynon | 182nd | 5 | Kerry Arnott | 135th |
| 6 | David Croft | 211th | 6 | Kirsten Maw | 137th |
| 7 | Martyn Barnes | 213th | 7 | Johanna Ross | 162nd |
| 8 | Lee Westwood | 237th | 8 | Sue Barrett | 163rd |
| 9 | Steve Calder | 246th | 9 | Lorraine Down | 169th |
| 10 | Mick Stares | 255th | 10 | Sarah Down | 170th |
| 11 | Keith Elshaw | 265th | 11 | Sharon Noble | 180th |
| 12 | Rory Fall | 269th | 12 | Joanne Hopkins | 181st |
| 13 | Levi Hughes | 279th | 13 | Nicky Hayward | 182nd |



XC 5 Manor Farm - 22-01-2017

| Pos. | Name | Time | Pos. | Name | Time |
|------|-----------------------|-------|------|----------------------|-------|
| | | | | | |
| | Terry Arnott | 22nd | | Julia Bentley | 64th |
| 2 | Ben Jarvis | 45th | 2 | Kerry Arnott | 86th |
| 3 | Colin Cadillac Chalme | 54th | 3 | Caroline Mcguigan | 92nd |
| 4 | Colin Gardner | 98th | 4 | Jane Cockayne | 121st |
| 5 | Alan Burgess | 111th | 5 | Claire Tallack | 123rd |
| 6 | Nick MacBeath | 142nd | 6 | Jenner Moore | 125th |
| 7 | Terry Moore | 144th | 7 | Michaela Ward | 126th |
| 8 | Phill Moran | 159th | 8 | Lorraine Down | 137th |
| 9 | David Croft | 161st | 9 | Lucy Hudson | 141st |
| 10 | Brian Fisher | 173rd | 10 | Pat Lapworth | 143rd |
| 11 | Chad Newman | 174th | 11 | Chris Nation | 145th |
| 12 | Lee Westwood | 185th | 12 | Sarah Down | 149th |
| 13 | Steve Calder | 191st | 13 | Sheena Atkinson Ball | 150th |
| 14 | Rory Fall | 195th | 14 | Pippa White | 152nd |
| 15 | Mike Stares | 201st | 15 | Joanne Hopkins | 154th |
| 16 | Andy Hopkins | 216th | 16 | Emma Noyce | 158th |
| 17 | Andy Brown | 217th | 17 | Gillian Boorn | 168th |
| 18 | Levi Hughes | 221st | 18 | Sue Barrett | 169th |
| | | | 19 | Nicky Hayward | 170th |



Race Results—XC







Race Results Stubbington 10K

Monthly Newsletter January 2017

| Pos. | Name | Time |
|------------------|-------------------|----------|
| 67 | Terry Arnott | 00:36:55 |
| 91 | Rob Byrne | 00:37:46 |
| 132 | Nikki Moxham | 00:38:58 |
| 149 | Ben Jarvis | 00:39:23 |
| 162 | Michael Percival | 00:39:32 |
| 175 | Dan Belben | 00:39:50 |
| 204 | Jayson Grygiel | 00:40:33 |
| 303 | Ben Wales | 00:42:54 |
| 351 | Colin Gardner | 00:43:46 |
| 439 | Nick MacBeath | 00:44:45 |
| 514 | Darren Eynon | 00:45:27 |
| <mark>498</mark> | Tracey Wales | 00:46:02 |
| 511 | Gillian Dowling | 00:46:05 |
| 525 | Kathryn Wealthy | 00:46:35 |
| 545 | Martyn Barnes | 00:47:05 |
| 580 | Julia Roiz de Sa | 00:47:27 |
| 619 | Ray Bernice | 00:47:55 |
| 670 | Terry Moore | 00:48:44 |
| 678 | Paul Street | 00:48:46 |
| 681 | Yvette Eastman | 00:48:51 |
| 699 | Daniel Thompson | 00:49:19 |
| 724 | Daniel Roiz de Sa | 00:49:38 |
| 731 | Brian Fisher | 00:49:41 |
| 729 | Phillip Moran | 00:49:43 |
| 776 | Tracy Slade | 00:50:23 |
| 808 | David Croft | 00:51:05 |
| 818 | Fiona Tomlinson | 00:51:14 |
| 876 | Rory Fall | 00:51:18 |



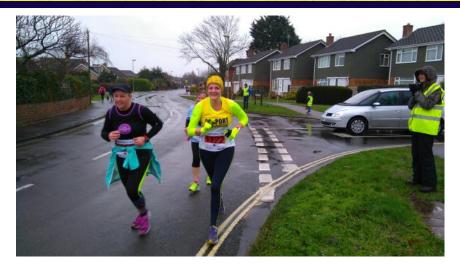








Race Results Stubbington 10K







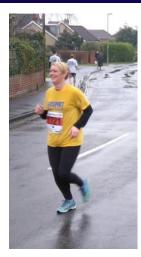
| Pos. | Name | Time |
|------|------------------|----------|
| 860 | Lara Dent | 00:52:04 |
| 859 | Edward Anderson | 00:52:06 |
| 841 | Lee Westwood | 00:52:14 |
| 870 | Hayley Sparshott | 00:52:19 |
| 885 | Jenny Shilling | 00:52:30 |
| 933 | Steve Calder | 00:52:59 |
| 926 | Adam Mundell | 00:53:16 |
| 931 | David Kitching | 00:53:23 |
| 952 | Kerry Arnott | 00:53:25 |
| 1007 | Kirsten Maw | 00:53:41 |
| 987 | Mel Maloney | 00:54:40 |
| 1000 | Keith Elshaw | 00:55:00 |
| 1011 | Wes Clift | 00:55:11 |
| 1081 | Fleur Giles | 00:55:15 |
| 1074 | Nicolas Boorn | 00:55:24 |
| 1091 | Kim Carter | 00:56:00 |
| 1064 | Andrea Edwards | 00:56:20 |
| 1122 | Nicky Colebourne | 00:56:29 |
| 1099 | Sharon Clutton | 00:56:32 |
| 1060 | Melissa Pink | 00:56:35 |
| 1154 | Lucy Hudson | 00:57:36 |
| 1155 | Susan Barrett | 00:57:36 |
| 1157 | Mathew Jarvis | 00:57:43 |
| 1156 | Mike Battersby | 00:57:54 |
| 1179 | Pippa White | 00:58:06 |
| 1189 | Karen Morby | 00:58:21 |
| 1217 | Mick Kearney | 00:58:28 |
| 1235 | Hayley Baird | 00:58:41 |

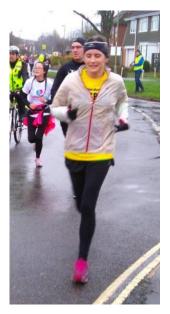




Race Results Stubbington 10K

Monthly Newsletter January 2017







| Pos. | Name | Time |
|-------------------|-------------------|----------|
| 1234 | Steve Wood | 00:58:41 |
| 1210 | Lorraine Down | 00:58:44 |
| 1240 | Camille Ainsworth | 00:58:49 |
| 1313 | Zoe Windsor | 01:00:16 |
| 1307 | Jenner Moore | 01:00:23 |
| 1338 | Sarah Newman | 01:00:54 |
| 1344 | Peter Robinson | 01:01:02 |
| 1350 | Joanne Hopkins | 01:01:08 |
| <mark>1349</mark> | Caroline Oakes | 01:01:08 |
| 1343 | Richard Smith | 01:01:14 |
| 1330 | Elizabeth Redpath | 01:01:35 |
| 1335 | Steve Silverlock | 01:01:35 |
| 1359 | Emma Noyce | 01:02:25 |
| 1387 | Ann-Marie Stables | 01:02:40 |
| 1397 | Chris Nation | 01:03:03 |
| 1386 | Amanda Morby | 01:03:25 |
| 1420 | Victoria Gorton | 01:04:15 |
| 1445 | Andy Brown | 01:04:52 |
| 1457 | Kayleigh Breen | 01:05:55 |
| <mark>1458</mark> | Vivienne Breen | 01:05:55 |
| 1492 | Jackie Brady | 01:06:34 |
| 1509 | Dee Upshall | 01:08:01 |
| 1537 | Levi Hughes | 01:08:20 |
| 1538 | Nicky Hayward | 01:08:22 |
| 1543 | Gillian Boorn | 01:08:51 |
| 1549 | Samantha Moore | 01:09:03 |
| 1593 | Debbie Humphreys | 01:13:05 |











Race Results

| American Bank Half Marathon (US) - 21-1-2017 | | | | |
|--|-----------------|----------|--|--|
| Pos. Name Time Comment | | | | |
| 16 | Bryn Whitehouse | 01:35:05 | | |

| 3M Half Marathon (US) - 22-1-2017 | | | | |
|-----------------------------------|-----------------|----------|--|--|
| Pos. Name Time Comme | | | | |
| 321 | Bryn Whitehouse | 01:35:49 | | |

| Romsey 5 Mile - 29-1-2017 | | | |
|---------------------------|----------------|----------|--------------------------------------|
| Pos. | Name | Time | Comment |
| 156 | Gill Dowling | 00:37:14 | |
| 578 | Janet Lindley | 00:53:54 | |
| 651 | Louise Millson | 00:59:15 | |
| 653 | Karen Harding | 01:00:06 | |
| 672 | Thelma Dowling | 01:16:50 | Gill's Mum , the only 80+ lady |

| Chilly Hilly - 29-1-2017 | | | |
|--------------------------|-------------------|----------|---------|
| Pos. | Name | Time | Comment |
| 8 | Terry Arnott | 00:46:19 | |
| 17 | Colin Chalmers | 00:49:08 | |
| 34 | Kevin White | 00:54:14 | |
| 35 | Colin Gardner | 00:54:17 | |
| 46 | Darren Eynon | 00:55:41 | |
| 53 | Steve Squires | 00:56:20 | |
| 62 | Nick MacBeath | 00:57:34 | |
| 68 | Robert Hylands | 00:58:30 | |
| 107 | Rory Fall | 01:06:04 | |
| 141 | Caroline Mcguigan | 01:10:38 | |
| 154 | Claire Tallack | 01:12:40 | |
| 160 | Kerry Arnott | 01:13:39 | |
| 161 | Sarah Down | 01:13:42 | |
| 165 | Michaela Ward | 01:14:43 | |
| 167 | Jane Cockayne | 01:15:09 | |
| 176 | Eileen Cowling | 01:16:42 | |
| 181 | Pippa White | 01:17:19 | |
| 201 | Laura Woodhams | 01:20:00 | |
| 203 | Nicky Colebourne | 01:20:14 | |
| 207 | Fleur Giles | 01:20:57 | |
| 210 | Lorraine Down | 01:21:08 | |
| 211 | Andy Hopkins | 01:21:10 | |
| 212 | Jo Hopkins | 01:21:11 | |
| 225 | Amanda Morby | 01:25:44 | |





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



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





February 2017



and the state of the

Contents

Monthly Newsletter February 2017

GOSPORT GOSPORT

CONTENTS

3 – Our New Editor 4 – Breakfast Club Marathon – Hayley Sparshott 5-6 – Gosport Young Runners – Amber Schothorst 7-8 – Burpees – Nick Carter 9-13 – Results 14 – Any Other Business





GOSPORT GOSPORT

So, you're going to have a new GRR Newsletter Editor.....Miranda Carrick

I'm gingerly entering the historically male dominated world of GRR Newsletter Editors. As an enthusiastic supporter and member of the Gosport Road Runners since 2008, I know this is a bold move with big trainers to fill!

One of my first questions was whether a "published" Newsletter was still relevant and necessary today. We're liking on Facebook, we're tweeting on Twitter, we're following each other on Strava ... if approximately 271 members socially shared a race during the first weekend of a month, why should we have to read all about it again in the club newsletter at the end of the month? Exactly for that reason – it's a CLUB newsletter, prepared for the GRR club by the GRR club members.

My opinion has always been that any newsletter has the general purpose to communicate. More specific reasons for communicating within a running club can be:

- to inform and entertain members and other readers: for example, a rave race review or article about your personal experience of a race;
- to share and give recognition to the success and achievements of individual members: by publishing race results, photos of medals- lately we are even reaching Podium places;
- to motivate members to actively participate in club activities and to support club programs and goals: share photos and articles/comments of club runners participating in the club time trial, HRRL races, cross country races, assisting with the Gosport Half Marathon – if you weren't there, you will wish that you were;
- to project a positive club image to the public: the Newsletter is part of the club website. If the Newsletter is not fun to read, interesting or motivating, prospective new members who stumble upon it, may see this as a reflection of the club. We know that's not true, don't we?

I think the club newsletter therefore still has a purpose to entertain and communicate with members. It embraces the friendly, focussed and social image of our club, and I would like to see this continue. However, this can only be successful through the contributions from club members. I'm confident that I can rely on each club member to continue contributing the excellent articles and photos which made past club newsletters worth reading. After all, there is something rather special about sharing your individual race experience and seeing your name in print!

I'm rather excited to be a part of the next phase of the GRR Newsletter. It won't be a blockbuster every month, but I'm going to give this my very best effort.

Yours in running

M



GOSPORT GOSPORT

The Breakfast Club Marathon 15th Feb 2017

Pheonix Running, Walton on Thames - by Hayley.

The 9 GRR's left Gosport at 6am to arrive in Walton on Thames early ready to take on the multi lap trail event. All in good spirits to support Lisa on her marathon number 98!

9:30 the run began, 100ish runners going along side the River Thames, it was breathtaking. There were boats moored along the bank, small bungalows beside the river and a gushing weir. Leisure rowers out and more serious ones too. There was a lot of wild life including geese, swans, moorhens and seagulls. The trail was very muddy in places slowing the runners down a lot to prevent slipping over. Just over half way down the trail there was a small but very steep bridge giving us an added challenge twice on every lap!

Janet, Louise and Debbie all completed 4 laps achieving half marathons. It was Debbie's first half marathon - what an achievement! Claire carried on to complete lap 5, 16.4 miles and Jane kept going for another lap achieving just under 20 miles - then the lure of the Weir Pub and it's delicious food seemed to call out to the 5 runners and as the rain set in the pub won over the mileage - such wise women!

Darren, Lisa, Eric and I decided to carry on running. It's only 8 laps after all!!!! (16 times over the bridge). Darren was flying and achieved a fantastic personal best time 3:42:11 BOOM! Not easy with the bridge and mud to contend with. Lisa carried on running in true Lisa form - smiling and chatty all the way mile after mile after mile to achieve marathon number 98 - yes 98!!! Eric and I had both lost all the wheels off our wagons many miles previously but decided to drag each other over the last 6 miles in the pouring rain to show our support to Lisa. Somehow (and I don't know how) we managed to drag ourselves over that bridge 4 more times to finally finish the full marathon - we did it with true GRR spirit and team work! You have to ring a bell at the end of your run so the organisers know when you want to finish - there was nothing more satisfying than ringing that bell.

Would I do it again? Definitely - the atmosphere with a small friendly event it second to none every runner encouraging every runner every time they went past each other - that is a lot of 'well done', 'you're doing very well', 'keep going' in one race. The event organisers were brilliant and fun too giving heaps of treats, drinks and encouragement on every lap. A highly recommended place to run for scenery, fun and organisation - plus the bling is awesome too.







Gosport Young Runners By Amber Schothorst

GOSPORT GOSPORT



Gosport Young Runners is an independent running group offering coaching to improve running as well as introducing youngsters to some basic aspects of athletic disciplines.

The group was founded by myself (Amber Schothorst) and a small team of volunteers in March 2016 with funding from England Athletics for equipment. Our first sessions were run during the Athletic Season of 2016. These proved to be extremely successful with a total of 22 Young Runners signing up to the initial 8 week course. By the end of the 2016 season more than 80 young runners had attended our sessions!

As the 2016 season proved to be successful, we are planning a further 3x 8 week courses running between March and September this year (Tuesdays and Thursdays) on the fields by the Gosport and Fareham Rugby Club from 17:00 to 18:00.

The courses are open to children of all abilities, from those who have never run before to the more experienced runners who are looking to improve techniques and/or their times, aged between 8 & 18. The Young Runners are grouped according to age and we are restricted to a maximum number of 12 per group to meet our insurance requirements.

Working within England Athletics' guidelines, we focus on developing running fitness and technique through endurance and speed drills as well as strength, stability, agility and flexibility training.... We also emphasise the importance of pre and post workout routines.

So, effectively it is an hour of fun and varied activities to make sure the Young Runners remain both interested and focused.

We emphasise the importance of pre and post workout routines and therefore, all of our sessions include a thorough warm up and, most essentially, a cool down and stretching session at the end of each class. A key risk with young runners is that they either lose interest or over train too quickly so we ensure the sessions remain interesting and we ensure that they do not train for more than 1 hour or run more than 5k per session as per England Athletics guidelines.

Throughout the course, we also encouraged the Young Runners to participate with the local parkrun. Whilst not mandatory, we feel that this is a good way to introduce the Young Runners to a 'non-competitive' race environment and it is also a great way for them to track their progress.



GOSPORT GOSPORT

Although not part of the course, wherever possible, at least one of the Group Running Coaches will also be at the Parkrun to offer support and encouragement.

Also this year we aim to have a group of our youngsters represent **Gosport Young Runners** at the Golden Mile and we will specifically also train for this including an extra session on the Golden Mile itself before the event.

The total cost for an 8 week course is £15 OR £30 for all <u>three</u> 8 week courses if registered by March 28th, 2017. This includes prizes for each age group after each 5k Time Trial (every 8 weeks), a medal for every finisher and lastly, there are prizes for each age group in our mini Olympic Grand Prix, which is held in the last week of the season.

We have attached our registration form as well as a consent form should your young runner be interested. If you would like any further information please feel free to contact myself or any of the other Gosport Young Runners' coaches.

Looking forward to hearing from you!

Amber Schothorst and Team Gosport Young Runners Email: <u>amber.schothorst@hotmail.co.uk</u> or 07585 772245

Or via FB messenger contact Debra Tablet, Kim Carter, Sheena Atkinson Ball, Eileen Cowling, Jenny Shilling, Tracy

<u>*Editors Note : Please contact Amber directly, for</u> application and photography consent forms.





Burpee's By Nick Carter

GOSPORT GOSPORT

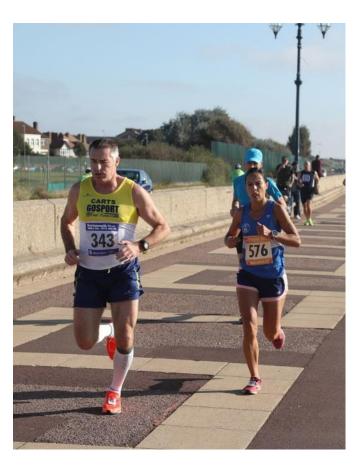
Exercise No1. BURPEE.

Accredited to American physiologist Royal H BURPEE who in 1930 designed the exercise as part of his thesis to demonstrate a a simple and quick way to assess fitness. Considered as a measure of agility, coordination and strength. The 24 hour world record was set in South Carolina USA on May 17th 2014 by Cameron Dorn who recorded 10,105!

Used as part of a weekly routine will help develop core strength and flexibility in the hips.

Have fun!





●●○○○ 3 🗢 08:19 🖇 ≜ en.m.wikipedia.org

Burpee (exercise)

Full body exercise

ŻΑ



The **burpee**, or **squat thrust**, is a full body exercise used in strength training and as an anaerobic exercise. The basic movement is performed in four steps and known as a "four-count burpee":

1. Begin in a standing position.

2. Drop into a squat position with your hands on the ground. (count 1)

3. Kick your feet back into a plank position, while keeping your arms extended. (count 2)

 Immediately return your feet to the squat position. (count 3)

5. Jump up from the squat position (count 4)





Burpee's By Nick Carter

Monthly Newsletter February 2017





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.

This month's "Result of the Month" has to go to Lisa Hennen for running her 100th Marathon! What an outstanding achievement.

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—February 2017

Very good conditions, cool, virtually no wind to help or hinder. Relatively low numbers, which considering the road works at the start in Jellico road was probably for the best. Our officials, Liz Redpath - Starter and Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers and Gary Francis - Recorder. Supporters, Karen Harding, Pete Lindley and Dave Croft. Our Thanks to all



| Pos. | Name | Time | Comment |
|------|-------------------|-------|-----------|
| 1 | Michael Percival | 18:51 | |
| 2 | Thomas Bates | 19:16 | |
| 3 | Jason Grygiel | 19:37 | |
| 4 | Paul Williams | 21:31 | |
| 5 | Robert Hylands | 21:55 | 1st Timer |
| 6 | Richard Wiltshire | 21:58 | |
| 7 | Richard Law | 22:26 | 1st Timer |
| 8 | Alan Burgess | 22:41 | |
| 9 | Ashley Crozier | 24:27 | PB |
| 10 | Rory Fall | 24:35 | |
| 11 | Ken Eaden | 24:42 | |
| 12 | Brian Fisher | 24:57 | |
| 13 | Darren Eynon | 25:21 | |
| 14 | Steve Silverlock | 25:42 | |
| 15 | Melissa Pink | 25:59 | 1st Lady |
| 16 | David Kitchen | 26:27 | |
| 17 | Mike Barker | 26:49 | |
| 18 | Mike Stares | 26:53 | |
| 19 | Martin Robinson | 27:02 | 1st Timer |
| 20 | Clair Bates | 27:22 | |
| 21 | Sarah Lloyd | 27:25 | Guest |

| Pos. | Name | Time | Comment |
|------|-----------------------|-------|-----------|
| 22 | Alison Clarke | 27:59 | 1st Timer |
| 23 | Kerry Arnott | 28:08 | |
| 24 | Sarah Down | 28:08 | |
| 25 | Tonia Morrell | 28:18 | Guest |
| 26 | David Barker | 28:53 | |
| 27 | Mike Kearney | 28:55 | |
| 28 | Shona Rust | 29:52 | |
| 29 | Lorraine Down | 29:52 | |
| 30 | Camille Ainsworth | 29:54 | |
| 31 | Hayley Baird | 29:56 | |
| 32 | Richard Smith | 31:10 | |
| 33 | Jackie Brady | 31:15 | |
| 34 | Caroline Oakes + 1 | 31:58 | |
| 35 | Nicky Hayward | 32:20 | |
| 36 | Gillian Boorn | 32:47 | 1st Timer |
| 37 | Dave Kirby | 32:55 | |
| 38 | Mel Bagwell | 35:51 | |
| 39 | Sid Smith | 35:57 | |
| 40 | Jennifer Parker- Lumm | 36:48 | |
| 41 | Caz Harms | 36:58 | |



Race Results

GOSPORT GOSPORT

| Naples Half Marathon - 05-02-2017 | | | |
|-----------------------------------|----------------|----------|---------|
| Pos. | Name | Time | Comment |
| 3634 | Maree O'Rourke | 02:23:42 | |

| Chichester 10k - 05-02-2017 | | | |
|-----------------------------|----------------|----------|---------|
| Pos. | Name | Time | Comment |
| 247 | Steve SQUIRES | 00:42:53 | |
| 429 | Robert HYLANDS | 00:46:16 | |
| 865 | Lee WESTWOOD | 00:52:19 | |
| 957 | Chad NEWMAN | 00:53:36 | |
| 1022 | Nicolas BOORN | 00:54:57 | |
| 108 | Kim CARTER | 00:56:17 | |
| 1292 | Zoe WINDSOR | 00:59:19 | |
| 1267 | Dave MCALLEN | 00:59:37 | |
| 1405 | Andrew HOPKINS | 01:01:13 | |
| 1424 | Joanne HOPKINS | 01:01:51 | |
| 1423 | Karen MORBY | 01:02:09 | |
| 1455 | Amanda MORBY | 01:03:05 | |
| 1605 | Kayleigh BREEN | 01:07:34 | |
| 1606 | Vivienne BREEN | 01:07:34 | |
| 1630 | Gillian BOORN | 01:10:29 | |
| 1689 | Wendy ENGLAND | 01:15:17 | |

Chichester 10k - 05-02-2017

| Portland | Coastal Half Marathon - 05-02-2017 | |
|----------|------------------------------------|--|
| | | |

| Pos. | Name | Time | Comment |
|------|---------------|----------|---------|
| 101 | Ray Bernice | 02:41:24 | |
| 102 | Paul Street | 02:41:25 | |
| 128 | Tania Bernice | 03:20:46 | |

| Ryde 10 Mile - 05-02-2017 | | | |
|---------------------------|--------------------|---------|-----------|
| Pos. | Name | Time | Comment |
| 7 | CARTER, Harry | 0:58:23 | |
| 25 | BYRNE, Rob | 1:01:58 | 1 |
| 68 | ARNOTT, Terry | 1:07:07 | - Jacobel |
| 241 | DOWLING, Gillian | 1:20:23 | |
| 256 | WILTSHIRE, Richard | 1:21:45 | |
| 260 | EYNON, Darren | 1:22:08 | |
| 324 | ANDERSON, Edward | 1:28:15 | |
| 338 | MUNDELL, Adam | 1:29:38 | |
| 339 | DENT, Lara | 1:29:41 | |
| 331 | SPARSHOTT, Hayley | 1:30:03 | |
| 365 | FALL, Rory | 1:33:09 | |
| 367 | ARNOTT, Kerry | 1:33:37 | |
| 386 | MCGUIGAN, Caroline | 1:37:39 | |
| 387 | KITCHING, David | 1:38:10 | |
| 391 | ELSHAW, Keith | 1:38:14 | |

| Pilgrims Way Challenge 66 Miles - 05-02-2017 | | | |
|--|-----------------------|--------------|---------|
| Pos. | Name | Time | Comment |
| 99 | Dan Roiz de Sa | 15:19:32 | |
| В | reakfast Club Race (L | aps) - 15-02 | -2017 |
| Miles | Name | Time | Comment |
| 26.2 | Darren Eynon | 03:42:11 | |
| 26.2 | Lisa Hennen | 04:52:50 | |
| 26.2 | Hayley Sparshott | 04:55:33 | |
| 26.2 | Eric Macgurk | 05:00:27 | |
| 19.7 | Jane Cockayne | 03:30:35 | |
| 16.4 | Claire Tallack | 03:30:35 | |
| 13.1 | Debbie Humphreys | 03:11:10 | |
| 13.1 | Janet Lindley | 03:19:30 | |
| 13.1 | Louise Millson | 03:20:11 | |

Phoenix Dirty Running (Laps) - 15-02-2017

| Miles | Name | Time | Comment |
|-------|--------------|----------|---------|
| 26.2 | Lisa Hennen | 04:55:28 | |
| 13.1 | Eric Macgurk | 02:03:21 | |





Race Results

Monthly Newsletter February 2017

| Portsmouth Coastal Half - 12-02-2017 | | | |
|--------------------------------------|------------------|----------|---------|
| Pos. | Name | Time | Comment |
| 47 | Ben Jarvis | 01:29:51 | |
| 218 | Robert Hylands | 01:46:00 | |
| 229 | Gillian Dowling | 01:46:32 | |
| 251 | Julia Roiz De Sa | 01:47:23 | |
| 258 | Terry Moore | 01:47:37 | |
| 363 | Jenna Knight | 01:53:20 | |
| 375 | Martyn Barnes | 01:54:17 | |
| 396 | Tracy Slade | 01:54:58 | |
| | Jane Cockayne | 01:56:20 | |
| 441 | Lee Westwood | 01:57:34 | |
| 457 | Hayley Sparshott | 01:58:29 | |
| 498 | Nick Macbeath | 02:00:28 | |
| 499 | Ros Clarke | 02:00:29 | |
| 516 | Chad Newman | 02:01:33 | |
| 548 | Fleur Giles | 02:03:27 | |
| | Rory Fall | 02:06:27 | |
| 644 | Nicolas Boorn | 02:09:52 | |
| 646 | Jenner Moore | 02:09:58 | |
| 659 | Claire Tallack | 02:10:36 | |
| 725 | Michaela Ward | 02:13:58 | |
| 772 | Sarah Lloyd | 02:17:50 | |
| | Jo Harvey | 02:18:29 | |
| 783 | Keith Elshaw | 02:18:43 | |
| | Shona Rust | 02:19:49 | |
| | Steve Wood | 02:23:46 | |
| 876 | Zoe Windsor | 02:27:56 | |
| 877 | Joanne Hopkins | 02:27:57 | |
| | Karen Morby | 02:27:58 | |
| 901 | Sheena Ball | 02:30:19 | |













66 Dan Roiz de Sa

Race Results

GOSPORT GOSPORT

| Castle to Castle 10 mile - 19-02-2017 | | | | | |
|---------------------------------------|-------------|----------|--|--|--|
| Pos. Name Time Comment | | | | | |
| 18 | Richard Law | 01:15:45 | | | |

Heartbreaker Half Marathon - 26-02-2017Pos.NameTimeComment

| 205 Kirsten Maw | 02:31:55 |
|------------------|----------|
| 206 Keith Elshaw | 02:31:55 |

| Heartbreaker Marathon - 26-02-2017 | | | |
|------------------------------------|------|------|---------|
| Pos. | Name | Time | Comment |

| Winchester | 10k - | 26-02- | ·2017 |
|------------|-------|--------|-------|

03:59:12

| Pos. | Name | Time | Comment |
|------|----------------|----------|---------|
| 467 | Nicholas Boorn | 00:55:00 | |
| 761 | Tracy Moran | 01:04:17 | |
| 762 | Debra Talbert | 01:04:17 | |



| Meon Valley Plod - 26-02-2017 | | | |
|-------------------------------|---------------|----------|---------|
| Pos. | Name | Time | Comment |
| 30 | Terry Arnott | 03:18:24 | |
| 55 | Colin Gardner | 03:38:12 | |
| 120 | Kevin White | 04:24:31 | |
| 146 | Matt Johnson | 04:47:27 | |
| 154 | Ray Bernice | 04:51:28 | |
| 178 | Kerry Arnott | 05:29:25 | |
| 179 | Ros Clarke | 05:30:25 | |
| 187 | Lizzie Elshaw | 05:53:55 | |
| 188 | Becky Veal | 05:53:55 | |
| 190 | Sue Barrett | 06:01:50 | |
| 191 | Jenner Moore | 06:01:50 | |

Marathon Day Marathon - 26-02-2017

| Pos. | Name | Time | Comment |
|------|----------------|----------|---------|
| | Ben Jarvis | 03:45:48 | |
| | Jane Cockayne | 04:28:30 | |
| | Darren Eynon | 04:47:38 | |
| | Eric Macgurk | 04:47:38 | |
| | Lisa Hennen | 04:47:38 | |
| | Laura Woodhams | 05:06:36 | |
| | Claire Tallack | 05:06:39 | |

Congratulations to Lisa Hennen on completing 100 Marathons from all of us at GRR.

XC 6 Polecat Valley - 26-02-2017

| Pos. | Name | Time | P |
|------|-------------------------|-------|---|
| 1 | Colin Cadillac Chalmers | 46th | |
| 2 | Ben Wales | 93rd | |
| 3 | Nick MacBeath | 119th | |
| 4 | Robert Hylands | 128th | |
| 5 | Steve Calder | 144th | |
| 6 | Brian Fisher | 152nd | |
| 7 | Mike Stares | 159th | |
| 8 | Rory Fall | 160th | |
| 9 | Levi Hughes | 170th | |

| Pos. | Name | Time |
|------|----------------|-------|
| 1 | Tracey Wales | 67th |
| 2 | Karen Phillips | 93rd |
| 3 | Michaela Ward | 109th |
| 4 | Emma Noyce | 110th |
| 5 | Pippa White | 117th |
| 6 | Chris Nation | 119th |
| 7 | Lorraine Down | 120th |
| 8 | Sharon Noble | 131st |
| 9 | Jackie Brady | 132nd |
| 10 | Joanne Hopkins | 133rd |





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



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





March 2017



Contents

GOSPORT GOSPORT

Cover photo: Paul Street & Ray Bernice 'at speed' during the Queen Elizabeth Spring Marathon

CONTENTS

- 3 Editor's corner
- 4 & 5 Interview with Rob Byrne
- 6& 7- Exercise of the month: Nick Carter
- 8 & 9 GRR on tour -Cyprus : Tracy Slade
- 10 Knowle Village 10km : Debbie Humphreys

- 11 to 20 Results
- 21 Why do we run?
- 22 GRR Donation to Mental Health Carers in
- 2014: Chris Nation
- 23- Any Other Business





GOSPORT GOSPORT

Hello, and welcome to the first Spring Newsletter!

Judging by the Results page, you all had a very productive March of running. Well done to each one of you.

The hugely popular Beginner's Course also concluded this month, with many participants joining the club as members. You made the right decision! May you enjoy many happy miles of running in the GRR shirt.

March is a usually a good time to review one's fitness goals. New Year's resolutions should be well and truly a fixed part of life by now, or just a forgotten entry in the diary. You're still a member of the running club if you read this, so why do we run?

On a personal level, I've rediscovered that running is more than just movement. Often, it's a vehicle to overcome challenges we set ourselves. Whether you use running to set and achieve a new personal best time, lose weight, get fit , have some "me time" or stimulate your senses, it's your own choice and only you can determine how successful you will make such a decision. I think running can also teach you how to experience vulnerability, specifically when you're injured, and how to overcome disappointment. You can read about some club members' reasons they run, a bit later.

I feel extremely privileged that Rob Byrne agreed to an interview with me before he left the club , and I'm sharing that with you. He also left me some of his personal favourite photos - he's a natural! In my mind, he's been the "Mo" of GRR – kind, modest and very fast. I once got his name wrong whilst I was marshalling at a local race, and it bothered me for weeks afterwards . Fortunately I think he went too fast past me to really notice that (I never spoke to him before that day, and relying on my ears for correct names, is never a good thing, so please get your name printed on your race vest !) This guy was good in the GRR vest, and undoubtedly, he's going to become an even better athlete in the years to come. Watch him!

You have the pleasure of reading about 2 members' race experiences, and Christ Nation reminds us it's never too late to say "thank you"

May you all have a great month of April running waiting for you! Yours in running



Miranda



Interview with : Rob Byrne



GOSPORT G

Miranda (M): Sadly, you're leaving the Gosport Road Runners. Where are you off to?

Rob (R) : I'm Joining the RAF, it's quite a big career change for me at 30 but I hope it's the right one!

M: How long have you been a GRR member?

R: Almost 2 years now, it's been a great decision for me, I've made lots of friends and really expanded my social circle. I've had some great times as a GRR member, the Hart4 relay was a particular highlight, so many yellow vests there made it a really memorable run, with some great friends.



M: You're human, and may not always feel like running. How do you stay motivated?

R: In truth I don't always stay motivated, I have ups and downs as we all experience. A particular low was after my 10in10 event in May. I really struggled to get out of the door and run, but I found arranging to meet people and to get rid of my running watch incredibly helpful. I now never time my runs, I run how I feel and I'm much happier for it.



Interview with : Rob Byrne

Monthly Newsletter March 2017

GOSPORT GOSPORT



M: How have you invested in your knowledge of the sport? (e.g. read a running related book, had a personalised training plan written for you, set a big goal – with plenty small goals along the way etc.)

R: The best investment I have made running wise is RunCamp, it without question improved my technique and performance which led to fewer injuries and some great coping techniques to use in longer races. I would recommend it to everyone, and I can't thank the coaches enough.

M:What is your next running goal or race?

R: For me I'd like to see where the RAF can take me running wise, I hope I can get into the road running team and maybe run the London marathon, I'd like to do the Marathon des Sables too, but in the short term it's just to stay fit and continue to enjoy running rather





Exercise of the Month: Nick Carter

GOSPORT GOSPORT

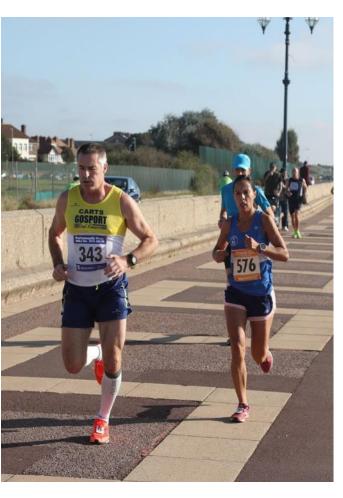
Exercise No2 . Press –up or push-up

Though it's a barebones muscle-building exercise, the humble pushup gets incorporated into nearly every athlete's training program for one simple reason: pushups work, simple as that. Pushups target your arms, chest, and core, serving as one of the most efficient bodyweight movements you can do. Better yet, you can crank them out anywhere, anytime, and easily increase the intensity by changing your angle, adding equipment, moving your hand and feet positioning, or even adding instability

(http://www.mensfitness.com/training/workoutroutines)



Have fun!

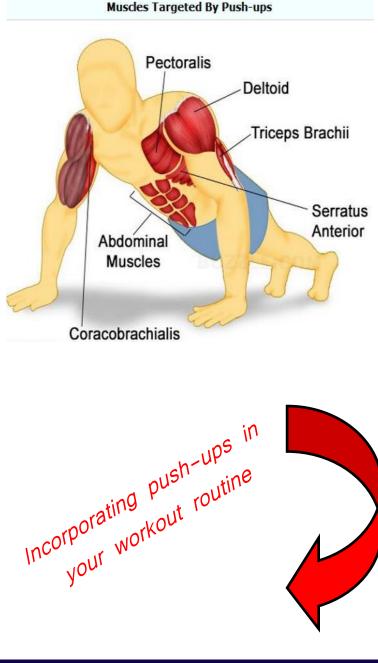


The Basics

1. Get into a high plank position. Place your hands firmly on the ground, directly under shoulders.

2. Lower your body. Begin to lower your body keeping your back flat and eyes focused about three feet in front of you to keep a neutral neck, until your chest grazes the floor.

3. Push back up.





GOSPORT GOSPORT





GRR on tour to Cyprus: Tracy Slade

GOSPORT GOSPORT

A very early 3 am start on a Friday morning to drive up to Gatwick for our flight to Paphos. Off to a corker as I set my alarm for 2.50 instead of 1.50 and my lift was sat outside beeping like mad. In a panic not knowing what to do running around trying to gather everything together hubby John went outside and kindly suggested that Zoe go and pick up Lara first and come back for me. 15 mins to try and get ready especially for me didn't seem enough but John got my suitcase downstairs whilst I got ready. Zoe was back in a flash and it was time for the last pick up before our journey to Gatwick.

Flight on time so a quick transit through to the gate. Fab flight. Arriving in Paphos to glorious sunshine was just what the doctor ordered.

Settled in and met up with the others that had travelled earlier in the week. Saturday morning we all went for a warm up 5k which a local running club had arranged, with a great atmosphere and such a friendly group of people.

Saturday evening Running Crazy, the company we all arranged our package through handed out our race numbers ready for our respective distances. 14 of us in total with 2 choosing to do the 10k, 7 the half and 4 choosing to do the full marathon which left Alison to be Mascot, cheerleader and GRR voice in the crowd due to her having an injury and not being able to run.

Raceday, the marathoners all set off super early while to rest of us had an extra hour in bed! The sun was shining and we all knew it was going to be a hot one! The rest of us met in the foyer for the obligatory photos outside the hotel before a short walk to the start with a few more selfies on the way. Dropped our bags off, quick loo stop, some more selfies and we were ready.

Not a cloud in the sky, a quick count down and we were off at 8.30. Nick up front as usual and rapidly out of sight. Julia, Lara and I decided to run together with Lara looking to get her Club Bronze time. Zoe, Debbie and Paul were just behind us. In the first couple of miles my legs felt it with the heat and a few inclines, the girls were feeling the same but we kept each other going. There were plenty of water stations and wet sponges which we all used to keep hydrated. With quite a few passing points on the course we saw our team mates and gave a wave and cheer as one does.

There was one hill or incline should I say that seemed to go on forever which was tough with the sun beating down on us so we all had to dig deep, Lara was not a fan of Julia and I with our motivational chats, LOL! But they worked because we all got to the top without stopping/walking, an achievement for me as last year I had to walk it. Turning around at the top was blissful with a nice breeze and downhill which we all loved. We stuck together all the way back to the finish. The castle was in sight but it felt miles and miles away. As we came round the final corner our GRR supporter and other racers were there to cheer us to the finish line. Amazing as always the loudest and proudest. We crossed the line together with Lara achieving a PB and her Bronze time, lots of smiles and hugs.





GOSPORT G

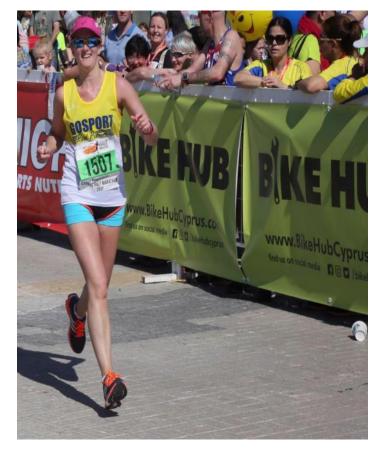
We did it, medals received, bags collected and the girls waited in the queue for their Free beer, I took one but gave it to Nick, being first back out of our lot even though he was injured! We perched ourselves on the wall to wait for the next lot of runners to come in. Zoe appeared first, followed by Paul on his first half marathon and then Debbie. All finished in fab times and all smiling.

Maria and Wendy had a good 10k race too, they were there cheering us in! We all enjoyed ice cream and beers while we waited for the Marathoners. Dan was first marathoner back, he smashed it! Huge smile and his words were 'that was great' strange man lol. Kim followed and was still in one piece this year, such a fab lady, amazing time again. We only had 2 GRR's left to come in now, Jane and Laura. Laura who had switched last minute from half to full stayed with Jane who had picked up an injury but soldiered through and both finished, friends side by side.

What a fab day, amazing effort all. We all crossed the line with stories to tell. I'd definitely go back and maybe take on the marathon myself, we'll see.

Such a fabulous time away with great people, lots of memories and friends made.

Until next year!



Tracy Slade



GOSPORT GOSPORT

It was well organised and had a combination of road and off road. Those that know me aware I don't like mud. I had promised to run with a friend who hadn't run for months and we all bullied her into not staying in bed. She's not a GRR but keeps saying she'll join.

We set off, i let her set the pace, after half a mile we were hit on the heels of some front runners so both agreed to overtake. We then carried on and chatted away which was lovely. We hit a bit of mud as we went off road, I remember saying well if that's as bad as it gets happy days. Well I surely ate my words as several miles in we hit a lot more mud.

She had a problem with her foot getting hot so we stopped to take trainers off, gave a little foot massage and carried on. Still no better so another mile on she took her socks off and ran the rest of race sockless.

We ploughed through more mud but the finish line was in sight. We had to run the perimeter of the field to the finish line. She told me to carry on but I was determined to stay with her. The last 50 metres I grabbed her hand and dragged her over the line. She was grateful, but said never again. The moral of my story is: I've been the person wanting to give up running alone, and therefore wanted to keep my promise to stay with my friend and for once not worry about my time.

Debbie

Well done Debbie on completing this race the first time, and showing such fantastic support to your friend! Hope to see her joining the club soon. MC



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 Hayley 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 (last ever) "result of the month" goes to Hayley Sparshott for her Eastleigh 10k time of 52:01 just one second outside the Silver Club Award time!

Bad luck Hayley, I know you'll crack it soon.

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 , Hayley or myself at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk





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Club 5km Time Trial— March 2017

Almost perfect conditions for what was the last WINTER Time Trial of this season, perhaps why so many PB's. A reasonable turn out ,as usual, well controlled by our officials, marshals and supporters. Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder,

Adam Mundell - Marshal. Supporters - Dave Kitching, Jenner Moore. Thanks Dave Croft

| Pos. | Name | Time | Comment | Pos. | Name | Time | Comment |
|------|---------------------|-------|-----------|------|-------------------|-------|---------|
| 1 | Terry Arnott | 18:05 | PB | 26 | Shona Rust | 28:34 | РВ |
| 2 | Ben Jarvis | 18:48 | | 27 | Lorraine Down | 28:36 | РВ |
| 3 | Jason Grygiel | 19:29 | | 28 | Karen Morby | 28:38 | РВ |
| 4 | Kev White | 20:45 | | 29 | David Baker | 28:41 | |
| 5 | Gill Dowling | 21:38 | | 30 | Alison Clarke | 28:48 | |
| 6 | Alan Burgess | 21:41 | | 31 | Nicky Leech | 29:06 | |
| 7 | Sarah Ruby Rennison | 21:43 | Guest | 32 | Mike Kearney | 29:26 | |
| 8 | Kathryn Wealthy | 21:48 | PB | 33 | Miranda Carrick | 29:34 | |
| 9 | Simon Gregg | 21:59 | | 34 | Richard Smith | 29:37 | |
| 10 | Dan Thompson | 23:05 | | 35 | Adrian Brogan | 30:13 | Guest |
| 11 | James Walton | 23:21 | 1st Timer | 36 | Jamie Dalgleish | 30:28 | Guest |
| 12 | Yvette Eastman | 23:39 | PB | 37 | Nicki White | 30:35 | |
| 13 | Ken Eaden | 23:59 | | 38 | Liz Watkins | 30:42 | Guest |
| 14 | Steve Silverlock | 24:44 | PB | 39 | Brad Archer | 30:44 | Guest |
| 15 | Dave Croft | 25:02 | | 40 | Trevor Giles | 31:53 | Guest |
| 16 | Martin Robinson | 25:42 | РВ | 41 | Gail Dudley | 32:12 | Guest |
| 17 | Fiona Tomlinson | 25:52 | | 42 | Kirsty Kenning | 33:06 | Guest |
| 18 | Kerry Arnott | 26:21 | | 43 | Ray Bernice | 33:09 | |
| 19 | Brian Fisher | 26:22 | | 44 | Dave Kirby | 33:18 | |
| 20 | Melissa Pink | 26:43 | | 45 | Louise Ness | 34:04 | Guest |
| 21 | Michael Carrick | 27:06 | Guest | 46 | Caroline Oakes | 35:29 | |
| 22 | Lisa Hennan | 27:06 | | 47 | Caroline McGuigan | 35:29 | |
| 23 | Catherine Stock | 27:23 | | 48 | Paul Street | 35:31 | |
| 24 | Hayley Baird | 27:27 | РВ | 49 | Mike Bowers | 43:28 | |
| 25 | Tonia Morrell | 27:35 | 1st Timer | 50 | Debra Talbert | 43:29 | |



Race Results

GOSPORT GOSPORT

| St David's Day Run - 01/03/2017 | | | | | | |
|---------------------------------|----------------|----------|---------|--|--|--|
| Pos. | Name | Time | Comment | | | |
| 22 | Robert Hylands | 00:47:32 | | | | |
| 128 | Jo Hopkins | 01:11:05 | | | | |

| Pheonix Spring Marathon - 04/03/2017 | | | | | | |
|--------------------------------------|--------------|----------|---------|--|--|--|
| Pos. | Name | Time | Comment | | | |
| 42 | Darren Eynon | 04:11:54 | | | | |

| Selsey 10K - 05/03/2017 | | | | | |
|-------------------------|-------------------|----------|---------|--|--|
| Pos. | Name | Time | Comment | | |
| 77 | Robert Hylands | 00:46:58 | | | |
| 114 | Lee Westwood | 00:51:30 | | | |
| 154 | Rory Fall | 00:54:30 | | | |
| 200 | Elizabeth Redpath | 00:58:36 | | | |
| 299 | Janet Lindley | 01:09:33 | | | |
| 322 | Louise Millson | 01:14:34 | | | |
| 323 | Denise Francis | 01:14:35 | | | |





| Pos. | Name | Time | Comment |
|------|--------------|----------|---------|
| 180 | Terry Moore | 03:06:58 | |
| 237 | Keith Elshaw | 03:45:06 | |
| 239 | Jenner Moore | 03:47:49 | |
| 241 | Hayley Baird | 03:50:44 | |



Race Results: Cyprus

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| Logicom Cyprus Marathon | |
|-------------------------------|-----|
| Pos. Name Time Comment | - |
| 75 Daniel Roiz de Sa 03:45:00 | - |
| 224 Kim Carter 05:00:06 | -7 |
| 241 Laura Woodhams 05:41:59 | / 1 |
| 242 Jayne Cockayne 05:41:59 | |

Logicom Cyprus 10k

| Pos. | Name | Time | Comment |
|------|---------------|----------|---------|
| 404 | Wendy England | 01:12:56 | |

Logicom Cyprus Half Marathon

| Miles | Name | Time | Comment | |
|-------|------------------|----------|----------------------------------|------|
| 148 | Nick Carter | 01:47:29 | | |
| 279 | Julia Roiz de Sa | 02:01:01 | | |
| 280 | Tracy Slade | 02:01:00 | - Ender Register Aller von | |
| 281 | Lara Durham-dent | 02:01:00 | 1 | 記録 |
| 414 | Zoe Windsor | 02:20:07 | | 日期 |
| 507 | Debbie Humphreys | 03:09:01 | | |
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Race Results

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| Steyning Stinger 20 mile | | | | | |
|--------------------------|-----------------|----------|---------|--|--|
| Pos. | Name | Time | Comment | | |
| | Ray Bernice | 02:34:41 | | | |
| | Sylvia Cawte | 02:52:43 | | | |
| | Mike Barker | 03:04:00 | | | |
| | Shirley Faichen | 03:22:24 | | | |
| | Tania Bernice | 03:22:26 | | | |
| | Steve Cawte | 03:22:27 | | | |

Milton Keynes 20 mile

| Pos. | Name | Time | Comment | | |
|------|--------------|----------|---------|--|--|
| 566 | Adam Mundell | 03:18:55 | | | |

Malta Half Marathon

| Pos. | Name | Time | Comment |
|------|---------------|----------|---------|
| 486 | Colin Gardner | 01:41:37 | |

Haweswater Half Marathon

| Pos. | Name | Time | Comment |
|------|-----------|----------|---------|
| 16 | Rob Byrne | 01:22:53 | |





Larmer Tree Half - 11/03/2017os.NameTimeComment125Hayley Sparshott02:34:59

Larmer Tree Marathon - 12/03/2017

| Pos. | Name | Time | Comment |
|------|--------------|----------|---------|
| 53 | Paul Street | 05:22:16 | |
| 154 | Ray Bernice | 05:22:19 | |
| 196 | Eric MacGurk | 05:39:52 | |
| 197 | Lisa Hennen | 05:39:56 | |

Larmer Tree 20

| Pos. | Name | Time | Comment |
|------|-------------------|----------|---------|
| 216 | Amber Schothorst | 04:58:29 | |
| 217 | Ann-Marie Stables | 04:58:32 | |



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| Surrev | Half Marathon |
|--------|---------------|
| Juncy | |

| Pos. | Name | Time | Comment |
|------|-----------------|----------|---------|
| 956 | Tracey WALES | 01:43:11 | |
| 1384 | Edward ANDERSON | 01:48:42 | |
| 1655 | Ken EADEN | 01:52:51 | |
| 2532 | Laura WOODHAMS | 02:03:48 | |
| 2735 | Lee WESTWOOD | 02:10:27 | |

Silverstone Half Marathon

| Pos. | Pos. Name | | Comment |
|------|-------------|----------|---------|
| 3377 | Sarah Lloyd | 02:03:48 | |

St Patrick's Day Run - 17/03/2017

| Pos. Name | | Time | Comment |
|-----------|-------------------|----------|---------|
| 28 | Robert Hylands | 00:48:02 | |
| 126 | Joanne Hopkins | 01:04:00 | |
| 127 | Andrew Hopkins | 01:04:02 | |
| 145 | Michaela Ward | 01:07:42 | |
| 147 | Nicola Colebourne | 01:07:43 | |





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Monthly Newsletter March 2017

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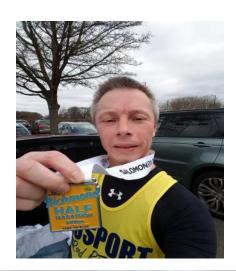
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| os. Name Time Comment 27 Daniel Roiz De Sa 04:42:06 53 Matt Johnson 06:00:06 New Forest 10K os. Name Time Comment 21 Julia Roiz de Sa 00:56:59 | |
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| 53 Matt Johnson 06:00:06 New Forest 10K Image: Comment os. Name Time Comment | X |
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| | |
| 21 Julia Roiz de Sa 00:56:59 | |
| | 1. |
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| New Forest 20 mile | |
| New Forest 20 mile | |
| | ICA |
| 101 Sarah Lloyd 03:26:31 123 Kirsten Maw 03:40:24 | |
| | |
| | |
| 128 Ann Marie Stables 03:44:18 | |
| | -Sta |
| New Forest 10 mile - 19/03/2017 | and the t |
| iles Name Time Comment | |
| 21 Julia Roiz de Sa 01:18:30 | |
| 66 Karen Morby 01:47:46 | -V-22 |
| 69 Dave Brace 01:49:07 | |
| 83 Ange Elshaw 02:15:37 | |
| 84 Keith Elshaw 02:15:38 | 8 |
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| Pos. | Name | Time | Comment | | |
|------------------------|-----------------|----------|---------|--|--|
| 884 | Colin Chalmers | 01:34:08 | | | |
| 4384 | Fiona Tomlinson | 01:58:04 | | | |
| Richmond Half Marathon | | | | | |

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| Pos. Name | | Time | Comment | | | |
|-----------|--------------|----------|---------|--|--|--|
| 141 | Darren Eynon | 01:33:19 | | | | |

| Fleet Half Marathon | | | | |
|---------------------|----------------|----------|--|--|
| Pos. | Comment | | | |
| 1892 | Sharon Clutton | 02:05:49 | | |



Knowle 10K

| Pos | Name | Time | Comment |
|-----|--------------------|----------|---------|
| 16 | Terry Moore | 00:46:58 | |
| 39 | Caroline McGuiggan | 00:52:28 | |
| 57 | Edward Anderson | 00:55:00 | |
| 67 | Claire Tallack | 00:57:26 | |
| 89 | Zoe Windsor | 01:00:07 | |
| 102 | Jenner Moore | 01:01:48 | |
| 113 | Tracy Moran | 01:03:22 | |
| 115 | Debra Talbert | 01:03:37 | |
| 117 | Mandy Grant | 01:03:48 | |
| 118 | Nicola Colebourne | 01:03:51 | |
| 119 | Michaela Ward | 01:03:56 | |
| 132 | Chris Nation | 01:05:56 | |
| 155 | Wendy England | 01:15:32 | |
| 157 | Debbie Humphreys | 01:16:47 | |



Race Results: Eastleigh 10km

Monthly Newsletter March 2017

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| Eastle | eigh 10K | | | | | | |
|-------------------------|---|---|---|---|--|--|---|
| First Name | Surname | Time | Pos | First Name | Surname | Time | |
| Terry | Arnott | 00:37:49 | 1419 | Nicolas | Boorn | 00:55:31 | |
| Ben | Jarvis | 00:38:24 | 1463 | Kim | Carter | 00:56:08 | |
| Chris | Buxton | 00:38:58 | 1521 | Emma Louise | Robinson | 00:57:41 | |
| Jayson | Grygiel | 00:41:05 | 1621 | Emma | Noyce | 00:58:10 | |
| Tim | Durant | 00:43:04 | 1636 | Geoff | O'Flanagan | 00:58:46 | |
| Colin | Gardner | 00:45:17 | 1716 | Becky | Veal | 00:59:13 | |
| Gillian | Dowling | 00:45:42 | 1729 | Lorraine | Down | 00:59:22 | |
| Robert | Hylands | 00:45:56 | 1741 | Elizabeth | Elshaw | 00:59:35 | |
| Tracey | Wales | 00:46:24 | 1824 | Shona | Rust | 01:01:25 | |
| Martyn | Barnes | 00:49:14 | 1903 | Andy | Brown | 01:02:16 | |
| Rory | Fall | 00:50:32 | 1904 | Steve | Wood | 01:02:27 | |
| Jenny | Shilling | 00:52:01 | 1907 | Sue | Barrett | 01:02:20 | |
| Hayley | Sparshott | 00:52:01 | 1908 | Jackie | Brady | 01:02:19 | |
| Laura | Woodhams | 00:53:22 | 2019 | Sharon | Noble | 01:04:32 | |
| Kerry | Arnott | 00:53:04 | 2072 | Amanda | Morby | 01:05:43 | |
| Martin | Robinson | 00:54:26 | 2316 | Melanie | Bagwell | 01:17:17 | |
| Carol | Collins | 00:55:14 | 2317 | Caroline | Harms | 01:17:19 | |
| GUSPU - Con I have have | 2 | | 15/21 | | HENDY Eastleigh Tok 2017 | | |
| | First NameTerryBenChrisJaysonTimColinGillianRobertTraceyMartynRoryJennyLauraKerryMartinCarolSillianSalas (Salas)Salas (Salas) <tr< th=""><th>TerryArnottBenJarvisChrisBuxtonJaysonGrygielTimDurantColinGardnerGillianDowlingRobertHylandsTraceyWalesMartynBarnesRoryFallJennyShillingHayleySparshottLauraWoodhamsKerryArnottMartinRobinsonCarolCollins</th><th>First NameSurnameTimeTerryArnott00:37:49BenJarvis00:38:24ChrisBuxton00:38:58JaysonGrygiel00:41:05TimDurant00:43:04ColinGardner00:45:17GillianDowling00:45:42RobertHylands00:45:56TraceyWales00:46:24MartynBarnes00:49:14RoryFall00:50:32JennyShilling00:52:01LauraWoodhams00:53:22KerryArnott00:53:04MartinRobinson00:54:26CarolCollins00:55:14</th><th>First Name Surname Time Pos Terry Arnott 00:37:49 1419 Ben Jarvis 00:38:24 1463 Chris Buxton 00:38:58 1521 Jayson Grygiel 00:41:05 1621 Tim Durant 00:45:04 1636 Colin Gardner 00:45:17 1716 Gillian Dowling 00:45:42 1729 Robert Hylands 00:45:56 1741 Tracey Wales 00:46:24 1824 Martyn Barnes 00:49:14 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Monthly Newsletter March 2017

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Why do we run?

GOSPORT GOSPORT

Bryn Whitehouse: It's 90% mental for me & 10% physical having Autism & learning difficulties I find it liberating from my daily battles and I overcome them with my faith in Jesus & running.

Maree Louise O'rourke: Hi, I started running to increase my fitness whilst on a 7 month deployment. After improving my Royal Navy fitness test time I wanted to keep going. Buying a house in Gosport gave me the push I needed to join. I was welcomed immediately and felt like a GRR straight away. I really enjoyed the time trials as I could see I was getting better. I've since completed numerous 5k and 10k runs as well as 2 Great South runs and the Bournemouth half marathon.

Pat Lapworth: Been running for about 5 years to lose weight, well that didn't work lol but i have gained sooooo many friends for life x

Janet Lindley I have been running and a member of GRR for 30 years, and still pounding the streets of Gosport. Peter had been running for many years, so I thought I would give it a go.





GOSPORT GOSPORT

Hi Everyone

I thought it's the right time to update you on how the money (a massive £500!) that was donated from the club, following the Gosport Half Marathon was spent.

I work for Hampshire County Council and at that time until 1st April 2016 we were an integrated team with the local Community Mental Health Team based at Hewat Centre, at Gosport War Memorial Hospital. I was a Mental Health Carers Support worker, supporting them to also try to look after themselves in what can be a very stressful 'role' at times.

Often the families have to give up work, income and hobbies to support their loved one, with not enough recognition and support from the Government (my personal opinion) and their own health can suffer too. They are called 'unpaid' carers, like generic carers are too. However, all carers in the country save the Government over £100 million per year so are heavily relied on by the Government. They deserve a little bit of time and TLC for themselves which is where the donation from GRR came in.

The money allowed us to be able to subsidise or even pay for carers to give themselves a bit of time out. We asked them what sort of things they wanted to do, allowing for distances and transport issues etc. Cake and Food seemed to win!!

In June 2014, we took them to the 17th Century Village for Carers' Week, with tea and cakes afterwards. We went to Portsmouth in 2015 for the Festival of the Mind, where there were workshops, fun activities and yes, lunch with puds to follow from the donation! We were also able to use some of the money to pay for taxis to and from the ferry to the lovely old Church and this helped the ones who had mobility problems immensely. We had a mini Pamper day where therapists gave up their time to give mini manicures and Reiki. We all had lunch together that we bought and made whilst they were pampered or chatted. Needless to say, this was followed by cake!

For the past 3 Christmases we have all gone for a local Festive meal, heavily subsidised from the money, or discreetly paid for if required, for some carers. (My colleague Jo and I obviously pay for ourselves at anything we have done, as it is the carers 'money). We have been to the Pottery Shop in Rowner during Carers Week 2016, followed by refreshments again. We have tried to make 1-to-1 arrangements for the odd carers who for various reasons could not attend the carers' groups or particular activities. This was usually something like a cream tea or something of their choice.

So, the money was carefully considered and spent, in fact I have approx. £4.33 left which will pay towards a carer who can't make activities or groups for mobility and health reasons. The idea is to go out for lunch this week.... I'm sure that will involve cake too!

So, on their behalf and my own I'd like to say a MASSIVE thankyou to the Committee and whoever was involved, on giving them that money. They/I appreciated it very much and it was lovely to be part of seeing them having a bit of time for themselves. The daft thing was, when I applied that year, I didn't really even think of how much, if anything I might get, I thought if I got maybe, £30 - that would be a help, so I was 'gobsmacked' when I got the cheque! I burst out in tears!

Sadly, the Carers Support Worker role across Hants has been 'deleted' and we have moved out of GWMH, and are in different roles now so we are unsure if we will be allowed to even run a carers group anymore, we are waiting to find out, but will push to at least keep the lunch group in a local pub going (as it cost the County nothing!)

We had a final get together away from GWMH and were able to use nearly the last of the money to treat the carers to lunch out. It was an emotional time all round :(

Thank you again to our fantastic club and its members!! It was generous of you to think k of the carers.

Chris Nation



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 286 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





April 2017



Contents

GOSPORT GOSPORT

Cover photo: Memorial Club run 25/04/2017 (photo courtesy Ethan Gee Photography)

CONTENTS

- 3 From the Editor
- 4 & 5 Chairman's Corner
- 6 to 8 Meet your committee
- 9& 10 Exercise of the month: Nick Carter
- 11 Summer 5K Series
- 12 & 13 100 Acres Half Marathon : Pippa White

- 14 to 17 VLM 2017 : Colin Middleton
- 18 & 19 Beginner to Marathoner : Hayley Baird
- 20 to 32 Results
- 33 Out of Town photos
- 34 Memorial club run photos (a few only!)
- 35 Any Other Business





GOSPORT GOSPORT

A big Yellow Hello and welcome to the April edition of your newsletter.

One word kept popping up in my head during this month's editing process: JOYFUL! Yes, I know this is a word traditionally associated more with Christmas than a running club newsletter, but let's quickly look at the dictionary meaning of this adjective : *"feeling, expressing or causing great pleasure and happiness"*. Incidentally this is also the meaning I've always attached to the colour yellow!

Just look at the photos on the club Facebook page – yellow waves of smiley, chatty, beaming, cheering, happy runners and supporters. That, to me, is positive proof that you were all feeling and expressing great happiness as members of the club. So, you've perfectly captured the meaning of "joyful" in a bright sunny yellow vest, whether you're running at Stokes Bay, Alver Valley, in the woods or in Big Cities or supporting fellow club members. It therefore gives me a great pleasure to present this month's newsletter to you – be warned, it's a bumper issue!

As you know, there were a few changes on the committee after the AGM last month. I thought it would be a good idea to know who the committee members are, and what their role is. Meet some of them, see their aim for the club during the next year and admire their personal favourite "Rocking the Yellow Vest" photo.

You once again have the opportunity to add a new exercise to your training plan, thanks to Nick Carter. Be sure to try the structured circuit exercises he shared with us. It will only benefit your running—it comes from an expert, after all. Please also read his article about the Summer 5k Series - as a GRR club runner, you will be very happy you did!

Pippa, Colin and Hayley Baird are sharing their excellent "on the road to, and during the race" articles with us. I find it very motivating to read these articles as it shows that we are all going through an undulating road of many different emotions whilst participating in a race: excited, doubtful, determined, happy.

Hayley's first month of providing you with your results, proves that she's got nailed this just as great as what she's smashed the London Marathon. I never thought that the Club Time Trial would attract a happy CROWD of runners?! That's impressive.

I see you out with a few photos from the club run on 25/04/2017. You will recall that this was our memorial run to remember fellow club runners, and more specifically Giles Cowling, who are sadly no longer with us. Stokes Bay saw a joyful yellow river of runners flowing along the shore, against the backdrop of a perfect sunset. It must have been an amazing sight from the sky!

Enjoy the month of May and the hours of joyful running it will bring you.



Miranda



GOSPORT GOSPORT

All,

Firstly, Welcome to all new members who have recently joined GRR, I sincerely hope you enjoy belonging to this terrific club and continue to be members for a long time.

Following our AGM held on the 28 March 17, it gives me great pleasure to continue serving as chairman of this fantastic and unique club. My aim for the forthcoming year is to maintain the Gosport Road Runners Brand as a friendly, embracing, all-inclusive running club, and to encourage runners of all abilities to just go and enjoy the sport and have a good time. It is also great to see the wide ranging diverse of activities that our members participate in, ranging from Ultra marathons, triathlons and even sailing activities.

I am supported by an enthusiastic strong committee and all the decisions we take are for the greater good of the club. I welcome Auz Gray as the elected Vice chairman, following the vote to change the constitution at the AGM. We encourage all ideas and suggestions from our members and shortly you will receive a survey for you to input all your comments and suggestions. We will then collate the results and set about a strategy of implementation of the suggestions which we consider will bring an overall benefit to the club.

As I mentioned at the AGM, one of our aims is to introduce an improved structure to our training nights. We have invested in members to become Coaching in Running Fitness (CIRF) and Leadership in Running Fitness (LIRF) to cater for all range of abilities. This is currently work in progress and if there are any members who wish to become involved and become either a CIRF or LIRF, please contact any one of the committee members. This will necessarily involve a level of commitment from you but is not considered to be onerous and it is hugely rewarding. I thank individual members who voluntarily carry out training sessions outside the core club evenings and activities.

So, many thanks for all your support and I look forward to my tenure as Chairman. Which brings me on to my other role as Race Director of our Gosport Half Marathon. I consider our race to be the Jewell in the crown, built on the successful legacy left by our previous Race Director, Dave Little. Once again, I am supported by a strong, capable and dedicated race committee and a band of willing assistants. The success of the race is totally down to the enthusiastic and dedicated membership, who volunteer year on year to be out whatever the weather rain or shine carrying out marshalling duties, logistical support and a whole range of activities that make the race so popular and successful. The feedback we receive, consistently praises the standard of marshalling and the robust organisation. Not forgetting the Cake in the goody bags!

With the above in mind, within the next couple of weeks I will be issuing the call to arms for volunteers for this year's race. So, note for your diaries 19 Nov 2017— Your Gosport Half needs you! Watch this space for further details.



Chairman's Corner : Ken Eaden

GOSPORT GOSPORT

Anyhow folks, all I can say is carry out what you best, enjoy your running and I look forward to another fantastic year.

Finally, one of my favourite philosophical quotes to think about when you think things are beyond you:

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy nor suffer much, because they live in a grey twilight that knows not victory nor defeat."

Theodore Roosevelt

Yours in Running

Ken





GOSPORT GOSPORT

I asked the Committee to answer the following questions:

- What is your position on the GRR Committee with a very brief outline of your main responsibility?
- What progress would you like to see, or what do you want to achieve for the club during your term as committee member?

You've read about Ken in the Chairman's corner. Meet most of the others below.

Sue Barrett



I am ladies captain. Basically I try to ensure everyone is ok with their running and not running alone. I look out for new people coming to the club and make them feel welcome, sorting out appropriate groups for them to run with. I dis out relevant advice (appreciated or not) and if I can't answer a running related question then point them towards someone who can.

As far as progress sometimes we aren't always clear who is doing what on a club night so maybe some pace groups. In an ideal word I'd love that people didn't feel that have to enter endless races just because their friends are., or go to certain runs just because they feel they are missing out. I'd love to see no one running injured but am realistic enough to know that's probably never going to happen!

I love being part of the GRR family.



My name is Paul Street my role on the committee is that of Treasurer for the club. I prepare the club's budget and ensure that club activities adhere to the budget. I also maintain accurate financial records throughout the year, to be reviewed at any time by the committee or club members. As well as administering the finances I also look after the England Athletics affiliation of our club and its members. In co-ordination with the club secretary, I collect the necessary fees and forward these to the England Athletics Federation. In addition, I also manage both the club websites. I have been on the committee for a few years and immensely enjoy

my role. As healthy financial management is a crucial part of the club's continued success, my aim is to continue maintaining detailed, clear and accurate financial records, and present these to the committee as often as required. I also want to ensure that the club websites are always updated and display the most current club news.

It is, and always has been good to support our fantastic club and I am proud to be a GRR.



Meet your Committee (or most of them at least!)

GOSPORT GOSPORT

Jo Hopkins



Hayley Sparshott

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Hi I'm Jo and I volunteered to look after the membership requests & renewals in 2016, it's been a year already since taking it on & am currently at the busiest time of year with renewals upon us. I'm responsible for updating the records & ensuring the email addresses are passed onto our newsletter editor so you can receive relevant news & the fantastic newsletters every month. I also liaise with the results coordinator & our UKA rep for affiliation purposes, it's vital you keep me updated with any changes.

Since taking on the role I have updated the spreadsheets so I can filter the information more efficiently & collated some previous years information so that we can build a history of records.

I would like to improve the database further as I have limited information about the history & length of subscription of our members. So if anyone can shed any light on previous records or you know just how many years you have been a member for please let me know at <u>member-</u> <u>ship@gosportroadrunners.org.uk</u> It would be fantastic to build a comprehensive database to pass onto future representatives.

Results Recorder and Trophies Rep

It is my responsibility to record results that members send to me for the events they have taken part in and to inform the newsletter of those results for us all to share. I also collate results near the end of the year for the club awards evening.

I would like to promote an ethos of 'runner responsibility' to send links through for the events they have taken part in and to inform me if they ran as someone else or if they have given their number away. With this information I can do my job well for those runners and the club.

Please send through links to the results for races you have taken part in because what I don't know I can't record.

Looking forward to working with the committee to keep Gosport Road Runners the amazing, all inclusive club that it is. Happy running everyone.



Meet your Committee (or most of them at least!)

GOSPORT GOSPORT

Rachel Gee



Hi,

Most of you know me and for those who don't I'm Rachel and I'm the club Secretary. My jobs include taking the minutes of meetings (badly), carrying out duties such as helping to organise events including our annual awards nights, booking the Rugby club for AGM's etc. and lots of other things including arranging the London Marathon places and dealing with enquiries to the club.

I've done a lot of volunteering over the years for different organisations I have been part of and have found it to be rewarding and a great opportunity to work with different people. This role is my way of giving something back to a club that have supported and given me so much over the past few years. I also have a fog horn type voice, comes in useful when supporting races.

Proud to be a GRR.

Auz Gray



Hi I'm Auz. I've been a member of GRR for 3 1/2 years after moving to the area due to being in the Royal Navy. I still serve now, although shore based.

The club has been amazing since I joined and many of its members have given me great support which has helped my running come on leaps and bounds.

I've had a few injuries though (haven't we all?!) and now run a bit less, while doing some swimming - in the sea when it's warm enough - and loads of cycling, recently joining Audax UK and aiming to complete my first Super Randonneer series this season, and an RRtY by the end of the year. If you want to know more, please come and ask!

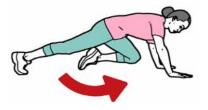
With all the love that my GRR family has given me, I jumped at the opportunity to take on the new role of Vice Chairman and give something back to the club. I'm not quite sure what that something will be yet but I look forward to supporting Ken in his role as Chairman wherever I can and giving all of you as much encouragement as I have received since joining. Oh, I'm also the volunteer Co-ordinator for Lee-on-the-Solent parkrun, so if you enjoy your Saturday mornings with us at the beach and haven't volunteered yet, why not?! And if you haven't been down to run with us yet, come along. It's a cracking way to start your weekend!



Exercise of the Month: Nick Carter

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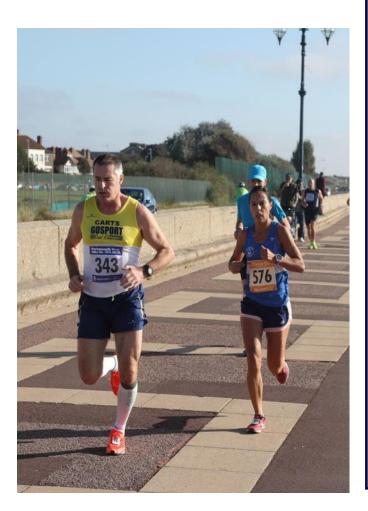
Exercise No 3 : Mountain climbers



Mountain Climbers are a cardio & core workout in one. Easy to do and exhausting. Good form is important to avoid injury and 30 second bursts are a good idea with rest periods to suit the individual.

Have fun!





What is it? You know how much you hate planks? A mountain climber is basically a plank where you run on the spot. I know, right? Fun.

How much does it cost? Nothing. You could drop to the floor right now and do some if you wanted. You won't, obviously, because that sounds hellish. But you could.

What does it promise? A great explosive bodyweight exercise, mountain climbers help to strengthen your abs and lower body, while simultaneously giving you a decent cardio workout.

What's it actually like? First, here's how you do a mountain climber: you get into the plank position and, without letting your foot touch the ground, draw your knee up to your chest. Return it and repeat with the other knee. Do this over and over again as fast as you can in bursts of about 30 seconds or more. Keep your hips low, like you do for a plank.

If that sounds awful, that's because it is awful. It wears you out, it hurts your arms and it looks like the stupidest thing ever invented. As part of a circuit class, though, it fits in nicely with star jumps and burpees. Just don't get good at them, because next comes sliding mountain climbers. This is where you keep your feet on the ground at all times, sliding with your socks or on upturned carpet squares, and that's even more awful than the regular version.

Best and worst bits Unless you count your eventual uptick in basic fitness, mountain climbers have no best bits. The worst bit, though, is when you attempt to do them tired. Your technique will go to the wall and they may end up doing more harm than good.

Is it worth it? Painfully so.

(https://www.theguardian.com/lifeandstyle/2016/apr/30/is-itworth-doing-mountain-climbers-exercise-review)





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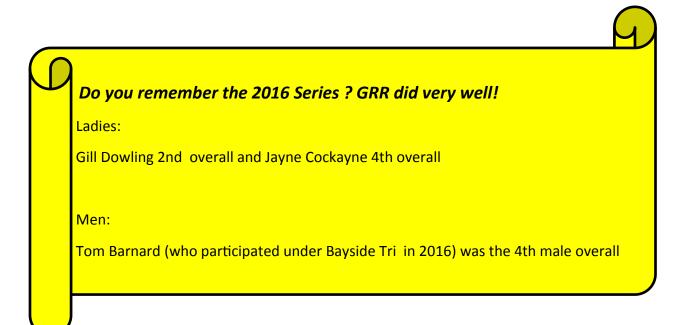


Summer 5k Series: Nick Carter

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As we approach summer, we look forward to seeing Stokes Bay filled with club colours at our Summer 5K Series. With recent series wins for GRR men and women's teams and some fantastic personal achievements, this is a perfect opportunity to enjoy a local, friendly and in GRR's case, a relatively cheap chip timed race. It can be used over the summer to measure progress or simply as a social run with the Bayside Cabin remaining open as Race HQ and serving hot & cold food etc. Not for public consumption as we can't afford to offer all clubs the same discount but GRRs can enter at AR for £5 per race. Any questions, I can be contacted at the club on Tuesday or Thursdays or during shop hours. Nick





100 acres Half : Pippa White

Monthly Newsletter April 2017

GOSPORT GOSPORT



Arriving home after a couple of pints one night, and waiting, as girls do for my friend to call in "home safe" I flicked open Facebook. "Enter the 100 acres half" says SueB. "It's cheap today". "Hic, great idea – enter – paypal" friend home safe, (water drunk) and that was that.

Reverse a little: this was the third half I'd entered. The first (Windsor 2015) came a few months after my rather extreme reaction to the yellow fever injection. I'd only just got back to running 5k without a struggle and it was wise not to attempt four times that. The second I'd entered was the celebration of 100 years of the tank at Bovington just before Christmas 2016 with my best friend from uni days, and I managed to pick up an awful bug, partly as a result of the whole job losing/workplace stress issue. Two entries down the pan and my head more convinced than ever that this wasn't me. I knew I could do the distance, and indeed did it in a tutu and headband on NY day, but my head was not in agreement. SueB and I'd talked about this at a parkrun and she'd told me that we'd find a nice local half and she'd run with me... so when she suggested the 100 acres I signed up quickly before I didn't.

Friday morning after the night before "What have I done - oh BOTHER".

The Sunday of the race dawned, light, bright and very fresh. This was a race that had gone dreadfully wrong last year and suddenly it didn't seem like such a great plan. I had managed to get a lift with Terry, Jenner and Zoe, and once actually out of the house (husband had put the keys in a special place), I was going to have to do it. Sue was off cheering Ethan at County Hockey (it's a very reasonable excuse) so this was me and the club.

Long story short, it hurt, my brain took more of a beating than my body, GRRs got me around, it took 2 days to be proud of what I'd achieved.



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The first loop was great fun, running with the 10k bunch, chatting to Zoe initially, then leaping through puddles as Jo Hopkins was doing (and having so much fun doing). A splendid few chatty kilometres with Lorraine – mud, sand, tarmac, path, camera *smile!*, hill, water stop – then the half special loop (just to make sure it was value for £££) and back to the start for the second time. Second loop was harder – not just because it was laps, but because my brain was telling me to give up. I hadn't really realised how powerful that cool calm negative brain voice could be. It wasn't just that it wasn't helpful to run the same very mixed terrain again, or past the start, but I really wasn't prepared for how hard running through that would be. A good conversation with Claire and then a pretty long stretch with Jenner. We ran through bright yellow butterflies (<u>https://www.britishbutterflies.co.uk/species-info.asp?vernacular=Brimstone</u>) and did look up and enjoy the scenery. We walked some of the hills but kept going. And then very finally the finish appeared (for the third time). Some of the awesome 10k runners had stayed to cheer us in and the faster half runners. Thank you very much and thank you for the chatting on the way around – it's said a lot, but GRRs really rock.

Practically the run was very well marshalled and signed this year. It was a bit on the long side and there was only one water stop per lap on what rapidly became the hottest day of the year so far, but those are pretty minor points. It was sort of Brimstone butterfly shaped and therefore the lap had a loop to the start/finish which was a great place for Jane to be standing and cheering. It was quite hilly and muddy and sandy and beautiful and I can't wait to run there again.

For those thinking about doing a half marathon – there are much easier first halves to do. On the other hand this was trail and so a time is never going to be the focus. Run it in good company and enjoy the scenery. I did finally start feeling happy on the Tuesday and while it hasn't made me want to run another half in a hurry, I know I can do it and that is good!





VLM 2017: Colin Middleton

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Back in October 2016, along with about 200,000 other people, I received a ballot rejection for this year's race. I'd built my hopes up, this was going to be my year! I didn't want to do another marathon, I'd done 5 already, but I always said if I got into London, I'd train well and do my best. One last marathon for the fun of it.

I was now out of the ballot, those who'd got in were rightly overjoyed, and I (along with everyone else) was left feeling a little hard done by.

Luckily, due to the members who affiliate, the club is given some entries, and we have a draw. A few rules apply, but basically, if you missed out on the ballot, and you're eligible, you give your rejection slip to the committee, and you're offered another slim chance at the dream run. My rejection slip was in... this was going to be mine, it was my year. I could feel it.

Fast Forward to December, and we're at the club Christmas draw. The first men's name is being drawn, and everything is crossed. "Say my name, say my name" ...Kev White was drawn to huge cheers from him and Nikki. He too had been waiting years for a shot, and he got it.

The second name was drawn, the men's reserve...and it was me. I was there...almost.

After a few minutes, I started to think! I'm now caught between a rock and a hard place. I don't want to do a marathon, but if I don't train for one, and Kev can't do it, then I will miss my chance at London. If I do train for one, and Kev does London, then I'm left marathon ready with no party to go to.

I needed to do a marathon. As soon as I got home, I signed up for the Southampton Marathon, and I had a few weeks until my training started.

2017 started in a blur. Life was manic, and I training for another marathon. A few weeks went by, and my training plan was slipping. My heart wasn't in it, and time to run was becoming secondary to everyday life, I had to decide.

In the middle of Feb, I decided I wasn't going to do a marathon. I downgraded my Southampton Marathon place to a place in the Half, and suddenly a great weight was lifted.

A week later I got a message from Kev. He couldn't do London now, and the place was mine if I wanted it.

Eeeek!!! What now! I can't turn it down, although I very nearly did. Some wise words from Keith and Sue convinced me it was doable, and suddenly I was training for a marathon again.

At this point in time, I had 8 weeks until race day. I wasn't fit enough, the most I'd run in six months was 6.5 miles. Karen and I sat and worked out everything that needed doing to get through London.



GOSPORT GOSPORT

The last 8 weeks have flown by, I managed to increase my mileage in steady(ish) chunks, but it has come at a cost. I strongly believe that I've increased my mileage too quickly, I have suffered with painful calf's along the way, and for the first time ever I went for a sports massage...they hurt.

Karen has been amazing. She's done everything she can to help me get to the race day, and I can't thank her enough for it.

I've also been in regular contact with Jenner Moore and Hayley Sparshott, we've talked about training, and we've run training runs together. They have both been such a huge help to me, and have been so encouraging.

I was running from the Blue Start, and I met up with the others in the start zone. We sat around for a bit, and then it was time to go. It only took 7 minutes to get through the start. Terry Moore left us quickly, and I ran with Hayley for a couple of miles. With Hayley's mantra of 'slow and slower' in my head, I just plodded along. It soon became apparent that Hayley was going quicker than me, so I dropped back a bit.

The first 8 miles were excellent, a nice gentle speed, taking in the sights and sounds, and the constant support. Coming around a corner to see the Cutty Sark was amazing. I don't recall ever visiting it before, and it's such a famous marathon sight. Just after Mile 8, I saw the GRR support crew, I knew they would be there, so i was really looking forward to seeing them. I stopped and hugged Karen and the kids, and then set off again.

After mile 12, comes the next big sight of the marathon. Running across Tower Bridge was something special. So many runners were running with phones in their hands, recording the moment.





GOSPORT GOSPORT

Mile 16 came and went. I was really starting to find it harder to keep on going. The sheer number of people was starting to annoy me. You couldn't move in some places without someone bashing into you, or someone chucking their half full bottle under your feet. I was getting tired and hungry and I started to notice just how noisy it was everywhere.

By mile 18, I was firmly in a run-walk position. My calf muscles were starting to cramp. I'd jog for a bit, then as soon as I felt the twinge, I'd walk for a bit.

For me, 18 miles is the end really. A marathon is about 8 miles too long. It's funny how 13 miles sounds ok at halfway, but 8 miles sounds like hell at mile 18.

I never went into this marathon thinking about a time. I'd briefly thought that I'd be happy with a sub 5 hour run, but it was never a factor for me. By mile 20, I was really starting to think that I might not make a sub 5. I was still run-walking, but it was painful, and I was well and truly fed up. 6 miles to go, but it could have been 60.

At Mile 23, I heard someone shouting for me. It was my sister Clair, she had come down from Nottingham to see if she could spot me and her friend from her running club. I had a hug, told her what I thought of the race, then headed off happy that I'd seen her.

By Mile 25, I just wanted it to end. I came around the corner at Big Ben, and I heard my name again. I looked round, and saw Karen, the boys, and a load of other GRRs. I was so close to the end, and it was a lovely surprise seeing them.

The last mile went by quickly, I finally saw the finish, and decided to walk the last 200 meters or so rather than risk my legs cramping up.

I'd done it. I'd won the London Marathon!!!! Well, 30931st, but it felt like I'd won it. I was a whole 61 minutes off my marathon PB, but I'm so happy to have done it.





GOSPORT G

I would definitely recommend it, it's a bucket list run, but it's noisy, and very busy. Anyone can do a marathon. We're all capable, even if you don't yet believe it. Just make sure you train properly, and listen to advice from those who have done it before, they learnt from experience.

At the moment, I'm not 100% certain I want to do another marathon. The only piece of unfinished business I have with London is that I didn't run in my name. It felt a bit like I couldn't tell the world I was running London, as I wasn't officially meant to be.

I had also previously decided at renewal time that I would not affiliate again. It would save a few ££s, and now that **'I'** had a London place, I didn't need to worry about the draw any more. Now though, I've changed my mind. I am incredibly fortunate to have been given this place, and only by affiliating, do we ensure that other club members get this chance too. I don't think I gain on a yearly basis from being affiliated, but this one run, has covered that for a good few years to come.





Beginner to Marathoner: Hayley Baird

GOSPORT GOSPORT



Running the London marathon has been on my bucket list for years! Every year I'd watch it on telly and tell myself that I would do it one year. The only trouble was, I hated running! But in June last year I decided to give it another go, and joined the GGR beginners' group. And something really strange happened. I loved it!

My problem before was that I'd shoot off down the street like a puppy off his lead, and be struggling to breath after just a few metres. The beginners' group taught me how to build up slowly. And building up slowly was my plan. After doing a few parkruns and the last of the Bayside summer series, I booked Stubbington 10k with the idea to build up to that distance over the next few months. But the night before the great south run in October, somebody wasn't able to run and I was offered their place. Despite being extremely unprepared. I let myself get talked into taking it.

That morning I was full of nerves, and even came close to turning around and getting back on the ferry at one point. But not only did I manage it, I loved it! The crowds and the atmosphere were incredible. It left me feeling like I could do anything I set my mind to, as well as rather sore!

The next day, still feeling invincible, I decided to apply for a place in the London Marathon. I work for Virgin Atlantic and they get eight spaces. Considering there are thousands of people who work with me, I thought my chances were pretty slim. So, when I received an email to say I'd been chosen, I was pretty shocked to say the least! I'm sure a lot of people would have thought I was crazy to take on this challenge so soon into my running journey. But I knew I'd kick myself if I turned it down.

Boxing Day dawned. My training officially began, and I couldn't wait to get stuck in. To begin with the training was pretty easy going. But as the weeks went by, the long runs were getting longer and tougher. I struggled to juggle the training with my family and long shifts at work, where I'd be away from home for two or three nights at a time. But despite this, I continued to get up early every Sunday morning and set off at sunrise for up to 4 hours, whatever the weather. My training paid off. I got to taper time feeling pretty happy with how far I'd come and looked forward to having a few weeks rest before the big day.

Saturday 22nd April arrived and I set off to London to pick up my number from the expo. I was full of different emotions, nerves were running high but I was so excited and grateful to have been given such an amazing opportunity.

The morning of the marathon I woke up feeling pretty good surprisingly. I set off to the start bright and early and was very well looked after. Having got my place through Virgin, I was lucky to have been upgraded to the green starting zone where the celebrity's and VIP's start. Even though I started right at the back, it only took 6 minutes to cross the start line.



GOSPORT G

The first few miles were flying past, I was taking it steady as I had planned, but the first 10 miles felt like they'd gone by in a flash. I felt like I was going to finish way ahead of schedule, but by half way I started to feel a little tired. I'd met a lovely girl called Amy and we ran 17 miles together until she needed to stop and have her knee looked at by a physio. I wanted to wait but she insisted I carry on. It wasn't the same running without her. I continued at a steady pace but began to find it harder. My family were between mile 18 and 19, seeing them gave me a real boost, and that ended up being my quickest mile by far (under 10mins!). I continued on but my mind started playing tricks on me. I started walking even though I probably didn't need to, and then when I did run, it was difficult to dodge others who were walking.

But when I was finally running along the embankment with the Thames and London Eye to my left and Big Ben right ahead, knowing I only had a couple of miles left, I got a burst of energy. I didn't stop from that moment on. Turning right to see Buckingham Palace and then the Mall was just incredible and made me so emotional. The crowds were phenomenal, cheering all the way. I was shouting 'we're nearly there' to anyone near me! But part of me (a very small part) didn't want to cross that line. I didn't want this experience to be over. I did cross that line in 5hours 13minutes and 45seconds - I couldn't believe it. I got my medal and had my finisher's photos and I couldn't wait to go and celebrate with my boyfriend who was waiting for me.

I'm not telling my story to boast, but to hopefully help people realise that you can achieve anything if you want in badly enough and work hard.

Hayley







The Results Section

GOSPORT GOSPORT

Recording Results for You

Well done everyone, what an amazing set of results we have had in April.

Thank you for helping me by sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR for whatever reason. Without this information I would not be able to record your achievements.

Please carry on sending me all of the above because – *what I don't know, I can't record!*





Result of the Month

The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason. There have been some magnificent results in April on every level but this month there is one result that is beyond outstanding and it is **Daniel Roiz de Sa** completing the **Marathon Des Sables**, a 254km race through the Sahara Desert billed as the 'toughest footrace on Earth'. Not only did Dan do this in his own right in a time of 44 hours 13 mins and 43 seconds coming 530th overall, 192nd in category, he also supported Duncan Slater, the first ever double amputee to complete this event in a time of 69 hours 1 min 42seconds coming 1066th overall and 287th in category.

BOOM!

Happy running everyone – keep those results coming to me please. Hayley Sparshott

Please email your results to Hayley at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk



Results: Club Time Trial

GOSPORT GOSPORT

Club 5km Time Trial— April 2017

WOW what a turnout 75 participants must be a new record, plenty of PB's, testament to the very benign conditions, pleasant temperature and virtually no wind ideal running weather. Our Thanks as always to our Officials, Liz Redpath - Starter and Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder. Marshals and Supporters -Rachel Gee, Clair Crook, Peter Lindley, Dave Croft, Andrea Edwards, Sid Smith. On their bikes- Nick Carter and Dave Kitching and finally our photographer Steve Wood.

Dave Croft







GOSPORT G

| Pos. | Name | Time | Comment | Pos. | Name | Time | Comment |
|------|----------------------|-------|------------------------|------|-------------------------|-------|-----------|
| 1 | Michael Percival | 18:34 | PB | 39 | Marie O'Rouke | 28:03 | Guest |
| 2 | Kev White | 19:28 | | 40 | Emma Robinson | 28:07 | Guest |
| 3 | Steve Crook | 19:39 | PB | 41 | Andy Brown | 28:35 | PB |
| 4 | Richard Law | 20:40 | PB | 42 | Gill Thomas | 28:40 | 1st Timer |
| 5 | Sue Baldock | 21:12 | 1st Lady | 43 | Lizzy Elshaw | 28:46 | |
| 6 | Paul Williams | 21:14 | | 44 | Nikky Leech | 28:49 | |
| 7 | Dan Belben | 21:31 | | 45 | Richard Smith | 28:53 | |
| 8 | Alan Burgess | 21:47 | | 46 | David Baker | 29:01 | |
| 9 | Kathryn Wealthy | 21:52 | | 47 | Lorraine Down | 29:36 | |
| 10 | Dan Thompson | 21:54 | PB | 48 | Cheryl Dodd | 29:37 | 1st Timer |
| 11 | Julia Ruiz De Silvia | 22:04 | PB | 49 | Michelle Francis - Dent | 29:37 | 1st Timer |
| 12 | James Heath | 22:31 | | 50 | Mick Kearney | 29:41 | |
| | Martyn Barnes | 22:40 | PB | | Karen Morby | 29:44 | |
| | Richard Wiltshire | 22:41 | | 52 | Ali Clarke | 30:43 | |
| 15 | Auz Grey | 23:00 | | 53 | Angie Elshaw | 31:19 | |
| 16 | Nick MacBeath | 23:10 | | 54 | Trevor Giles | 31:38 | 1st Timer |
| 17 | Phil Moran | 23:24 | PB | 55 | Darren Eynon | 32:06 | |
| 18 | Colin Chalmers | 23:47 | | 56 | Dave Kirby | 32:20 | |
| 19 | Caroline McGuigan | 23:48 | PB | 57 | Vicky Gorton | 32:47 | |
| 20 | Dave Graham | 24:03 | 1st Timer | 58 | Vanessa Grant | 33:02 | |
| 21 | Steve Silverlock | 24:31 | PB | 59 | Steve Calder | 33:03 | |
| 22 | Rory Fall | 24:55 | | 60 | Steve Wise | 33:16 | |
| 23 | Brian Fisher | 25:05 | | 61 | Terry Ash | 33:31 | |
| | Keith Elshaw | 25:23 | | 62 | Kelley Read | 34:37 | |
| 25 | Ken Eaden | 25:39 | | 63 | Sue Barratt | 34:37 | |
| | Gill Dowling | 25:40 | | | Clair Thomas | | 1st Timer |
| | Fiona Tomlinson | 25:40 | | | Louise Ness | | Guest |
| | Nick Boorn | | 1st Timer | | Emma Christopher | | 1st Timer |
| | Lee Westwood | 26:09 | | | Jennifer Parker-Lummis | 35:50 | |
| | Melissa Pink | 26:21 | | | Karen Harding | 35:55 | РВ |
| | James Dalgleish | | 1st Timer | | Nicky Hayward | 35:56 | |
| | Sarah Lloyd | | <mark>1st Timer</mark> | | Claire Parsons | | 1st Timer |
| | Mike Stares | 27:07 | | | Mel Lumsden | | 1st Timer |
| | Penny Herridge | | 1st Timer | | Janet Smith | | 1st Timer |
| | Tonia Morrell | 27:48 | | | Hayley Sparshott | 43:14 | |
| | Lars Woodhams | 27:58 | | | Nicola Stanley | 47:04 | 1st Timer |
| | Kev Robinson | 28:01 | | 75 | Jenny Shilling | 47:05 | |
| 38 | Shona Rust | 28:02 | PB | | | | |



Monthly Newsletter April 2017

GOSPORT GOSPORT

| | Fowlmead 50 - 01/04/2017 | | |
|------|-----------------------------|----------|---------|
| Pos. | Name | Time | Comment |
| | Darren Enyon | 09:10:09 | |
| | Lisa Hennen | 10:52:50 | |
| | Eric Macgurk | 10:52:50 | |



Rome Marathon - 02/04/2017

| Pos. | Name | Time | Comment |
|------|----------------|----------|---------|
| | Mike Battersby | 05:53:37 | |

100 Acre Half Marathon - 02/04/2017

| Pos. | Name | Time | Comment |
|------|------------------|----------|---------|
| 21 | Terry Moore | 02:05:45 | |
| 32 | Gill Dowling | 02:20:13 | |
| 33 | Fiona Tomlinson | 02:20:13 | |
| 47 | Sarah Lloyd | 02:31:08 | |
| 52 | Julia Roiz De Sa | 02:32:11 | |
| 58 | Rory Fall | 02:36:29 | |
| 60 | Laura Woodhams | 02:36:58 | |
| 63 | Becky Veal | 02:38:53 | |
| 74 | Claire Tallack | 02:44:33 | |
| 76 | Jenner Moore | 02:46:20 | |
| 78 | Pippa White | 02:46:21 | |
| 90 | Zoe Windsor | 02:52:57 | |





Race Results

| | 100 Acre 10K - 02/04/2017 | | | | | | |
|------|---------------------------|----------|---------|------|------------------------|----------|---------|
| Pos. | Name | Time | Comment | Pos. | Name | Time | Comment |
| 5 | Terry Arnott | 0:43:08 | | 106 | Jackie Brady | 01:13:59 | |
| 29 | David Croft | 0:59:59 | | 107 | Sharon Noble | 01:13:59 | |
| 46 | Kerry Arnott | 01:00:16 | | 130 | Denise Francis | 01:19:35 | |
| 50 | Melissa Pink | 01:02:17 | | 132 | Susan Barker | 01:20:03 | |
| 57 | Katrina Jurd | 01:04:40 | | 133 | Sue Tingley | 01:20:04 | |
| 58 | Sarah Bishop | 01:05:02 | | 134 | Lizzie Elshaw | 01:20:43 | |
| 63 | Catherine Stock | 01:05:21 | | 146 | Lorraine Down | 01:24:33 | |
| 75 | Karen Morby | 01:09:21 | | 147 | Sarah Down | 01:24:33 | |
| 76 | Andy Brown | 01:09:25 | | 151 | Louise Millson | 01:27:22 | |
| 79 | Joanne Hopkins | 01:10:38 | | 152 | Wendy England | 01:27:23 | |
| 81 | Hayley Sparshott | 01:10:40 | | 153 | Debbie Humphries | 01:27:25 | |
| 80 | Emma Noyce | 01:10:41 | | 154 | Janet Lindley | 01:27:23 | |
| 84 | Sheena Ball | 01:10:59 | | 159 | Caroline Harms | 01:30:55 | |
| 88 | Amanda Morby | 01:11:24 | | 160 | Jennifer Parker-Lummis | 01:30:56 | |
| 98 | Gillian Boorn | 01:13:14 | | | | | |



Turn the page for more photos



Monthly Newsletter April 2017





Race Results: Cyprus

GOSPORT GOSPORT

| Goodwood Duathlon Short Course - 02/04/2017 | | | | |
|---|-----------------|----------|---------|--|
| Pos. | Name | Time | Comment | |
| 72 | Miranda Carrick | 01:36:30 | | |

Goodwood Duathlon Long Course - 02/04/2017

| Pos. | Name | Time | Comment |
|------|--------------|----------|---------|
| 17 | Tom Barnard | 01:48:50 | |
| 112 | David Wright | 02:44:12 | |



Bournemouth Bay Half - 02/04/2017

| Pos. | Name | Time | Comment |
|------|----------------|----------|---------|
| 104 | Jayson Grygiel | 01:35:33 | |

Combe Gibbet - 02/04/2017

| Pos. | Name | Time | Comment |
|------|-----------------|----------|---------|
| 131 | Andy Clutton | 02:31:42 | |
| 173 | Yvette Eastman | 02:45:14 | |
| 174 | Ken Eaden | 02:45:18 | |
| 204 | Deborah Birch | 03:16:17 | |
| 205 | Shirley Faichen | 03:16:17 | |
| 207 | Sharon Clutton | 03:16:17 | |
| 212 | Stephen Cawte | 03:37:55 | |
| 213 | Michael Barker | 03:37:56 | |

SDW 50 - 08/04/2017

| Pos. | Name | Time | Comment |
|------|-------------------|----------|---------|
| 379 | Lisa Maria Hennen | 11:24:32 | |

Sheffield Half - 09/04/2017

| Pos. | Name | Time | Comment |
|------|------------------|----------|---------|
| 1558 | Julia Roiz de Sa | 01:49:04 | |

Lowestoft 5 Mile dash - 09/04/2017

| Pos. | Name | Time | Comment |
|------|----------|----------|---------|
| 1 | Ben Toye | 00:28:50 | |



Race Results

GOSPORT GOSPORT



Salisbury 10mile - 09/04/2017

| Pos. | Name | Time | Comment |
|------|-------------------|----------|---------|
| 88 | Ben Jarvis | 01:07:09 | |
| 247 | Richard Law | 01:17:47 | |
| 262 | Colin Gardner | 01:18:47 | |
| 321 | Martyn Barnes | 01:22:10 | |
| 391 | Fiona Tomlinson | 01:26:18 | |
| 427 | David Croft | 01:29:16 | |
| 465 | Jenny Shilling | 01:31:51 | |
| 490 | Brian Fisher | 01:32:28 | |
| 491 | Hayley Sparshott | 01:32:29 | |
| 492 | Caroline Mcguigan | 01:32:51 | |
| 525 | Lee Westwood | 01:35:40 | |
| 565 | Fleur Giles | 01:38:53 | |
| 659 | Lorraine Down | 01:52:47 | |





Race Results:

GOSPORT G



Brighton Marathon - 09/04/2017

| Pos. | Name | Time | Comment |
|--------|-------------------|----------|---------|
| Gents | | | |
| 1538 | Paul Williams | 03:45:09 | |
| 3260 | Darren Enyon | 04:15:45 | |
| 6433 | Keith Elshaw | 05:20:44 | |
| Ladies | | | |
| 343 | Tracey Wales | 03:55:12 | |
| 1671 | Kirsten Maw | 04:28:29 | |
| 2616 | Laura Woodhams | 04:58:26 | |
| 2642 | Claire Tallack | 04:59:18 | |
| 3128 | Becky Veal | 05:17:52 | |
| 3321 | Katrina Jurd | 05:23:07 | |
| 3322 | Sarah Bishop | 05:23:07 | |
| 3700 | Carol Collins | 05:54:37 | |
| 3769 | Ann-Marie Stables | 05:42:01 | |

Good Friday 10 mile - 14/04/2017

| Pos. | Name | Time | Comment |
|------|----------|----------|---------|
| 9 | Ben Toye | 00:59:37 | |

Marathon Des Sables - 15/04/2017

| Pos. | Name | Time | Comment |
|------|-------------------|----------|-----------------|
| 530 | Daniel Roiz de Sa | 44:13:43 | |
| 1066 | Duncan Slater | 69:01:42 | Special Mention |





Race Results:

GOSPORT GOSPORT

| Southampton 10km - 23/04/2017 | | | | | |
|-------------------------------|---------------|---------|---------|--|--|
| Pos. | Name | Time | Comment | | |
| 790 | Tonia MORRELL | 0:57:08 | | | |
| 1102 | Dee UPSHALL | 1:07:16 | | | |
| 1419 | Karen HARDING | 1:15:44 | | | |
| 1439 | Shona RUST | 1:14:31 | | | |

Southampton Half Marathon - 23/04/2017

| Pos. | Name | Time | Comment |
|------|-------------------|----------|---------|
| 241 | Kevin White | 01:35:19 | |
| 482 | Martyn Rowell | 01:41:44 | |
| 695 | Gillian DOWLING | 01:46:28 | |
| 994 | Yvette EASTMAN | 01:51:34 | |
| 1436 | Fiona TOMLINSON | 01:57:47 | |
| 1524 | Nick MacBeath | 01:59:59 | |
| 1536 | Kerry Arnott | 01:59:58 | |
| 1937 | Catherine STOCK | 02:07:08 | |
| 1952 | Katrina Jurd | 02:06:37 | |
| 2002 | Steve CALDER | 02:07:13 | |
| 2003 | Nicolas BOORN | 02:04:10 | |
| 2023 | Caroline MCGUIGAN | 02:04:47 | |
| 2165 | Nikki White | 02:09:55 | |
| 2332 | Kim CARTER | 02:11:30 | |
| 2875 | Karen MORBY | 02:19:32 | |
| 2883 | Deborah ATKINSON | 02:19:43 | |
| 2890 | Richard SMITH | 02:19:47 | |
| 2977 | Geoff O'FLANAGAN | 02:21:42 | |
| 2995 | Sarah DOWN | 02:22:01 | |
| 3266 | Sharon NOBLE | 02:31:29 | |
| 3267 | Lorraine DOWN | 02:31:29 | |



Turn the page for more photos



Monthly Newsletter April 2017







Race Results:

| | Southampton Marathon - 23/04/2017 | | | |
|---|-----------------------------------|-----------------|----------|---------|
| A man man | Pos. | Name | Time | Comment |
| | 52 | Ben JARVIS | 03:17:44 | |
| | 79 | Terry ARNOTT | 03:25:30 | |
| OSPORT OSPORT | 117 | Lee RHODES | 03:31:34 | |
| 8014 | 243 | Su BALDOCK | 03:46:14 | |
| The second se | 246 | Kathryn WEALTHY | 03:46:34 | |
| | 355 | Paul STREET | 03:56:14 | |
| A ANTANC | 496 | Robert HYLANDS | 04:09:18 | |
| | 558 | Matt JOHNSON | 04:16:16 | |
| | 703 | Richard LAW | 04:33:15 | |
| | 704 | Sarah LLOYD | 04:33:16 | |
| | | | | |

| London Marathon - 23/04/2017 | | | | |
|------------------------------|------------------|----------|---------|--|
| Pos. | Name | Time | Comment | |
| 15522 | Terry Moore | 04:09:51 | | |
| 18558 | Hayley Sparshott | 04:22:06 | | |
| 23245 | Tracy Slade | 04:40:30 | | |
| 23291 | Edward Anderson | 04:40:44 | | |
| 30458 | Hayley Baird | 05:13:45 | | |
| 30931 | Colin Middleton | 05:16:27 | | |
| 35792 | Jenner Moore | 05:55:49 | | |



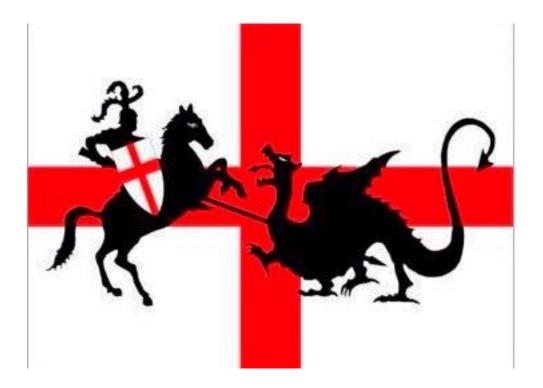


Race Results:

GOSPORT G

St George's Day 5km- 23/04/2017Pos.NameTime52Zoe Windsor00:34:1955Joanne Hopkins00:34:3056Joel Windsor (Zoe's son)00:34:30

| The Houghton Trial Event 11km - 23/04/2017 | | | | |
|--|-----------|----------|---------|--|
| Pos. | Name | Time | Comment | |
| 76 | Rory Fall | 01:05:38 | | |





Out of Town: Bluebell run 27/04/2017

Monthly Newsletter April 2017





Remembering absent friends: club run 25/04/2017

Monthly Newsletter April 2017





Monthly Newsletter April 2017





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 286 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





May 2017



Contents

GOSPORT GOSPORT

Cover photo: Depression Friends Sailing day

CONTENTS

- 3 From the Editor
- 4 & 5 Club President's introduction
- 6 Meet your committee
- 7& 8 Exercise of the month: Nick Carter
- 9 AR Summer 5K Series
- 10 & 11 Running with Dogs : Ben Jarvis

- 12 Jeskyns Challenge : Hayley Sparshott
- 13 to 28 Results & Race photos
- 29 Out of Town run photos
- 30 Half marathon fund bids: cheque handover photos
- 31– Depression Friends sailing days photos (a few only!)
- 32 Any Other Business





From the Editor

GOSPORT GOSPORT

Hello and welcome to the May edition of your newsletter!

HOW ARE YOU? A few words usually used without giving it much thought, and usually the (expected) reply is something in the line of "fine" or "I'm good". However, sometimes those words are not reflecting how the relevant person may really feel, but they may be too embarrassed to say they are suffering from anxiety (for example). Mental Health issues includes a number of different diagnoses, and whilst we generally accept that physical activity is an excellent deterrent for negative thoughts or issues which may trigger mental health problems, even runners and other athletes of all fitness levels can suffer from depression or anxiety at some stage in their lives. UK Mental Health Awareness week was from 8 to 14 May 2017. You may have noticed that various charities and employers actively supported the Lord Mayor's "The Green Ribbon Campaign" during that week, by encouraging that people wear green ribbons. The message of the green ribbon was simple but powerful: *Together we can #endthestigma* of mental health. It was well supported by at least 110 large organizations in the "big city" (*https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/lord-mayors-appeal*). In Gosport , the local charity , Depression Friends , arranged a few sailing days for the GRR towards the end of May, and it was a happy yellow excursion. Join these sailing days without the seasickness, by watching Terry Arnott's vlogs about anxiety and sailing on YouTube. I have included a few photos of these days.

We have an excellent introduction to our Club President, and one more committee member shares her role with us. Pending a "written introduction" for the newsletter, I suggest you catch up with your male cross country captain yourselves, if you're able to!

I really enjoyed reading Ben Jarvis' article about running with his dogs and the CaniX events. Personally, I think it must be very challenging running with a dog, therefore I found his achievements in the CaniX events very impressive. Read all about this a bit later.

Race 1 of the AR Summer 5km series was well supported by the club. Well done to all of you who participated and thanks to Nick Carter for the article.

Hayley shares a fantastic race review with us. As one of the "lesser beings" in the cross country field, this review made me think it's an event I could enjoy in future. C'mon GRR, please share your race experiences with us, whether it's good or bad. It will be most helpful to newer members who haven't entered many races yet.

Keep your circuit training fresh with another exercise from Nick Carter, and compare your race results, thanks to Hayley's recording expertise.

I hope you enjoy reading your Newsletter. Any article or interesting running related comments are always greatly appreciated.

Happy running, Run happy!

Miranda





Club President: Fiona Tomlinson

Monthly Newsletter May 2017

GOSPORT G



Hi All GRR's

I currently have the honour of bring the President of the Gosport Roadrunners Club and have been a member of the Club for over 20 years. It is, in truth, the easiest role within the club thanks to the superb individuals of the Club Committee who you, as members, vote in annually. I have recently joined the Race Committee so have a finger in each pie to oversee the decisions and activities of both and keep abreast of the monthly actions.

The Club and Race Committees meet monthly to discuss your ideas, their ideas, events, finances, socials, training nights, cross country events, HRRL events and any other current topic related to the club. They spend hours of their own time putting any research or actions into fruition and it has helped develop the club into what it is now.

Over the years, I have seen the club re locate from venue to venue and from strength to strength, growing in numbers, reputation and personality. It is great to see a Club with such equal male and female numbers. Believe it or not, a few years ago we were scraping together ladies to get a HRRL team together or a cross country team. These events are really good bench markers for new runners and I would encourage everyone to try these local friendly and cheaper races; the cross country events in particular are free except for food and car parking, in some cases.

There is a real sense of enthusiasm and team spirit in all races, club night, hill sessions and events taking place. GRR has a great reputation and is admired by many other clubs with our "splash of yellow" at races and our great support of each other such as at the London Marathon and the Portsmouth Coastal Marathon. We run a cracking Half Marathon event each year and have put Gosport on the runners' map!

On a personal note, I hope the club continues to grow and develop providing adequate training sessions and variety on Club nights and I hope we remain a reputable Club represented at numerous events including duathlons and triathlons. I would like to see regular social events throughout the year to show it's not all "blood sweat and tears" and to show that we are a really sociable club thus getting to know each other and all our newer members too.



GOSPORT GOSPORT

We should encourage each other in our running whether it be a 5km or a Marathon making all abilities, all ages, and all count in GRR.

I could write more but I am just going to say please support all the committee members in their roles:

*Give Miranda articles for the monthly newsletter (which feedback tells us you all love and want to remain).

*Give your race time details to Hayley so she can record everything for club awards and finally , continue to support your Chair, Race Director, all Committee members and Fellow runners.

*Volunteer for a role to help on the 18th or 19th November Race weekend to showcase the club at the Gosport Half Marathon again.

I am proud to be serving as both the President and a member of GRR- perhaps for another 20 years or so!

My personal thanks to the Chair and all committee members of both committees for the committed and tireless support on my behalf so far this year in events and club nights and happy running to all club members for the rest of 2017. Just remember a 5km is as big an achievement as a Marathon so support and respect all activities.

Happy running and supporting!!! They come hand in hand!!

Cheers Fi





Meet your Committee (another one!)

GOSPORT GOSPORT

I asked the Committee to answer the following questions:

- What is your position on the GRR Committee with a very brief outline of your main responsibility?
- What progress would you like to see, or what do you want to achieve for the club during your term as committee member?

Sarah Down

I'm Sarah and my role in the club is cross country captain. Along with Terry Arnott we do our best to ensure the smooth running of the XC league throughout the winter months (maybe not so smooth when knee deep in mud) and to keep as much XC going throughout the rest of the year.

I have been with the club for a few years now and have just completed my first year as XC captain. This has opened my eyes to how much time and effort people put into the club, all as volunteers. Without those people the club could not be what it is today., and I hope I can do even just a little of what they do, to help others along the way.

For me running is a time to escape the day to day. I'm not the fastest or the strongest but I love it, and with the support of a great club like GRR you can't go wrong.







Exercise of the Month: Monthly Newsletter Nick Carter May 2017

GOSPORT G

Exercise No 4 : Bicycle crunches

https://youtu.be/wqoD0Bdggto. crunches



Workoutz.com - Abs Exercise - Bicycle Crunches From http://www.workoutz.com Learn how to perform the bicycle crunch abs exercise. Watch more videos like this at http://www.workoutz.com or at voutube.com





Bicycle Crunches: The Best Core Exercise According to ACE

No pedals needed for this core conqueror (Nick Harris-Fry 6 Jul 2016)

In 2001 the American Council on Exercise, a non-profit organization dedicated to promoting healthy activities (and who have landed the superb acronym ACE), commissioned a study to find out exactly what was the best core exercise. After comparing 13 of the most common exercises, they concluded that the bicycle crunch topped the bill- and who are we to argue with ACE? Here's how it's done.

- Start by lying on the ground, with your lower back pressed flat into the floor and your head and shoulders raised slightly above it.
- Place your hands lightly on the sides of your head; don't knit your fingers behind. Be careful not to yank your head with your hands at any point during the exercise.
- 3. Lift one leg just off the ground and extend it out.
- 4. Lift the other leg and bend your knee towards your chest.
- 5. As you do so twist through your core so the opposite arm comes towards the raised knee. You don't need to touch elbow to knee, instead focus on moving through your core as you turn your torso. Your elbow should stay in same position relative to your head throughout the turn that brings it closer to the knee comes from your core. It might be best to think shoulder to knee as you move, rather than elbow to knee.
- Lower your leg and arm at the same time while bringing up the opposite two limbs to mirror the movement.
- 7. Keep on alternating sides until you've managed 10 reps on each, aiming for three sets of 10 in total, or add the bicycle crunch into circuit training and just keep going for as long as the timer runs.







Monthly Newsletter May 2017

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Summer 5k Series: Nick Carter

Monthly Newsletter May 2017

GOSPORT GOSPORT



A great evening of running and racing at the first of 5 Summer evening 5K events. Race 1 saw a whopping turnout from GRR's with several of our runners winning individual prizes. Team prizes on the night were taken by our friendly rivals Stubbington Green who felt it necessary to turn out their A team , such is Gosport's growing reputation. As usual, the highlight for us had to be the number of families getting involved and a sea of smiling faces, testimony to the mood set by our volunteer marshals. This was a night of firsts for many new to running; first race, first PB, first medal and the first opportunity to see how much fun you can have at a local

event. Yellow looks great on Stokes Bay! Hope to see some of you in June for Race 2. 🥌 🍯

Nick









Dog running and Moors ValleyMonthly NewsletterParkrun: Ben JarvisMay 2017

GOSPORT GOSPORT



I know a lot of Gosport Road Runners do CaniX or running with their dogs, so I thought I would write a piece about running with mine. I am lucky enough to now have 2 dogs I can run with, or can it be said I have one to do slow runs and one to race with.

I became interested in CaniX when I started running with Buddy, my German Shepherd x Greyhound. We used to go over Alver Valley as well as other local parks, beaches or just quick little runs around Rowner. It then got to a stage where I thought I would try racing with him. We started going to Parkruns where we would cause a lot of noise, or rather Buddy would with his barking. Lee-on-Solent was the main Parkrun we went to and this soon became our PB course, with 19:11 as our best effort. This then became part of longer runs and eventually entering a couple of CaniX events such as Portsmouth XC and Hundred Acre Woods to name a couple.

In preparation for the half marathon with Buddy, we took on a new CaniX event called the Slindon Slog. This was a 10- mile x-country run where you had to go through all kinds of terrain, including steep hills, mud, puddles, sand dunes, sand dunes filled with water including a couple of very deep parts where the water was above waist height or in Buddy's case, Time to Swim. We loved it though and we ended up winning the CaniX, and got 3rd place overall – I was very happy with this. This became a quite regular thing -1st place in CaniX , as well as 1st CaniX in Parkruns, Twixmas 10k and 3rd place in the cross country event held by Portsmouth Joggers.

It turned out that the Hundred Acres event was Buddy's last big race, as I soon realised he was too old to race a half marathon at the pace we would usually run. As we all know we got lost several times then as Buddy, like many others, decided to stop. He was fed up and shattered – he could hardly walk and that was frightening. I now only take him out in the rain or for very steady runs as he doesn't like it anymore.





Next to start running with me was a dog called Rosie. She is a 2-year-old Collie cross. She is only small but seems to pack a punch and is strong as an ox. Her owners are Jen and Matt. The first time I ran with her was Southampton Parkrun. I was picking her up and taking a steady run to Parkrun, then running an amazing time of 18.26 which was just 1 second off my personal PB. We did a total of 7 miles that day and I loved it. I've only ran with Rosie a few times, in a couple of Parkruns and a 10-mile run around Southampton Common.

The next race was at Moors Valley. I had never been there and even got my girlfriend to come along and run, so it was all round a really nice day. We got there just in time, maybe a few minutes before the start where we found a bunch of other GRR's - the Arnotts, Sarah, Lou and even Rikki! So on to the race... it took about a minute to get into a clear path as I had a few people in front of me and Rosie, including a couple of children. I could see Terry in the distance and focused on where he was and if we could catch him. Rosie had already started charging through the field, me making sure we didn't trip anyone up. She looked behind for directions constantly and had that look on her face telling you she wanted to chase. I was constantly chatting until I saw the lead CaniX runner- that didn't need any instruction as Rosie seemed to up the pace instantly, pushing past a lady with a dog double the size of Rosie.



GOSPORT GOSPORT

When we got past them I focused on Terry, eventually passing him around a mile after. We seemed to have been running a lot quicker than most in the field, as we were constantly catching people while I was trying to take in the surroundings and views. I was told it was a lovely course full of rolling slopes.

Eventually, we ran around a small lake and we could see the finish line. Pushing all the way, we got a massive PB of 17.42 and 4th place. What a day! Watching the rest of GRR coming through the finish was great and it felt so rewarding to see how pleased Rosie was as she'd enjoyed her run.

Next up Lee-on-Solent with Rosie. Let's see how fast we can really go!

So, overall if you want to run with your dog just do it. Enjoy it and if it ends up being slow or fast it's great either way. Do what you love with the dog you love.

Thanks for reading

Ben Jarvis





Jeskyns Challenge: Hayley Sparshott Monthly Newsletter May 2017

GOSPORT GOSPORT

Jeskyns Challenge - A lapped event off road near Gravesend in the Jeskyns Community Woodland classified as both a 'Special Landscape Area' and 'North Downs Area of Outstanding Natural Beauty'. My first Saxons, Vikings and Normans event.

It was a 4am start to the day to get to the event for a 7:30 start. When I arrived at the venue it was already 21 degrees and brilliant sunshine. I could see fields and trees – how wonderful. The race organisers were efficient and very friendly. The race started bang on time. I was in my element with hills, trails, grass and trees with a lake to run around on a wooden pathway. Each lap was 3.28 miles with an elevation of about 200 feet– run as many as you like in 6 hours. Each runner had a tag which gets hole punched each lap so you know how many laps you have completed. The course was windy and complex but it allowed the runners to pass each other several times on the route.

A few laps in and you felt you knew all the other runners as everyone was encouraging everyone else. By half way it was about 26 degrees and in full sun for 80% of the course – slowing right down and using Barrett's rules on the hills was the only way forward.



The aid station situated at the turn point was the most welcome sight every lap, stocked to the brim with cake, sweets and all kinds of other goodies but most importantly water! It was so hot I just needed as much fluid as I could take in without causing a sloshing stomach.

I managed to get to the end of lap 7 and knew I had 1 lap to go to a marathon or 2 for an ultra. I had wanted to run the ultra all along but as I approached the last long uphill on lap 8 with the sun was still burning down on me the urge to ring the 'I have finished' bell became too strong- so a marathon it was.

I got a huge medal with marathon badges on it and an awesome goodie back with choices of what I wanted – the joys of a small, friendly event. The other runners and the organisers were all wonderful it felt like 'family' calling you by your name which was a delight.

Would I do another Saxons, Vikings and Normans event? Yes definitely and I would also recommend the events to others. Lapped events means it is open to all runners and you never know, you might surpass your own expectations on the day and run further than you have ever run before.

Hayley



The Results Section

GOSPORT GOSPORT

Recording Results for You

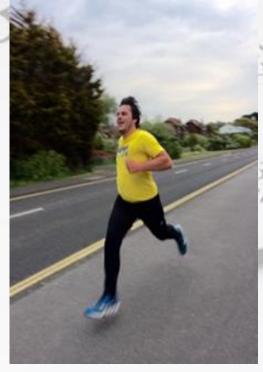
Well done everyone for an amazing set of results we have had in May.

Thank you for helping me by sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR.

Without this information, I would not be able to record your achievements.

Please carry on sending me all of the above because – what I don't know, I can't record!





Result of the Month

The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in May on every level including -'Epic' Eric Macgurk who took part in 2 events at the same time in 2 different places. Joanne Hopkins took part in her first 'big girl's' triathlon. Terry 'the beast' Arnott coming 5th in the Ox half marathon. Ceri Winson taking part in the Summer Series, her first ever running event. Kirsten Maw running 5k and getting 3rdlady without a stitch on (sorry no photos of that one). Rob Byrne back supporting Brathay a year on from his 10 in 10. Numerous newer runners completing their first 5k and 10k races – wow that is a huge achievement – bravo each and every one of you.

Most outstanding to me this month was our youngest GRR who took part in his first time trial and then went on to represent GRR in the HRRL event at Netley completing his first ever 10k race in a time of 57:00! well done Reuben Shilling!

FLYING FEET!

Well done everyone – keep those results coming to me please. Hayley Sparshott

Please email your results to Hayley at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk



Results: Club Time Trial

GOSPORT G

Club 5 mile Time Trial — May 2017

It must have been a great night for it so many PB's and First Timers and another bumper turnout, we must be doing something right as a club. May be it's down to the Officials: Brian Fisher - Numbers, Nicky Barnard - Timer, Dave Kitchen - Backup Timer, Gary Francis - Starter & Recorder. Or maybe it is down to the brilliant marshals and supporters: Hayley Sparshott, Ken Eaden, Terry Weston, Karen Harding, Zoe Windsor, Jo Hopkins, Sharon and Charlie Nobel, Rachael Gee, Auz Grey, last but not least Michael Wellsted. Finally our photographer Ian Buzzard.

As always our thanks to you all.





Results: Club Time Trial

| Pos. | Name | Time | Comment |
|------|--------------------|-------|-----------|
| 1 | Tom Barnard | 28:45 | PB |
| 2 | Michael Percival | 29:40 | Guest |
| 3 | Chris Buxton | 29:42 | PB |
| 4 | Dan Belben | 32:30 | |
| 5 | Kev White | 32:36 | |
| 6 | Lee Rhodes | 32:55 | 1st Timer |
| 7 | Bryn Whitehouse | 33:22 | PB |
| 8 | Josh Belben | 34:03 | Guest |
| 9 | Paul Williams | 34:46 | PB |
| 10 | Simon Gregg | 34:53 | PB |
| 11 | Richard Law | 35:02 | 1st Timer |
| 12 | Alan Burgess | 35:15 | |
| 13 | Colin Gardner | 35:30 | |
| 14 | Sara Ruby Rennison | 35:37 | 1st Timer |
| 15 | Ben Jarvis | 35:38 | |
| 16 | Sue Baldock | 35:59 | 1st Timer |
| 17 | Nick Carter | 36:09 | |
| 18 | Richard Wiltshire | 36:24 | 1st Timer |
| 19 | Gill Dowling | 38:51 | |
| 20 | Yvette Eastman | 38:52 | РВ |
| 21 | Sam Graham | 39:18 | 1st Timer |
| 22 | Lee Westwood | 40:44 | PB |
| 23 | Rachel Davies | 40:55 | |
| 24 | Dave Croft | 41:12 | |
| 25 | Fiona Tomlinson | 41:28 | |
| 26 | Steve Silverlock | 42:15 | PB |
| 27 | Guy Sheppard | 43:08 | |
| 28 | Nicky White | 43:13 | |
| 29 | Nick MacBeath | 43:13 | |
| 30 | Mel Maloney | 43:44 | 1st Timer |
| 31 | Sarah Lloyd | 44:10 | 1st Timer |
| 32 | Ruben Shilling | 44:22 | 1st Timer |
| 33 | Mike Stares | 44:26 | |

| Pos. | Name | Time | Comment |
|------|-----------------------|-------|-----------|
| 34 | Jenny Shilling | 44:44 | |
| 35 | Kim Carter | 44:45 | |
| 36 | Steve Calder | 44:52 | PB |
| 37 | Richard Pelley | 45:22 | Guest |
| 38 | Geoff O' Flanagan | 45:37 | 1st Timer |
| 39 | Tonia Morrell | 45:44 | 1st Timer |
| 40 | Mick Kearney | 46:06 | |
| 41 | Rory Fall | 46:07 | |
| 42 | Sue Barrett | 46:15 | |
| 43 | Gill Thomas | 46:19 | 1st Timer |
| 44 | Karen Morby | 46:29 | PB |
| 45 | Shona Rust | 46:37 | PB |
| 46 | Lisa Young | 46:43 | 1st Timer |
| 47 | Lorraine Down | 47:01 | PB |
| 48 | Adrian Brogan | 47:10 | 1st Timer |
| 49 | David Baker | 49:05 | |
| 50 | Steve Wood | 49:17 | |
| 51 | Andy Brown | 49:17 | 1st Timer |
| 52 | Michelle Francis-Dent | 49:43 | 1st Timer |
| 53 | Ali Clarke | 49:44 | 1st Timer |
| 54 | Vicky Gorton | 54:07 | |
| 55 | Alison Short | 55:36 | 1st Timer |
| 56 | Anita Gille | 55:36 | 1st Timer |
| 57 | Clare Thomas | | 1st Timer |
| 58 | Louise Ness | 56:34 | 1st Timer |
| | Cheryl Dodd | 56:35 | 1st Timer |
| | Steve Wise | 56:35 | |
| | Caz Harms | | 1st Timer |
| | Clair Parsons | | 1st Timer |
| | Angie Elshaw | 59:59 | |
| | Jennifer Lummis | | 1st Timer |
| 65 | Keith Elshaw | 62:45 | |
| | | | |



GOSPORT G

| 29/04/2017 | First Half Island Cha | | |
|------------|-----------------------|----------|--------|
| 44 | Angela Elshaw | 08:55:21 | Flange |
| 45 | Keith Elshaw | 08:55:23 | Beef |

| 29/04/2017 | Full Island Challen | | |
|------------|---------------------|----------|-----------|
| 123 | Kirsten Maw | 19:31:36 | amazingly |
| 124 | Darren Enyon | 19:31:38 | brilliant |



| 30/04/2017 | Portsmouth Duathlon | | |
|------------|---------------------|----------|--|
| 41 | Steve squires | 01:36:41 | |
| 52 | Richard Law | 01:37:54 | |
| 72 | Eric MacGurk | 01:41:40 | |
| 94 | Dainel Thomspon | 01:45:09 | |
| 97 | Martyn Rowell | 01:45:49 | |

| 30/04/2017 | Birmingham Great Run 10k | | |
|------------|--------------------------|----------|------|
| | Ben Toye | 00:35:33 | BOOM |

| 30/04/2017 | Ringwood Firestation 10K | | |
|----------------|---------------------------------|----------|--|
| 69th Rory Fall | | 00:53:55 | |

| 01/05/2017 | Hart Sprint Triathlon | | |
|------------|-----------------------|----------|--|
| 358 | Joanne Hopkins | 01:40:08 | |
| 340 | Michelle Yates | 01:36:43 | |



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| 30/04/2017 | Wickham Whistler | | |
|------------|------------------|----------|------------|
| 22 | Lisa Hennen | 04:32:29 | 26.4 miles |
| 70 | Catherine Stock | 02:09:46 | 13.2 miles |
| 75 | Susan Barrett | 02:22:43 | 13.2 miles |
| 82 | Chris Nation | 02:33:08 | 13.2 miles |
| 83 | Kila Ward | 02:33:36 | 13.2 miles |
| 98 | Susan Barker | 02:58:31 | 13.2 miles |
| 99 | Sue Tingley | 02:58:31 | 13.2 miles |
| 103 | Louise Millson | 03:00:54 | 13.2 miles |
| 108 | Jane Cockayne | 03:58:03 | 13.2 miles |
| 110 | Eric Macgurk | 04:00:39 | 13.2 miles |
| 118 | Mandy Grant | 02:06:45 | 9.9 miles |
| 120 | Debbie Humphreys | 02:12:48 | 9.9 miles |
| 135 | Claire Tallack | 01:27:36 | 6.6 miles |







01/05/2017Milton Keynes Marathon1743Sharon Clutton05:08:16



GOSPORT GOSPORT

| 06/05/2017 | Marlbourough Downs Challenge | | |
|------------|------------------------------|----------|--|
| | Keith Elshaw | 20 miles | |
| | Ange Elshaw | 20 miles | |

| 06/05/2017 | Windsor Duathlon Standard Distance | | |
|------------|---------------------------------------|----------|--|
| 33 | Steve Squires | 02:26:55 | |



| 06/05/2017 | Ox 12 | | |
|------------|----------------|----------|--------|
| | Lisa Hennen | 05:03:14 | 4 laps |
| | Carole Collins | 07:25:22 | 4 Laps |

| 06/05/2017 | Ox 50 miler | | |
|------------|--------------|----------|--------|
| | Matt Johnson | 12:48:16 | 8 laps |





| 07/05/2017 | Ox Half | | |
|------------|------------------|----------|-------|
| 5th | Terry Arnott | 01:46:16 | BOOM! |
| | Nicola White | 02:49:41 | |
| | Kevin White | 02:49:42 | |
| | Julia Roiz de Sa | 03:14:40 | |
| | Hayley Sparshott | 03:14:40 | |
| | Joanne Hopkins | 03:17:23 | |
| | Emma Noyce | 03:17:23 | |



| 07/05/2017 | Alton 10 | | |
|------------|-------------------|----------|--------------|
| 55 | CHRIS BUXTON | 01:04:59 | superb time! |
| 94 | BEN JARVIS | 01:08:11 | |
| 186 | BENJAMIN WALES | 01:15:06 | |
| 194 | RICHARD LAW | 01:14:44 | |
| 207 | COLIN GARDNER | 01:16:27 | |
| 247 | GILLIAN DOWLING | 01:18:53 | |
| 260 | TRACEY WALES | 01:19:55 | |
| 281 | IAN PUGH | 01:21:22 | |
| 309 | YVETTE EASTMAN | 01:23:54 | |
| 328 | RORY FALL | 01:25:26 | |
| 338 | JOHN BARRETT | 01:26:00 | |
| 342 | Fiona Tomlinson | 01:26:56 | |
| 366 | TRACY SLADE | 01:28:37 | |
| 377 | LEE WESTWOOD | 01:29:39 | |
| 412 | KEN EADEN | 01:34:48 | |
| 419 | LAURA WOODHAMS | 01:34:41 | |
| 420 | NICOLA COLEBOURNE | 01:34:42 | |
| 430 | SARAH LLOYD | 01:36:53 | |
| 444 | KIM CARTER | 01:40:05 | |
| 458 | KAREN MORBY | 01:42:34 | |
| 473 | LORRAINE DOWN | 01:44:56 | |
| 474 | SUSAN BARRETT | 01:44:57 | |





| /05 | AR Summer Series- race 1 | 'AVE IT | | | |
|---------|---------------------------|----------|------------------|--------------------------------|-------|
| Pos. | Name | Time | Pos. | Name | Time |
| 7 Be | n Toye | 00:16:56 | 1 | .09 Lisa Young | 00:27 |
| 10 To | m Barnard | 00:17:30 | | .10 Michelle Francis-Dent | 00:27 |
| 13 Ch | ris Buxton | 00:17:52 | | .11 Mick Kearney | 00:27 |
| 14 Mi | ke Percival | 00:17:58 | | .16 Karen Morby | 00:28 |
| 15 Te | rry Arnott | 00:18:31 | | .17 Ali Clarke | 00:28 |
| 19 Be | n Jarvis | 00:18:46 | | 18 Lorraine Down | 00:28 |
| 22 Da | n Belben | 00:19:09 | | 20 Mandy Morby | 00:28 |
| 31 Lee | e Rhodes | 00:20:12 | <mark>- 1</mark> | .21 Shona Rust | 00:28 |
| 32 Sin | non Gregg | 00:20:17 | !! | .22 Andy Brown | 00:28 |
| 37 Sai | rah Ruby-Rennison | 00:20:30 | | .29 Emma Wood | 00:29 |
| 44 Kie | eran Slade (future GRR) | 00:20:46 | | .30 Emma Christopher | 00:29 |
| 50 Co | lin Gardner | 00:21:14 | | | |
| 51 Da | rren Eynon | 00:21:17 | 1 | .32 Ethan Barrett (future GRR) | 00:29 |
| 52 Ala | an Burgess | 00:21:18 | | Luke-Adolpho Pugh (future | |
| 58 Ka | thryn Wealthy | 00:22:03 | 1 | .36 GRR) | 00:30 |
| 59 Ro | bert Hylands | 00:22:10 | 1 | .37 Ian Pugh | 00:30 |
| 65 Jul | ia Roiz De Sa | 00:22:48 | 1 | .39 Gillian Boorn | 00:30 |
| 76 Nic | colas Boorn | 00:24:22 | 1 | .40 Susan Barrett | 00:30 |
| 80 Joł | nn Barrett | 00:24:53 | 1 | .44 Emma Noyce | 00:31 |
| 86 Da | wid Walters | 00:25:08 | 1 | .60 Caz Harms | 00:34 |
| 96 Ch | eryl Dodd | 00:25:54 | 1 | .62 Marie Bowers | 00:35 |
| 98 Ba | iley Boorn (future GRR) | 00:26:03 | 1 | .63 Karen Harding | 00:35 |
| 105 Ha | yley Baird | 00:26:58 | 1 | .66 Michael Bowers | 00:41 |
| 107 Me | elissa Pink | 00:27:03 | 1 | .67 Ceri Winson | 00:43 |
| 108 Jar | nes Woodhams (future GRR) | 00:27:15 | | | |













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| 13/05/2017 | North Downs 50 | | | | |
|---------------------------|----------------|----------|---------------------|--|--|
| Pos. | Name | Time | Comment | | |
| 186 | Ray Bernice | 12:00:31 | | | |
| 187 | Lisa Hennen | 12:00:33 | | | |
| 14/05/2017 BH5K Naked Run | | | | | |
| Pos. | Name | Time | Comment | | |
| 3rd lady | Kirsten Maw | | Burnt bum | | |
| | Steven Dalmon | 28.45 | position? - unsure | | |
| 8th lady | Pippa White | 31.2 | 118 inbedded on her | | |



| The Clanfield 12K challeng | е |
|----------------------------|---|
|----------------------------|---|

| Pos. | Name | Time | Comment | |
|------|---------------|----------|---------|--|
| 31 | Steve Squires | 00:55:14 | | |
| 136 | Darren Enyon | 01:09:22 | | |

31.2

chest

| | Woodland Woggle 6k | | |
|------|--------------------|----------|---------|
| Pos. | Name | Time | Comment |
| 9 | Lisa Young | 00:39:14 | |

| | Cumbrian Challenge 30k | (Walking with the Wounded) | |
|----------|------------------------|----------------------------|---------------------------|
| Pos. | Name | Time | Comment |
| 3rd team | Edward Anderson | 06:48:00 | АКА |
| 3rd team | Daniel Roiz De Sa | 06:48:00 | Who Dares Wins Rodders |



| | Barton Stacey 10k Toast | | |
|------|-------------------------|----------|---------|
| Pos. | Name | Time | Comment |
| 52 | Rory Fall | 00:54:42 | |



GOSPORT G

| 21/05/2017 | Bognor 10K | | |
|------------|------------------|----------|-----|
| 179 | Ruby Rennison | 00:44:40 | WOW |
| 522 | Nicolas Boorn | 00:52:26 | |
| 587 | Paul Humphreys | 00:53:33 | |
| 598 | David Walters | 00:53:48 | |
| 1086 | Shona Rust | 01:02:13 | |
| 1088 | Peter Lindley | 01:02:16 | |
| 1445 | Debbie Humphreys | 01:12:50 | |
| 1446 | Denise Francis | 01:12:57 | |
| 1452 | Wendy England | 01:13:10 | |
| 1453 | Janet Lindley | 01:13:10 | |



| MaleOct3:22148WALES, Benjamin0:43:22194GARDNER, Colin0:45:14293BARRETT, John0:50:23326WESTWOOD , Lee0:51:48347ROBINSON, Martin0:53:09392SHILLING, Reuben0:57:00497WISE, Steve1:09:32Female0:49:70223DOWLING, Gillian0:46:48248WALES, Tracey0:48:22268SLADE, Tracy0:49:10311MCGUIGAN, Caroline0:51:08329TOMLINSON, Fiona0:52:02345DURHAM-DENT, Lara0:53:03372SHILLING, Jenny0:54:48431BRADY, Jackie1:00:34432BARETT, Susan1:00:34438NATION, Chris1:00:57514LUMSDEN, Melanie1:18:42515PARSONS, Claire1:18:41 | 21/05/2017 | Netley 10km | | |
|---|------------|--------------------|---------|----------------|
| 194 GARDNER, Colin 0:45:14 293 BARRETT, John 0:50:23 326 WESTWOOD , Lee 0:51:48 347 ROBINSON, Martin 0:53:09 392 SHILLING, Reuben 0:57:00 497 WISE, Steve 1:09:32 Female 0 0 223 DOWLING, Gillian 0:46:48 248 WALES, Tracey 0:49:10 2268 SLADE, Tracy 0:49:10 311 MCGUIGAN, Caroline 0:51:08 329 TOMLINSON, Fiona 0:52:02 345 DURHAM-DENT, Lara 0:53:03 372 SHILLING, Jenny 0:54:48 431 BRADY, Jackie 1:00:34 432 BARRETT, Susan 1:00:37 433 NATION, Chris 1:00:57 514 LUMSDEN, Melanie 1:18:42 | Male | | | |
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Monthly Newsletter May 2017





Monthly Newsletter May 2017







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| 21/05/2017 | Portchester Castle 10k | | | E. |
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| 45 | Daniel Roiz de Sa | 00:54:56 | GOSPORT 93 | 76 |
| 59 | Tonia Morrell | 00:57:28 | 77 125 | A FR |
| 75 | Gillian Thomas | 01:00:04 | | |
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| 21/05/2017 | Windermere Marathon | | |
|------------|---------------------|----------|---------------------------------------|
| 28 | Rob Byrne | 03:18:36 | FINISH |
| 80 | Ben Jarvis | 03:38:48 | + + + + + + + + + + + + + + + + + + + |



| 21/05/2017 | Portsmouth Duathlon | | |
|------------|---------------------|----------|--|
| 35 | Steve Squires | 01:55:44 | |
| 49 | Richard law | 01:59:41 | |
| 56 | Eric MacGurk | 02:01:08 | |
| 59 | Martyn Rowell | 02:02:28 | |
| 67 | Daniel Thompson | 02:03:43 | |







GOSPORT GOSPORT

| 28/05/2017 | Purbrook Ladies 5 | | | |
|------------|-------------------|----------|---------|----------|
| Pos. | Name | Time | Comment | |
| 10 | Gillian Dowling | 00:37:10 | awesome | |
| 16 | Fiona Tomlinson | 00:41:23 | | |
| 24 | Caroline Mcguigan | 00:42:31 | | |
| 30 | Emma Robinson | 00:43:17 | | |
| 31 | Jenny Shilling | 00:43:21 | | |
| 33 | Kirsten Maw | 00:43:50 | | |
| 43 | Becky Veal | 00:45:37 | | |
| 51 | Laura Woodhams | 00:46:23 | | |
| 55 | Susan Barrett | 00:46:52 | | |
| 61 | Karen Morby | 00:47:19 | | 4 |
| 76 | Lorraine Down | 00:49:12 | | |
| 95 | Shona Rust | 00:50:51 | | |
| 98 | Mandy Morby | 00:51:08 | | Photos |
| 109 | Lorna Harper | 00:51:54 | | overleaf |
| 118 | Pippa White | 00:53:44 | | TANT |
| 126 | Dee Upshall | 00:54:37 | | |
| 140 | Jenner Moore | 00:57:05 | | V I |
| 153 | Debbie Humphreys | 00:59:13 | | |



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| 28/05/2017 | Edinburgh Marathon | | |
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| 4494 Sarah Lloyd | | 04:57:28 | |



Purbrook Ladies 5m

Monthly Newsletter May 2017





May Out of Town run

Monthly Newsletter May 2017

GOSPORT G















Half marathon fund bids: making a difference

Monthly Newsletter May 2017

GOSPORT GOSPORT



Catherine Stock handing over a cheque for £250.00 to the Southampton Hospital Charity at the Southampton Half marathon.

Louise Millson handing over a cheque to the Open Sight charity

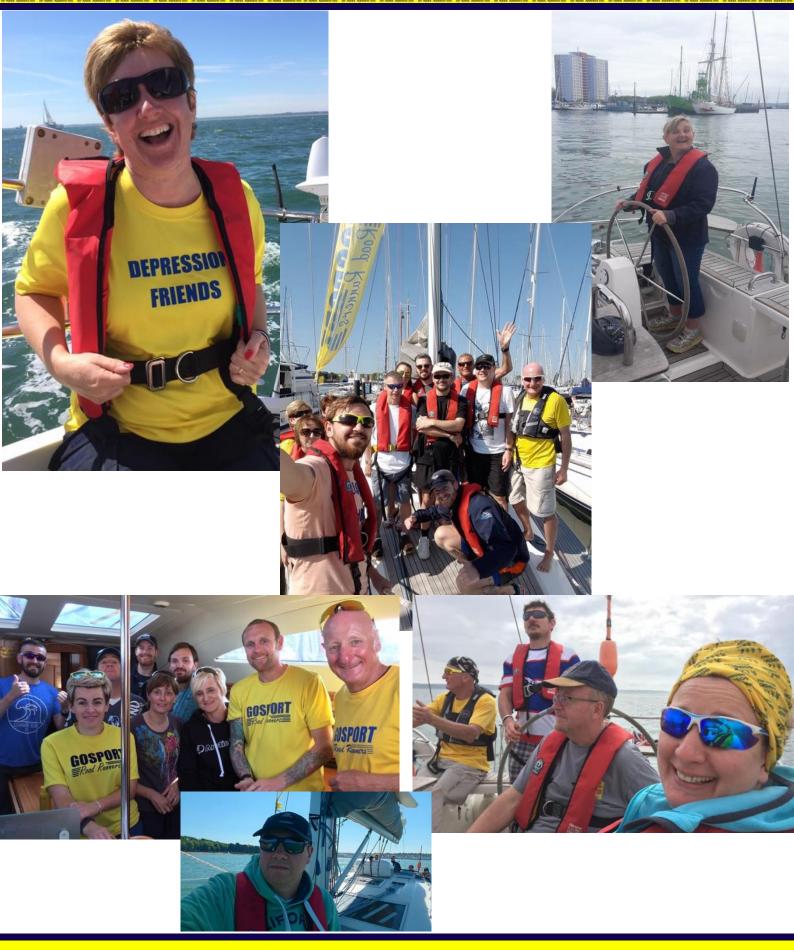




Depression Friends : Sailing away

Monthly Newsletter May 2017

GOSPORT G





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 304 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



Summer

June 2017



Contents

GOSPORT G

Cover photo: Ben Jarvis flying the club colours in Dubrovnik, Croatia

CONTENTS

- 5& 6 Editor's corner
- 7 to 9 Sailing with Gosport Road Runners: Ben Jarvis
- 10&11 Endure24: Carol Collins
- 12 to 19 Gosport Half Marathon Charity Donations : Jenny Shilling
- 20 to 38 Results
- 39- GRR vests abroad
- 40 GRR Club member feature
- 41 Any other business









GOSPORT G





Monthly Newsletter June 2017





GOSPORT GOSPORT

Hello to June and welcome to Summer

Six months of the year 2017 is gone... it goes quickly once it's started, doesn't it! June usually brings the promise of long sunny days, which allows for pleasant longer runs breathing in fresh air filled with the sweet smell of flowers, and a refreshing cold drink waiting at the end to be enjoyed with your running buddies. Idyllic. Cue reality, and my experience is that the warmer weather in June makes any run longer than 3 miles between 9am and 8pm a very uncomfortable sweaty experience. The sweet smell of flowers results in itchy eyes and an unnerving attack of hay fever, leaving me gasping for breath and wondering why on earth I've started enjoying running yet again. I'm climatised enough to appreciate that a dripping June brings all things in tune. Nevertheless, looking at the Race Results pages, you have certainly made the most of the fairer weather opportunities. It's impressive!

Ben Jarvis is taking us sailing with the Depression Friends, and that is in between completing two triathlons and a few other races as well as a jog or two in Croatia this month! Carol Collins explains what it was like being a Solo runner in the Endure24 event. Please read her article a bit further in this edition.

Jenny Shilling gives us the detail of where the donations from the Gosport Half marathon went. I am always very proud to be a club member when I read about these donations, and how it helps different groups in the community. I'm quite certain you will share this view.

As the Summer holidays have started for some, I'm sharing a few photos of GRR vests abroad. If you are going on holiday in the coming months, please take your club vest/top with and send me your snaps (only those where you're wearing the vest/top, assumingly whilst running/jogging please). A little comment about how running abroad compares to the local running routes, would be most welcome.

Whilst on the travel topic, a few of you may have heard about the Comrades Marathon. This is an ultramarathon of approximately 89 km (approx. 56 miles) which is run annually in the KwaZulu-Natal Province of South Africa between the cities of Durban and Pietermaritzburg. It is the world's largest and oldest ultramarathon race. The direction of the race alternates each year between the "up" run (87 km) starting from Durban and the "down" run (89 km) starting from Pietermaritzburg. This year's " up" run was on 04/06/2017 and a South African athlete won the race in a time of 5hrs34min. If you didn't think that's impressive, you will once you realise that there's a succession of hills, aptly named the "Big Five". The meme for Comrades 2017 was *"Zinikele. It takes all of you. No half measures. No succeeding alone."* The crux of this is the spirit of teamwork and camaraderie. From what I've seen in race photos and experienced it myself as part of one of the South Downs Marathon relay teams, this seems to be the mindset of our club. All of us support and motivate each other as club runners or marshals. Just look at the number of GRR entries in the AR Summer Series and Golden Mile events this month as proof of this! You don't really have to travel to Africa to experience Zinikele – you can do it right here in Gosport at your running club. Nothing can kill you running mood now, can it!?!

There is no exercise of the month for June. Nick probably saw that the number of yellow vests entering local races, is a sufficient indication that you deserve some active rest from circuit training. Do join him for his interval running sessions on club nights, though!



GOSPORT GOSPORT

Jackie Brady suggested that we include a people profile to get to know each other a bit better. She is therefore the first member you get to meet. Any volunteers for next month, please?

Please be aware that I have not included photos from the AR Summer Series or the Golden Mile events. The club Facebook page features an impressive number of photos from both these events, and it's impractical for me to duplicate those here — there's just too many!

I hope you enjoy reading the newsletter this month. It's my third attempt, and I've hopefully passed the probation period successfully.

Happy running in July!

Miranda





Sailing with Gosport Road Runners : Ben Jarvis

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This all started with Claire and Stephen Crook offering the Gosport Road Runners a chance to experience sailing with a day focused around the charity Depression Friends, a non-profit charity organisation helping people with all kinds of issues concerning mental illness and depression.

There were 3 days available and I was lucky enough to pick Wednesday, with Nikki and Kev White, Terry and Kerry Arnott, Keith and Ange Elshaw, Bryn Whitehouse and of course Claire and Stephen Crook. The day started with getting to Haslar Marina. Here I met Ange and Keith and we walked down into the marina to find the yacht. We found the Crooks sunning themselves, ready for the day and we were quickly welcomed aboard where we were greeted with a nice cup of tea. Soon the rest of the gang arrived, and when all were on board we had our safety briefing with an

outline of what we were going to do during the trip.

We set off with Nikki taking the first turn on the wheel, steering us out of the marina and into the Solent. Starting off scared she soon got the hang of it and seemed to be enjoying herself. We were all chatting along, making some random comments and talking about restrictions of the military bases along the Solent. Soon, we all had a go at steering the yacht. This was all by motor as there wasn't much wind to use the sails. We were slowly making our way around Gilkicker, passing Stokes Bay and then Lee-on-the-Solent. By this time the sun certainly had his hat on and was making sure we were getting a nice tan. Sailing is not all about soaking up the sun, conversation and scenery – we were also introduced to the different aspects of "boat life" and were soon tying knots, steering and playing sailors like we've been on boats for years.

We sailed into Cowes Bay where Stephen safely got us ashore and onto the island. We all got changed ready to go for a run along the river. Stephen was leading the steady group and Terry took me, Bryn and Kev out for a quicker run. Bearing in mind it was scorching and I'd run a marathon a few days before, I wasn't really feeling the run. Bryn and I ended up stopping at 3.5 miles while Kev and Terry carried on to 4 miles at half way. Once we were all back at the yacht and showered, it was time for the pub! We found a table in the garden and quickly ordered our food and alcoholic beverages - these went down very well.

Back to the yacht and the wind had picked up a little. This was very good news as it meant we could put the sails up. I had the privilege of getting us out of the marina at Cowes and steering the yacht while we put the sails up. This was a truly scary experience as we had gone a bit to the side making everyone laugh how I was going to crash - fortunately, this didn't happen!

We all had a chance to put up and take down sails, steer while the sails were up and do some other bits on the yacht. We eventually had to put the sails back down and motor back into Gosport, but this gave us a chance to all relax and reflect on the day. People were starting to go to quiet areas on the yacht to chill out. I joined Terry and Kev at the front and had a nice general chat while Kev was basically sat on the front – it reminded me of a scene from The Titanic.







GOSPORT G

Back at the Haslar marina everyone was thanked for their time and efforts and we had a quick chat about the day then started going home.

Bryn and I loved the experience so much we went back the next day where we enjoyed another amazing day, with beautiful weather and fantastic company. Being able to share the experience all over again, as well as being to help more and learning more about yachting from the day before was a great privilege.

This was the first time I had ever been on a yacht and it's something I won't forget, not only because it's fun and you get to enjoy the Solent and the weather but you get to talk to people about things that matter- it's not like anyone can interrupt. As many people know I don't really like "chill out" time as I prefer to do a run to relax or have time to think. However, this yachting experience was something surprisingly different. It gave you the chance to relax and think, to chat if you wanted or to go and sit on the side and have your time to yourself. It's something I never thought I would do, but I recommend it to anyone.

What Claire does with Depression Friends is amazing. Having local people that you know you can talk to and the chance to say what's on your mind without thinking it's stupid or being judged is something else and it's a fantastic experience. Talking to people and sharing my feelings, is not something I usually do, but spending time with these guys really changed my opinion. I have opened up more and now know that just having a small talk can make a massive difference. This includes talking about things that you think are going to sound stupid when it really doesn't.



I hope you all enjoy reading this and I hope it helps people to open up and have a chat. Your mind will feel much lighter afterwards. If you do have any questions about Depression Friends or the work they do, please talk to someone like Terry Arnott or Claire Crook as they are both amazing!

Thank you Ben Jarvis





Endure 24 : Carol Collins



GOSPORT GOSPORT

5am Saturday 10th June saw us up and ready to drive to Wasing Aldermaster for me to take on Endure24.

On arriving at 6.30 am we had a look around to see if we could find any GRR tents. This we did but with them still asleep we made our way to the solo runners' area which was very packed. Just finding a small area by the control unit to put my tent, Bob and I set about putting it up. 7.00 am saw me making my way to the registration tent to pick up number, chip and t-shirt where I met Terry who told me where they were camped in the solo runners' area.

Breakfast came and went followed by Bob making his way home as we had bees being delivered that weekend. Back at my tent I set about getting everything I was going to need into my backpack, ready to leave in the solo area. I then made my way back to where I had seen the other GRRunners camping, sat there had a chat and cup of tea until there was about an hour before start. I then made my way to find Terry and the rest to wish them good luck.

8.30am was the team photo shoot, then off to the start for a briefing before the gun. 9am: We all set off nice and slow with the first part being lined by all the runners and family cheering us on. I had learnt from last year to take it slow and walk up all hills so with this in mind I was 5 miles in around the hour mark. The support from other runners were great - as each one passed they were wishing you all the best and well done to all us solo's, the marshals were also very encouraging and supportive. 3hrs in and I saw that I had covered 15 miles and had a quick break as my knee was twinging. I got it taped up for support then off I went again. Come 8pm and it was time to put on headtorches. I like night running/walking but this year I made the most of stopping at the drinks bar and having a chat with the marshals, one who I knew from WSR. Then at about 12pm, half way round my headtorch gave up the ghost, so I teamed up with another runner and we walked along together, as she was struggling. Back at base I grabbed another headtorch and with that and my hand torch set off again only to find this then gave up on me! Combined with the rain now coming down heavily, I decided that someone was telling me to have a rest. With 50 miles covered, I went back to my tent for a couple of hours' sleep.

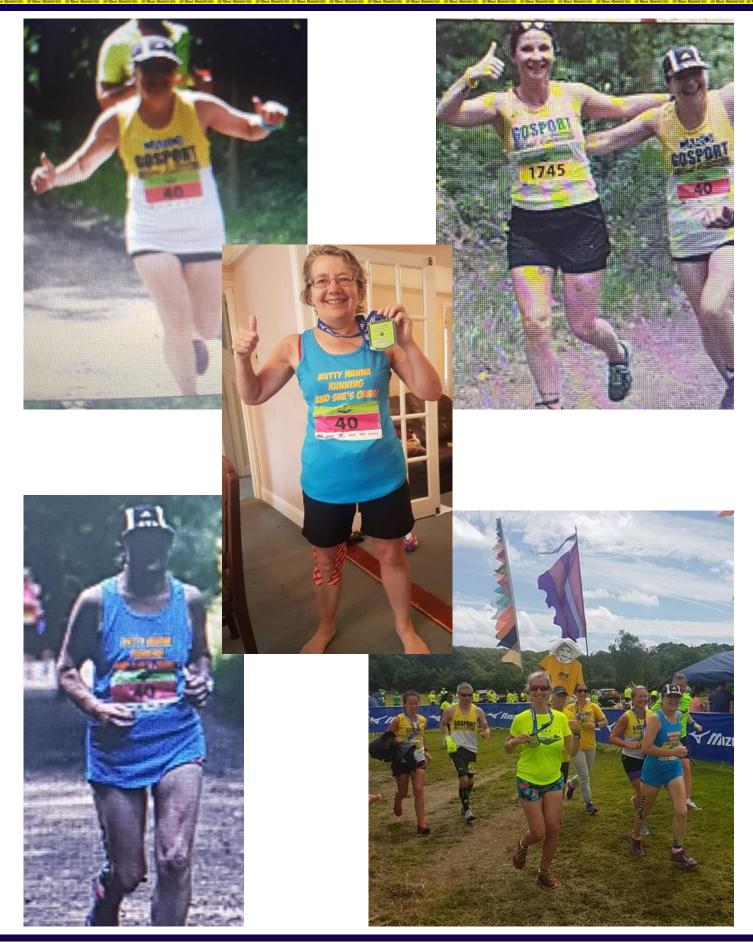
6.30am saw me back out there this time in my Nutty nanna vest.... for once I was behaving and after doing another 20 miles decided to walk the last lap as I knew that if I did this it would mean I would finish after the 12pm stop time. Towards the end of the last lap I was caught up with by Brian, who walked in with me and encouraged me to run around the field. I was surprised how easy and fresh I felt then. I was also very proud and shocked to be told to run in front of the rest of GRR that were waiting for Brian.

One very proud GRR runner and chuffed with my first unsupported 75 miles. Can't wait until next year and do it all again !

Carol Collins









GOSPORT GOSPORT

1. Aggie Weston's

Cheque for an amount of £500 was presented by Kate Smyth to the Stay and Play Toddler Group at Rowner to enable them to purchase new toys and sports equipment. This group supports the Forces families in Rowner. This charity was proposed by Kate Smyth and Jenny Scott.



2. Alverbridge Nursery

Proposed by Paul Street, a cheque for £750 was presented to Shirley Faichen to purchase much needed equipment to promote children's physical development.





Monthly Newsletter June 2017

GOSPORT GOSPORT

3. GAFIRS

Proposed by Kerry Irwin-Hall, a cheque for £1000 was presented by Kerry to help support on the ongoing costs of running the independent lifeboat station. In 2016 they responded to 112 incidents and assisted 157 people, including 2 who were life at risk.



4. Gosport Young Runners

A cheque for £700 was presented by Jenny Shilling to Amber Schothorst to cover the costs of training an Athletics Coach and 2 Leadership in Running Fitness. The young runners go from strength to strength with over 40 youngsters signing up for this year's courses. Proposed by Amber Schothorst.





Monthly Newsletter June 2017

GOSPORT GOSPORT

5. Harbour Cancer Support Centre

Proposed by Eileen Cowling, a cheque for £1000 was presented by Eileen to Ellie Corp, the Charity Administrator. The centre provides emotional and practical support to cancer patients, their families, carers and friends.



6. Jake Slade

Proposed by Adam Mundell, a cheque for £250 was presented to Jake's Mum, Tracy, to help with the ongoing costs of physiotherapy to enhance his quality of life.





GOSPORT GOSPORT

7. Leah's Lifeline

Proposed by Nick Carter, a cheque for £250 was presented to Whendie Blackwell, representing Leah Boxhall, a young mum who is suffering from Elhers Danlos Syndrome. This money will go towards the cost of surgery not available in the UK, to improve Leah's quality of life.



8. Lee Rangers Youth Football Club

A cheque for £500 was presented by Nicky Hayward, to enable the club to purchase removable goal posts at Lee Recreation Ground and kit and footballs .





GOSPORT GOSPORT

9. Loud & Proud

Proposed by John Jeffs, a cheque for £500 was presented to Loud and Proud, who are a group of young people age from 16-25, who carry out a wide range of group volunteering activities to help the local community, in order to build their confidence and self esteem.



10. Mayor of Gosport's Charity Appeal

A cheque for £1000 was presented by Pete Lindley, who was the proposer for this charity, to the Mayor of Gosport, Lynn Hook. The money will be split between three different charities – Street Pastors, Kitbags & Berets and ASD & ADHD Family Support Group.





GOSPORT GOSPORT

11. Open Sight

This organization works with people who have either lost or have a risk of developing their sight. Proposed by Louise Milson, a cheque for £750 was presented to the charity by Louise.



12. Lee-on-the-Solent Parkrun

Proposed by Dave Kitching, a cheque for £500 was presented by Dave to Maggie Atkinson at the 100th Lee Parkrun. This money will be used to purchase much needed equipment for the Parkrun.





Gosport Half Marathon: Charity Donations

Monthly Newsletter June 2017

GOSPORT GOSPORT

13. Radio Haslar

Proposed by Jenny Shilling, a cheque for £300 was presented to the Station Chairman, Paul Dodd. The station provides a valuable service to hospital patients, and is also involved in charity events locally. Radio Haslar has provided much needed support to the Gosport Half Marathon runners for the last couple of years.



14. Rowner Junior School

Proposed by Sarah Newman, a cheque for £500 was presented by Sarah to enable the school to purchase a range of new books for their reading bus.





Gosport Half Marathon: Charity Donations

GOSPORT GOSPORT

15. Southampton Hospital Charity

Proposed by Catherine Stock, a cheque for £250 was presented to the Piam Brown Ward, which caters for children up to 16 years old, suffering from all types of cancer.



16. Tree of Hope

Proposed by Lorraine Down, Sarah Down and Kerry Arnott. A cheque was presented for the Cheeky Charlie Campaign, to help provide a therapy/sensory room for sick and disabled children.





The Results Section

GOSPORT GOSPORT

Recording Results for You

Well done everyone, what an amazing set of results we have had in June.

Thank you for helping me by sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR.

Without this information, I would not be able to record your achievements.

Please carry on sending me all of the above because - what I don't know, I can't record!

Hayley

Result of the Month

The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in June that stood out to me on every level and for different reasons including – all our Aquathloners taking on a multi discipline event, everyone who ran the 5k TT in the windy winds, Darren Eynon running a marathon near London whilst taking part at Endure 24 in Reading, Richie Wiltshire running 100 miles over 4 days, Jenny Shilling coming first in her age group at Hayling Billy 5 and again at Lordshill 10k, the South Downs relay teams representing GRR in the heat on the very hilly hills and Penny Herridge running her first ever 10k at Lordshill – bravo each and every one of you.

An extra shout out this month goes to everyone who has competed in any Hampshire Road Race League event over the last 10 months representing Gosport Road Runners – thank you all!

Most outstanding to me this month was **Ray Bernice** who ran 100 miles in 27:45:01, which is a challenge in itself but - it was along the South Downs Way which makes this achievement totally mind blowing!

BOOM!!

Well done everyone - keep those results coming to me please.

Hayley Sparshott

Please email your results to Hayley at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk







Results: Club Time Trial

GOSPORT GOSPORT

Club 5km Time Trial — June 2017

| Pos. | Name | Time | Comment | Pos. | Name | Time | Comment |
|------|---------------------|-------|-----------|------|-------------------------|-------|-----------|
| 1 | Michael Percival | 18:16 | Guest | 26 | Mike Kearney | 27:36 | |
| 2 | Dan Belben | 19:14 | | 27 | Dave Kitching | 28:03 | |
| 3 | Ben Jarvis | 20:43 | | 28 | Jackie Brady | 28:07 | PB |
| 4 | Josh Belben | 21:01 | Guest | 29 | Amanda Morby | 28:09 | PB |
| 5 | Sarah Ruby Rennison | 21:06 | | 30 | Gill Thomas | 28:12 | PB |
| 6 | Paul Williams | 21:24 | | 31 | Adam Walters | 28:15 | Guest |
| 7 | Gill Dowling | 21:34 | | 32 | Camille Ainsworth | 28:21 | Guest |
| 8 | Alan Burgess | 21:40 | | 33 | David Baker | 28:25 | |
| 9 | Simon Gregg | 21:46 | | 34 | Shona Rust | 28:27 | |
| 10 | Sharon Callaghan | 22:27 | Guest | 35 | Trevor Giles | 28:49 | PB |
| 11 | Nick Carter | 23:29 | | 36 | Alli Clarke | 29:03 | |
| 12 | Dave Croft | 23:59 | | 37 | Richard Smith | 29:09 | |
| 13 | Ken Eaden | 24:51 | | 38 | Nikky Leech | 29:29 | |
| 14 | Ruben Shilling | 25:02 | 1st Timer | 39 | Angie Elshaw | 29:51 | |
| 15 | Brian Fisher | 25:07 | | 40 | Stef Neal | 30:19 | 1st Timer |
| 16 | Fiona Tomlinson | 25:09 | | 41 | Louise Ness | 32:09 | 1st Timer |
| 17 | Keith Elshaw | 25:18 | | 42 | Ally Short | 32:12 | 1st Timer |
| 18 | Rory Fall | 25:28 | Guest | 43 | Dave Kirby | 33:17 | |
| 19 | Jenny Shilling | 25:39 | | 44 | Clare Thomas | 33:24 | PB |
| 20 | Cheryl Dodd | 25:45 | PB | 45 | Karen Harding | 38:43 | |
| 21 | Nicky Finnemore | 25:55 | PB | 46 | Jennifer Parker- Lummis | 38:56 | |
| 22 | Mike Barker | 26:35 | | 47 | Marie Bowers | 38:57 | |
| | Penny Herridge | 27:05 | PB | 48 | Mike Bowers | 42:08 | |
| 24 | Mike Stares | 27:07 | | 49 | Janet Smith | 43:47 | |
| 25 | Sue Barrett | 27:32 | | 50 | Nicola Stanley | 44:17 | PB |

THAT WIND!! The gusts down Vectis and Privett road were strong enough to almost stop you in your tracks at times, but once you got onto the Esplanade it was almost like flying. There must have been a lot of negative splits on that run. Our many thanks to all Officials, Marshals and Supporters, who were prepared to get their hair all messed up:- Liz Redpath - Starter/ Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers and Gary Francis - Recorder. Marshals/ Photographers, Hayley Sparshott, Lara Dent, Sam Graham (there may have been more). The Supporters, Kim Carter, Sid Smith.

Thanks

Dave



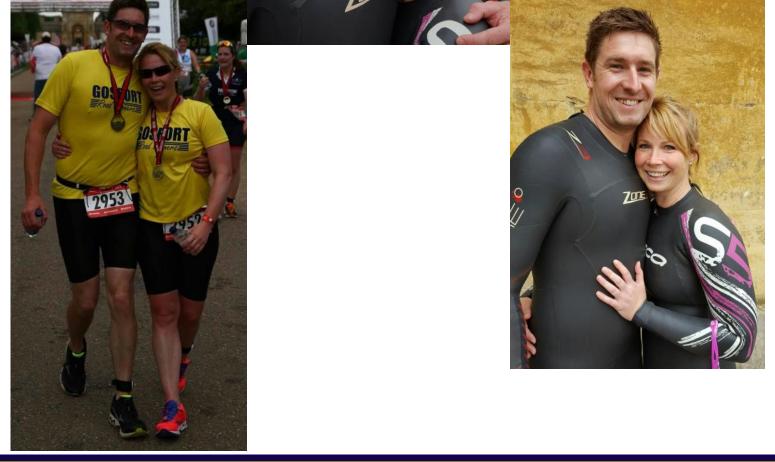
| 02/06/2017 | Bayside Tri Aquathlon | | |
|------------|-----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 8 | Julia Roiz de Sa | 00:20:21 | |
| 11 | Steve Squires | 00:21:09 | |
| 13 | Caroline Mcguigan | 00:21:45 | |
| 16 | David Walters | 00:23:12 | |
| 23 | Jackie Brady | 00:25:43 | |
| 29 | Emma Noyce | 00:26:30 | |
| 27 | Lucy Hudson | 00:26:30 | |
| 29 | Joanne Hopkins | 00:27:14 | |
| 31 | Gillian Boorn | 00:28:49 | |





| 02/06/2017 | Blenheim Triathlon | | |
|-------------|--------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 2592 | Ken Eaden | 01:42:43 | |
| 4160 | Jo Harvey | 02:04:52 | |
| 4161 | Steve Pacey | 02:04:52 | |







| 04/06/2017 | D-Day 10K | | |
|------------|----------------|----------|-------------|
| Pos. | Name | Time | Comments |
| 32 | Nikki Moxham | 00:39:22 | 3rd female! |
| 166 | Emma Robinson | 00:53:09 | |
| 201 | Michael Stares | 00:55:22 | |
| 237 | Mick Kearney | 00:58:15 | |

| | 04/06/2017 Pos. | Co Name | tswold 113 | Time | Comments |
|-------------------------|---------------------|-------------|------------|----------|---------------------------|
| GOSPORT Read Readers | 191 | Ben Jarvis | | 05:04:33 | Hand LIN OF |
| 04/06/2017 | Poole Festival of F | Running 10k | | | 10 |
| Pos. | Name | | Time | Comments | Contraction of the second |
| 562 | Lisa Young | | 00:54:19 | | |

| 04/06/2017 | Derby Half Marathon | | |
|------------|---------------------|----------|------------------|
| Pos. | Name | Time | Comments |
| 26 | Ben Toye | 01:19:37 | Gold award time! |

| 04/06/2017 | WRRS Southampton | | |
|------------|------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 183 | Gillian Boorn | 01:08:23 | |









| 10/06/2017 | Thames Potter | | |
|------------|----------------|----------|------------|
| Pos. | Name | Time | Comments |
| | Janet Lindley | 02:38:16 | 9.84 miles |
| | Louise Millson | 02:38:16 | 9.84Miles |
| | | | |





| 10/06/2017 | Black Phoenix | | |
|------------|---------------|----------|----------|
| Pos. | Name | Time | Comments |
| | Darren Enyon | 04:39:08 | |

| 10/06/2017 | Endure24 | | |
|------------|-----------------|---------|----------|
| Solo run | | | |
| Pos. | Name | Time | Comments |
| 20 | Carol Collins | 15 laps | |
| 77 | Lizzie Elshaw | 6 laps | |
| 114 | Colin Middleton | 4 laps | |
| 115 | Neil Elshaw | 3 laps | |
| 116 | Terry Arnott | 3 laps | |





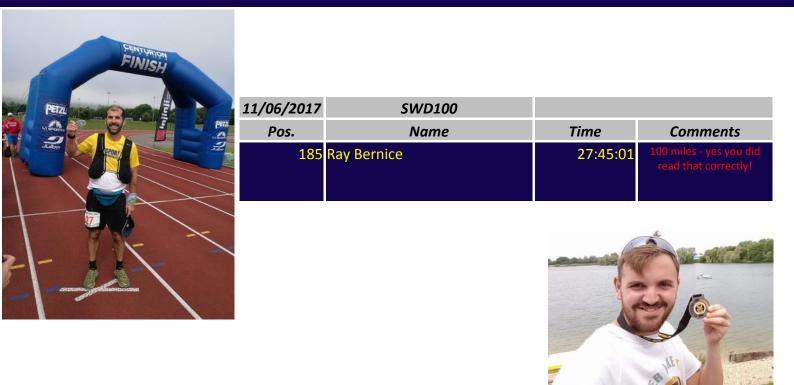
| 10/06/2017 | Endure24 | | |
|-------------|------------------------------|---------|----------|
| Mixed pairs | | | |
| Pos. | Name | Time | Comments |
| 27 | K and K | | |
| | Kevin White | 5 laps | |
| | Kerry Arnott | 3 laps | |
| | | 8 total | |
| 29 | Mrs Southyslow the f**k down | | |
| | Nick MacBeath | 4 laps | |
| | Nikki White | 3 Laps | |
| | | 7 total | |





| 10/06/2017 | Endure24 | | |
|------------|-------------------|----------|----------|
| Large Team | | | |
| Pos. | Name | Time | Comments |
| | iPlodders | | |
| 71 | Daniel Roiz de Sa | 6 Laps | |
| | Edward Anderson | 5 Laps | |
| | Julia Roiz de Sa | 5 Laps | |
| | | 31 total | |
| | Coastbusters | | |
| 153 | Darren Enyon | 2 laps | |
| | Lara Dent | 4 laps | |
| | Laura Woodhams | 3 laps | |
| | Claire Tallack | 4 laps | |
| | Jane Cockayne | 4 laps | |
| | Brian Fisher | 4 laps | |
| | | 26 total | |





| 11/06/2017 | Chichester Lake Triathlon | | -0 |
|------------|---------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 7 | Ben Jarvis | 02:27:14 | |

| 11/06/2017 | Yeovil Marathon | | |
|------------|-----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 179 | Richard Law | 04:57:25 | |
| 180 | Sarah Lloyd | 04:57:25 | |





| 13/06/2017 | AR Summer Series #2 | | |
|------------|--|----------|------------|
| Pos. | Name | Time | Comments |
| 3 | Tom Barnard | 00:17:05 | |
| 6 | Mike Percival | 00:17:39 | |
| 9 | Chris Buxton | 00:18:08 | |
| 11 | Nikki Moxham | 00:19:11 | 2nd Female |
| 22 | Kevin White | 00:20:22 | |
| 23 | Lee Rhodes | 00:20:26 | |
| 29 | Sarah Ruby Rennison | 00:21:01 | 3rd Female |
| 32 | Paul Williams | 00:21:11 | |
| 37 | Colin Gardner | 00:21:33 | |
| 39 | Alan Burgess | 00:21:42 | |
| 40 | Simon Gregg | 00:21:51 | |
| 42 | Kathryn Wealthy | 00:22:09 | |
| 53 | Robert Hylands | 00:23:10 | |
| 57 | Tracy Slade | 00:23:48 | |
| 62 | Nicolas Boorn | 00:24:45 | |
| 68 | Bailey Boorn (future GRR) | 00:25:24 | |
| 70 | Darren Eynon | 00:25:43 | |
| 72 | David Walters | 00:25:56 | |
| 74 | Hayley Baird | 00:26:01 | |
| 76 | Victoria Wright | 00:26:09 | |
| 78 | James Woodhams (Future GRR) | 00:26:13 | |
| 79 | Cheryl Dodd | 00:26:20 | |
| 80 | Emma Louise Robinson | 00:26:22 | |
| 90 | Ryder Roiz De Sa (Future GRR) | 00:27:12 | |
| 91 | Dan Roiz De Sa | 00:27:15 | |
| 95 | Mick Kearney | 00:27:24 | |
| 99 | David Kitching Michaella Francia Dout | 00:27:49 | |
| 106 | Michelle Francis-Dent | 00:28:15 | |
| 107 | Nicola White | 00:28:17 | |



| 13/06/2017 | AR Summer Series #2 | | |
|------------|-----------------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 109 | Jessica Adolpho-Pugh (Future GRR) | 00:28:19 | |
| 110 | lan Pugh | 00:28:19 | |
| 111 | Susan Barrett | 00:28:25 | |
| 112 | Karen Morby | 00:28:26 | |
| 113 | Chris Nation | 00:28:34 | |
| 118 | Rick Smith | 00:29:02 | |
| 120 | Andy Brown | 00:29:07 | |
| 121 | Ali Clarke | 00:29:27 | |
| 122 | Gayle Dudley | 00:29:27 | |
| 123 | Emma Christopher | 00:29:59 | |
| 125 | Mandy Morby | 00:30:03 | |
| 130 | Lily Wheeler (Future GRR) | 00:30:53 | |
| 131 | Luke Adolpho-Pugh (Future GRR) | 00:30:54 | |
| 137 | Gillian Boorn | 00:31:19 | |
| 138 | Katie Smith (future GRR) | 00:31:24 | |
| 140 | Caroline McGuigan | 00:31:25 | |
| 141 | Pippa White | 00:31:36 | |
| 145 | Alison Short | 00:32:11 | |
| 147 | Louise Ness | 00:32:55 | |
| 154 | Penny Herridge | 00:34:37 | |
| 157 | Karen Harding | 00:36:43 | |
| 161 | Melanie Lumsden | 00:38:39 | |
| 162 | Claire Parsons | 00:41:12 | |
| 163 | Jan Smith | 00:42:52 | |
| 164 | Ceri Winson | 00:43:29 | |
| 165 | Lorraine Down | 00:43:30 | |
| 166 | Nicola Stanley | 00:44:30 | |



| 14/06/2017 | Hayling Billy 5 | | |
|------------|-------------------|-------|----------|
| Pos. | Name | Time | Comments |
| 52 | Colin Gardner | 36.54 | |
| 96 | Caroline McGuigan | 42.14 | |
| 97 | Fiona Tomlinson | 42.17 | |
| 105 | Nick Boorn | 42.48 | |
| 110 | Lara Dent | 43.17 | |
| 111 | Jenny Shilling | 43.21 | |
| 122 | Emma Robinson | 44.58 | |
| 130 | Reuben Shilling | 45.52 | |
| 147 | Laura Woodhams | 46.58 | |
| 148 | Rory Fall | 46.58 | |
| 161 | Karen Morby | 48.14 | |
| 174 | Claire Tallack | 48.58 | |
| 190 | Elizabeth Elshaw | 49.54 | |
| 204 | Amanda Morby | 51.1 | |
| 214 | Kate Smyth | 51.5 | |
| 226 | Lorraine Down | 52.56 | |
| 272 | Dense Frances | 58.12 | |
| 273 | Wendy England | 58.12 | |
| 281 | Zoe Windsor | 59.33 | |
| 282 | Janet Lindley | 59.33 | |
| 296 | Louise Millson | 63 | |





| 17/06/2017 | South Downs Marathon Relay | | |
|---------------------|----------------------------|----------|-----------|
| Τε | am 1 Crofty's Crusaders | | |
| Pos. | Name | Time | Comments |
| 31/96 teams | Alan Burgess | 01:06:23 | 7.5 miles |
| 29/71 male teams | David Croft | 00:50:17 | 5.6 miles |
| 3/6 50+ | Steve Crook | 00:57:52 | 6.9 miles |
| | Ken Eaden | 01:03:29 | 6.2 miles |
| | | 03.58.01 | |

| 17/06/2017 | South Downs Marathon Relay | | |
|----------------------|----------------------------|----------|-----------|
| 7 | eam 2 Sweaty Bettys | | |
| Pos. | Name | Time | Comments |
| 50/96 teams | Yvette Eastman | 01:12:30 | 7.5 miles |
| 6/25 female teams | Kirsten Maw | 00:46:48 | 5.6 miles |
| 2/6 40+ | Rachel Davies | 01:14:35 | 6.9 miles |
| | Sue Barrett | 01:06:36 | 6.2 miles |
| | | 04:20:29 | |

| 17/06/2017 | South Downs Marathon Relay | | |
|----------------------------|----------------------------|----------|-----------|
| Team 3 GRReat Upitty Downs | | | |
| Pos. | Name | Time | Comments |
| 69/96 | Steve Calder | 01:16:07 | 7.5 miles |
| | Dave Kitching | 00:57:47 | 5.6 miles |
| | Lisa Hennen | 01:20:44 | 6.9Miles |
| | Miranda Carrick | 01:06:26 | 6.2 miles |
| | | 04:41:04 | |

| 17/06/2017 | South Downs Marathon Relay | | |
|------------|----------------------------|----------|-----------|
| | Team 100 | | |
| Pos. | Name | Time | Comments |
| 88/96 | Karen Morby | 01:33:33 | 7.5 miles |
| | Lorraine Down | 01:01:32 | 5.6 miles |
| | Kerry Arnott | 01:27:34 | 6.9 miles |
| | Kerry Arnott | 01:16:43 | 6.2 miles |
| | | 05:19:22 | |



Monthly Newsletter June 2017





| 17/06/2017 | South Downs Half Marathon | | |
|------------|---------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 94 | Colin Gardner | 01:57:29 | |
| 254 | Terry Arnott | 02:20:41 | |
| 433 | Joanne Hopkins | 03:05:46 | |

| 17/06/2017 | South Downs Marathon | | |
|--------------------------------------|----------------------|------------------|----------|
| Pos. | Name | Time | Comments |
| 77 | Paul Williams | 04:30:16 | |
| 171 | Kevin White | 05:05:35 | |
| 172 | Darren Eynon | 05:05:38 | |
| 237 | Hayley Sparshott | 05:29:49 | |
| 238 | Julia Roiz de Sa | 05:29:50 | |
| 272 | Nick MacBeath | 05:43:33 | |
| 372 | Becky Veal | 07:35:47 | |
| 373 | Lizzie Elshaw | 07:35:49 | |
| 374 | Angela Elshaw | 07:35:50 | |
| DNF (due to heat exhaus- tion) | John Barrett | 24 brutal miles! | |

| 17/06/2017 | Maverick Gloucestershire | Female 17k | |
|------------|--------------------------|------------|----------|
| Pos. | Name | Time | Comments |
| | Tracey Wales | 01:57:00 | |
| 33 | Sheena Atkinson-Ball | 02:28:48 | |

| 17/06/2017 | Maverick Gloucestershire | Male 17k | |
|------------|--------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 15 | Martyn Rowell | 01:47:01 | |
| 42 | David Brace | 02:28:48 | |

| 17/06/2017 | Maverick Gloucestershire | Female 7k | |
|------------|--------------------------|-----------|----------|
| Pos. | Name | Time | Comments |
| 22 | Debra Talbert | 01:02:53 | |
| 39 | Pat Lapworth | 01:11:33 | |
| 40 | Janet Lindley | 01:11:33 | |















| 18/06/2017 | 5k Golden Mile | | |
|------------|-------------------|---------|----------|
| Pos. | Name | Time | Comments |
| 12 | Nikki Moxam | 19:42.7 | |
| 18 | Lee Rhodes | 20:58.8 | |
| 21 | Ruby Rennison | 21:28.1 | |
| 22 | Ben Jarvis | 21:29.1 | |
| 30 | Dan Roiz De Sa | 22:45.1 | |
| 31 | Gillian Dowling | 22:45.9 | |
| 64 | Adrian Brogan | 28:55.8 | |
| 72 | Lisa Young | 29:46.5 | |
| 94 | Robert Highlands | 31:55.8 | |
| 115 | Wendy England | 35:42.8 | |
| 18/06/2017 | Golden Mile | | |
| Pos. | Name | Time | Comments |
| 4 | Harry Carter | 04:39.5 | |
| 8 | Rob Byrn | 05:00.7 | |
| 13 | Ben Jarvis | 05:11.9 | |
| 22 | Lee Rhodes | 05:34.3 | |
| 27 | Stephen Crook | 05:43.1 | |
| 28 | Ben Wales | 05:44.1 | |
| 32 | Ruby Rennison | 05:54.2 | |
| 44 | Dan Roiz De Sa | 06:14.9 | |
| 47 | Gillian Dowling | 06:18.0 | |
| 48 | Dean Conway | 06:24.4 | |
| 53 | Tracy Slade | 06:33.8 | |
| 74 | Paul Humphreys | 07:22.9 | |
| 79 | Mike Battersby | 07:32.9 | |
| 80 | Lisa Young | 07:36.8 | |
| 93 | Lorraine Down | 08:01.1 | |
| 94 | Andy Brown | 08:04.5 | |
| 95 | Emma Noyce | 08:05.6 | |
| 96 | Karen Morby | 08:06.7 | |
| 97 | Amanda Morby | 08:07.6 | |
| 103 | Emma Wood | 08:28.7 | |
| 108 | Nicola Colebourne | 08:42.5 | |
| 142 | Debbie Humphreys | 10:39.5 | |
| 143 | Wendy England | 10:46.6 | |



GOSPORT G

18/06/2017 Junior Gosport Golden Mile

Well done to all our awesome young folk who ran the Gosport Golden Mile - BOOM!





| 18/06/2017 | Hampshire Hoppit | (Trail half marathon) | | | | | |
|------------|------------------|-----------------------|----------|--|--|--|--|
| Pos. | Name | Time | Comments | | | | |
| 145 | Richard Law | 02:18:10 | | | | | |
| 300 | Sarah Lloyd | 02:44:53 | | | | | |

| 18/06/2017 | Fareham Creek 10k | | |
|------------|-------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 33 | Kieran Chaplin | 00:54:12 | |
| 79 | Tonia Morrell | 01:04:43 | |
| 80 | Gillian Thomas | 01:04:43 | |

| 25/06/2017 | Ironman 70.3 UK Exmoor | | |
|------------|------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 507 | Eric Magurk | 07:12:16 | |

| 26/06/2017 | Swansea Half Marathon | | |
|------------|-----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 3934 | Geoff O'Flanagan | 02:29:27 | |









| 25/06/2017 | Lordshill 10K | | |
|------------|------------------|----------|------------------|
| Pos. | Name | Time | Comments |
| 228 | Colin Gardner | 0:46:31 | |
| 334 | Fiona Tomlinson | 00:52:13 | |
| 336 | Jenny Shilling | 00:52:16 | 1st in age group |
| 357 | Nick Boorn | 00:53:33 | |
| 370 | Hayley Sparshott | 00:54:21 | |
| 372 | Lee Westwood | 00:54:36 | |
| 393 | Penny Herridge | 00:56:18 | |
| 443 | Kim Carter | 00:59:30 | |
| 443 | Sue Barrett | 00:59:30 | |





| 25/06/2017 | Superhero challenge | | |
|---------------|-----------------------------|----------|---------------------|
| | Lapped event - 5km per lap | | |
| 5 laps (25km) | Catherine Stock | 02:56:41 | GYR GRR SUPENIERDES |
| 3 Laps (15km) | Tracy Slade | 01:35:47 | UPENIEROES |
| 3 Laps (15km) | Kieran Slade (future GRR) | 01:35:49 | |
| 3 Laps (15km) | Laura Woodhams | 01:50:18 | |
| 2 Laps (10KM) | James Woodhams (future GRR) | 01:10:15 | The lack |

| 28/06/2017 | Summer XC | | |
|------------|-----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 74 | Colin Gardner | 0:39:31 | |
| 102 | Robert Hylands | 0:43:08 | |
| 139 | Laura Woodhams | 0:46:57 | |
| 146 | Fiona Tomlinson | 0:47:18 | |
| 151 | Rory Fall | 0:48:27 | |
| 158 | Kerry Arnott | 0:49:10 | |
| 167 | Nicolas Boorn | 0:50:09 | |
| 204 | Sarah Down | 00:53:58 | |
| 216 | Amanda Morby | 00:54:39 | |
| 218 | Karen Morby | 00:54:59 | |
| 227 | Andy Brown | 00:56:17 | |
| 245 | Jane Cockayne | 00:59:02 | |
| 246 | Claire Tallack | 00:59:03 | |
| 249 | Lorraine Down | 00:59:45 | |





GRR vests abroad

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Andy Brown showing the club colours in the pits at the Isle of Man TT races after running up a very steep Bray Hill

Anna Clodfelter working the GRR top in Spain



Martyn Barnes surfing the hills of Morocco





Ben Jarvis getting the vest wet in Croatia





Jackie Brady, joined the club in 2016 after completing one of the Beginner's Courses

Age: 47

Job : Sales & purchasing for a swimming pool company (be my 30th year this year)

Family : Married to David , we have 2 girls aged 12 & 9 and 2 dogs

Why I started running : To lose some weight initially, this did not work however as put weight on to start, then discovered that runners' high after finishing a race which then hooked me in along with the great social side

Favourite run/Race : Great South last year which was my first 10 miler, also love Monday hill training and cross country runs

Worst run : A 5 mile time trial last year when my back was hurting and my legs felt like lead, was practically sobbing the whole way round. I also hate running by myself.

Other sports/interests Swimming including Sea swimming, Pilates & started to really enjoy riding my bike to work,,so now am saving for a road bike. Also love camping as much as time and weather allows.

Goals: One of my goals was a sub 30 5K but have finally just achieved this, would like a sub 60 10k, have also signed up to my first half marathon and would like to do a sprint triathlon next year. Other than that, to try and stay injury free and just enjoy the running and i am never ever doing a marathon.



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 308 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



Summer

July 2017



Contents

GOSPORT G

Cover photo: Rory Fall, surrendering to The Plod

CONTENTS

- 4 Editor's note
- 5 & 6 Chairman's corner: Ken Eaden
- 7 Committee announcement
- 8 Exercise of the month: Nick Carter
- 9 The GRR vest has my name: Chris Sparshott
- 10 & 11 Brownsea Island 6.5km swim: Shona Rust
- 12 to 14 HRRL
- 15 to 30 Results section
- 31 & 32- Out of Town run photos
- 33 to 35 Summer Cross Country photos
- 36 & 37 GRR vests on tour
- 38 Any other business









I like July.

It's a wonderful summer month mostly brimming with sunshine, long days and spending time with good friends. It's also usually the month I review my running fitness (or lack thereof) and decide to enter a flurry of races or take part in club events. This month saw me in the yellow vest twice, taking part in the club 10km time trial and the summer cross country event. During both these events, the weather was kind, the organisation faultless, the turnout from club runners was fantastic and the marshals were always the magic ingredient. It was very good to feel like a club runner again, and whilst lots of you graced the club shirt more than twice this month, I'm happy that I've made some slow progress. What one lacks in speed, you can always make up for in animation or enthusiasm - cue the race entries.

Did you know, July was named by the Roman Senate in honour of the Roman general Julius Caesar, who was born in this month. I therefore find it appropriate that the cover photo exhibits a "conqueror" theme. However, what role the hill and the runner had in those circumstances is a matter of speculation and photo interpretation.

We start this edition off with the Club Chairman's corner and an exciting announcement from the Committee. Nick Carter is back with an exercise of the month. This is a basic one, but highly effective. Do try it.

Shona Rust wrote an excellent article about her participation in a swim event. I have the greatest admiration for good swimmers, because it's something I would like to be, but just can't seem to get into the stroke of it. Chris Sparshott shares his experience of his quick road to becoming a club member. Thank you both for these articles.

Hayley provided a detailed result of the 2016/2017 HRRL season and Fiona compiled a list of the 2017/2018 league races. Let's try to flood these races in our yellow club vests – it's such a happy colour, and I think we'd all agree that it looks even better in waves! A high number of GRR entries equals a higher ranking for the club, which would give you as a participant a higher personal ranking, and the end of league result is a lot of happy club runners. Sounds like a win to me!

The results section is once again very impressive. You lot are seriously good!

I've included some photos of the Out of Town run and the Summer Cross Country events. Take a look at the very impressive awards Kelly Fielding (first female) and Chris Buxton (first male) received.

A few club runners also aired their club vests on holiday – travel to the "on tour" section at the end of the newsletter for more on this.

I've had a good month on the fitness front and I hope you did as well. Enjoy your training in August.

Kindest regards

Miranda





Hi all,

Great News! We have been voted into the Men's Running top 10 running clubs in England. Many thanks Nick Carter for promoting this and thank you to the membership for making GRR the club that it and for maintaining our all-inclusive brand.

We are now well into the Summer activities and the enthusiasm of club members remains undiminished with people competing in so many events ranging from 5K to 100-mile Ultra marathons. There have been some fantastic performances, of which there too many to mention in a couple of sides of A4 - notwithstanding I commend you all.

I would like to take the time to say a big thanks to all those who organise the extra- curricular activities outside the core club training on Tuesday and Thursday nights. Not forgetting to mention the successful sailing days in May and lastly, but not least of all, the GRR Summer cross country - a Mick Wellstead legacy, ably carried on by Terry Arnott. Many thanks Tel.

As you are aware we've had some Committee re-shuffling, but we have solutions in place to maintain continuity until the next AGM. Details will be promulgated in due course.

If you recall at the last AGM we made a commitment to put more structure into our training nights. We now have additional Coaching and Leadership in Running qualified people and we offer Strength and Conditioning training as well as Interval training once a week. This is still work in progress and we welcome any suggestions. So, many thanks Cirfs and Lirfs. As a committee, we strive for continuous improvement, and therefore we will be sending out Survey Monkey Questionnaires to obtain membership feedback, to which we will review and take action if it constitutes an overall benefit to the club.

With Autumn now on the horizon, the Cross Country and Hampshire Road Race League (HRRL) season begins. We are well supported in the cross country and we provide a small reward to members who complete all six events. Notwithstanding we can do better in the HRRL, so as an incentive we offer a T-shirt to anyone who qualifies for an HRRL ranking. Our Men's and Ladies Captains Sue and Terry can provide more details. For those embarking on an Autumn marathon programme, this can be a slice of competitive running within the programme I personally recommend. As a club, we have committed to funding Isle of Wight fast cat costs for members who participate. Our half marathon attracts a good proportion of HRRL clubs therefore it is important we have a good representation at other HRRL events to attract people to our event. Which leads me nicely on to my next topic

Our next big event is our Half Marathon 19 Nov, in my capacity as Race Director and Chief Marshal, I need your help to maintain the success of the event built over the last 30 years. So please, please come forward to volunteer, not only as marshals, but to assist with logistics, bag packing, setting up the school and setting up the course. Now we have sorted our communication media out, I will be placing links for you to register as volunteers. You will still be able to register on club nights.



GOSPORT G

The success of our event is purely down to the wholehearted involvement and dedication of the members. It is the quality of the marshalling on the day which sets our event apart. We never want to get ourselves in a position where we struggle to fully resource our race, exemplified by one of our fellow clubs. Gosport Half Marathon NEEDS YOU.

Finally enjoy the remainder of the summer and look forward to the autumn and winter training.

My philosophical quote for this month: "It is not about the size of the dog in the fight, it is the size of the fight in the dog"

All the very best in your running.

Ken.





Committee announcement

GOSPORT G

Exciting News for GRR Members

For a while now and based on the last membership survey, the committee have considered having a 'members only section' on the club website – an area that is a perk of GRR membership and accessible to members only. However, we have decided that a more viable option is do this on Facebook.

The current Gosport Road Runners Facebook page will remain unchanged, as per the remit from when it was set up several years ago, it will remain a social media page for GRR, ex-GRR, potential members and others with connections to Gosport Road Runners.

A separate Facebook page for members only will go live on 1 August. This will include details of club training plans and it will also be an ideal platform for the promotion of HRRL and cross country league races and the buy and selling of members' running related items. Members will be automatically added to the Members only page, however if we miss anyone then please ask to be added.

The committee



Exercise of the Month:

Nick Carter

GOSPORT GOSPORT

Hip raise / Butt Lift / Bridge

Form:

Glutes (bum) and abs. Looks easy butt (get it?) soon burns.

Enjoy !





- Bend your knees and put your feet flat on the ground just close enough that you can graze your heels with your fingertips when you stretch your arms down by your side. Your feet should be about hip-width apart.
- Bend your elbows to 90 degrees so that only your upper arm is on the ground.
- Then drive up through your heels and upper back to lift your glutes off the ground. Drive your hips up as high as possible, squeezing the glutes hard. Keep your belly button drawn in so you don't hyper extend your back.
- Do not push backward off your heels. Make sure you are driving straight up and that your knees aren't caving in.
- Squeeze your glutes for second or two at the top and lower all the way back down to the ground before repeating.
- You should feel this move in your glutes and hamstrings and not in your low back.
- Do not rush through glute bridges. Take time to hold at the top and feel the glutes activate.

(https://redefiningstrength.com/best-glute-exercise-glutebridge)

What muscles are used in a hip raise/glute bridge?

Although the bridge is an effective glute-toning exercise, it also works the rest of your core, which includes your rectus abdominus, erector spinae, hamstrings and adductors. More advanced variations spread the tension a little more by working your hip flexors, quads and obliques.

(www.livestrong.com/article/462989-muscles-being-worked -in-a-bridging-exercise)



It was Sunday 9th July, race day at the Wyvern 10k... What a scorching sunny day it was!

Socialising before the race with the GRR faithful, alongside my wife (Hayley) beforehand was something new to me.

It was a very friendly, almost family feel to me, and it was at this point I decided to join the GRRs asap.

Club membership was put into motion as soon as we got home from the event.

11th July - Race day at Gosport Summer Series #3. This marked my first race as an official GRR.

Hayley had ordered my GRR t-shirt that day and Nick Carter was very kindly able to supply the shirt just before the race start!

What a difference a GRR shirt with your name on makes!

Although the weather was disgusting with both wind and rain, the support from marshals and fellow club members was incredible the whole way around the course. It really made a huge difference to my performance that night, pushing me to near my PB!

A huge thank you to the marshals, as always!

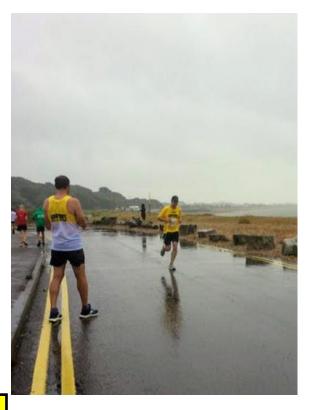
But also, a thank you to my fellow club members, you made me feel like I had never felt before.

Thank you.

Chris Sparshott



Editor's note: Chris has participated in the Summer cross country event as well, looking very comfortable in the GRR vest.





Brownsea Island 6.5k Swim : Shona Rust

Monthly Newsletter July 2017

GOSPORT GOSPORT

What you do when you can't run......Swim (Just keep swimming)

Sunday 23rd saw myself and Adam up early to head down to Poole for the Brownsea Island swim. It isn't often you get to swim round the edge of an Island.

Registration was quick and easy and after the marshals being slightly worried about me swimming with a fractured ankle, I was soon on the boat over to the Island to get set up for the start.

Unfortunately this isn't the best event for spectators so Adam took the Bear off for a walk over the Dunes....

On getting into my wet suit, I ended up chatting to a Chap who had no legs and only one arm, he had my upmost respect for taking on this challenge, and even had a safety Kayak to stay with him the whole time.

08:50 was the 5 minute warning and after losing the moon boot I was in the water and ready to go...

5 mins later the Air horn went and we were off.





This is a very small event with only 300 entrants so there wasn't much bashing and swimming over people at the start, unlike some other events I have done. There were even people who were still on the beach suddenly running into the water. I soon settled into my stroke and it was nice to be swimming with Sand under me rather than the pebbles we are used to.

For the first part we were going with the current and the water was lovely and calm. As I rounded the top of the Island the current changed and so did the waves. I ended up taking a fair few waves straight into the face which upset my breathing for a while, and I felt like I wasn't going very far very fast.

I am not the fastest of swimmers but do have the endurance to 'just keep swimming'

By the time I had rounded the top part of the island onto the back straight, a kayaker had noticed that I wasn't kicking. When I realised that he was staying with me, we had a quick chat and situation explained.

All down the back side of the island the current was with me, and at least I felt that I was moving again.

The water got very shallow and at parts I almost ended up crawling along through all the sea plants. Close to the finish as I stated to round the corner, the waves picked up again and all the kayakers were guiding us closer to the Island as it was easier to swim with slightly smaller waves.



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By this time I could see the finish but with the current having changed again and being against us, it didn't seem to get any closer. Eventually I made it through the finish buoys and it was time to get that finishers' medal and wipe the slime from my face.

Now having a mouth that felt disgusting from all the salt water, fresh tomato soup and a warm bread roll was well welcomed.

On taking my wetsuit off, it appeared that I had not covered my neck enough in suit lube and now had a big patch of wetsuit rash on my neck along with two little bits that look like love bites.... Doh

It was soon time to get changed before heading back to the main island.

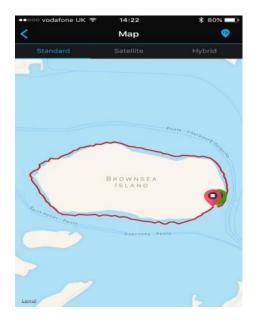
The total distance was 6.5k not an easy swim, but in a fabulous location.

The event is very well organised, with an abundance of volunteers to help any way they can.

If you have a little experience in open water swimming I would recommend this event.

Meanwhile Adam and Bear had had a great morning, and Puppy was worn out for the rest of the day, as was I.











HRRI

The Hampshire Road Runners League starts in September every year, and goes through to June to following year. All the runners below have represented the club in 7 or more of the 11 possible events, thereby earning points for Gosport Road Runners' A and B teams, and as a result, acquired themselves and overall league ranking too. Huge well done and thank you to these runners for doing the club and themselves proud. Bravo!

HRRL website and info. Can be found http://www.hrrl.org.uk/default

| Pos. | name | #runs | score | Overtn. | Solent | Hayling | Victory | Stubb. | Ryde | Eastl'. | Salisb'. | Alton | Netley | Lordshill |
|------|------------------|-------|-------|---------|--------|---------|---------|--------|------|---------|----------|-------|--------|-----------|
| 34 | Tracey Wales | 7 | 77.6 | 73.1 | | 77.3 | 80.7 | 83.9 | | 82.5 | | 72.8 | 72.6 | |
| 38 | Gillian Dowling | 7 | 74.7 | | | 54.7 | 80.2 | 83 | 67.6 | 83.5 | | 76.8 | 76.9 | |
| 58 | Fiona Tomlinson | 7 | 57.5 | | | 54 | 60.4 | 65.3 | | | 59.3 | 55.6 | 54.8 | 52.8 |
| 62 | Jenny Shilling | 8 | 52.4 | 45.6 | | 46 | 53.3 | 60.5 | | 66.3 | 41.2 | | 43 | 52.2 |
| 64 | Hayley Sparshott | 9 | 51.2 | 45 | 41.8 | 48 | 51.4 | 62.1 | 44.8 | 64.3 | 36.7 | | | 42.9 |
| 86 | Susan Barrett | 7 | 25 | 19.4 | | 18 | 39.6 | 39.3 | | | | 11.3 | 24.7 | 22.4 |

Hamshire Road Race League final individual rankings.

| Pos. | name | #runs | score | Overtn. | Solent. | Hayling. | Victory. | Stubb. | Ryde. | Eastl'. | Salisb'. | Alton. | Netley | Lordshill |
|------|---------------|-------|-------|---------|---------|----------|----------|--------|-------|---------|----------|--------|--------|-----------|
| 60 | Ben Jarvis | 7 | 71.5 | 60.3 | | 70.3 | 71.8 | 77.3 | | 80.9 | 74.6 | 65.6 | | |
| 123 | Colin Gardner | 9 | 39.8 | 40.5 | 35.1 | | 37.2 | 53.1 | | 41.7 | 35.2 | 34.8 | 35.7 | 33.2 |
| 156 | Lee Westwood | 9 | 12 | 7.7 | 6.2 | 12.6 | 14.1 | 17.3 | | | 5.7 | 8.9 | 11.7 | 11.5 |

All of the runners below also ran in HRRL event/s representing Gosport Road Runners—thank you to all of you too. Gosport is GRReat! (overall league tables can be found http://www.hrrl.org.uk/2017/HRRL16-17/lg_index.htm)

| Name | #runs | score | Na |
|-------------------|-------|-------|-----|
| Terry Arnott | 6 | 80.7 | Fle |
| Benjamin Wales | 6 | 46 | Zo |
| Rob Byrne | 5 | 90.2 | Jo |
| Nikki Moxham | 5 | 81.5 | Rc |
| Lorraine Down | 5 | 20.4 | Ni |
| John Barrett | 5 | 15.9 | St |
| Keith Elshaw | 5 | 4.6 | Υv |
| Chris Buxton | 4 | 75.4 | Pa |
| Jayson Grygiel | 4 | 65.8 | Tr |
| Tracy Slade | 4 | 55.6 | Sh |
| Kerry Arnott | 4 | 44.4 | Al |
| Kim Carter | 4 | 35.3 | Ni |
| Martyn Barnes | 4 | 27.2 | La |
| Karen Morby | 4 | 24.9 | Da |
| David Kitching | 4 | 12.2 | Ni |
| Kevin White | 3 | 60.4 | Ch |
| Caroline McGuigan | 3 | 40.7 | Gi |

| Name | #runs | score |
|-------------------|-------|--------|
| Fleur Giles | 3 | 35.7 |
| Zoe Windsor | 3 | 23.2 |
| Joanne Hopkins | 3 | 21.2 |
| Rory Fall | 3 | 12.5 |
| Nicolas Boorn | 3 | 10.2 |
| Steve Wood | 3 | 4.5 |
| Yvette Eastman | 2 | 68.9 |
| Paul Williams | 2 | 49.3 |
| Tracy Bale | 2 | 44.5 |
| Sharon Clutton | 2 | 39.3 |
| Alan Burgess | 2 | 34.7le |
| Nick MacBeath | 2 | 34.1 |
| Laura Woodhams | 2 | 31.5 |
| Darren Eynon | 2 | 30.8 |
| Nicola Colebourne | 2 | 30.6 |
| Chris Nation | 2 | 20.3 |
| Gillian Boorn | 2 | 17.3 |

GOSPORT Road Runners

HRRL

GOSPORT GOSPORT

| Name | #runs | score | Name | #runs | score |
|-------------------|-------|-------|-------------------|-------|-------|
| Amanda Morby | 2 | 17.2 | Shona Rust | 1 | 33 |
| Brian Fisher | 2 | 16.1 | Ray Bernice | 1 | 30 |
| David Croft | 2 | 15.4 | Leanna Whaley | 1 | 29.1 |
| Dee Upshall | 2 | 14.4 | Sarah Lloyd | 1 | 29.1 |
| Edward Anderson | 2 | 14.1 | Miranda Carrick | 1 | 28.3 |
| Adam Mundell | 2 | 11.7 | Jenner Moore | 1 | 26.7 |
| Martin Robinson | 2 | 11.3 | Paul Street | 1 | 26.3 |
| Andrew Hopkins | 2 | 7.5 | Daniel Thompson | 1 | 25.3 |
| Mick Kearney | 2 | 5.7 | Daniel Roiz de Sa | 1 | 24 |
| Caroline Harms | 2 | 3.3 | Elizabeth Redpath | 1 | 23.9 |
| Andy Brown | 2 | 3.2 | Phillip Moran | 1 | 23.8 |
| Harry Carter | 1 | 97.7 | Caroline Oakes | 1 | 22.5 |
| Kathryn Wealthy | 1 | 82.3 | lan Pugh | 1 | 20.1 |
| Julia Roiz de Sa | 1 | 80 | Nikky Leech | 1 | 18.9 |
| Michael Percival | 1 | 75.2 | Ann-Marie | | |
| Dan Belben | 1 | 73 | Stables | 1 | 18.4 |
| Bryn Whitehouse | 1 | 69.4 | Victoria Gorton | 1 | 15.9 |
| Lara Durham-Dent | 1 | 62.5 | Rachel Gee | 1 | 15.6 |
| Carol Collins | 1 | 53.6 | Nick Carter | 1 | 15.1 |
| Mel Maloney | 1 | 52 | Sarah Down | 1 | 14.4 |
| Sarah Newman | 1 | 46.3 | Vivienne Breen | 1 | 14.3 |
| Melissa Pink | 1 | 46 | Steve Calder | 1 | 13.2 |
| Emma Noyce | 1 | 45.4 | Jackie Brady | 1 | 12.9 |
| Andrea Edwards | 1 | 45.1 | Michael Stares | 1 | 12.2 |
| | | 43.1 | Wes Clift | 1 | 10.6 |
| Robert Hylands | 1 | 39.4 | Luke Willis | 1 | 9.8 |
| Kerry Down | 1 | 39.3 | Nicky Hayward | 1 | 8.5 |
| | | 22.2 | Samantha Moore | 1 | 7.6 |
| Elizabeth Elshaw | 1 | 38.8 | Mike Battersby | 1 | 7.1 |
| Pippa White | 1 | 37.9 | Mathew Jarvis | 1 | 6.9 |
| Richard Law | 1 | 37.9 | Reuben Shilling | 1 | 5.2 |
| David Brace | 1 | 36.1 | | | _ |
| Ellie Blaiklock | 1 | 36 | Steve Silverlock | 1 | 5 |
| Hayley Baird | 1 | 34.3 | Emily Willis | 1 | 4.9 |
| Camille Ainsworth | 1 | 33.3 | Richard Smith | 1 | 4.8 |

| Name | #runs | score |
|------------------|-------|-------|
| Peter Robinson | 1 | 4.5 |
| Debbie Humphreys | 1 | 4.1 |
| Ken Eaden | 1 | 3.6 |
| Melanie Bagwell | 1 | 3.2 |
| Rikki Hatherly | 1 | 3.2 |
| Marie Bowers | 1 | 2.8 |
| Kayleigh Breen | 1 | 2.4 |
| Claire Parsons | 1 | 1.6 |
| Levi Hughes | 1 | 1.3 |
| Michael Bowers | 1 | 0 |
| Steve Wise | 1 | 0 |
| Penny Herridge | 1 | 0 |





GOSPORT G

HRRL Future Events 2017/2018

| Solent Half 24 September 2017 |
|-------------------------------|
|-------------------------------|

Gosport Half 19 November 2017

Hayling 10 mile 26 November 2017

Victory 5 mile 3 December 2017

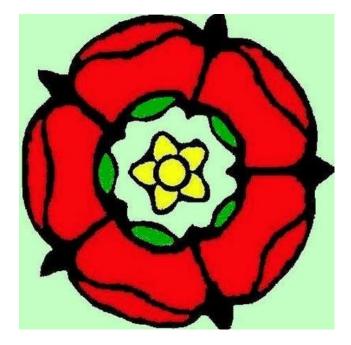
Stubbington 10km 14 January 2018

Ryde 10 mile 4 February 2018

Eastleigh 10km , Salisbury 10 mile, Alton 10 mile , Netley 10km and Lordshill 10km races and dates to be confirmed.

These are brilliant events with great organisation, reasonable entry costs, medals, marshalling, support and most significantly, excellent Club camaraderie.

Come and find out!





The Results Section

GOSPORT GOSPORT

Recording Results for You

Well done everyone, what an amazing set of results we have had in July.

Thank you for helping me by sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR.

Without this information, I would not be able to record your achievements.

Please carry on sending me all of the above because - what I don't know, I can't record!

Hayley



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in July that stood out to me on every level and for different reasons including –

Julia Roiz de Sa running 100km Cotswold challenge, coming 25th female out of 375, 75th overall out of 707!

Sarah Lloyd first female GRR in the Summer plod even after taking a tumble at about mile 17!

Stef Neale running the 10k time trial, her first ever 10k!

Fiona Tomlinson coming 3rd in her age group at the Wyvern 10k.

Ben Toye winning the Summer Series race 3.

Lisa Hennen and Darren Eynon racing to the stones, 100km in just 15 hours 15 mins.

Most outstanding to me this month was Eileen Bartlett running her first competitive race as a GRR in the rainy rain and windy winds at the Summer Series race 3. For those of us fortunate enough to know Eileen we know what a huge achievement this is and also admire her for getting out there and being really rather marvellous. Eileen you are truly inspirational!

Onwards and Upwards!

Well done everyone - keep those results coming to me please.

Hayley Sparshott

Please email your results to Hayley at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk







Results: Club Time Trial

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Thank you to our officials this evening Liz Redpath (started/clock), Janet Lindley (clock), Shona Rust (Numbers) and Gary Francis (recorder). Thank you to our marshals - Pat Lapworth, Martyn Rowell, Andrea Edwards, Mick Welsted, Sid Smith, Nikki Barnard, Hayley Sparshott, Sharon Nobel, Lara Dent, Jo Hopkins, Nick Carter, Ange Elshaw, Nicky Hayward, Sue Barrett, Keith Elshaw, Ninny Bentley, Ken Eaden, Kerry Irwin Hall and Nephew. Ian Pugh (photos), Eileen Bartlett (photos), Lisa Hennen (photos) and Kim Carter (tail end charlie).

Josh Belben ran as a guest in a time of 00:44:40 .

Well done everyone who ran this evening on our new 10K TT route - we hope you all enjoyed your run and the new route. Any feed back will be gratefully received.+B43:R44 What a lot of PB's and runs that were very close to PB and an extra well done to runners who tackled 10K for the first time this evening - BRAVO!

Hayley













10km Time trial—July 2017

| Pos. | Name | Time | Comment |
|------|---------------------|----------|---------|
| 1 | Michael Percival | 0:37:10 | PB |
| 2 | Chris Buxton | 0:37:56 | |
| 3 | Nikki Moxam | 00:39:39 | |
| 4 | Terry Arnott | 00:40:11 | |
| 5 | Steve Crook | 00:40:53 | РВ |
| 6 | Kev White | 00:44:44 | |
| 7 | Sarah Ruby Rennison | 00:44:54 | |
| 8 | Alan Burgess | 00:45:32 | |
| 9 | Su Baldock | 00:45:32 | PB |
| 10 | Paul Williams | 00:45:48 | |
| 11 | Kathryn Wealthy | 00:45:56 | РВ |
| 12 | Sharon Callaghan | 00:46:02 | PB |
| 13 | Colin Gardener | 00:46:05 | |
| 14 | Gill Dowling | 00:46:07 | |
| 15 | Tom Barnard | 00:46:34 | |
| 16 | Martyn Barnes | 00:47:12 | |
| 17 | Tracey Wales | 00:47:43 | |
| 18 | Yvette Eastman | 00:49:13 | |
| 19 | Terry Moore | 00:49:28 | |
| 20 | Richard Law | 00:49:49 | |
| 21 | Dave Croft | 00:52:13 | |
| | Darren Eynon | 00:52:38 | |
| 23 | Rory Fall | 00:53:02 | |
| 24 | Phil Moran | 00:53:08 | |
| 25 | Fiona Tomlinson | 00:53:15 | |
| | Hayley Baird | 00:53:33 | |
| | Victoria Wright | 00:53:40 | PB |
| | Steve Calder | 00:53:44 | |
| | Mike Stares | 00:55:20 | |
| 30 | Steve Silverlock | 00:55:33 | |

| Pos. | Name | Time | Comment |
|------|-----------------|----------|---------|
| 31 | Catherine Stock | 00:55:37 | PB |
| 32 | Jenny Shilling | 00:56:24 | |
| 33 | Mel Maloney | 00:56:25 | |
| 34 | Jane Cockayne | 00:56:38 | |
| 35 | Sarah Lloyd | 00:56:39 | PB |
| 36 | Dave Kitching | 00:57:04 | |
| 37 | Penny Herridge | 00:57:12 | |
| 38 | Steve Wood | 00:58:00 | |
| 39 | Mick Kearney | 00:58:23 | |
| 40 | Carol Collins | 00:59:26 | |
| 41 | Lee Westwood | 00:59:31 | |
| 42 | Sarah Down | 01:00:43 | |
| 43 | Nikki White | 01:00:44 | |
| 44 | Melissa Pink | 01:00:59 | |
| 45 | Tonia Morrell | 01:00:59 | |
| 46 | Karen Morby | 01:01:03 | |
| 47 | Lorraine Down | 01:01:03 | |
| 48 | Ali Clark | 01:01:10 | PB |
| | Miranda Carrick | 01:01:18 | |
| | Colin Middleton | 01:01:39 | |
| | David Baker | 01:02:03 | |
| 52 | Andy Brown | 01:03:19 | |
| | Debra Talbert | 01:06:23 | |
| | Pete Lindley | 01:06:24 | |
| | Ali Short | 01:11:12 | |
| | Ray Bernice | 01:11:15 | |
| | Caz Harms | 01:15:06 | |
| | Stef Neale | 01:23:13 | PB |
| 59 | Kim Carter | 01:23:15 | |
| | | | |





| 01/07/2017 | Cotswold Way Challenge - 100km | | |
|------------|--------------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| | Who Dares Wins Rodders | | |
| 75 | Julia Roiz de Sa | 17:48:23 | |
| 76 | Daniel Roiz de Sa | 17:48:24 | |
| | Gosport Goofballs | | |
| 184 | Angela Elshaw | 22:16:10 | |
| 185 | Keith Elshaw | 22:16:11 | |
| 186 | Lizzie Elshaw | 22:16:12 | |
| 187 | Becky Veal | 22:16:14 | |









| 02/07/2017 | The Summer Plod | | |
|------------|--------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 31 | LAW, Richard | 04:39:21 | |
| 32 | LLOYD, Sarah | 04:39:22 | |
| 42 | BISHOP, Sarah | 04:59:35 | |
| 50 | WOODHAMS, Laura | 05:30:25 | |
| 51 | FALL, Rory | 05:30:26 | |
| 53 | TALLACK, Claire | 05:31:31 | |
| 54 | COCKAYNE, Jane | 05:31:34 | |
| 55 | EYNON, Darren | 05:31:35 | |
| 61 | COLEBOURNE, Nicola | 05:35:10 | |
| 65 | ROSS, Johanna | 06:15:53 | |
| | SPARSHOTT, Hayley | 06:15:55 | |
| | HOPKINS, Joanne | 06:15:55 | |
| | BARRETT, Susan | 06:15:57 | |





GOSPORT G

| 08/07/2017 | Cider Farm Frolic | | |
|------------|-------------------|----------|----------|
| Pos. | Name | Time | Comments |
| | Ben Jarvis | 04:50:46 | 7 laps |
| | Lisa Hennen | 06:09:11 | 7 laps |











| 09/07/2017 | Wyvern 10km | | |
|------------|---|----------|------------------|
| Pos. | Name | Time | Comments |
| 59 | Darren Eynon | 00:44:31 | |
| 98 | Colin Gardner | 00:47:11 | |
| 104 | Nick Carter | 00:47:11 | |
| 158 | Chris Sparshott | 00:49:30 | |
| 167 | Richard Law | 00:49:38 | |
| 170 | Kieran Chaplin | 00:50:01 | |
| 203 | John Barrett | 00:52:38 | |
| 204 | Fiona Tomlinson | 00:52:54 | 3rd in age group |
| 223 | David Walters | 00:53:39 | |
| 266 | Dale Poulter | 00:55:16 | |
| 271 | Lee Westwood | 00:55:29 | |
| 312 | Penny Herridge | 00:57:18 | |
| 361 | Lisa Young | 00:59:26 | |
| 374 | Kim Carter | 00:59:59 | |
| 381 | Sue Barrett | 01:00:10 | |
| 390 | Joanne Hopkins | 01:00:55 | |
| 423 | Peter Lindley | 01:02:08 | |
| 441 | Gill Thomas | 01:03:36 | |
| 463 | Andy Brown | 01:03:19 | |
| 504 | Sarah Lloyd | 01:05:32 | |
| 505 | Jane Cockayne | 01:04:51 | |
| 517 | Claire Tallack | 01:05:19 | |
| 602 | Jackie Brady | 01:11:30 | |
| 657 | Janet Lindley | 01:17:57 | |
| 660 | Wendy England | 01:18:41 | |
| 681 | Caroline Harms | 01:24:30 | |
| 682 | Debbie Humphreys | 01:24:31 | |
| 683 | Louise Millson | 01:24:36 | |
| | NB placings based on gun time as per race organisers results | | |
| | However, chip times have been recorded by me | | |



Monthly Newsletter July 2017





| 09/07/2017 | New Forest 10 | | |
|------------|-------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 62 | Terry Arnott | 01:11:47 | |
| 172 | Robert Hylands | 01:20:59 | |
| 196 | Martyn Barnes | 01:22:29 | |
| 203 | Gillian Dowling | 01:22:48 | |
| 362 | Caroline Mcguigan | 01:33:46 | |
| 363 | Steve Calder | 01:33:46 | |
| 414 | Kerry Arnott | 01:37:12 | |
| 492 | Emma Robinson | 01:43:27 | |
| 493 | Laura Woodhams | 01:43:29 | |
| 578 | Sarah Down | 01:52:49 | |
| 579 | Loraine Down | 01:52:50 | |





GOSPORT G

| 09/07/2017 | Bayside Tri | | |
|------------|------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 13 | Julia Roiz de Sa | 00:32:34 | |
| 14 | Edward Anderson | 00:32:49 | |
| 20 | Zoe Windsor | 00:35:52 | |
| 24 | Jenner Moore | 00:37:17 | |
| 28 | Gillian Boorn | 00:38:54 | |



| 15/07/2017 | Race to the Stones | | |
|------------|--------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 413 | Darren Eynon | 15:15:10 | totally |
| 414 | Lisa Hennen | 15:15:11 | awesome! |





The Absolute Running Gosport 5k Summer Series

GOSPORT GOSPORT

| Pos. | Name | Time | Cat. Position |
|------|------------------|----------|------------------|
| 1 | Ben Toye | 00:16:59 | 1 |
| 5 | Tom Barnard | 00:18:19 | 3 |
| 6 | Mike Percival | 00:18:34 | |
| 10 | Dan Belben | 00:19:16 | |
| 11 | Terry Arnott | 00:19:23 | |
| 13 | Nikki Moxham | 00:19:32 | 1 |
| 14 | Colin Chalmers | 00:19:33 | |
| 20 | Lee Rhodes | 00:20:09 | 2 |
| 23 | Kevin White | 00:20:43 | 3 |
| 37 | Paul Williams | 00:21:45 | |
| 38 | Ruby Rennison | 00:21:46 | 2 |
| 40 | Simon Gregg | 00:21:56 | |
| 41 | Alan Burgess | 00:21:58 | 2 |
| 42 | Kathryn Wealthy | 00:21:59 | 2 |
| 44 | Nick Macbeath | 00:22:01 | |
| 45 | Colin Gardner | 00:22:07 | |
| 46 | Sharon Callaghan | 00:22:11 | |
| 50 | Robert Hylands | 00:22:59 | |
| 51 | Chris Sparshott | 00:23:06 | |
| 53 | Tracy Slade | 00:23:27 | |
| 59 | Dan Roiz De Sa | 00:24:33 | |

| Pos. | Name | Time | Cat. Position |
|------|------------------------|----------|------------------|
| 64 | Dawid Wolters | 00:25:48 | |
| 68 | Richie Wilshire | 00:25:58 | |
| 69 | Emma Louise Robinson | 00:26:00 | |
| 77 | Louise Ness | 00:27:06 | |
| 79 | Hayley Baird | 00:27:17 | |
| 83 | Mick Kearney | 00:28:03 | 1 |
| 84 | Penny Herridge | 00:28:25 | 1 |
| 87 | Andy Brown | 00:29:05 | |
| 88 | Mandy Morby | 00:29:08 | |
| 89 | Jackie Brady | 00:29:16 | 3 |
| 94 | lan Pugh | 00:29:27 | |
| 95 | Lorraine Down | 00:29:31 | 2 |
| 96 | Karen Morby | 00:29:33 | |
| 104 | Peter Robinson | 00:31:23 | |
| 119 | Gillian Boorn | 00:35:34 | |
| 120 | Nicolas Boorn | 00:35:34 | |
| 123 | Karen Harding | 00:36:15 | |
| 126 | Jennifer Parker-Lummis | 00:38:32 | |
| 127 | Marie Bowers | 00:39:02 | 1 |
| 128 | Michael Bowers | 00:41:50 | 1 |
| 129 | Eileen Bartlett | 00:43:04 | 2 |





There are a few photos overleaf. Please however visit the FB page https://www.facebook.com/pg/Friendlyphotography/photos/?tab=album&album_id=1923144534620082 for the excellent portfolio of all photos from this event.



GOSPORT GOSPORT





| 16/07/2017 | Why Not Run | lapped event | | |
|------------|------------------|--------------|----------|------------|
| Pos. | Name | No. of laps | Time | Distance |
| 20 | Hayley Sparshott | 6 | 04:54:59 | 27.6 miles |
| 53 | Emma Noyce | 4 | 04:42:15 | 18.4 miles |
| 54 | Joanne Hopkins | 4 | 04:42:22 | 18.4 miles |
| 73 | Sheena Ball | 3 | 02:47:51 | 13.8 miles |
| 78 | Jane Cockayne | 3 | 02:52:49 | 13.8 miles |
| 82 | Amanda Morby | 3 | 03:33:39 | 13.8 miles |
| 104 | Sam Graham | 4 | 03:34:11 | 13.8 miles |
| 115 | Claire Tallack | 2 | 01:57:43 | 9.2 miles |
| 121 | Karen Harding | 2 | 02:14:03 | 9.2 miles |
| 123 | Sarah Newman | 2 | 04:41:54 | 9.2 miles |





| Swimming the Solent for Motor Neurone Disease | 17/07/2017 | |
|---|------------|------------------------------|
| Name | Time | |
| Eric Macgurk | 01:53:21 | Special mention huge swim |
| Su Baldock | 01:53:51 | achievements by GRRs! |





| 23/07/2017 | Snowdonia Trail Marathon | | |
|------------|--------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 130 | Ben Jarvis | 05:38:59 | |
| 646 | Claire Tallack | 09:17:01 | |
| 658 | Jane Cockayne | 09:17:02 | |
| 649 | Laura Woodhams | 09:16:31 | |











GOSPORT GOSPORT

| 23/07/2017 | Snowdonia Trail 10km | | |
|------------|----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 113 | Darren Eynon | 01:30:34 | |

94











July Out of Town run

GOSPORT GOSPORT





Capt. Sue and the "blessing" of flying feet



Andy overseeing a song and a dance?



Summer Cross Country

Monthly Newsletter July 2017





Summer Cross Country









Summer Cross Country





GRR vests on tour









Any Other Business

GOSPORT G

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 307 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



August 2017



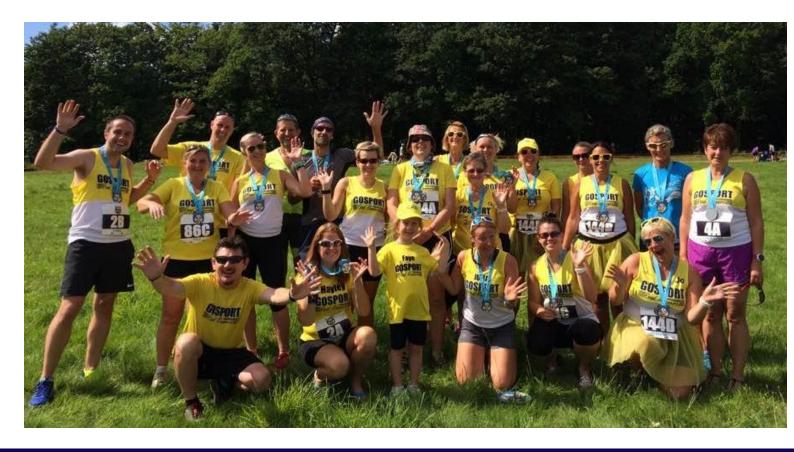
Contents

GOSPORT G

Cover photo: Eileen Bartlett, finishing the August 2017 Club Time Trial with a PB

CONTENTS

- 4&5 Editor's note
- 6 & 7 Midnight Marathon: Tania Bernice
- 8 & 9 Some thoughts from a 1yr old GRR : David Kitching
- 10 & 11 Exercise of the month: Nick Carter
- 12 & 13 HRRL
- 14 to 30 Results section
- 31 & 32 Survey Results
- 33 GRR vests on tour
- 34 Any other business









A few words from the Editor: Miranda Carrick

Monthly Newsletter August

GOSPORT GOSPORT

"Trust what you see in the mirror!" said the husband whilst I was trying to reverse the car into the very tight space which is our garage, earlier this month. We decided to keep it in the garage after it was damaged by unknown persons for the third time, whilst parked on the street. Getting it into the garage was a bit of a mission, which at first glance, seemed impossible to me. I've been driving for 28 years, but this new manoeuvre was the most stressful I've ever conducted. I was successful, eventually... after much arm waving from Mr C and a few "do it yourself" comments thrown from the car. Bizarrely the driving advice had a bigger impact than all the motivational running memes I've been pinning for months. "Trust what you see in the mirror" somehow became "You've done this before, you can do it again" during hill training and the don't-feel-the-love-for-it-but-oh- look-at-the-view seaside training runs. I caught myself repeating it whilst pacing my breathing, and a previous 12-minute mile became a 10-minute mile! I know it's going to get me through the next few months of training, so I'll continue to have a weekly chat with my mirror.

Quite a few club members are starting their training for the GSR or a Winter marathon. It may be the first time you have entered a race of this distance and the excitement could occasionally turn into self-doubt. Even if you've been running for years, your training for a specific race won't always be what you expect, or the same as what you've experienced in the past. This might demotivate you – I know it from experience! That is the time when you need to trust what you see in the mirror i.e. believe that you can do it, and get on with the training plan. It's fascinating how the human brain can take a trivial issue like parking a car and turn it into sufficient fuel to kickstart renewed running confidence, don't you agree?

Which brings me to the matter of the monthly club time trial. You would note that there are a lot of photos for this one. The reason is simple: (a) Brian takes very good photos (b) I think this is a fantastic opportunity for club runners, to race against themselves, so it deserves some "bigging" up. I haven't participated in many of the time trials the past year, and it's certainly my loss. It's a free race but you only race your own previous best time, whilst you support an event organised by your club. The feeling you get from seeing a PB behind your name can be more rewarding than getting a medal– from a distant personal experience, I know it's true! What I like about these photos is that the runners on the third photo section seem to enjoy themselves a lot more than those on the first section, without looking any less determined. You don't have to be first to be successful– this is a race you can win for yourself wherever you're placed. I'll see you at the September time trial then!

Being a "quiet one", I have always enjoyed reading well written, entertaining articles. This month I'm in August company! Thank you Tania Bernice and David Kitching for sharing your running experiences. I thoroughly enjoyed reading these and I'm certain the rest of you would as well.

Do you even squat? You will be able to do it with correct form once you've worked through Nick's Exercise of the Month.

Hayley has the results. It was once again an impressive month for GRR racing. Congratulations to all those who achieved a personal best time, and a huge well done to each one who completed their respective race. Please remember that only those results which are sent to her, will be recorded and included in the Newsletter. If you would like your race photos to be included, please share it on the club FB page, or email it to me.



This month I have shown the results of the multi-sport events separately. It's an endurance discipline, and I think these results deserve a special space. I intend to keep this in place for future newsletters, and I trust you will find this acceptable.

If you are able to, try and enter a few of the HRRL races. I have included the list of future races in the 201/2018 league. I've checked the website and the dates stated in my list are correct as at last week. I would however suggest you verify this well in time before the race you're interested in. Most of these events sell out fairly quickly.

I've shown the results of the favourite race/training run survey. My most memorable race is the Snowdonia marathon in 2011- a day of horrendous weather, but one of the most enjoyable running experiences I've had to date. In hindsight, it was undoubtedly thanks to the marathon training I did with Sharon Clutton and the Saturday 7am Carisbrooke group during that year. A sensible training program, a reliable running buddy or two and a good measure of self-belief can really make all the difference to the way you experience race day.

That's it from me. Enjoy running into and through September!

Miranda





Midnight Marathon: Tania Bernice

GOSPORT GOSPORT

Birthday Surprise!

Everyone likes a birthday surprise, so how about running a marathon during the night of your birthday.

The Midnight Marathon at Queen Elizabeth Country Park started in the evening of 5th August at 9:00pm. My husband Ray thought it would be good to do something different to the usual evening meal at a restaurant and suggested that we entered the race instead.

I wasn't convinced at first as it was only 2 months away from when he first suggested this and was concerned that I would not complete sufficient training in time. I mentioned the marathon to a few running friends and was thrilled when Sylvia Cawte entered the race. It would be Sylvia's birthday after midnight, making it a joint celebration and pleased when Shirley Faichen also joined us to make a team of four.

It was agreed that we would recce the route beforehand and we needed to do this in the evening to adapt to night time running.

Training Plan/Recce

Three weeks before the race we did part one of our recce route, QE Country Park to South Harting, approximately 12 miles there and back. It was a perfect summers evening with the sun setting, owls hooting and Gary Francis popping out of the darkness on route periodically as support, with the offer of coffee and biscuits.

Part two of our recce, a week later, was the second half of the route. We started at South Harting and ran to Cocking and back, approximately 15 miles. Ray was unable to run that night, so Steve Cawte very kindly stepped in at the last minute to run with us three girls. We started at 8pm and the weather could not be worse, constant rain. Oh well, it might be like that on the night. We still had fun with herding cows down a country lane, encountering a badger crossing our path and spotted that rare species of Gary Francis again on several occasions during the evening, a welcome sight with flask and biscuits in hand.



The Night of the Marathon

Along with runners, walkers and canicross runners could also enter the race. A race briefing was held with the standard information about checkpoints, signage and drink/food stations. There was a mandatory kit required of a torch plus backup torch or spare batteries and a mobile phone to have the medic's phone number inputted. Emails were sent to entries a couple of days before of a GPX file of the route to download or it was suggested to use Google Maps to help guide you on your way. The race director ended the briefing stating that this was not a race to gain a PB as it was off-road, hilly, slippery in places and dark. It was an event to enjoy and to stay safe.

We started around 9pm, the weather was dry and mild and the usual countdown began. We were off and the dogs around us were very excited with lots of barking, sounding like something from the Hounds of the Baskervilles. The barking soon disappeared into the darkness and head torches eventually needed to be switched on to light up our route.

As we approached 8 miles we saw the front runners coming towards us on their return run. Also coming towards us was a lit up runaway Christmas tree followed by a string of white lights bobbing up and down, reminding us of the train scene from the film 'Polar Express'.



GOSPORT G

We got to Cocking, the 13 mile point at around 12:30am. You could feel the temperature had dropped and the turnaround point was a good opportunity to get a warm drink, replace batteries in torches if necessary and find the nearest bush, as no portaloos were on route. But do remember to turn off your head torch first though as you may not be as discreet as you might think.

On the return journey the hills were mostly up and long, or so it seemed. Fatigue and heavy eyelids would come and go. It became very quiet as we ran into the early hours and I can only assume it was because we were all concentrating on where to tread on the uneven terrain, in the dark.

We were fortunate to have support throughout the night with Steve Cawte meeting us at each check point. It was great to see his enthusiasm and receive his positive talk to keep us going.

The hills were arduous and I had to draw on mental as well as physical strength to get to the top, praying for the point when the ground would again level off. As with every marathon, it is the last couple of miles that are a killer and you are desperate to see that finishing point, well I was. I just wanted my bed by now.

We finished at 4:18am and it took us 7 hours 12 minutes to complete. The marshals were there waiting to hand us a fantastic glittery medal. We were offered food with a choice of chilli or vegan casserole, bread roll, flapjack for dessert and a hot drink, lovely!

The four of us ran together for the duration of the race, taking it in turns to take the lead. I felt we all worked well as a team to get round successfully. Especially as we ran the first half in exactly the same time as the second half. This on reflection is good consistency for that distance and terrain.

This race is well organised, has a friendly atmosphere and a great challenge of night time running. I am now looking forward to see what Ray suggests doing next year for my birthday treat.



Waiting to start





Some thoughts from a 1 year old GRR: Dave Kitching

Monthly Newsletter August

GOSPORT GOSPORT

"Running....I don't get it."

I ran for several years but I didn't "get running"

I am a lifelong cyclist. I "get cycling".

I have cycled seriously since my 20s. I raced a lot both in the South East and on the Isle of Wight (time trials and some road races) all distances often up to 100 miles. I cycle toured all over the UK and into France. I have ridden Tour de France stages in the French Alps. I tootled about down to the shops and back.

I loved cycling. I dislike the aggressive traffic. In the past I would cycle over 10,000 miles a year.

In 2010 I retired from a long career in education and cycled even more but not wanting to take up golf (!) or bowls (!) I bought some cheap running shoes and 2013 I started to run. It was tough running, very tough at first a 100 metres running and then a 100 metres walking for a couple of kilometres.

My cycling legs did not really want to run.

I persevered and in that 1st year taught myself to run up to about 10k in about an hour. It was just keeping fit and not at all serious. I ran on the Isle of Wight on cycle tracks, bridle paths, along the seafront, on the flat and up the downs. I always ran by myself. I was still cycling but I did enjoy running – but I didn't "get running", not really. I liked the freedom, the engagement with the natural world, the solitude and the new commitment and challenge that I was taking on.

In June 2016 I moved off the Island to Lee on the Solent. A tough life decision. Very expensive ferries and very limited access to my grandchildren prompted the move.

I did a few runs alone the seafront and then I noticed the Saturday parkrun at Lee. In July I went along and did my first ever parkrun. It was great.

Running in a large group was a new experience, I had so much to learn. Compared to running solo it all felt a bit wild! I now had an official running PB and being a bit of a competitive person now I had something to match and beat and improve on.

Parkrun - a weekly gathering of people that appreciate running, people that seemed to "get running". I was very much a novice and I could see that I had much to learn.

Then there were all those yellow t-shirts. Lots of them. All of you. Smiling runners, cheering, supporting each other. The yellow runners looked fun, engaging and happy. I had never considered joining a running club but now was an opportunity to try.

So I contacted GRR and with some real hesitation went along to my first meeting in late July. You all looked so good at running. I met Keith and then Brian and went on some club runs, along with many of you. You all ran so far and so fast. In August I became a member and had entered my first ever running race – the Bayside 5k series.

I was hooked but I still didn't really "get running". Running was still a bit of a mystery.

I ran through the winter – I tried too hard even though I am a bit too old to make a real success of running, and I got an injury which stopped me running for quite a while and I found that I really did miss it. I have since been more sensible and have made a slow but determined come back through the summer and achieved a satisfactory level of running fitness again.

I have enjoyed the very real challenge, the exercise, the friendship but I still didn't really "get running".





I went to club nights and ran along with many of you, I watched the GSR, I joined the race committee, I have run over 40 parkruns so far, I volunteered at parkrun, I have taken 100s of photographs of runners (mostly GRRs), I even ran a few races, I have a small collection of bling (!) but I still didn't "get running".

Then one day in the spring of this year, at very short notice, I was asked to join a GRR half marathon relay team at the South Downs event. The GRR spirit was huge, it was exciting, it was a very new challenge I enjoyed the build up to the start but I didn't "get running".

That day started with each of the many teams and individual runners, and there were a lot, being very focused, everyone composed, everyone nervously anticipating a tough event on a lovely warm and sunny day.

I waited for Steve to complete leg 1 and then ran leg 2 over a very steep hill and along a lovely ridge. Like everyone else in the team I gave it 100%. Then down a very long hill to pass the baton to Lisa for leg 3 and then she passed it on to Miranda for leg 4 who completed the race for the team. We had a good race, we were a good team.

At the finish in the valley below Butser Hill in the QE park I finally realised the something that I had been missing. I got it.

I was chatting to Ken. The GRRs had all gathered for a big picnic. Some were exhausted. Runners, in team colours, individuals and team members, were running up the slope in the hot sunshine at the end of this brilliant event. There were flags and music. The runners were being cheered by everyone. The joy of the event, the enjoyment of the running, the realisation that this was the finish, the shared experience, the feeling of achievement and endeavour, the real respect shown by everyone for each other regardless of performance was very real and tangible.

At the start of the event the many team colours were dominant. The individual, the team and the club focus was very strong but now at the end everything had changed. The teams, the clubs all merged together. Everyone was wearing the same race /event t-shirt (well lots were), the boundaries and the differences became blurred, club, age, ability and gender were all dismissed as everyone just came together to celebrate that common experience. The experience of running and running together. Their individual run, their team's run, their club's run and importantly the collective run of everyone together.

That was the moment that I "GOT RUNNING".

Running is harder and very different experience and challenge from that of cycling. In its simplicity it encompasses much. It is a basic human and natural activity. It is physical and emotional. It makes you reflect on many personal and spiritual attributes of your self as an individual and a member of the collective. It requires effort, commitment, determination and self belief, in return it gives joy and pain, friendship and comradeship support and sharing. Running is inclusive, tolerant, open and simple.

It offers each of us an individual path along which, within our family (our club) we can be a member of a much larger local, national and international community.

I didn't "get running " for a long time but I do now.

I still cycle, perhaps not as much as before, because I have always "got cycling".

Now I also run because I have "got running".

THANK YOU GRRs for giving me that.

Dave Kitching

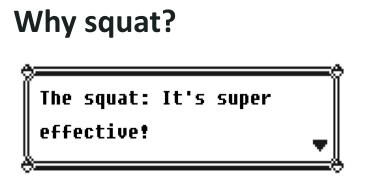


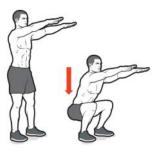


Exercise of the Month:

Nick Carter

GOSPORT GOSPORT





Squats are one of the most foundational functional movements in our lives.

We've been squatting since we were babies – it's probably the most natural position we can pick; as we get older and sit in unnatural positions all day – our squat form goes from perfect, to us not knowing how to squat correctly at all.

Squats are a compound movement – which means it's a movement that uses more than one joint (your hip and knee joints) to complete.

A simple bodyweight squat uses almost every muscle group in the body – and if you add a dumbbell or barbell into the equation, I would even argue that they use *every single* major muscle group to complete. Just think about it – in addition to your "legs," you need your hips, your back and core, your shoulders and arms. Nothing is left out with this monster movement.

Squats will help strengthen your entire body, both your bones and your muscles (and your knees!), and increase flexibility.

Because of the utilization of a large amount of muscle groups, they cause your body to increase our anabolic hormone production (in turn, helping us lose fat and gain muscle).

Increasing the strength in your knees and hips (and entire body) reduces your chance of injury while doing both athletic movements and everyday life things (such as shoveling the driveway or standing up and sitting down).

In short, squats are amazing.

https://www.nerdfitness.com/blog/strength-training-101-how-to-squat-properly



Bodyweight Squats

Exercise Steps:

- 1. Start in a standing position in which your body is upright and your spine is neutral.
- 2. Position your feet slightly wider than your shoulder-width, toes turning out and keep your legs straight.
- 3. Hold your chest up and raise your arms straight out in front of you, palms facing down.
- 4. Breath in and hinge your hips back by bending at your knees and hips, allowing your hips to ease backwards.

5. Keep your spine neutral and ensure that the bend in your knees follows the line of your feet. Squat down until your thighs are parallel to the floor (or further if you have good hip mobility). Pause, then return to the starting position.

Key points:

- Hold your torso upright throughout the exercise.
- Keep your head straight and gaze forward
- Hold your arms straight out in front of you, parallel to the floor.
- Ensure that the bend in your knees follows the line of your feet. Hold your chest up





Enjoy!







HRRL

As Hayley mentioned on the club members' FB page, 7 Club members have qualified for mugs - a huge commitment from each person competing for Gosport Road Runners in 7 or more events throughout the season and scoring high enough for themselves to qualify for a mug too! The Committee also wanted to acknowledge the members who ranked this season, and a special shirt was issued to them.

I have again added a list of the HRRL races for the 2017-2018 league. Please be aware that some of the dates have not yet been confirmed. Check the relevant race website, get your entry in early and qualify to get your name indelibly etched on a very special mug. You might even get a shirt!

Miranda







HRRL Future Events 2017/2018

Please check the relevant race website to confirm dates.

| Race | When | Entry |
|--|------------------------------------|---------------------------|
| Overton 5 miles | Sunday 3rd September 2017 (2pm) | <u>SOLD OUT</u> |
| Solent 1/2 marathon | Sunday 24th September 2017(10am) | <u>Online Entry</u> |
| Gosport 1/2 marathon | Sunday 19th November 2017 (10am) | Online & Postal Entry |
| Hayling 10 mile | Sunday 26th November 2017 (9.30am) | <u>Online Entry</u> |
| Victory 5 | Sunday 3rd December 2017 (11am) | <u>Online Entry</u> |
| Stubbington 10k | Sunday 14th January 2018 (10am) | Entry Not Open Yet |
| Ryde 10 mile | Sunday 4th February 2018 | Entry Not Open Yet |
| Eastleigh 10k | Sunday 18th March 2018 | <u>Entry Not Open Yet</u> |
| Salisbury 10 mile | March / April 2018 [TBC] | Entry Not Open Yet |
| Alton 10 mile | Sunday 6th or 13th May 2018 [TBC] | Entry Not Open Yet |
| Netley Royal Victoria Country Park 10k | Sunday 20th May 2018 | Entry Not Open Yet |
| Lordshill 10k | Sunday 10th June 2018 | Entry Not Open Yet |





Recording Results for You

Well done everyone, what an amazing set of results we have had in August.

Thank you for helping me by sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR.

Without this information I would not be able to record your achievements.

Please carry on sending me all of the above because – what I don't know, I can't record!



Result of the Month

The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in August that stood out to me on every level and for different reasons including –

Janet Smith for getting a huge PB in the 5k TT of 2 mins 20 seconds.

Keith Elshaw running an absolute blinding XC at the Alver Valley.

Wendy England running the Wickham 10K – getting a huge PB and still looking fantastic at the finish (how does she do it?)

Ben Toye coming 3rd and getting a PB in Wye 10 mile road race

Most outstanding to me this month was **Katrina Jurd** – running her first ultra marathon a distance of 43 miles in 10 hours 57 minutes at East Farm Frolic on the Dorset hilly hills and in the burning sun! WOW – just WOW!

Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott

Please email your results to Hayley at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk





GOSPORT GOSPORT

5km Time trial — August 2017

| Pos. | Name | Time | Comment | Pos. | Name | Time | Comment |
|------|---------------------|----------|------------|------|------------------------|----------|---------|
| 1 | Michael Percival | 00:17:39 | | 26 | Tonia Morrell | 00:26:42 | PB |
| 2 | Nikki Moxham | 00:19:04 | First Lady | 27 | Mike Kearney | 00:27:03 | |
| 3 | Kev White | 00:20:02 | | 28 | Mike Stares | 00:27:04 | |
| 4 | Sarah Ruby Rennison | 00:20:50 | | 29 | Claire Tallack | 00:27:25 | |
| 5 | Ben Wales | 00:20:56 | | 30 | Jane Cockayne | 00:27:25 | |
| 6 | Simon Gregg | 00:21:04 | | 31 | Gill Thomas | 00:27:59 | PB |
| 7 | Paul Williams | 00:21:10 | | 32 | Hayley Baird | 00:28:31 | |
| 8 | Sharon Callaghan | 00:21:48 | PB | 33 | David Baker | 00:28:35 | |
| 9 | Gill Dowling | 00:21:50 | | 34 | Richard Smith | 00:28:55 | |
| 10 | Richard Wiltshire | 00:22:01 | | 35 | Laura Woodhams | 00:29:59 | |
| 11 | Rob Hylands | 00:22:57 | | 36 | Gayle Dudley | 00:29:59 | |
| 12 | Steve Calder | 00:23:43 | PB | 37 | Colin Middleton | 00:31:09 | |
| 13 | Dale Poulter | 00:24:36 | PB | 38 | Neil Elshaw | 00:31:46 | |
| 14 | Guy Sheppard | 00:24:59 | | 39 | Lizzie Elshaw | 00:31:47 | |
| 15 | Nick Boorn | 00:25:04 | | 40 | Lou Ness | 00:32:06 | |
| 16 | Fiona Tomlinson | 00:25:07 | | 41 | Jenny Scott | 00:32:18 | |
| 17 | Richard law | 00:25:24 | | 42 | Dave Kirby | 00:33:58 | |
| 18 | Dave Croft | 00:25:34 | | 43 | Karen Harding | 00:37:34 | |
| 19 | Geoff O'Flanagan | 00:25:42 | PB | 44 | Jennifer Parker-Lummis | 00:37:36 | |
| 20 | Emma Robinson | 00:25:55 | PB | 45 | Marie Bowers | 00:38:47 | |
| 21 | Kirsten Maw | 00:26:09 | | 46 | Mike Bowers | 00:40:09 | |
| 22 | Sarah Lloyd | 00:26:14 | PB | 47 | Janet Smith | 00:40:32 | PB |
| 23 | Steve Wood | 00:26:38 | | 48 | Eileen Bartlett | 00:41:02 | PB |
| 24 | Darren Eynon | 00:26:39 | | 49 | Steve Crook | 00:41:04 | |
| 25 | Dave Kitching | 00:26:41 | | | | | |

August 5k TT results were fab. Well done all - a huge bravo goes to : Sharon Callaghan, Steve Calder, Dale Poulter, Geoff O'Flanagan, Emma Louise Robinson, Sarah Lloyd, Tonia Morrell, Gill Thomas, Janet Smith, and Eileen Bartlett all of whom achieved Personal Best times and a special mention to Dave Kitching for being right on top of his pre-injury PB time too!!Thank you to all the helpers who assisted in getting the runners round the course.

Hayley



Monthly Newsletter August





Monthly Newsletter August





Monthly Newsletter August





| Pos. | Name | Time | Comments | Race Position | Cat. Position |
|------------------|---------------------|----------|----------|---------------|---------------|
| 2 | Ben Toye | 00:16:47 | PB | 2 | 2 |
| 5 | Mike Percival | 00:17:32 | PB | 4 | 3 |
| 6 | Rob Byrne | 00:17:38 | | 5 | 4 |
| 10 | Tom Barnard | 00:18:24 | | 9 | 6 |
| 11 | Terry Arnott | 00:18:29 | | 10 | 7 |
| 13 | Nikki Moxham | 00:18:39 | | 2 | 1 |
| 20 | Lee Rhodes | 00:19:56 | PB | 17 | 4 |
| <mark>2</mark> 6 | Sarah Ruby Rennison | 00:20:38 | | 4 | 2 |
| 32 | Simon Gregg | 00:20:59 | | 26 | 12 |
| 35 | Alan Burgess | 00:21:09 | | 28 | 2 |
| 36 | Nick MacBeath | 00:21:13 | | 29 | 5 |
| 40 | Richy Wiltshire | 00:21:42 | PB | 32 | 6 |
| 41 | Sharon Callaghan | 00:21:45 | PB | 9 | 1 |
| 42 | Chris Sparshott | 00:21:53 | PB | 33 | 14 |
| 45 | Robert Hylands | 00:22:14 | | 36 | 7 |
| 52 | Tracy Slade | 00:23:14 | PB | 11 | 2 |
| 54 | Dale Poulter | 00:23:53 | PB | 43 | 17 |
| 55 | Nicolas Boorn | 00:24:35 | | 44 | 18 |
| 60 | Geoff O'Flanagan | 00:24:59 | PB | 47 | 9 |









The Absolute Running Gosport 5k Summer Series

| Pos. | Name | Time | Comments | Race Position | Cat. Position |
|------|-------------------|----------|----------|---------------|---------------|
| 64 | Caroline Musto | 00:25:28 | PB | 16 | 7 |
| 65 | Dawid Walters | 00:25:32 | | 49 | 9 |
| 70 | Mick Kearney | 00:26:22 | | 50 | 1 |
| 72 | Carol Collins | 00:26:34 | PB | 22 | 1 |
| 74 | Darren Eynon | 00:26:47 | | 52 | 10 |
| 76 | Jane Cockayne | 00:26:49 | | 24 | 4 |
| 77 | David Kitching | 00:26:53 | | 53 | 2 |
| 78 | Penny Herridge | 00:27:15 | | 25 | 2 |
| 88 | Jade Leahy | 00:28:24 | PB | 30 | 11 |
| 89 | Camille Ainsworth | 00:28:29 | | 31 | 8 |
| 92 | Miranda Carrick | 00:28:54 | | 34 | 3 |
| 96 | Mandy Morby | 00:28:59 | | 37 | 9 |
| 105 | Kerry Arnott | 00:31:07 | | 43 | 13 |
| 106 | Lorraine Down | 00:31:07 | | 44 | 4 |
| 108 | Louise Ness | 00:31:15 | | 46 | 15 |
| 130 | Karen Harding | 00:35:37 | | 61 | 13 |
| 135 | Marie Bowers | 00:36:08 | | 65 | 2 |
| 139 | Michael Bowers | 00:40:12 | | 74 | 2 |









GOSPORT GOSPORT

| 05/08/2017 | Midnight Marathon | | |
|------------|-------------------|----------|-----------------|
| Pos. | Name | Time | Comments |
| 49 | Ben Jarvis | 04:54:22 | |
| 173 | Shirley Faichen | 07:12:30 | |
| 174 | Ray Bernice | 07:12:30 | |
| 175 | Tania Bernice | 07:12:30 | Happy Birthday! |

Tania shared her special birthday experience with us. Please read her fantastic article earlier in this edition. *MC*





| 05/08/2017 | QE Olympic Park Summer 10k | | |
|------------|----------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 5th | Ben Toye | 00:35:31 | PB |



| 05/08/2017 | Firebird Marathon | | |
|------------|-------------------|----------|------------------------|
| Pos. | Name | Time | Comments |
| 44th | Darren Eynon | 04:30:13 | 1st marathon in 1 day! |





| 05/08/2017 | Dark Phoenix | | |
|------------|--------------|----------|-------------------------|
| Pos. | Name | Time | Comments |
| 18th | Darren Eynon | 05:17:23 | 2nd Marathon in 1 day ! |

| 05/08/2017 | Gravel Hill 5mile | | |
|------------|-------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 153 | Miranda Carrick | 00:57:09 | |

| 06/08/2017 | Wickham 10 k | | |
|------------|----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 56th | Kieran Chaplin | 00:47:20 | PB |
| 266th | Wendy England | 01:11:42 | PB |

| 13/08/2017 | Wye Valley Runners 10 | | |
|------------|-----------------------|----------|---------------------------|
| Pos. | Name | Comments | |
| 3rd | Ben Toye | 00:58:57 | PB and 3rd place BOOM! |



GOSPORT G

| 13/08/2017 | Hart4 Relay | | |
|---------------|-------------------------------|----------|----------|
| Position | Team | Time | Comments |
| 137th overall | Mellow Yellow - Ladies only 1 | eam | |
| 23rd ladies | | | |
| | | | |
| | Karen Morby | 00:24:40 | lap 1 |
| | Joanne Hopkins | 00:25:53 | lap 1 |
| | Jackie Brady | 00:24:49 | lap 1 |
| | Karen Harding | 00:31:01 | lap 1 |
| | Karen Morby | 00:24:57 | lap 2 |
| | Joanne Hopkins | 00:26:45 | lap 2 |
| | Jackie Brady | 00:26:01 | lap 2 |
| | Karen Harding | 00:31:48 | lap 2 |
| | Karen Morby | 00:25:55 | lap 3 |



| 13/08/2017 | Hart4 Relay | | |
|----------------|----------------------------|------------|----------|
| Position | Team Time | | Comments |
| 66th Overall | Runny Bottoms - Mixed Team | | |
| 4th mixed team | | Mixed Team | |
| | Daniel Roiz de Sa | 00:18:57 | Lap 1 |
| | Julia Roiz de Sa | 00:19:59 | Lap 1 |
| | Daniel Roiz de Sa | 00:19:34 | Lap 2 |
| - 150 | Julia Roiz de Sa | 00:20:35 | Lap 2 |
| <u> </u> | Daniel Roiz de Sa | 00:19:17 | Lap 3 |
| kin | Julia Roiz de Sa | 00:20:09 | Lap 3 |
| | | | |



3



| 13/08/2017 | Hart4 Relay | | |
|-----------------|----------------------------------|----------|----------|
| Position | Теат | Time | Comments |
| 76th Overall | No Pink Allowed GRR - Mixed Team | | |
| 42nd Mixed team | | | |
| | Lara Dent | 00:21:58 | Lap 1 |
| | Chris Sparshott | 00:18:10 | Lap 1 |
| | Caroline Mcguigan | 00:19:50 | Lap 1 |
| | Hayley Sparshott | 00:22:33 | Lap 1 |
| | Lara Dent | 00:21:20 | Lap 2 |
| | Chris Sparshott | 00:18:40 | Lap 2 |
| | Caroline Mcguigan | 00:20:59 | Lap 2 |
| | Lara Dent | 00:21:56 | Lap 3 |
| | Chris Sparshott | 00:19:03 | Lap 3 |
| | Caroline Mcguigan | 00:21:47 | Lap3 |
| | Lara Dent | 00:24:17 | Lap 4 |
| | Chris Sparshott | 00:19:41 | Lap 4 |





| 13/08/2017 | Hart4 Relay | | |
|-----------------|-------------------------|----------|----------|
| Position | Теат | Time | Comments |
| 103rd Overall | Top Banana - Mixed Team | | |
| 62nd Mixed Team | | | |
| | Martyn Barnes | 00:19:35 | Lap 1 |
| | Susan Barrett | 00:24:08 | Lap 1 |
| | Karen Phillips | 00:21:14 | Lap 1 |
| | Janet Lindley | 00:28:26 | Lap 1 |
| | Martyn Barnes | 00:20:05 | Lap 2 |
| | Susan Barrett | 00:24:25 | Lap 2 |
| | Karen Phillips | 00:22:05 | Lap 2 |
| | Janet Lindley | 00:29:59 | Lap 2 |
| | Martyn Barnes | 00:19:51 | Lap 3 |
| | Susan Barrett | 00:25:06 | lap 3 |
| | Karen Phillips | 00:22:04 | Lap 3 |





| 13/08/2017 | Hart4 Relay | | |
|-----------------|--------------------------|----------|----------|
| Position | Теат | Time | Comments |
| 106th Overall | 4 The Bling - Mixed Team | | |
| 64th Mixed Team | | | |
| | Martyn Rowell | 00:18:11 | Lap 1 |
| | Lee Westwood | 00:22:05 | Lap 1 |
| | Pat Lapworth | 00:27:38 | Lap 1 |
| | Amanda Morby | 00:24:06 | Lap 1 |
| | Martyn Rowell | 00:18:07 | Lap 2 |
| | Lee Westwood | 00:23:17 | Lap 2 |
| | Pat Lapworth | 00:26:43 | Lap 2 |
| | Amanda Morby | 00:25:42 | Lap 2 |
| | Martyn Rowell | 00:20:28 | Lap 3 |
| | Lee Westwood | 00:24:25 | Lap 3 |
| | Pat Lapworth | 00:28:52 | Lap 3 |





| | 13/08/2017 | Hart4 Relay | | |
|------------|-----------------|-------------------------------|----------|----------|
| | Position | Теат | Time | Comments |
| | 134th Overall | Mum and the Kids - Mixed Team | | |
| | 83rd Mixed Team | | | |
| | | Kerry Arnott | 00:21:55 | Lap 1 |
| the we all | | Lorraine Down | 00:25:20 | Lap 1 |
| 30 | | Sarah Down | 00:24:27 | Lap 1 |
| | No Para San | Kerry Arnott | 00:22:24 | Lap 2 |
| STR. M | | Lorraine Down | 00:57:59 | Lap 2 |
| SPON COL O | RT | Sarah Down | 00:25:17 | Lap 2 |
| B B B | | Kerry Arnott | 00:25:08 | Lap 3 |
| AC AA | | Lorraine Down | 00:31:49 | Lap 3 |
| Ditum | | Sarah Down | 00:26:01 | Lap 3 |
| | | | | |











| 14/08/2017 | Salisbury 54321 | | | |
|------------|-----------------|----------|--------------|----------|
| Pos. | Name | Time | Distance | Comments |
| 13 | Kevin White | 01:47:38 | 21 km | on it! |
| 148 | Nick MacBeath | 02:23:49 | 21 km | |
| 150 | Nicola White | 02:23:49 | 21km | |
| 201 | Pippa White | 02:47:50 | 21km | |
| | | | | |
| 138 | Darren Eynon | 05:39:41 | 42km | |
| 139 | Jane Cockayne | 05:39:42 | 42km | |
| 203 | Rory Fall | 07:00:33 | 42km | |
| 232 | Colin Middleton | 08:46:08 | 42km | |
| 233 | Becky Veal | 08:46:09 | 42km | |
| 234 | Angela Elshaw | 08:46:09 | 42km | |
| 235 | Lizzie Elshaw | 08:46:22 | 42km | |
| 236 | Neil Elshaw | 08:46:23 | 42km | |
| 237 | Jenner Moore | 08:46:10 | 42km | |



| 20/08/2017 | IOW Half Marathon | | |
|------------|-------------------|----------|-----------------|
| Pos. | Name | Time | Comments |
| 151 | Robert Hylands | 01:54:21 | |
| 203 | Nicolas Boorn | 02:04:41 | |
| 245 | Penny Herridge | 02:13:13 | 7th in category |



| 27/08/2017 | Arundel 10km | | |
|------------|---------------|----------|----------|
| Pos. | Name | Time | Comments |
| 534 | Wendy England | 01:21:53 | |

| 27/08/2017 | Headington 5 | | |
|------------|--------------|----------|----------|
| Pos. | Name | Time | Comments |
| 128 | Alan Burgess | 00:36:25 | |
| 246 | David Croft | 00:42:24 | |

| 27/08/2017 | East Farm Frolic | | |
|------------|------------------|----------|-------------------------------------|
| Pos. | Name | Time | Comments |
| | Hayey Sparshott | 06:56:48 | 8 laps - marathon distance |
| | Katrina Jurd | 10:57:52 | 13 laps - ultra marathon (43 miles) |
| | Lisa Hennen | 10:57:53 | 13 laps - ultra marathon (43 miles) |





Race Results: Multi-sport



| 13/08/2017 | Swanage Triathlon | | |
|------------|-------------------|----------|-----------------|
| Pos. | Name | Time | Comments |
| 45th | Ben Jarvis | 02:36:13 | 6th In category |



| 13/08/2017 | Cotswold Classic (Middle distance Triathlon) | | |
|------------|--|----------|----------------------|
| Pos. | Name | Time | Comments |
| 511th | Eric MacGurk | 05:53:49 | wow - under 6 hours! |







Survey result

GOSPORT GOSPORT

Unsurprisingly, you like it best to do your training along the Stokes Bay sea front! Regrettably there were not as many replies as what I was hoping for, therefore the format looks different than what I originally planned. Thank you to all of those who took the time to comment .

As there were fewer replies than what I was hoping for, I've searched for some fun facts about running. Turn the page—these have been taken from a few websites and I haven't included the relevant acknowledgements.

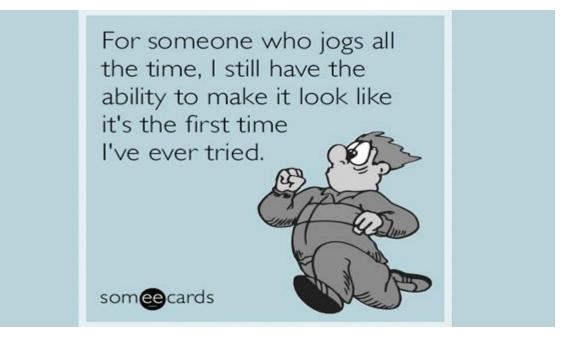
Miranda

| Name | No. of Votes |
|-----------------------------|--------------|
| Salisbury 10 | 1 |
| Geneva Half | 1 |
| Salisbury 54321 marathon | 1 |
| Farnham Pilgrim | 1 |
| Race to the Stones | 1 |
| Alver Valley Club XC | 1 |
| Endure 24 | 1 |
| Cams Hill area (training) | 1 |
| Grissly | 1 |
| Purbrook ladies 5 | 1 |
| Victory 5 | 1 |
| London Marathon | 1 |
| Race the Train | 1 |
| Portsmouth Coastal marathon | 1 |
| Poppy Run, Southampton | 1 |
| Wyvern 10km | 2 |
| Bacchus | 2 |
| Snowdonia Marathon | 3 |
| Titchfield Hills (training) | 3 |
| Lee seafront (training) | 3 |
| South Downs Marathon | 4 |
| Alver Valley (training) | 4 |
| Stokes Bay (training) | 5 |



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- 1. 45 degrees Fahrenheit (7 degrees Celcius) is the optimal race day temperature based on scientific testing of how the body reacts to different temperatures.
- 2. Your feet can produce up to a pint of sweat each day.
- 3. Running outside at the same pace as on the treadmill burns more calorie due to air resistance.
- 4. It takes 200 muscles to take a step when you run.
- 5. 1984 was the first women's marathon in the Olympics.
- 6. Your neighborhood cat can run faster than a human!
- 7. Fauja Singh is the oldest marathon finisher, completing his last race at 101
- 8. Ultrarunning is a smaller set of racers, but growing at a faster rate than marathons or half marathons
- 9. Tough Guy is considered the oldest obstacle course race and started in 1987, now joined by Mud Run and Spartan to create a whole new running world
- 10. 3100 miles that's the distance of the longest certified road race Sri Chimnoy.





GRR vests on tour





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 314 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc. Please also register for the Members Only page , which has 196 members only. 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



<u>Autumn</u>

September 2017



Contents

GOSPORT G

Cover photo: Gosport Road Runners' very own Cheerleaders :Hayley Sparshott and Rachel Gee , at the Solent Half Marathon

CONTENTS

- 5 & 6- Editor's note
- 7 & 8 Gosport Road Runners Beginners' Group : Jacqui Torrens
- 9 & 10 The view from the back at Overton 5mile race: Karen Harding
- 11 to 13- Budapest Half marathon race report: Brian Fisher
- 14 to 16 HRRL
- 17 to 38- Results section
- 39 & 40 GRR vests on tour
- 41- Any other business





Monthly Newsletter September





Monthly Newsletter September





A few words from the Editor: Miranda Carrick

GOSPORT GOSPORT

"The only constant in life is change". (Heraclitus)

September is a representation of that, don't you think? It brings a change of season, and (mostly) warm Summer days make way for beautiful Autumn colours. Autumn triggers many changes not only in nature, but often in people's lives as well. Some people start making plans for their Christmas celebrations (yes really!), others review and tweak their fitness and lifestyle goals. Families see their kids going to university which, as I've experienced, leads to the immediate and constant availability of more than enough cups and glasses in the cupboard. Children may start a new school career, people start new jobs - all of which bring new challenges. Gosport Road Runners' members start training for their Winter races at this time of the year, and this necessarily results in a change to training programs. Some members may even try out new type of events for the first time, which could lead to a whole new running and racing experience.

I like positive change because I think it's the only way one can grow and learn new things. Some changes make me

happier than others: for example, I like the decrease in my hip circumference better than what I like the increase in my... erm..laughter lines. Nevertheless, I have been running guite a bit more than previous months, and that is most definitely positive change! As result, I have tried something new this month. I was very fortunate to be given the opportunity to be a pacer for the Boudavida Women's 10km race in Windsor. The 80-minute slot was allocated to me with an impressive pacer's pack. It took immense discipline to train for this event, as I never bothered about running at a specific pace before, and whilst I'm not the fastest woman on the block, I usually do a 10km race in about an hour. This new pace was a big challenge and required a total change in the way I approached running! Thankfully I've got very supportive friends from the club who coached and joined me on most of my training runs, and I successfully paced a group of inspiring ladies on the day. For many it was their first race, and my focus was on making them feel comfortable and forget that they were actually taking part in a race. The course snaked through the Windsor Great Park and it was one of the most scenic locations I've had the pleasure of running at. It therefore felt quite easy to encourage them to join their local running club and I told them about our club and the team spirit, support and friendship that it brings. I was guite overwhelmed by their grateful and happy reaction towards me at the end of the



race. This was an unforgettable day which made me very proud to be a member of Gosport Road Runners, and the experience changed me for the better. I would certainly try my feet at pacing again.

Jacqui Torrens shares her experience from the Beginners' Group. I found it very motivating to see how she changed from a non-Runner to completing the last race in the AR Bayside Summer Series. It's a huge achievement – well done Jacqui!

Karen Harding takes us through the Overton 5mile race and Brian Fisher brings the Budapest half marathon to us.

Thank you for the informative and excellent articles!



There is no exercise of the month, which doesn't mean that you can skip cross training! What I suggest is the you go through the circuit training which Nick covered in previous months, and add 2 minutes of running in between each exercise. It should leave you breathless in no time.

The club had an outstandingly successful HRRL 2016/2017 season, with the Ladies team being awarded the team trophy. Congratulations to each club member who achieved an individual rating, and specifically the amazing Jenny Shiling!

Hayley has the results. There are a lot! Thank you, Hayley, for all the work you put into gathering the information and compiling the results sheets. Please remember to send her your results, or alternatively the results link for the race in which you participated.

<u>REMEMBER</u> the Southern Cross-Country League starts in October with the first meet on 08/10/2017 at Pamber Forest. If you have never tried a cross country race before, this is your opportunity to do so. I participated in this league soon after I joined the club almost 9 years ago. Despite the fact that I was the very last runner at the finish line quite a few times, I thoroughly enjoyed these races and am hoping to participate in as many as possible this season. The races are completely free – you just have to be a member of the Gosport Road Runners and wear your club shirt on the day. All races start at 11am so if you want to be in the group photo, please arrive early. Car parking is usually very limited and car sharing is strongly advised. Be sure to bring about £1.50 with you for the post-race coffee and cake.

Enjoy your running in October. I hope each race you have planned, goes exactly the way you want it to!

Run happy!

Miranda





GRR Beginners' Course: Jacqui Torrens

GOSPORT GOSPORT

When I walked into the Rugby Club on 25th July this year, I did so with a fair bit of trepidation. I had no idea what to expect but was prepared to accept anything that was thrown at me, because I wanted to learn to be a runner and not just someone who jogged for a few hundred meters every now and then before getting puffed out and fatigued.

Wanting to run, to be a runner, has been something which has nagged at me for years. I was a decent runner when I was younger, but life, motherhood and employment got in the way and somewhere along the line I lost touch with that sense of freedom and exhilaration that being physically active gives you. I never quite forgot it, though, and every now and then I'd throw on a pair of trainers and give it another go, but I was never really committed enough to keep it up and always lost momentum after a few weeks. Regular injuries never helped either; a fair while ago I fell up the stairs at work and ruptured my left calf pretty badly, and it seemed like whenever I tried running it would pull again, setting me back each time. The psychological effects of each injury were pretty devastating if I'm honest, and it just chipped away at my confidence little by little. But, as it turns out, it didn't quite extinguish the flame...

So, there I was on that Tuesday evening all those weeks ago; unfit, overweight, totally out of condition, zero confidence but with a small spark of determination to maybe this time make it work and get better.

The first session seemed to be all about getting us moving and seeing what we could do, so what better way to break us in than to play games!! British Bulldog, Stuck In The Mud and a take on Musical Chairs had our blood pumping and our lungs working hard, but more importantly it had us laughing. It was fun!! Who knew?!?! The session was over before we knew it and I for one was looking forward to the next one.

It couldn't all be fun and games every time, though. "Time on your feet" was a constant refrain from Mrs B and the other coaches, so in the next session Keith had us running laps of the field. I'll always remember that session as the time Keith assumed I was asthmatic, my breathing was that bad. I was wheezing and gasping, near to tears at one stage and almost dizzy with exertion. But, and this is the most important bit, I did it. I finished three laps of jogging and walking and I felt good.

The following sessions saw things being taken a little bit more seriously. There were still plenty of laughs, friendships and friendly rivalries were starting blossom, but attention was being paid to technique and starting to build endurance. Intervals were brought into play, and I was certain my calf muscles were going to pull again because I was being asked to run faster than I was used to. I took part with a sense of impending doom, certain that I would have to pull up within minutes. Guess what...

... I was fine. I was actually fine !!

I haven't escaped injury completely though. I'm prone to sciatica so need to keep that in check with lots of stretching and some strength training on my back, and I did have a little muscle strain in my calf that I needed to rest for a week, but other than that I'm fitter and stronger than I've been in a long time, even after just a few weeks. I'm also approaching the possibility of injury with a much more positive mindset too. It will happen, I will get hurt at times but I will also recover and I will be okay.

Sadly, though, I've also experienced the beneficial effects of running on mental health too. My dad unexpectedly passed away during the course, but I've found the structure and focus of what we've been doing to be so useful in helping me deal with my grief. It's only been a couple of weeks and it's still quite raw, but I know that running is going to be a positive force in my life at the moment.



But here's me, talking about myself. I know for a fact that I wouldn't be where I am now if it wasn't for our inimitable coaches. They have all been so wonderfully knowledgeable, supportive, welcoming and amazing. They've been tireless in their commitment to getting the best out of us all by giving their best to us all. Sue, Keith, Andy, Alan, Kim, Sarah, Jenny, Ange, Joanne (who am I missing?) - THANK YOU, sincerely, with everything that I have. Thank you for your patience, understanding, support and motivation, and everything you've done for us to get us this far. It's been emotional, for sure.

Onward, then. Most of us have joined the club already, I believe. We're officially Road Runners now, with our own yellow shirts and everything. The Class of '17 is graduating! Our last Tuesday session coincides with a 5k race along the bay, which I will be doing. I hope to be able to run most if not all of it. If you had asked me two months ago whether I wanted to enter a race, and actual race with a race number and a medal no less, I would have said you were mad. But now? You just try and stop me !

Jacqui





The view from the back, at Overton: Karen Harding

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The Overton 5-mile race is the first race in the Hampshire Road Race League. Still being fairly new to this running malarkey and hearing people talk about the HRRL during the previous 12 months, (it had the word 'league' in the title, it was bound to be a competitive thing!) I thought I'd look up what it was. So basically, from what I can gather, the quickest 3 men & 2 ladies of each club earn the club points. As I'm not very quick (I hate calling myself slow, it sounds like I'm putting myself down but for an overweight, over 40-year-old that suddenly decides to take up running, I'm doing alright!) I wouldn't earn the club any points, I didn't really see any point in taking part in the HRRL races! However, the Overton 5 fell on the weekend of my 5-mile run as part of my Great South Run training, so I thought I'd give it a go.

Race day arrived and so did the rain! Steve Calder had kindly offered to give me a lift, together with Caroline McGuigan and Caz Harms. Steve and Caroline were due to take on their first marathon the follow weekend (I'm so in awe) and it was wonderful listening to them talking about the blood, sweat, tears & snot involved in their training whilst we travelled up the M3. Then the traffic starts to slow and slow some more and we're starting to wonder if we'll miss the start. We crawl up to the A34 turn off and the traffic starts moving again and soon enough we arrive in the lovely little village of Overton.

We picked up our numbers and gathered under the shelter of the bag tent where we bumped into other GRRs. I spotted my brother and sister-in-law amongst the Fareham Crusaders, so went over for a quick hello before watching mini GRR Faye, (Hayley & Chris Sparshott's daughter) run the mini race. Go Faye!!

There was a little bit of a strut to the start line (quarter/half a mile perhaps?) but not before the obligatory team photo, so we all gathered but as per usual someone was missing, so several photos were taken until we almost got everyone in! Then off to the start line we all went, where some people were stretching, some warming up around the field and then there was us, posing for Julia Bentley's infamous selfie shots! The race start was quite narrow, so we were organised in waves, my wave, red, was at the back and by the time we were all ready the rain had actually stopped. Off went the blues, then the orange, then finally the red, with Andy Brown making sure we all follow The Barrett Rule!

The course was along a single-track country lane, which was closed to traffic. It was a lovely first mile with an ever so slight decline, which usually meant there would be an incline and soon enough we found it, just around a corner where some supporters were stood and it was lovely to hear the 'well done Gosport' shouts. The incline went on and on (I hate hills and hills hate me!) and about half way, Caz & I decided to conserve our energy and walk the rest of the incline. Once at the top, the views over the countryside were beautiful, even on a rainy day. We went over a railway bridge and soon there were 2 men on bikes telling us to keep to the right, then along came the first runner on his way back, boy he was quick! It was quite a long wait before the other runners started to follow too, by this time we were on a lovely decline with the faster runners coming up the hill. There were plenty of shouts of 'well done Gosport' from other clubs, which is always brilliant to hear!

We soon saw Nikki Moxham running up the hill, shortly followed by Ben Wales and Ruby Rennison. It's always good to see fellow club members when out of a race course. The course then looped around to the right and took us away from the faster runners, so we enjoyed the views and the lovely cottages and before we knew it, we were greeted by a water station at the halfway point. I don't usually need much hydration but I do suffer with a dry mouth when running, so a quick swig of water was very welcome. Caz & I now knew we were closer to the finish, than we were to the start, which is always a great feeling! So, we carried on, past the 3-mile mark, loving the beautiful views but knowing that the huge incline was coming up! We ran a little, then chose to walk up, we could see fellow runners walking ahead of us, so didn't feel too guilty! Once we got to the top of the hill we could see the railway bridge and knew it was downhill from there and the finish wasn't too far away.



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With each marshal we saw thereafter, there was then a countdown, 500 yards to go, 400, 200, we then turned the final corner, could see the finish line and heard the almighty cheers & shouts from the other GRRs who had already finished (a huge advantage of finishing at the back, is you get a bigger welcoming crowd) and we'd done it! I crossed the line in 59:51, beating my previous 5-mile time by a few seconds!

We grabbed our medal and water and could see Chris Nation walking towards us with a box of cakes, a very welcoming sight and just what we needed! Whilst demolishing my cake, I was already thinking about what other races are part of the HRRL!

All in all, a good day and will most probably be taking part in the Overton 5 again next year.





The Budapest Half Marathon, (this year in its 32nd year as is our own Gosport Half) claims to have 10,000 entries and runs through the scenic city centre and along both banks of the River Danube.

We had seven runners from Gosport in our group; Fiona, Steve, Tracy, David, Amber, Andy and myself. My wife Stephanie came along too to keep us company.

The Race Centre was in the main City Park, five of us had booked a hotel a short walk away. Registration was open the day before so we took a leisurely stroll to collect our race numbers. The Start/Finish area was all set up and we looked around with a sense of anticipation. Saturday's weather was warm, but in the shade felt quite comfortable, hopefully Race Day wouldn't get too hot until after we had finished.

Sunday dawned bright and sunny. Up at six and a light breakfast at seven, all went to plan, we left our hotel at eight and walked to the Start meeting Fiona and Steve there.

The Park was buzzing, there were runners of many nationalities, not that many in fancy dress, but we did spot a runner with a pineapple on his head (Yes really!)

The start was split into zones and went off in waves, we were mostly in zone 4. We queued up in our zone and felt it getting warm. A hundred yards ahead of me I could see the 2:00 Pacer's banners, I was just where I felt I should be.

We listened to the start commentary as the first wave went off, then the second. Soon we were shuffling towards the timing mat then slowly picked up the pace.

The first Kilometre was through the Park, then down a wide boulevard towards the River, crossing the Chain Bridge and looping round onto the riverside at 7K I started running with David and Fiona, but in the crowds, I soon lost sight of them.

Along the River it began to feel noticeably warmer with no shade. I could still see the 2:00 Pacers ahead of me, but the course was very congested, I glanced at my Garmin, 8:45 pace.

I spent a lot of time and energy weaving around slower runners. A woman runner was trying to cross to a Portaloo and stopped dead right in front of me, I slammed into her, fortunately we didn't go over, and I ran on dripping with her sweat on me.

The course followed the Eastern Bank for 4k, I managed to overtake the 2:00 Pacers ... I will get under two hours with luck! However, the temperature was rising and felt near to 30C.

At 10K the course loops round and you follow the River back the other way on a higher road. I spotted Steve on the lower road and we waved. There were more opportunities to pass here and I was making good progress.

The course crosses the Danube again at 13K and follows the other bank for 2K, there was some shade from the embankment wall and I hugged the side to make full use of it overtaking at the same time.

Heading away from the River at 16K I still felt good, but ahead of me I could see a flyover covered with a sea of runners, I steeled myself for the ascent, not too bad but feeling the heat now. Once over I began to feel tired, but told myself there was less than 5k to go ... a Park Run!



There was an odd little loop to do at 18k and a water station which I did not bother with. I must say that waterstation discipline was poor, with plastic cups strewn all over the road and runners cutting across others with no consideration.

Ahead I could see the runners turning right towards the City Park. Upon entering the Park, I looked ahead for the Finish which seemed to never come, but then a sign saying "100 meters to go" loomed into view. One last push and I finished in 1:56:19 very pleased my time in that heat and on a busy course.

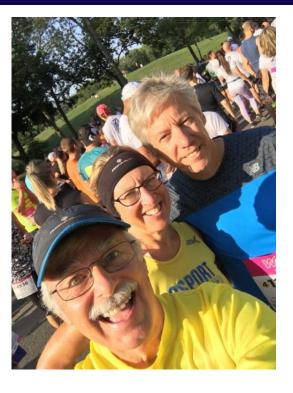
We had decided upon a shady rendezvous point and I headed for it. I was the first one there. Soon Tracy joined me, then Amber, then Andy. Fiona and Steve also finished OK.

Poor David had dropped out because of the heat. An official had scanned him out of the race but then David had to walk the rest of the course anyway to get back!

Overall, I would say that the Budapest Half Marathon was a good race, if a tad crowded, and very scenic. But it can be hot, so those who don't like the heat should bear this in mind. Would I do it again? Probably not, but I am glad to have done it this time.















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HRRL

There was a small awards ceremony at the club to hand over the HRRL awards and mugs for the 2016/2017 season. Some photos below.

Miranda



Jenny Shilling received the HRRL 2016/2017 award for Female vet 65 . AWESOME!!



HRRL 2016/2017 Ladies Team award, happily displayed by Ladies' Captain Sue Barrett



HRRL Mugshots

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Fiona Tomlinson





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PAGE 15





GOSPORT G

HRRL Future Events 2017/2018

Please check the relevant race website to confirm dates.

| Race | When | Entry |
|--|------------------------------------|----------------------------------|
| Overton 5 miles | Sunday 3rd September 2017 (2pm) | 1 GRR scored points for the club |
| Solent 1/2 marathon | Sunday 74th Sentember 7017(10am) | 4 GRR scored points for the club |
| Gosport 1/2 marathon | Sunday 19th November 2017 (10am) | Online & Postal Entry |
| Hayling 10 mile | Sunday 26th November 2017 (9.30am) | <u>Online Entry</u> |
| Victory 5 | Sunday 3rd December 2017 (11am) | Online Entry |
| Stubbington 10k | Sunday 14th January 2018 (10am) | Entry Not Open Yet |
| Ryde 10 mile | Sunday 4th February 2018 | Entry Not Open Yet |
| Eastleigh 10k | Sunday 18th March 2018 | Entry Not Open Yet |
| Salisbury 10 mile | March / April 2018 [TBC] | Entry Not Open Yet |
| Alton 10 mile | Sunday 6th or 13th May 2018 [TBC] | Entry Not Open Yet |
| Netley Royal Victoria Country Park 10k | Sunday 20th May 2018 | Entry Not Open Yet |
| Lordshill 10k | Sunday 10th June 2018 | Entry Not Open Yet |





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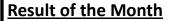
Recording Results for You

Well done everyone, what an amazing set of results we have had in September.

Thank you for sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR.

Without this information I would not be able to record your achievements.

Please carry on sending me all of the above because – what I don't know, I can't record!



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in September that stood out to me on every level and for different reasons including –

Jackie Brady for getting a huge PB in the 5 mile TT of 7 minutes 41 seconds - WOW.

Karen Morby at HRRL Overton 5 – running side by side with a fellow GRR encouraging them all the way.

Team No Veneer in Ere – aka Rob Byrne, Kev White, Terry Arnott and Matt Johnson, winning the Bad Cow Frolic!

Catherine Stock – running the Woodland Way achieving a Full Marathon on a testing course and in testing conditions.

Gill Dowling - achieving her GOLD award time at the Meon Valley Express Half Marathon.

Sue Barrett - at the HRRL Solent Half going above and beyond ensuring that no GRR got left behind. If Carlsberg made Captains......

Most outstanding to me this month was **Brian Fisher** getting a superb time of 01:56:19 in the Budapest half marathon in hot weather and on a very busy course. Well done Brian - BOOM!



Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott

Please email your results to Hayley at:

results@gosportroadrunners.org.uk

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





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5mile Time trial— 05/09/2017

| Pos. | Name | Time | Comment |
|------|---------------------|----------|---------|
| 1 | Michael Percival | 00:29:11 | PB |
| 2 | Terry Arnott | 00:30:54 | |
| 3 | Nikki Moxham | 00:31:37 | |
| 4 | Steve Crook | 00:32:32 | PB |
| 5 | Ben Jarvis | 00:32:39 | |
| 6 | Kevin White | 00:32:52 | |
| 7 | Dan Belben | 00:33:13 | |
| 8 | Sarah Ruby Rennison | 00:34:11 | PB |
| 9 | Sharon Callaghan | 00:35:39 | PB |
| 10 | Gill Dowling | 00:35:56 | PB |
| 11 | Su Baldock | 00:38:21 | |
| 12 | Dale Poulter | 00:39:04 | PB |
| 13 | Emma Robinson | 00:40:27 | PB |
| 14 | Dave Croft | 00:42:21 | |
| 15 | Fiona Tomlinson | 00:42:43 | |
| 16 | Julia Roz de Sa | 00:42:44 | |
| 17 | Brian Fisher | 00:42:44 | |
| 18 | Martin Robinson | 00:43:12 | PB |
| 19 | Richard Law | 00:43:12 | |
| 20 | Geoff O'Flanaghan | 00:43:13 | PB |
| 21 | Kristen Maw | 00:43:29 | |
| 22 | Steve White | 00:43:46 | PB |
| 23 | Steve Silverlock | 00:44:11 | |
| 24 | Dave Little | 00:44:23 | |
| 25 | Mick Stares | 00:44:34 | |
| 26 | Dave Kitching | 00:45:07 | |
| 27 | Mick Kearney | 00:45:26 | |

| Pos. | Name | Time | Comment |
|------|-------------------------|----------|---------|
| 28 | Mike Barker | 00:45:27 | |
| 29 | Catherine Stock | 00:45:52 | |
| 30 | Bryn Whitehouse | 00:46:27 | |
| 31 | Hayley Baird | 00:46:48 | PB |
| 32 | Rory Fall | 00:46:54 | |
| 33 | Michelle Francis Dent | 00:46:54 | PB |
| 34 | Karen Morby | 00:46:58 | |
| 35 | David Baker | 00:47:09 | |
| 36 | Carloine Musto | 00:47:17 | PB |
| 37 | Jackie Brady | 00:47:17 | PB |
| 38 | Mel Maloney | 00:47:21 | PB |
| 39 | Richard Smith | 00:49:08 | |
| 40 | Gill Thomas | 00:49:24 | |
| 41 | Ange Elshaw | 00:49:47 | |
| 42 | Keith Elshaw | 00:49:47 | |
| 43 | Kate Smyth | 00:50:45 | |
| 44 | Roger Loxton-Gear | 00:50:46 | PB |
| 45 | Colin Middleton | 00:51:25 | |
| 46 | Stef Neale | 00:53:54 | PB |
| 47 | Lorraine Down | 00:53:54 | |
| 48 | Kellee Reed | 00:54:00 | |
| 49 | Dave Kirby | 00:54:07 | |
| 50 | Lousie Ness | 00:55:34 | PB |
| 51 | Sid Smith | 00:57:16 | |
| 52 | Jennifer Parker- Lummis | 01:04:08 | |
| 53 | Kim Carter | 01:04:09 | |

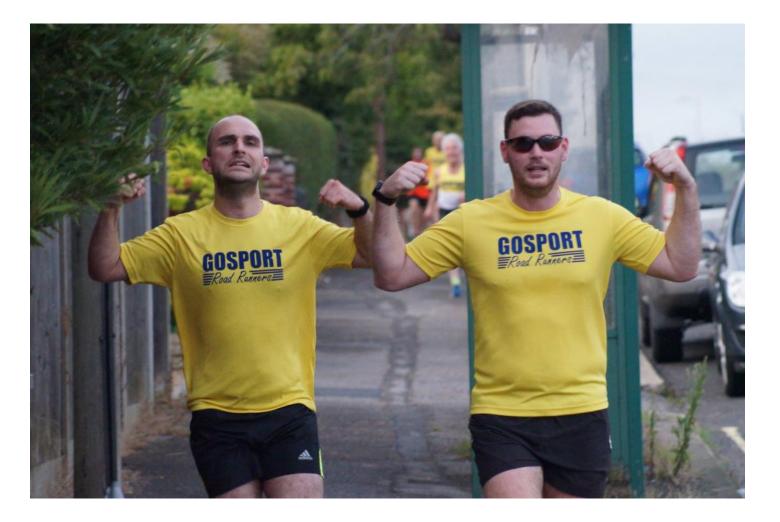


Results: Club Time Trial

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Many thanks to the time keepers this evening – Andy C, Liz Redpath and Paul Street, and our marshals – Caroline McGuigan, Tracy Slade, Melanie Bagwell, Steve Calder, Janet Smith, Penny Herridge, Nick Carter, Chris Nation, Claire Thomas, Anna Codfelter, Ash Bradshaw, Nicky Hayward, Laura Woodhams, Miles Van der Lugt, Rachel Gee and Hayley Sparshott. Thank you Sue Barrett for organising everyone.

Tonight we had several guest runners - Simon Hearnden 00:32:09, Rich Batten 00:33:37, Josh Belben 00:34:14, Mark Jarkins 00:46:43, Jade Squibb 00:45:29, Jasmine Cortin-Sewell 00:47:19 and Mel Spence 00:53:31. Well done everyone what a fantastic turn out by both runners and volunteers.





| Pos. | Name | Time | Race no. | Gen.Position | Cat. Position |
|------|--------------------|----------|----------|--------------|---------------|
| 4 | Tom Barnard | 00:17:24 | 886 | 4 | 3 |
| 8 | Mike Percival | 00:18:22 | 365 | 7 | 5 |
| 10 | Terry Arnott | 00:18:52 | 260 | 9 | 7 |
| 17 | Dan Belben | 00:19:55 | 246 | 15 | 11 |
| 19 | Lee Rhodes | 00:20:12 | 241 | 17 | 5 |
| 22 | Nikki Moxham | 00:20:34 | 862 | 4 | 2 |
| 24 | Ruby Rennison | 00:20:43 | 854 | 5 | 3 |
| 30 | Miles Van Der Lugt | 00:21:35 | 786 | 23 | 7 |
| 33 | Alan Burgess | 00:21:42 | 393 | 26 | 2 |
| 34 | Nick MacBeath | 00:21:49 | 248 | 27 | 2 |
| 38 | Su Baldock | 00:22:20 | 264 | | |
| 40 | Sharon Callaghan | 00:22:27 | 859 | 9 | 2 |
| 41 | Darren Eynon | 00:22:30 | 255 | 31 | 3 |
| 44 | Kathryn Wealthy | 00:22:47 | 371 | 10 | 2 |
| 47 | Chris Sparshott | 00:22:57 | 347 | 35 | 15 |
| 48 | Robert Hylands | 00:23:09 | 380 | 36 | 4 |
| 50 | Dale Poulter | 00:23:27 | 256 | 38 | 16 |
| 59 | Sarah-Jane Keteleu | 00:25:17 | 242 | 13 | 4 |
| 62 | Reuben Shilling | 00:25:38 | 848 | 47 | 6 |
| 63 | Caroline Musto | 00:25:47 | 790 | 15 | 5 |
| 64 | Jasmin Sewell | 00:25:49 | 834 | 16 | 6 |
| 69 | Jenny Shilling | 00:26:09 | 847 | 20 | 2 |
| 72 | Nicolas Boorn | 00:26:42 | 373 | 49 | 20 |
| 73 | Kerry Arnott | 00:26:47 | 261 | 22 | 8 |
| 74 | Hayley Baird | 00:26:49 | 387 | 23 | 9 |
| 80 | Mick Kearney | 00:28:04 | 858 | 52 | 1 |
| 81 | Jackie Brady | 00:28:08 | 258 | 27 | 4 |
| 82 | David Kitching | 00:28:14 | 773 | 53 | 2 |
| 84 | lan Pugh | 00:28:28 | 869 | 54 | 12 |
| 91 | Mandy Morby | 00:29:04 | 397 | 30 | 7 |



The Absolute Running Gosport 5k Summer Series

| Pos. | Name | Time | Race no. | Gen.Position | Cat. Position |
|------|-----------------------|----------|----------|--------------|---------------|
| 94 | Lisa Young | 00:29:33 | 377 | 33 | 12 |
| 96 | Andy Brown | 00:30:16 | 360 | 60 | 5 |
| 97 | Amanda Mole | 00:30:27 | 846 | 35 | 7 |
| 98 | Michelle Francis-Dent | 00:30:36 | 391 | 36 | 8 |
| 99 | Cheryl Dodd | 00:30:37 | 390 | 37 | 9 |
| 100 | Karen Morby | 00:30:45 | 396 | 38 | 8 |
| 102 | Steve Wise | 00:30:53 | 252 | 61 | 6 |
| 108 | Gillian Boorn | 00:32:39 | 372 | 42 | 14 |
| 115 | Sharon Noble | 00:33:41 | 190 | 46 | 6 |
| 116 | Sarah Down | 00:33:41 | 268 | 47 | 16 |
| 117 | Stefanie Neale | 00:33:54 | 873 | 48 | 10 |
| 118 | Lorraine Down | 00:33:55 | 259 | 49 | 7 |
| 120 | Lee Torrens | 00:34:15 | 244 | 67 | 7 |
| 121 | Ash Bradshaw | 00:34:23 | 769 | 50 | 11 |
| 127 | Vicky Long | 00:35:00 | 186 | 55 | 19 |
| 128 | Nicola Sadler | 00:35:05 | 841 | 56 | 20 |
| 129 | Karen Diaper | 00:35:09 | 867 | 57 | 10 |
| 133 | Karen Harding | 00:36:52 | 389 | 60 | 11 |
| 136 | Marie Bowers | 00:39:50 | 362 | 62 | 2 |
| 139 | Pam Fisher | 00:41:42 | 837 | 65 | 7 |
| 140 | Michael Bowers | 00:41:43 | 363 | 70 | 1 |
| 141 | Jacqui Torrens | 00:41:57 | 243 | 66 | 8 |
| 67 | Sam Graham | 00:26:04 | 364 | | |
| 113 | Naomi Aurora Clements | 00:33:17 | 196 | | |
| 95 | Maggie Dellow | 00:30:09 | 888 | 34 | 5 |
| 126 | Kayleigh Park | 00:34:59 | 184 | 54 | 18 |
| 145 | Emma Murray | 00:48:21 | 180 | 68 | 13 |
| 146 | Erica Course | 00:48:30 | 187 | 69 | 9 |
| 119 | Unknown Runner | 00:34:04 | 194 | | |
| 132 | Unknown Runner | 00:36:44 | 193 | | |



Monthly Newsletter September

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| 02/09/2017 | Rat Race Man vs Mountain | | |
|------------|--------------------------|----------|------------------------|
| Pos. | Name | Time | Comments |
| 1171 | Lesley Thompson | 10:33:19 | 22 miles 5055ft climb! |

| 03/09/2017 | Swindon Half Marathon | | |
|------------|-----------------------|----------|--------------|
| Pos. | Name | Time | Comments |
| 26th | Michael Percival | 01:21:08 | outstanding! |



| 03/09/2017 | The Beast '24 again' | | |
|------------|----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 124 | Colin Gardner | 02:01:25 | |



Race Results

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| | VL, | | |
|------------|---------------------|---------|------------------|
| 1st | HRRL Race | | |
| | $\boldsymbol{<}$ | | |
| | | | |
| | | | |
| 03/09/2017 | Overton 5 | | |
| Pos. | Name | Time | Comments |
| 72 | ΝΙΚΚΙ ΜΟΧΗΑΜ | 31:41.1 | 3rd in age group |
| 160 | SARAH RUBY RENNISON | 34:52.7 | |
| 161 | BEN WALES | 34:53.3 | |
| 223 | NICK CARTER | 37:02.7 | |
| 232 | CHRIS SPARSHOTT | 37:16.8 | |
| 250 | TRACEY WALES | 38:16.7 | |
| 253 | JULIA ROIZ DE SA | 38:06.4 | |
| 332 | STEVE CALDER | 41:47.0 | |
| 333 | CAROLINE MCGUIGAN | 41:48.7 | |
| 337 | JENNY SHILLING | 42:10.1 | 3rd in age group |
| 389 | SAM GRAHAM | 45:36.1 | |
| 395 | DAVID KITCHING | 46:44.0 | |
| 407 | KIM CARTER | 47:19.7 | |
| 409 | SUSAN BARRETT | 47:14.3 | |
| 420 | VIVIENNE BREEN | 49:10.9 | |
| 428 | AMANDA MORBY | 50:09.0 | |
| 429 | ZOE WINDSOR | 50:34.8 | |
| 438 | CHRIS NATION | 52:18.5 | |
| 439 | JOANNE HOPKINS | 52:19.8 | |
| 441 | KAREN MORBY | 52:36.8 | |
| 442 | ANDY BROWN | 52:36.8 | |
| 452 | SARAH DOWN | 54:03.8 | |
| 453 | LORRAINE DOWN | 54:09.1 | |
| 462 | CAROLINE HARMS | 59:50.2 | |
| 463 | KAREN HARDING | 59:50.1 | |

Position based on gun time as per the organisers and HRRL normal procedure but chip times have been recorded for our database purposes.











| 03/09/2017 | Andover Trail marathon | | |
|------------|------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 69 | Jane Cockayne | 06:32:39 | |
| 70 | Claire Tallack | 06:32:39 | |





| 09/09/2017 | Bad Cow Frolic | | |
|--------------|----------------------------------|----------|-------------------------------|
| Pos. | Name | Time | Comments |
| solo | Hayley Sparshott | 05:50:08 | 6 laps 26.2 miles |
| | | | |
| team of four | No Veneer in Ere | | |
| 1st place | Rob Byrne | | 7 laps 30.6 miles |
| BOOM! | Kevin White | | 6 laps 26.2 miles |
| | Terry Arnott | | 5 laps 22 miles |
| | Matt Johnson | | 3 laps 13.1 miles |
| | | 12:38:09 | |
| | (previous event record 75 miles) | | 21 laps in total = 91.9 miles |











| 10/09/2017 | Bad Cow Marathon | | |
|------------|------------------|----------|----------|
| Pos. | Name Time | | Comments |
| | Carol Collins | 05:32:19 | |

| 10/09/2017 | Bad Cow Half Marathon | | |
|------------|-----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| | Nicki White | 02:17:34 | |
| | Kerry Arnott | 02:37:37 | |
| | Jennifer Desmoulins | 02:37:38 | |

| 10/09/2017 | Meon Valley Express Half | | |
|------------|--------------------------|----------|------------|
| Pos. | Name | Time | Comments |
| Female | | | |
| 3 | Gillian Dowling | 01:43:12 | Gold Time! |
| 26 | Tonia Morrell | 02:14:51 | |
| 38 | Gillian Thomas | 02:23:42 | |
| 40 | Melissa Pink | 02:23:42 | |
| Male | | | |
| 12 | Bryn Whitehouse | 01:40:12 | |
| 31 | Nicolas Boorn | 02:02:04 | |
| 47 | Rory Fall | 02:28:01 | |





| Comments |
|----------|
| |
| |
| |

| 10/09/2017 | Littlehampton 10k | | |
|------------|-------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 252 | Richard Law | 00:49:34 | |
| 1074 | Wendy England | 01:09:53 | PB! |

| 10/09/2017 | Budapest Half marathon | | |
|------------|------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| Female | | | |
| 747 | Fiona Tomlinson | 02:04:01 | |
| 856 | Tracy Slade | 02:05:45 | |
| Male | | | |
| 2031 | Brian Fisher | 01:56:19 | |
| 4324 | Steve Wood | 02:20:34 | |







| 10/09/2017 | Woodland Way | | |
|------------|------------------|----------|---------------------|
| Pos. | Name | Time | Comments |
| 23rd | Catherine Stock | 05:52:17 | 7 laps - 26.6 miles |
| 71st | Steve Silverlock | 02:17:13 | 3 laps - 11.4 miles |
| 89th | Amanda Morby | 00:44:24 | 1 lap - 3.8 miles |

| 10/09/2017 | New Forest Marathon | | |
|------------|---------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 430 | Caroline Mcguigan | 04:27:08 | |
| 458 | Steve Calder | 04:30:22 | |
| 469 | Emma Robinson | 04:32:41 | |





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| 10/09/2017 | New Forest Half Marathon | | |
|------------|--------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 1210 | Penny Herridge | 02:08:00 | |
| 1444 | Vivienne Breen | 02:19:14 | |





| 10/09/2017 | New Forest 10km | | | 215 |
|------------|-----------------|----------|----------|-----|
| Pos. | Name | Time | Comments | |
| 125 | Dale Poulter | 00:50:43 | | |





| 10/09/2017 | Great North Run | | |
|------------|-----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 14440 | Jane Cockayne | 02:03:21 | |
| 29803 | Claire Tallack | 02:15:54 | |
| 26736 | Geoff Oflanagan | 02:20:06 | |
| 27349 | Pippa White | 02:26:00 | |





| 10/09/2017 | Surrey Bacchus Half Marathon | | |
|------------|------------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 834 | Sue Barrett | 03:02:13 | Sante! |





| 16/09/2017 | Chiltern Wonderland 50 | | |
|------------|------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 129 | Paul Street | 11:33:00 | |
| 146 | Lisa Hennen | 11:46:45 | |
| 185 | Ray Bernice | 12:58:21 | |



| 17/09/2017 | Hursley 10k | | |
|------------|----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 85th | Kieran Chaplin | 00:50:45 | |

| 17/09/2017 | Stockport 10k | | |
|------------|---------------|----------|-----------------------------|
| Pos. | Name | Time | Comments |
| 88th | Alan Burgess | 00:45:12 | 2nd place category position |

| 17/09/2017 | Purbeck Marathon | | |
|------------|------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 60th | Ben Jarvis | 04:39:36 | |
| 82nd | Darren Eynon | 04:54:29 | |





| | $\mathcal{N}_{\mathcal{T}}$ | | |
|------------|-----------------------------|----------------------|----------------------------|
| | | | |
| | | | |
| 24/09/2017 | The Solent Half Ma | rathon (HRRL race 2) | |
| Pos. | Name | Time | Comments |
| 202 | Julia Elizabeth Roiz de Sa | 01:46:09 | 7th in age category & a PB |
| 212 | Kieran James Chaplin | 01:47:38 | РВ |
| 233 | Gillian Dowling | 01:50:15 | 4th in age category |
| 269 | Emma Robinson | 01:54:23 | PB |
| 281 | Jenny Shilling | 01:55:46 | 1st in age category |
| 282 | John Barrett | 01:55:56 | |
| 294 | Chris Sparshott | 01:57:13 | PB |
| 296 | Steve Calder | 01:57:02 | РВ |
| 315 | Nick Carter | 01:58:59 | |
| 329 | Nicolas Boorn | 02:01:22 | РВ |
| 330 | Robert Hylands | 02:01:21 | |
| 331 | Fiona Tomlinson | 02:01:32 | 7th in age category |
| 389 | Penny Herridge | 02:15:11 | |
| 392 | Kim Carter | 02:15:37 | |
| 401 | Michelle Yates | 02:17:39 | РВ |
| 404 | Vivienne Breen | 02:18:55 | РВ |
| 425 | Susan Barrett | 02:31:09 | |
| 426 | Joanne Hopkins | 02:31:10 | |









GOSPORT G

| 23/09/2017 | Night Phoenix Marathon | | |
|------------|------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| | | | |
| 5 | Darren Enyon | 04:00:11 | |



| 23/09/2017 | Boudavida Wom | | |
|------------|-----------------|----------|--------------|
| Pos. | Name | Comments | |
| 522 | Miranda Carrick | 01:19:05 | 80 min pacer |



| 24/09/2017 | Butser Hill Challenge | | |
|------------|-----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 114 | Lesley Thompson | 01:19:04 | |



| 24/09/2017 | Winchester Half Marathon | | | |
|------------|--------------------------|----------|---------------|---------------|
| Pos. | Name | Time | Cat. Position | Gen. Position |
| 473 | Darren Enyon | 01:54:40 | 128 | 400 |
| 475 | Jane Cockayne | 01:54:40 | 20 | 74 |
| 947 | Martyn Rowell | 02:15:01 | 221 | 688 |
| 948 | David Brace | 02:15:01 | 18 | 687 |
| 1079 | Claire Tallack | 02:24:03 | 90 | 324 |
| 1080 | Miranda Carrick | 02:24:02 | 91 | 325 |









Race Results: Multi-sport



| 03/09/2017 | 70.3 Ironman Cascais | | |
|------------|----------------------|----------|--|
| Pos. | Name | Time | Comments |
| | Daniel Roz de Sa | 05.48.12 | sea swim 1.2 mies in 0:28:53 bike ride 56 miles in 02:57:57 run 13.1 miles in 02:10:47 |

| 03/09/2017 | Bayside Duathlon | | |
|------------|--------------------|----------|----------------------|
| Pos. | Name | Time | Comments |
| 5th | Miles Van der Lugt | 00:39:31 | first GRR event |
| 14th | Hayley Sparshott | 00:45:44 | |
| 16th | Julia Roiz de Sa | 00:45:58 | event number 1 today |
| 26th | Joanne Hopkins | 00:54:33 | event number 1 today |
| 27th | Gillian Boorne | 00:55:24 | |







Race Results: Multi-sport

| 10/09/2017 | Bournemouth International Triathlon | | |
|------------|-------------------------------------|----------|------------|
| Pos. | Name | Time | Comments |
| 50th | Ben Jarvis | 00:38:24 | swim |
| | | 01:12:14 | bike |
| | | 00:43:24 | run |
| | | 02:36:25 | total time |
| | | | |
| 119th | Eric MacGurk | 00:38:52 | swim |
| | | 01:15:15 | bike |
| | | 00:54:58 | run |
| | | 02:53:12 | total time |



| 10/09/2017 | River Dart 10k SWIM | | |
|------------|---------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 546 | Shona Rust | 02:52:28 | |



GRR vests on tour

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GRR vests on tour





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 330 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc. Please also register for the Members Only page, which has 196 members only. 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



<u>Autumn</u>

October 2017



Contents

GOSPORT G

Cover photo: GRR vest Ghost print . Daniel Roiz de Sa at the finish line of the Yorkshire Marathon

CONTENTS

- 4 Editor's note
- 5 & 6 Exercise of the month: Nick Carter
- 7 & 8 Thruxton 10 Km : Michael Percival
- 9 & 10 Loch Rannoch Half Marathon : Michael Percival
- 11 Great South Run : Nick Carter
- 12 & 13 5minutes to 10 miles: Stef Neale
- 14 to 16 Birmingham Marathon: Lee Westwood
- 17 & 18 Pacing the Birmingham Marathon : Ben Jarvis
- **19 Southern Cross Country League: next events**
- 20 HRRL : next events
- 21 to 40 Results section
- 41 Any other business



Monthly Newsletter October 2017





A note from the Editor

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What a month! I think this is a record for the number of articles in the club Newsletter. THANK YOU to each one of the contributors. I'm certain you will all agree with me – these are excellent articles!

Michael Percival is not only a fantastic runner, he also writes some pretty entertaining race reviews. Run with him a bit further on in this edition. Nick Carter and Stef Neale keep us local with the Great South Run. Lee Westwood takes us on a Road trip to Birmingham whilst Ben Jarvis expertly paces us through the Birmingham Marathon.

This month's cover photo is all about determination, with a bit of spookiness added. Maybe I'm thinking a bit deep, but to me the "ghost print" is the image of everything you do from the point after you've entered a race from pre-race training plans, nutrition, dedication, discipline, perhaps frustration or injury, tiredness all the way through to our individual race experience, and the race result – whether that is what we expected or not (or whether your wife made you run harder than what you really wanted to!) ⁽¹⁾ If you've prepared well, you'll have a very clear ghost print.

It also reminded me of an article I recently read on the South African Runners' World website, about Farai Chinomwe who again ran the Comrades Marathon backwards. He's doing this to raise awareness for the conservation of the world's bees threatened by habitat loss, viruses, the increasing use of insecticides, and climate change. You probably know, but the Comrades is a 90km punishing road race and he finished this year's race in 11hrs12min. It was his 5th Comrades and the 3rd time he ran it backwards. He ran his first Comrades in usual running style i.e. forwards in 8 hrs. 3 minutes in 2013, and completed it in 7 hrs. 06 minutes the next year – good enough for a Silver medal! The bee conservation then took its toll, and he converted to backwards running. The race tail runners apparently took turns to run with this "backwards guy", who said in an interview: *"I like to encourage the social runners. I tell them when I overtake them, 'don't feel offended, you're in front of me, you're doing alright'. I also get inspired by the determination I see on their faces,"*

There were times during this month when I was getting very frustrated with how my marathon training is going. I wanted to run faster than what I was, however, my aim is to have a great "ghost print" at the end of the race. Having read about Chinomwe, I'm quite happy to know now that as long as I keep training, no matter how slow, I'm on my way to getting that result—most certainly nowhere near as good as the one on our cover, but it will be my print after all.

Nick Carter explains how we can deal with hip tightness. This is an issue I have been struggling with and I've tried a few of these stretches – they work! If you also have this problem, turn to the Exercise of the month section and try it for yourself.

I have included the list of future HRRL and cross-country events. The club had an outstanding turnout at the HRRL season so far, let's continue this! I've participated in the first cross-country race of the season and am hoping to attend as many as possible of these events this season. If you haven't tried cross-country before, I again encourage you to do so – you may find that you actually like a bit of mud. The Queen Elizabeth Country Park event is the next venue for this league. It's quite local and we can therefore swarm it with yellow – what do you think?!

I hope your November running and training go exactly as you want it to!







The importance of hip flexibility: Nick Carter

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The Functions

These powerful muscles are used in every stride when walking, running, and sprinting.

Some of the main functions of hip flexors include:

- · Bringing the thighs up toward the chest.
- Driving the knees up and down when you walk and run.
- Maintaining proper running form.
- They are in charge of moving the legs from side to side.
- · Key for stabilizing the pelvis.

Hip Flexors Troubles

The main reason I'm writing this piece is to address hip flexors tightness and what should you do about it.

Hip tightness is caused, mainly, by too much sitting. You can blame that on our sedentary lifestyle in which we have to sit in a position in which the hip flexors are passively contracted for a prolonged period of time.



Other causes for hip tightness include weak supportive glutes, and overuse.

Here are some of the negative consequences of having tight hips:

- Limited range of motion and mobility in the lower body, causing lower back and other issues.
- Hindered athletic performance by limiting your body's ability to perform key movements like running, squatting, etc.
- Weakness in the glutes, which limits their ability to contract. This can mess up with your running form and efficiency, forcing you to slow down.
- All sorts of other overuse injury and trouble, including, knee pain, Achilles tendonitis, tight hamstrings and IT band syndrome.



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Why do it?

This exercise will help you to improve your hip mobility. Good hip mobility can reduce stiffness and pain in your lower back, hips and knees.

Technique:

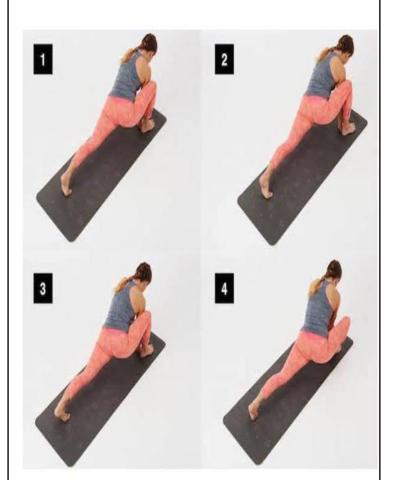
- · Place your hands on the floor next to your right foot
- Extend your right leg backwards until you feel a stretch in the front thigh of your back leg or the inner thigh of your front leg
- Rotate your hips clockwise and anti-clockwise to mobilise your hips

Watch points:

Do slow controlled movements and don't over stretch.



MOBILITY: HIP ROTATIONS



Muscles used

Hip flexors (psoas muscles)

Why do it?

This exercise will help you to improve your hip mobility. Good hip mobility can reduce stiffness and pain in your lower back, hips and knees.



Thruxton 10km: Michael Percival

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I came across the Thruxton 10k while looking for races to run in October, and having driven supercars around the circuit, I couldn't turn down the chance to run the fastest track in the UK!

The run took place on Sunday 22nd October. Entry for the 10k for club members was £17 online which included a T-shirt emblazoned with the words 'Thruxton Race Circuit Run 2017'. There was also a 5k race over one lap of the track, the 10k over two laps. Entry filled up about a week before the race itself.

It started at 9am which meant I had to leave Gosport at 7.30am to get there in good time, but the traffic getting into the track was minimal and parking space was plentiful - over two large car parks beside the circuit itself.

The race announcer gave notices of how long to go before the start from ten minutes to one minute which gave everyone enough time to form up. A hooter replaced the green lights on the start line which was in the same place as for car races. I'd hoped for the green lights coming on to start the run!

The course consisted of running clockwise up to about half a mile around the circuit in the same direction as the cars race where we turned back on ourselves around a cone and headed off for just over two laps around the circuit.

It is a hilly course which is evident from seeing it on TV. Downhill for our first mile on lap one and uphill or at least flat for the remaining 1.5 miles, making it a leg-sapping run and a relief when the course flattens and heads downhill again for the start of lap two, however the uphill section after four miles is still to come. Couple this with the fact that, being an airfield, it is exposed to gusty winds as on race day, it can be a testing race.

As it took place on a wide open circuit designed for several cars side by side, bunching up of runners especially early in the race was not an issue. There were no mile or kilometer markers so you had to gauge distance run by how far around the lap you were. Unusually there were no water or food stations around the course.

Upon finishing the race you were presented with a medal, bananas, Haribos, bottled water and a T-shirt. As I finished third overall, I got to experience the prize giving ceremony in the trackside bar. Age and gender category winners were given trophies, although half of the people who would've been given them had left before they could pick up their prize!



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Having spoken to several other runners at the finish, we quickly determined that the distance we ran was not actually 10k, but more like 9.9km. My GPS run tracking app measured my run at 6.08 miles rather than 6.2 which would have added about a minute to my time, but I argued that it was up to the runners to take the shortest route around the course (the racing line) so it was fair enough!

I would love to run this race again next year. It is a fairly local run in an iconic location. There was a great atmosphere with a mixture of very competitive club runners and people running in fancy dress. I saw fairies and Batman! Just over 200 runners competed in the 10k. After the 5 and 10ks there was a duathlon which I stayed to watch and everyone who competed on the day said they liked the course and the race. The race Master of Ceremonies was a great guy who was really enthusiastic and supportive of the competitors. I even helped him pack his equipment into his car before I left!







Loch Rannoch Half Marathon : Michael Percival

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Once I heard of this race I was aching to try it out. Having been to Scotland many times I was sure it was going to be in a very scenic area and I was not wrong.

It took place at Loch Rannoch 20 miles west of Pitlochry in Perthshire. As I expected, it was a very long drive to get there! Around 550 miles and 9 hours from Gosport to the race start, although I stayed at a hotel in the town of Aberfeldy 20 miles from Rannoch for the weekend and drove to the start from there.

There was a choice of marathon or half marathon. I went for the half which cost £26 online as a club member. It was possible to enter on the day of the race (Sunday 15th October) but I signed up two weeks in advance.

I had to leave early to guarantee parking in the village, as the only place to park was the village park which acted as car park and main hub of the race. Once I had collected my race number from the village hall, there was a wait before the marathon began from the park. Half an hour later the half marathon was due to start.



The online race map didn't show the route of the half marathon, but it soon became clear. Whereas the marathon runners would run right around the water, the half marathon was along one road in one direction. We got a lift to the start at the western end of Loch Rannoch via coach and on the road we would later be running along.

At the start of our race at 10.45am there were portaloos and a van in which we could put our belongings which would be retrieved after the race. Apart from the first 200 meters the race ran eastwards along the south side of Loch Rannoch amongst beautiful scenery; the Loch to our left with mountains and trees beyond, and dense trees and



occasional views to more open countryside to our right.

It was a truly undulating route, almost never flat for any real distance which became punishing toward the end. There were mile markers every mile (black signs up to 11 miles, thereafter the race announcer said they turned to yellow because they'd run out of black ones!) Water was provided in bottles every 3 miles even up to 12 miles. The race ran along the Loch before turning back towards Rannoch village at 12.5 miles and finishing in the village green/car park with a relatively small number of spectators, as there had been throughout the course. At the end there were handed out medals, race T-shirts, drinks, biscuit bars and, unusually, warm soup!



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I finished third overall in 1 hour 23 minutes 45 seconds, some three minutes behind the winner and was part of the trophy presentation ceremony which took place by the finish line in front of three blue portaloos! I believe 94 runners took part over 13.1 miles. The first three male and female finishers would be given a Run Nation fleece as well as trophies and I have to say they are very nice pieces of clothing.

I would love to do this race again but next time hopefully the full marathon. It is in a beautiful area and is well organised from start to finish. Well worth the long drive north!







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Once again the Great South Run has done the business.

If you ran, you would have enjoyed the logistics that made it happen...superb marshals, Race village, goody bags and general amenities. If you were supporting, you would have also enjoyed all of the above but also the gratitude of 20,000 runners who at one time or another would have really appreciated the shout of encouragement, jelly baby or high five. If you were a marshal... you are Gods! All of the marshals did a fantastic job but the GRR marshals were something else. It wasn't just my imagination. You really were awesome! Thanks.

From the moment I read the first Facebook post from Sam Graham at 6am, (I won't repeat it) I knew that no matter what Storm Brian threw at us, it was going to be a good day. So it came to pass. Some of us were nervous and needed our own space whilst others were full of enthusiasm and energy. For some it was 'game day' and 10 Miles were going to be beaten whilst for others, it was going to be a day with mates doing what they loved. Either way, I didn't see an unhappy face at the end as we regrouped in Castle Fields. There can be no doubt. Sport brings a community together. It may be temporary but that's a start. For at least one day, everyone seems to want to get on with everyone else. It's truly beautiful.

Lots of PB's today which is fantastic and the usual suspects did the business. My personal result of this year's GSR was the Gold award winning performance of the ever modest Gill Dowling who was assisted by the ever helpful Ben Jarvis. Those Gold award winning times don't come without effort and sacrifice. Commiserations to those who wanted to but couldn't, yet still offered support to their team mates and good luck to all who have been inspired to take on new challenges as a result of what happened today.

We're already in for 2018 and looking forward to sharing the experience with our pals from the South Coast's friendliest and most inclusive running club.







5 minutes to 10 miles : Stef Neale

GOSPORT GOSPORT

From five minutes to ten miles..and the biggest reason why?

My story goes right back to 2015, where I first made the decision to do the Great South Run. Having suffered personal tradegy, I needed something to distract me, signing up for the GSR was certainly that. A few months passed by and I was happily working through the couch to 10k programme. Being a virtual coach potato and running occasionally for the bus or ferry I knew that any exercise was going to be a challenge! I had in the past joined groups etc. but for one reason or another never fully committed. I suffer with anxiety and this would often cloud my thought processes and negative self talk would hinder any progress. I'm sure some of you can relate !

Anyway, very slowly I moved forward, firstly round the block, lamp post to lamp post, gradually building up the courage to go out in the dark and at that point I knew that I could do more. A friend suggested Parkrun. I figured that I'd got this far so why not? So in January this year I started Parkrun, when I first started I could run for five minutes. Gradually as weeks passed, I carried on and noticed I could run further. After a few months I could actually run the whole course without stopping..boom I actually started to believe I could do this !

As fate would have it, after a successful run, whilst walking back to my car, I bumped into Ruby Rennison. She was lovely and said about joining this wonderful club she knew. What a life changing moment that was! With trepidation I came along, firstly doing three miles and gradually gaining more confidence. It wasn't long before I was making friends and increasing those miles.

I have been involved in some amazing events this year, from time trials to my first cross country experience, what a journey it's been. I lost heart a few times, especially when I struggled. My first 10k was very testing, but I was in safe hands and despite coming in last ... I completed. My first eight mile run was hard too, but I learnt so much on both of those occasions. The pinnacle though has to be working towards GSR. I was amazed how I could suddenly go from running three miles to more than five. If I think about it, it's mostly due to the wonderful people at the GRR's, who seem to help you dig deep just when you need it most, but reassuring you at the same time.

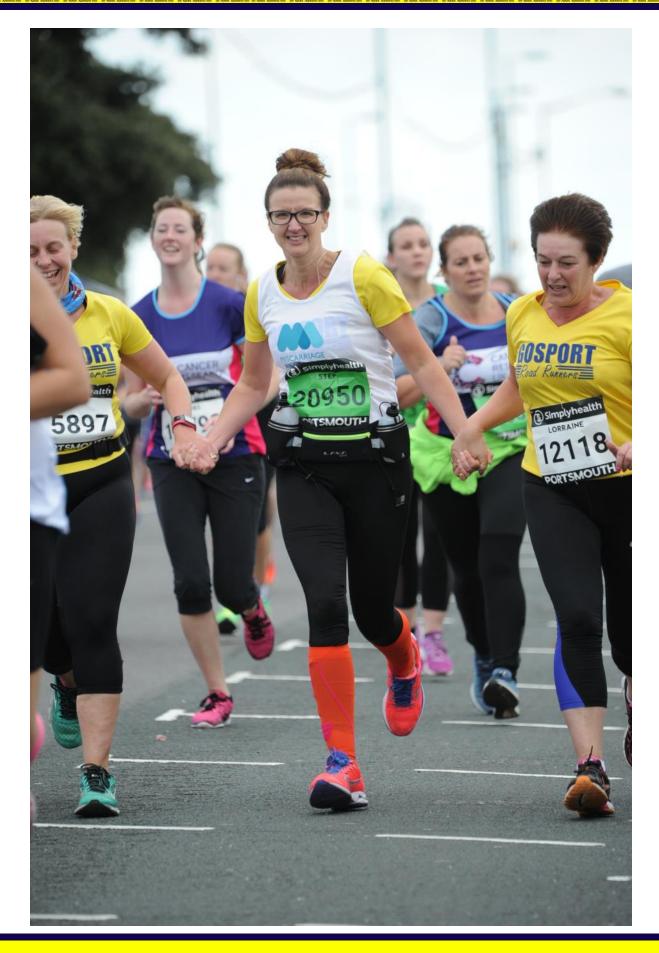
The event itself was amazing, I still now cannot put into words how electric the atmosphere was. For me, it was the culmination of two years of waiting and ten months hard graft. They say good things come to those who wait and wow - it certainly didn't disappoint. The run itself started well, but a combination of broken sleep, a cold and difficulty breathing took over. I remember at mile 6 thinking "This is so much harder than my slow eight mile runs". I was struggling internally but I was determined. I suddenly remembered why I was doing it in the first place and another GRR who has said "Just remember forward is forward." Spurred on by Lou and Emma, they reminded me that I could actually do this, "Fuel up and you'll be fine" said Lou. So, after downing some energy drink and a dextrose tab I was off. Every mile brought it's own challenges but I was determined to finish. At mile 9, I knew I was running on new territory as my longest run had been 9 miles.

One mile left I thought, I can do this and running slower than the start I dug deep and kept those arms and legs moving. About two minutes before we crossed the line Lou and Emma grabbed my arms and said "Come on, you can do this, sprint finish towards the end." With that we crossed over the line and I knew I had just completed my first ever ten miles. What a truly euphoric moment and one I will remember for the rest of my life.

Thank you so much for helping me believe "I can do this."

Stef with an 'F'







Monthly Newsletter October 2017

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Birmingham International Marathon 2017



Saturday 14th October

Due to injury I wasn't running the Birmingham International Marathon as planned but still decided to go and give support to my running buddies.

Many of us travelled to the midlands the day before and stayed in various areas of Birmingham either with family or in hotel ready for an early start the next day.

In the evening a number of GRR's met up for a bite to eat and a catchup at the All Bar One pub at the Grand Central Station. A few beers were shared and some even continued the trend back at the hotel.

"Alcohol isn't always the best way to prepare for a marathon but looking at the results it isn't all bad either in moderation of course".

I stayed at the Campanile hotel which was less than a mile from the finish line with five others from Gosport.

After retiring for the evening ready for the next day, we were woken by the sound of the smoke alarms going off around midnight. As we thought about evacuating, it stopped......thank god.....and then went back to sleep.



All Bar One



Jurys Inn



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Sunday – Race Day

For the marathon runners it was an early morning start from the Alexander Stadium. The start was in two waves; red and blue. The red wave set off at 08:30 then the blue wave at 09:30.

We had five Gosport runners in the first wave and six in the second. Our very own Ben Jarvis was an official race pacer, pacing 3hrs 45mins for the 26.2 miles.











Supporters View

Myself and Andy McMillan met up with Kerry Arnott and Dory Crook at mile 7 just before 9am.

The course had a loop between mile 7 and 15, making it convenient to spot the competitions a number of times without moving a great distance. From there you could see runners pass mile 7, 15 and 23 by only moving across the road.

The first GRR to pass us was the machine Stephen Crook followed by Terry Arnott who stopped. Unfortunately Terry pulled out at mile 7 due to a back problem prior to arriving in Birmingham. Lesson for us all " listen to your body". Great decision Terry.

The next GRR to pass through mile 7 was Bryn Whitehouse, not far behind was Pacer Ben Jarvis close on his heels Nick Carter; all looking strong.

We had a little wait until we saw anymore Gosport runners due to the wave start times.

As tradition dictates; all GRR supporters on tour must have a Mc Donald's breakfast, so we did.

After being refreshed, we saw Tracy Wales rocking through mile 7 followed by a group of three in Eric Macgurk, Lisa Hennen and Martyn Barnes.

Our marathon first timer Lara Dent and season pro Kim Carter soon came passed. At around the same time Stephen reached mile 15 and thereafter we had a steady flow of the Yellow army going through miles 15 and 23.

After seeing Stephen pass through mile 15; Terry, Kerry and Dory headed for the finish area to welcome him home.



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Finish Area

Andy and I did the same, as the last GRR made it to mile 15 we followed on. But by the time we reached the finish, Ben, Nick and Bryn had already crossed the line, but we did cheer the others in.

A combined 22,000 people took part in the full and half Birmingham marathon which added to the atmosphere in this area.

Ben Wales took part in the half marathon which started and finished here too. It was almost like a "Wales" tag team as Tracy finished the full, Ben started the half.

I had a really great weekend and would recommend a GRR tour to anyone; running or not.

10 out of 11 Gosport Road Runners finished but 11 out of 10 for effort – Well Done All.











Pacing @ Birmingham Marathon: Ben Jarvis

GOSPORT GOSPORT

Birmingham marathon, my first ever official pacing event. To do it for a marathon and at Birmingham's first marathon in over 20 years was a big deal for me.

As many people know I often enjoy pacing at events, but I have never done one officially, so this was a first for me. My lead up was good: I had run at the pace I needed to run several times and even ran Bournemouth marathon the week before - without my watch- around 5 minutes quicker than I needed to at Birmingham, so I was feeling very prepared and confident.

Building up to the marathon I heard of a few Gosport runners wanting to run with me at the start, to make sure they didn't burn out and to make sure they got the time they wanted. This was great as I knew I would have a few people I could talk to, and everybody knows I love a good chat during a marathon. This also made me quite nervous as I knew I really had to stick to the pace and had to concentrate not going too fast at the start as I often do in races.

The day before the marathon was awful as I had a bad night sleep and came over very ill. I felt hot and cold during the night, I had a very bad headache and just didn't want to do anything. This was made worse by having to work. I got myself together, made my way up to Birmingham, saw my family and then met up with the rest of the Gosport guys and girls for a pre-race drink and some much-needed food.

During the meal we were talking about race plans, how we all felt and what sort of race we were all going to have. It was an interesting group - a few people were feeling unwell, and there were a few first-time marathoners and super speedy people such as Stephen Crook. After the meal finished I found some free parking for race day, and went off to my aunties for a well needed sleep.

Race day!

I got up at 5.15am and prepared 3 Weetabix and gels ready for the race. I found parking before I had a bit of a scary walk through some back streets to find the shuttle bus. When I got to the start I spoke to a few people running and waited for my fellow GRR's. They soon arrived, and we were soon all buzzing, ready to get going, especially Bryn who had about 3 packs of sweets.

I collected my race flag and my bunny ears, and we had a few fun photos. Bag checked in the bus and race prep done! Next was the bunny pacer photos on the start line and introduction to the runners.

Off we go!

Starting at a track in a stadium was amazing, the buzz going through the start line and leaving the track with a tunnel of people was great, but making sure we didn't go off too hard because of the crowd was tough. I always find it tough at the start of the race as I find it takes the watch about half a mile to give you a real pace, so I just had to work from the feeling and to my amazement I ended with an 8.28 first mile.

The first 4 miles were a bit up and down, over some bridges, under some roads and they were just a way to find our feet and make sure the pacing was good. Soon enough I found the first lot of GRR support which was amazing as always. However, I was very surprised to see Mr Terry Arnott there - he wisely pulled out of the race due to an injury.

From this point I knew the pacing was good and it was constant. I was having a nice chat with a few runners and was enjoying the crowds. The weather was good, and it was smooth going.

This was until we saw the hills, there were about 3 or 4 hills per lap, so having to do 2 laps was not good as we knew the hills that were coming but this also meant I could pace it right, working hard down-hill to make up any time we lost going up.

Water stations were brilliant and having lots of gels on course was just what we needed. The best part of the course was probably the crowd and all the bands and music that were around the course.



GOSPORT GOSPORT

The second lap was harder, as my legs were starting to tire but the knee pain I had about 10 miles seemed to have disappeared. I still had a few people running with me and I still had Nick Carter in the corner of my eye. People were starting to drop off, but I was now picking people up that were starting to struggle. I enjoy this part of running a lot, because they always seem to get a second wind and try to stick with you. You never want a pacer to go past you and run off!

The second lap was also hard as I had to try to navigate my way through the runners on their first lap, and sometimes I had to explain that I was on my 2nd lap and they weren't running at my pace.

Getting my pacing right was the main focus. Being able to constantly run between 8.25 and 8.35 per mile was the key and as I ran slightly under 8.30 pretty much up to the 16th mile I knew I had lots of time in the bank. This was something I was aiming for as we all know we slow down at the end, meaning I could drop my pace to 8.45 per mile. Those few seconds a mile really help!

Finishing my 2nd lap I knew it was only a couple of miles to the finish, my pace was on point and if everything went to plan I would finish within seconds of my time. I saw Andy and Lee which gave me a boost as by this point I was pretty much running solo with nobody around me to pace.

Just over a mile to go and what do I see.... the one thing I didn't want.... a HILL! This was a long drag up to the main crowd where it evened out and went slightly down-hill. This meant my pace was slower over the last mile, meaning that I was slipping further away from my target time. Seeing the crowd gave me a great feeling, it made me relax and enjoy the final metres of the race, taking in the atmosphere and finishing with a time of 3:45:53... not bad considering I was pacing for 3:45.

After the race we caught up with the rest of GRR, cheered everyone on near the finish and had a well- deserved break. I also had several people come up to me, thanking me for my pacing and getting them to the finish. This really did put a smile on my face.

Overall the experience was great, I thoroughly enjoyed pacing, and to get comments and hugs at the end thanking me for my efforts and help was why I did it from the start. What a buzz!

The course wasn't amazing, but this is expected from a city marathon. The crowds on the other hand were outstanding! Music, handing drinks out, cheering you on and getting food on course was just the best!

I would definitely pace in a race again and hope to have inspired some of you to try it too. I would also recommend Birmingham marathon, although the course isn't amazing the rest certainly makes up for it. Starting in a stadium, having all the crowds and having a finish straight where there are crowds for nearly a mile was a great buzz at the end, and just what you need after 26.2 miles!

If anyone needs pacing for an event just ask. I'll even wear my bunny ears!

Hope you enjoyed reading and see you soon.

Ben Jarvis





| Date | Event | Host Club |
|-----------------|------------------------------|---------------------------|
| Sun 12 Nov 2017 | Queen Elizabeth Country Park | Portsmouth Joggers |
| Sun 10 Dec 2017 | Bourne Woods | Farnham Runners |
| Sun 31 Dec 2017 | Lord Wandsworth College | Hart Road Runners |
| Sun 21 Jan 2018 | Manor Farm Country Park | Stubbington Green Runners |
| Sun 25 Feb 2018 | Polecat Valley | Haslemere Border AC |





HRRL : Next Events

GOSPORT GOSPORT

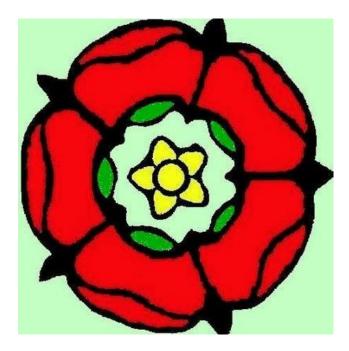
HRRL Future Events 2017/2018

- Gosport Half 19 November 2017
- Hayling 10 mile 26 November 2017
- Victory 5 mile 3 December 2017
- Stubbington 10km 14 January 2018
- Ryde 10 mile4 February 2018

Eastleigh 10km , Salisbury 10 mile, Alton 10 mile , Netley 10km and Lordshill 10km races and dates to be confirmed.

These are brilliant events with great organisation, reasonable entry costs, medals, marshalling, support and most significantly, excellent Club camaraderie.

Come and find out!





The Results Section

GOSPORT GOSPORT

Recording Results for You

Well done everyone, what an amazing set of results we have had in October. Thank you for sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR.

Without this information I would not be able to record your achievements. Please carry on sending me all of the above because – what I don't know, I can't record!

Hayley



Result of the Month

The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason. There have been some magnificent results in October that stood out to me on every level and for different reasons including –

Terry Arnott – beating the train in August (retrospective result) toot toot!

Stephen Crook – running 100km in the GG24 and running a magnificent 3:14:54 in the Birmingham marathon and came 3rd in his age category!

Lizzie Elshaw – taking a whole hour off her last year's time at the Clarendon Marathon.

Steve Wood – getting a PB in the 5K TT with lots left in the tank

Julia Roiz de Sa – smashing her previous marathon pb by 23 mins and getting an outstanding time of 03:49:00 **Chris Buxton** – who came 2nd in his age category and 9th overall at Denmead 10K in a time of 39:48! **Ben Toye** - came first in the Lee Valley Half Marathon in a time of 1:16:48

Most outstanding to me this month was **Michelle Yates** who completed a 10 marathons in 10 days event in 80:31:03:52 a mind blowing achievement and all for charity too! I am in awe at what you have achieved and know it is something I would never attempt to do myself! Bonkers but brilliant!!

Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott



Well done everyone - keep those results coming to me please.

Hayley Sparshott

Please email your results to Hayley at:

results@gosportroadrunners.org.uk

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



Results: Club Time Trial

GOSPORT GOSPORT

5 km Time trial-03/10/2017

| Pos. | Name | Time | Comments | Pos. | Name | Time | Comments |
|------|--------------------|----------|----------|------|------------------------|----------|----------|
| 1 | Mike Percival | 00:17:35 | | 28 | Rory Fall | 00:26:43 | |
| 2 | Ben Jarvis | 00:19:06 | | 29 | Mike Kearney | 00:26:53 | |
| 3 | lan Reed | 00:19:28 | PB | 30 | Mick Stares | 00:27:05 | |
| 4 | Miles Van Der Lugt | 00:20:49 | PB | 31 | Melissa Pink | 00:27:21 | |
| 5 | Darren Hewson | 00:20:56 | РВ | 32 | Gill Thomas | 00:27:59 | |
| 6 | Alan Burgess | 00:21:09 | | 33 | Tonia Morrell | 00:28:06 | |
| 7 | Paul Williams | 00:21:16 | | 34 | Amanda Morby | 00:28:15 | |
| 8 | Su Baldock | 00:21:20 | | 35 | Keith Elshaw | 00:28:24 | |
| 9 | Philip Silver | 00:21:33 | РВ | 36 | Pete Lindley | 00:28:27 | |
| 10 | Sharon Callaghan | 00:22:22 | | 37 | Amanda Mole | 00:28:48 | PB |
| 11 | Kathryn Wealthy | 00:22:35 | | 38 | Andy Brown | 00:28:53 | |
| 12 | Steve Blank | 00:23:26 | PB | 39 | Richard Smith | 00:30:34 | |
| 13 | Dale Poulter | 00:23:41 | | 40 | Ange Elshaw | 00:31:26 | |
| 14 | Sam Graham | 00:23:57 | PB | 41 | Stef Neale | 00:32:42 | |
| 15 | Brian Fisher | 00:23:58 | | 42 | Lorraine Down | 00:32:46 | |
| 16 | Gill Dowling | 00:23:59 | | 43 | Claire Thomas | 00:33:01 | |
| 17 | Steve White | 00:24:37 | PB | 44 | Kayleigh Park | 00:33:06 | |
| 18 | Steve Wood | 00:24:38 | PB | 45 | Dave Kirby | 00:33:36 | |
| 19 | Kirsten Maw | 00:24:39 | | 46 | Sid Smith | 00:37:52 | |
| 20 | Jane Cockayne | 00:25:07 | | 47 | Rachel Brett | 00:37:43 | PB |
| 21 | Darren Eynon | 00:25:08 | | 48 | Jennifer Parker-Lummis | 00:38:06 | |
| 22 | Steve Silverlock | 00:25:09 | | 49 | Claire Parsons | 00:39:08 | |
| 23 | Jenny Shilling | 00:25:14 | | 50 | Lizzie Elshaw | 00:39:08 | |
| 24 | Mel Maloney | 00:25:22 | | 51 | Neil Elshaw | 00:39:09 | |
| 25 | Geoff O'Flanagan | 00:25:29 | | 52 | Janet Smith | 00:42:00 | |
| 26 | Mark Jakins | 00:25:35 | PB | 53 | Sarah Down | 00:42:02 | |
| 27 | Kerry Arnott | 00:25:59 | | 54 | Steve Crook | 00:42:34 | |

Many thanks to the time keepers this evening - Janet Lindley and Paul Street with Sue Barrett recording and Claire Tallack. Thank you to our marshals - Rachel Gee, Hayley Sparshott, Robert and Mrs Hylands, Joanne Hopkins, Mel Bagwell, Naomi Clements and Chris Nation and to our tail runners Sarah Down and Steve Crook.

We also had a Guest runner this eveing Romy Jager who's time was 00:29:50



Retrospective result

GOSPORT GOSPORT

| 19/08/2017 | Race the Train Rotary Challenge | | |
|------------|--|----------|---|
| Pos. | Name | Time | Comments |
| 84th | Terry Arnott | 01:47:20 | Beat the train by 20 seconds toot toot! |
| 411th | Kevin White | 02:13:38 | |
| | THE ROTARY CLUB OF TYWYN Botany Challenge Markenge Control Markenge Control 1984 34th Anniversart 2017 Other State 2017 This is to Certify that 2017 Scorry Amount Scorry Amount Competed in the above event and beat the train in | | |

| 19/08/2017 | Race the Train - Quarry Cha | | |
|------------|-----------------------------|----------|---------------------|
| Pos. | Name | Time | Comments |
| | | | Train time 00:55:00 |
| 238th | Nicola White | 01:03:21 | |
| 271st | Kerry Arnott | 01:06:42 | |
| 281st | Kirsten Maw | 01:07:18 | |

1:47:31

Signed Mancy Marke



GOSPORT G



| 23/09/2017 | Equinox 24 | | |
|------------|------------|----------|------------------------|
| Pos. | Name | Time | Comments |
| 329 | Ben Jarvis | 08:23:42 | 5 x 10k laps completed |

| 23/09/2017 | Farleigh Wallop | | |
|------------|-----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 38th | Colin Gardner | 00:51:07 | |

| 24/09/2017 | Loch Ness Marathon | | |
|------------|--------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 1225 | Richard Law | 04:20:58 | |

| 24/09/2017 | Berlin Marathon | | |
|------------|-----------------|----------|-----------|
| Pos. | Name | Time | Comments |
| 19650 | Terry Moore | 04:23:48 | Wunderbar |



| 30/09/2017 | Pyjamathon | | |
|------------|------------------|----------|-------------------|
| Pos. | Name | Time | Comments |
| 12th | Darren Eynon | 04:22:02 | Marathon distance |
| | Jane Cockayne | 03:31:53 | 19.7 miles |
| | Claire Tallack | 04:08:18 | 19.7 miles |
| | Janet Lindley | 02:32:49 | 9.8 miles |
| | Debbie Humphreys | 02:36:07 | 9.8 miles |
| | Louise Millson | 02:50:39 | 9.8 miles |







| 01/10/2017 | Kingston Half Marathon | | |
|------------|------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 296 | Kieran Chaplin | 01:44:24 | PB |



| 01/10/2017 | Salisbury Half Marathon | | |
|------------|-------------------------|----------|------------------|
| Pos. | Name | Time | Comments |
| 183 | Gill Dowling | 01:44:12 | 7th in age group |



| 01/10/2017 | Cardiff Half Marathon | | |
|------------|-----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 13433 | Debra Talbert | 02:25:45 | |
| 13436 | Tracy Moran | 02:25:46 | |



| 01/10/2017 | Claredon Marathon | | |
|------------|-------------------|----------|--------------------|
| Pos. | Name | Time | Comments |
| 246 | Andy Clutton | 05:09:13 | |
| 361 | Lizzie Elshaw | 06:33:47 | loved it |
| 362 | Neil Elshaw | 06:33:48 | moaned all the way |



| 01/10/2017 | Claredon Half Marathon | | |
|------------|------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 237 | Mike Barker | 02:33:28 | |
| 270 | Shirley Faichen | 02:44:32 | |



| 01/10/2017 | Jersey Marathon | | |
|------------|-----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 27 | Rob Byrne | 03:09:41 | |

| 07/10/2017 | It's a Numbers Game Marathon | | |
|------------|------------------------------|----------|------------|
| Pos. | Name | Time | Comments |
| 23 | Hayley Sparshott | 04:46:37 | 4th Female |
| | | | |

| 08/10/2017 | Yorkshire Marathon | | |
|------------|--------------------|----------|---------------|
| Pos. | Name | Time | Comments |
| 998 | Julia Roiz de Sa | 03:49:00 | Flippin' eck! |
| 1363 | Daniel Roiz de Sa | 03:57:18 | |





| 08/10/2017 | RNLI 10k | | |
|------------|-----------------|----------|------------------------|
| Pos. | Name | Time | Comments |
| 48 | Kieran Chaplin | 00:45:26 | PB |
| 53 | Chris Sparshott | 00:45:39 | PB |
| 90 | Emma Robinson | 00:49:26 | PB 5th In age Category |
| 99 | Sam Graham | 00:50:03 | РВ |
| 135 | Nick Boorn | 00:53:07 | |
| 303 | Zoe Windsor | 01:06:06 | |

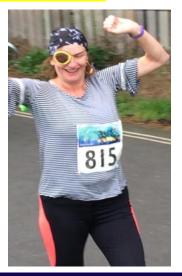




| 08/10/2017 | Pieces of Eight | | |
|------------|-----------------|----------|---------------------|
| Pos. | Name | Time | Comments |
| 42 | Colin Gardner | 00:59:42 | 7th in age Category |
| 147 | Steve Wood | 01:12:30 | |
| 294 | Lizzie Elshaw | 01:25:09 | |
| 295 | Ange Elshaw | 01:25:09 | |
| 309 | Chris Nation | 01:26:51 | |
| 408 | Wendy England | 01:43:14 | |
| 409 | Janet Lindley | 01:43:15 | 4th in age category |









| 08/10/2017 | Oxford Half Marathon | | |
|------------|----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 4962 | Ray Bernice | 02:02:17 | |
| 5480 | Caroline Musto | 02:05:40 | PB |
| 5695 | Sharon Clutton | 02:09:39 | |
| 7693 | Tania Bernice | 02:32:55 | |
| 8217 | Denise Francis | 02:58:38 | |

| 08/10/2017 | Bournemouth Marathon | | |
|------------|----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 283 | Ben Jarvis | 03:39:52 | |
| 952 | Robert Hylands | 04:22:56 | PB |
| 967 | Richard Law | 04:23:41 | |
| 1827 | Catherine Stock | 05:28:14 | |
| 1828 | Sarah Lloyd | 05:28:15 | |
| 1829 | Carol Collins | 05:28:15 | |



| 08/10/2017 | Bournemouth Half Marathon | | |
|------------|---------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 2746 | Mel Maloney | 02:13:51 | |
| 2756 | Geoff O'Flanagan | 02:13:52 | |
| 3096 | Penny Herridge | 02:20:16 | |



GOSPORT G

| 08/10/2017 | Isle of Wight Marathon | | |
|------------|------------------------|----------|-------------|
| Pos. | Name | Time | Comments |
| 95 | Katrina Jurd | 04:38:45 | cat pos 7th |
| 96 | Lisa Hennen | 04:38:35 | cat pos 8th |



| 08/10/2017 | Chichester Half Marathon | | |
|------------|--------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 505 | Fiona Tomlinson | 02:15:05 | |

| 08/10/2017 | Ealing Half Marathon | | |
|------------|----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 3086 | Deborah Birch | 02:12:38 | |



| 13/10/2017 | Brutal 10 in 10 | | |
|------------|-----------------|-------------|----------|
| Pos. | Name | Time | Comments |
| 1st | Michelle Yates | 80:31:03:52 | BOOM |





| 15/10/2017 | Bacon Roll 10km | | |
|------------|-----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 10 | Dale Poulter | 00:51:15 | |



| 15/10/2017 | Birmingham Marathon | | |
|------------|---------------------|----------|--------------------------------|
| Pos. | Name | Time | Comments |
| 204 | Stephen Crook | 03:14:54 | 3rd in age Category - Bostin'! |
| 845 | Ben Jarvis | 03:45:53 | 3hr45min pacer! |
| 1230 | Nick Carter | 03:56:57 | |
| 1426 | Tracey Wales | 04:00:24 | |
| 1496 | Bryn Whitehouse | 04:02:10 | |
| 2992 | Eric Macgurk | 04:41:41 | |
| 3085 | Lisa Hennen | 04:44:29 | |
| 3248 | Lara Dent | 04:48:31 | |
| 3253 | Kim Carter | 04:48:41 | |
| 3690 | Martyn Barnes | 05:00:51 | |





| 15/10/2017 | Birmingham Half Marathon | | |
|------------|--------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 888 | Ben Wales | 01:43:54 | |



| 15/10/2017 | Denmead 10km | | |
|------------|----------------|----------|----------------------|
| Pos. | Name | Time | Comments |
| 9 | Chris Buxton | 00:39:48 | 2nd in age category! |
| 64 | Colin Gardner | 00:47:56 | 10th in age category |
| 117 | Michael Stares | 00:57:06 | 5th in age category |
| 192 | Philippa White | 01:08:17 | |

| 13/10/2017 | Sahara Challenge - day 1 | | |
|------------|--------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| | DARREN EYNON | 07:11:04 | |
| | | | |
| 14/10/2017 | Sahara Challenge - day 2 | | |
| Pos. | Name | Time | Comments |
| | DARREN EYNON | 05:50:53 | |
| | | | |



| 15/10/2017 | Amsterdam Half Marathon | | |
|------------|-------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| | Gill Thomas | 02:22:58 | |





| ((| | | |
|------------|-----------------------|------|----------|
| 15/10/2017 | Rannoch Half Marathon | | |
| Dee | Marina a | Time | Commonte |
| Pos. | Name | Time | Comments |



| 22/10/2017 | Abingdon Marathon | | |
|------------|-------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 743 | Fiona Tomlinson | 04:59:49 | |

| 21/10/2017 | Lee Valley Vel | | |
|------------|----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 1st | Ben Toye | 01:16:48 | BOOM |

| 22/10/2017 | Thruxton 10K | | |
|------------|------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 3rd | Michael Percival | 00:36:46 | BOOM |
| 50th | Dale Poulter | 00:48:35 | |





| | Thruxton 5k | | |
|------|--------------|----------|------------|
| Pos. | Name | Time | Comments |
| 12th | Lisa Hennen | 00:25:02 | 3rd female |
| 13th | Eric Macgurk | 00:25:08 | 10th Male |







Race Results: Great South Run

| 23/10/2017 | Great South Run 10miles | | |
|------------|-------------------------|----------|-----------------|
| Pos. | Name | Time | Comments |
| 259 | Dan Belben | 01:04:53 | wow |
| 531 | lan Reed | 01:08:47 | |
| 572 | Kevin White | 01:09:18 | |
| 865 | Lee Rhodes | 01:11:58 | |
| 933 | Darren Eynon | 01:12:28 | |
| 1056 | Ben Jarvis | 01:13:15 | Pacer |
| 1175 | Tim Durant | 01:13:55 | |
| 1251 | Sarah Ruby Rennison | 01:14:20 | |
| 1273 | Gillian Dowling | 01:14:30 | 16th in age cat |
| 1285 | Su Baldock | 01:14:33 | 17th in age cat |
| 1335 | Mile Van der Lugt | 01:14:49 | |
| 1485 | Colin Gardner | 01:15:42 | |
| 1771 | Robert Hylands | 01:17:03 | |
| 1932 | Kieran Chaplin | 01:17:43 | |
| 1947 | Nick Carter | 01:17:45 | |
| 2255 | Sharon Kearney | 01:19:00 | |
| 2324 | Chris Sparshott | 01:19:15 | |
| 3117 | Paul Street | 01:22:11 | |
| 3200 | Jane Cockayne | 01:22:29 | |
| 3251 | Martyn Barnes | 01:22:41 | |
| 3266 | Richard Law | 01:22:45 | |
| 3389 | Nick Macbeath | 01:23:15 | |
| 3407 | Laura Woodhams | 01:23:19 | |
| 3408 | Emma Robinson | 01:23:19 | |
| 3780 | Brian Fisher | 01:24:35 | 15th in age cat |
| 4224 | Steven Blank | 01:25:58 | |
| 4240 | Steve Silverlock | 01:26:02 | |
| 4274 | Jenny Shilling | 01:26:09 | 2nd in age cat. |
| 4623 | Sarah-Jane Keteku | 01:27:14 | |
| 4886 | Steve Calder | 01:28:04 | |
| 4990 | Richard Pelley | 01:28:25 | |
| 5261 | Phil Moran | 01:29:08 | |
| 5315 | Claire Tallack | 01:29:18 | |
| 5576 | Hayley Baird | 01:30:06 | |
| 5620 | Sam Graham | 01:30:14 | |
| 5828 | Mel Maloney | 01:30:50 | |
| 6050 | Caroline Musto | 01:31:34 | |

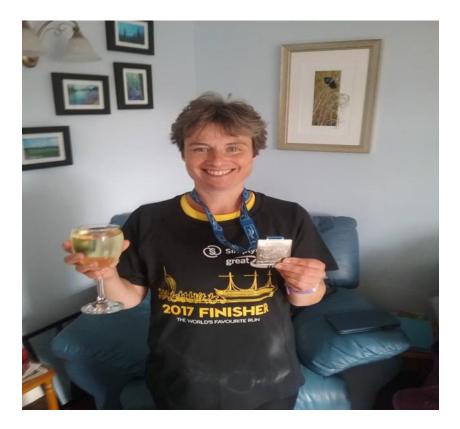


Race Results: Great South Run

| 23/10/2017 | Great South Run 10miles | | |
|------------|-------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 6226 | Catherine Stock | 01:32:05 | |
| 6402 | Victoria Wright | 01:32:40 | |
| 6889 | Caroline Mcguigan | 01:34:04 | |
| 6893 | Lara Dent | 01:34:04 | |
| 7086 | Nicolas Boorn | 01:34:37 | |
| 7184 | Nicola White | 01:34:54 | |
| 7227 | Tonia Morrell | 01:35:04 | |
| 7268 | Martin Robinson | 01:35:11 | |
| 7455 | Geoff O'Flanagan | 01:35:43 | |
| 7488 | Karen Hoggarth | 01:35:49 | |
| 7520 | Rory Fall | 01:35:53 | |
| 7550 | Sharon Clutton | 01:35:59 | |
| 8339 | David Kitching | 01:38:10 | |
| 8651 | Andrea Kitchen | 01:39:02 | |
| 9530 | Lisa Young | 01:41:41 | |
| 10156 | Charlotte Craig | 01:43:44 | |
| 10157 | Kim Carter | 01:43:44 | |
| 10235 | Sarah Down | 01:44:01 | |
| 10477 | Roger Loxtan-Gear | 01:44:45 | |
| 10490 | Adam Mundell | 01:44:47 | |
| 10514 | Mandy Grant | 01:44:53 | |
| 10633 | Michelle Francis-Dent | 01:45:16 | |
| 10649 | Matthew Jarvis | 01:44:19 | |
| 10670 | Cheryl Dodd | 01:45:22 | |
| 10716 | Karen Morby | 01:45:33 | |
| 10732 | Debra Talbert | 01:45:36 | |
| 11042 | Olivia Ashman | 01:46:42 | |
| 11190 | Amanda Morby | 01:47:10 | |
| 11413 | Andy Brown | 01:47:59 | |
| 11716 | Trevor Giles | 01:49:05 | |
| 12915 | Penny Herridge | 01:53:55 | |
| 12937 | Gillian Boorn | 01:54:02 | |
| 13494 | Stef Neale | 01:56:41 | |
| 13496 | Lorraine Down | 01:56:41 | |
| 13502 | Emma Noyce | 01:56:43 | |
| 13693 | Sarah Williams | 01:57:40 | |

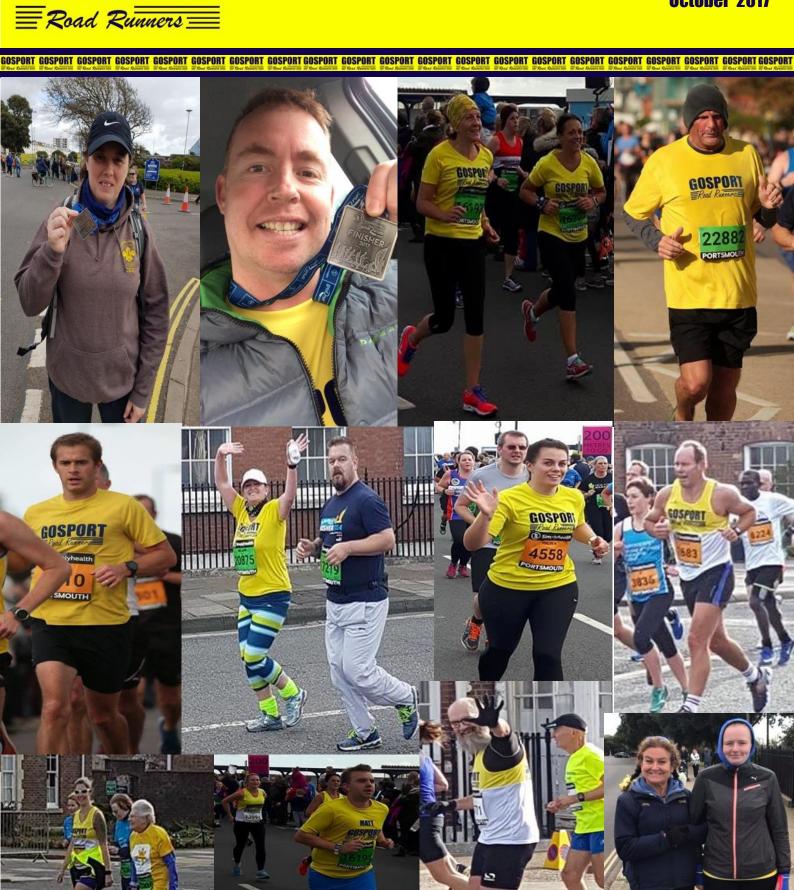


| 23/10/2017 | Great South Run 10miles | | |
|------------|-------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 13966 | Wendy England | 01:59:22 | |
| 14304 | Neil Elshaw | 02:01:28 | |
| 14517 | Shona Rust | 02:03:04 | |
| 14598 | Ash Bradshaw | 02:03:55 | |
| 14659 | Karen Harding | 02:04:36 | |
| 14662 | Caroline Harms | 02:04:37 | |
| 15173 | Lou Ness | 02:10:11 | |
| 15625 | Melanie Lumsden | 02:17:37 | |
| 15642 | Claire Parsons | 02:18:03 | |
| 16077 | Ceri Winson | 02:18:03 | |
| 16100 | Nichola Stanley | 02:34:22 | |
| 16156 | Zoe Windsor | 02:37:57 | walker |





Monthly Newsletter October 2017





Race Results: Multi-sport



| 01/10/2017 | Bognor Sea Triathlon (became a Duathlon) | | |
|------------|--|----------|---------------------|
| Pos. | Name | Time | Comments |
| 7 | Ben Jarvis | 01:23:16 | 4th in age category |
| | Splits | | |
| | Run | 00:11:58 | |
| | Bike | 00:50:49 | |
| | Run | 00:19:46 | |

| | Thruxton sho | Thruxton short distance duathlon | |
|------|--------------|----------------------------------|----------|
| Pos. | Name | Time | Comments |
| 50th | Eric Macgurk | 01:22:52 | |
| 80th | Lisa Hennen | 01:32:49 | |

| | Thruxton stand | | |
|-------|----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 103rd | Ray Bernice | 02:54:08 | |





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 307 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



Monthly Newsletter October 2017







NEWSLETTER



<u>Autumn</u>

November 2017



Contents

GOSPORT GOSPORT

CONTENTS

- 4 & 5- Editor's note
- 6 & 7– Move of the month: Nick Carter
- 8 Dark Valley Half Marathon: Lucy Hudson
- 9 & 10 Bike Marshal at Gosport Half Marathon: Ben Jarvis
- 11 & 12 The Street Folk: Local Hero
- 13 & 14 Southern Cross Country League: next events
- 15 HRRL : next events
- 16 Club standard time awards : Hayley Sparshott
- 17 32 : Results section
- 33 Travels of the GRR vest
- 34 Beachy Head marathon photos : Deborah Birch
- 35 Any other business







GOSPORT G

Remember in November.

The words of a popular Afrikaans song from years ago comes back to me. It loosely translates to "Forget to forget me. Remember to remember me."

Historically November is memorable. The month sparks off with Guy Fawkes Night which was traditionally large civic celebrations with bonfires and fireworks. Nowadays bonfire gatherings are much less popular, and many large celebrations have been given up because of increasingly strict health and safety regulations, or because people's priorities shifted. Children of all ages do however still like fireworks, even if it's only a Sparkler. The fascination with fireworks ensures that the spectacle of the 5th of November remains, even though it's very different from how it started in 1605.

These celebrations turn somber as we observe Armistice Day on 11/11 at 11am. The dedication and scale on which this day is observed in the UK specifically, was an overwhelmingly new experience for me when we arrived in the UK. We did not have the RBL poppies, and Remembrance Sunday was a special commemoration service in church. There were commemoration services at places like the Voortrekker Monument, but we never went to those (I can't really remember why!). Our school syllabus included some reference to the World Wars, but I dropped history as a subject as soon as I could. Ironically though, I selected Political Studies as a course at university, and this included modern world history. However, I only really started to appreciate the significance of this day just over 16 years ago – it's sad really. To me, one of the best things about living in Gosport in November, is that it's easier to remember not to forget events of historical significance. We're surrounded by history and the monuments of war heroes. We're privileged!

We either celebrate or observe past events – historical or personal, such as your birthday or wedding day. We also keep memories of an experience in the past. It's great to remember good things that happened, isn't it! As runners this is usually a race in which everything went exactly as you were hoping for, or finally completing a certain distance in a time you were aiming for; the time you bought the technical watch you wanted or getting a place in the London Marathon. Unfortunately, we also remember the times when things didn't quite work out as you planned : that race when you were 1 minute outside your target time because you stopped to look at an interesting rock; not seeing your result recorded in the newsletter because you forgot to send the link to the nice recording lady; getting injured a week before a race you have been dedicatedly training for over many months... sadly "if only" is never really efficient enough to wipe a bad memory from your head, and for some people it is almost impossible to forget it.

However, and I'm speaking in the mirror here, if one can see the unpleasant memory as a motivation to move on and use it to make some great new memories, then the memory served a purpose. Let me explain: if you remember how frustrated and disappointed you felt after not getting the result you wanted, you will most probably change your training plan and that would ultimately result in new achievement – a PB, club standard time, moving up to a longer distance. I think the trick is to remember the way you felt after not achieving what you wanted to, but to forget the actual experience. Fortunately, we're part of a friendly, supportive running club and it should therefore be easier to remember to forget a bad running memory.

Enough soul searching – let's move on to action.



GOSPORT GOSPORT

Nick has a yoga move for us. I love this one – it's easy, effective and relaxing enough to lull you to a power nap whilst doing it.

Lucy Hudson shares her experience of the Dark Valley half marathon. I honestly admire you lot who successfully run with head torches. I've tried it once and felt like I was hunting something small, or being hunted by something big – depending on whether somebody was running behind me, also wearing a head torch. Mastering running with one of these devices is my personal goal for the new year.

Ben Jarvis takes us cycling through the Gosport Half marathon. I recall thinking when marshalling that day, that the bike marshals had to be in top form as the front runners were moving at some impressive pace.

I also take great pleasure in sharing one of our resident "local superheroes", a very informative article about the Street Folk shelter. You'll have to read the rest of the newsletter to see who I'm referring to. It's a fantastic article.

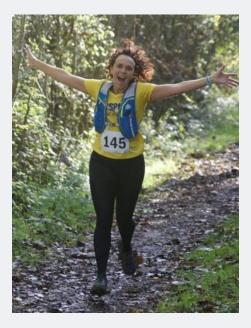
Hayley has a reminder about the standard times for an award. Check the link if you think you qualify. She also has the results. I'm quite sure the times are getting quicker every month!

Deborah Birch sent me some photos from last month's Beachy Head marathon. Unfortunately, it was too late for the October newsletter, and I have therefore included it here. They have not been forgotten!

I leave you with a list of "To Do's" in December:

- Remember to let me have any interesting article or race review. There are a few fun and some serious races. If you can write a few lines about it, please do.
- Remember to let Hayley have your race results.
- Remember to enjoy your running in the new month.

Miranda





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Viparita Karani gently stretches the hamstrings—they get hammered a lot by running—and allows blood that has built up in the feet and legs to re-circulate in the body.

It's also a gentle stretch for the neck, back, and calves. This pose can also calm the mind and the nervous system.

I first learned about the importance of leg drains in Chi Running book by Danny Dryer—a book that I highly recommend to runners of all levels



(www.yogatic.com)

Ideal for post exercise to help with flushing away toxins and helping with circulation. Ideally adopt the position shown and hold for up to 5 minutes allowing the hamstrings and calves to be gently stretched.

Nick



Instructions

The pose described here is a passive, supported variation of the Shoulderstand-like Viparita Karani. For your support you'll need one or two thickly folded blankets or a firm round bolster. You'll also need to rest your legs vertically (or nearly so) on a wall or other upright support.

Step 1

Before performing the pose, determine two things about your support: its height and its distance from the wall. If you're stiffer, the support should be lower and placed farther from the wall; if you're more flexible, use a higher support that is closer to the wall. Your distance from the wall also depends on your height: if you're shorter move closer to the wall, if taller move farther from the wall. Experiment with the position of your support until you find the placement that works for you.

Step 2

Start with your support about 5 to 6 inches away from the wall. Sit sideways on right end of the support, with your right side against the wall (left-handers can substitute "left" for "right" in these instructions). Exhale and, with one smooth movement, swing your legs up onto the wall and your shoulders and head lightly down onto the floor. The first few times you do this, you may Ignominiously slide off the support and plop down with your buttocks on the floor. Don't get discouraged. Try lowering the support and/or moving it slightly further off the wall until you gain some facility with this movement, then move back closer to the wall.

Step 3

Your sitting bones don't need to be right against the wall, but they should be "dripping" down into the space between the support and the wall. Check that the front of your torso gently arches from the pubis to the top of the shoulders. If the front of your torso seems flat, then you've probably slipped a bit off the support. Bend your knees, press your feet into the wall and lift your pelvis off the support a few inches, tuck the support a little higher up under your pelvis, then lower your pelvis onto the support again.

Step 4

Lift and release the base of your skull away from the back of your neck and soften your throat. Don't push your chin against your sternum; instead let your sternum lift toward the chin. Take a small roll (made from a towel for example) under your neck if the cervical spine feels flat. Open your shoulder blades away from the spine and release your hands and arms out to your sides, palms up.



GOSPORT G

Step 5

Keep your legs relatively firm, just enough to hold them vertically in place. Release the heads of the thigh bones and the weight of your belly deeply into your torso, toward the back of the pelvis.

Step 6

Stay in this pose anywhere from 5 to 15 minutes. Be sure not to twist off the support when coming out. Instead, slide off the support onto the floor before turning to the side. You can also bend your knees and push your feet against the wall to lift your pelvis off the support. Then slide the support to one side, lower your pelvis to the floor, and turn to the side. Stay on your side for a few breaths, and come up to sitting with an exhalation.

(vip-par-ee-tah car-AHN-ee) viparita = turned around, reversed, inverted karani = doing, making, action

https://www.yogajournal.com/poses/legs-up-the-wall-pose





Dark Valley Half Marathon: Lucy Hudson

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As soon as I read that there was going to be a half marathon in the dark at Moors Valley, I signed up. I love running in the dark, I love running off road and I used to love running half marathons. However, as lots of you know, it's been a while since I last ran any kind of distance and some weeks, I consider myself lucky if I can fit in a parkrun or a junior parkrun. But with a couple of months to up my miles, I knew it was possible.

On the day, it felt a little odd trying to prepare for an event in the evening and I found myself ready with a couple of hours to spare. I travelled with Jo, Julia and Andrea and we discussed (amongst many other things) when we'd last managed to eat and what we had brought to eat before and after the run. I wasn't too worried though as I'd run other runs organised by White Star and I knew that the 'Love Station' on route would be full of nice food to eat, plenty of water and even alcoholic drinks.

When we arrived, we popped to the toilet and then found Terry, Kerry, Sarah, Lou and Karen for a GRR team photo before the start. We gathered for the pre-race briefing and it looked amazing. So many people were dressed up in fairy lights - we're definitely doing that next year! And a few minutes later, we were off.

It was two lap half marathon with a cut off time of 4 hours. There was also a 10k run which would be a perfect event if you want to give running in the dark a go for the first time. We didn't rush - Jo and I were determined to get good value for money. We ran with Julia and Andrea for the first half, but the pace was a bit quicker than I was used to . At the start of the 2nd lap we caught up with Lou, we let Julia and Andrea speed off ahead.

The course was very muddy with lots of large puddles that were knee deep in places and there were lots of tree stumps, roots and ditches which made it quite tricky. It was just like running a x-country in the dark. There were lots of squeals as everyone slipped and skidded around the course, but that of course made it even more fun. On the whole, the course was undulating with just a couple of really steep hills.

As we crossed the finishing line, we were presented with an awesome medal, a buff and a large box of biscuits. Exactly what you want when you finish a run!

If you enjoy off road running, it's definitely worth checking out White Star Running events as they're always lots of fun and very well organised.

Lucy Hudson







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A few of us volunteered to be bike marshals at this year's Gosport Half marathon. It ended up being myself, Auz and another guy called Luis at the front of the race and at the back it was Rachel, another Ben and a guy from Itchen spitfires.

We had to meet at the school for 9am, but me being my eager self, got there about 8.30. This was also due to having a bit of a hangover and needing to clear my head a little before the race duties actually began. I found a few of the Gosport marshals and had a chat then eventually found the other bike marshals. We had our briefing then just ended up standing around chatting for another half an hour or so.

Onto the race..... we were all lined up at the start of the race, probably about 200m in front of the runners at the start line. The race start was delayed due to some due to some technical difficulties but once it did, we started with a zoom! The back markers led the way, and they didn't wait around, I think Rachel was a bit nervous being followed by 2000 runners. so off they went and the 3 of us lead marshals slowly followed.

We settled into a comfy pace at about 11 MPH, where we were roughly 20 metres ahead of the lead pack. It soon became clear that there was going to be a small group of runners together at the front and this lasted for about 5km. By this point Auz and Luis had gone ahead of me, making sure the route was clear and making sure everybody knew who and what was coming. As most of the route was now on pathways this was extremely important! I had dropped just behind them so I could keep an eye on the race and the leaders, probably 5-10 metres in front while making sure I didn't help them with the wind in any way.

Just over 5km into the race, there was a bit of a breakaway from one group of runners, probably about 5 in total including the eventual winner James Baker. Once he led the breakaway there was no stopping him, he was the leader of the pack and quickly created a large gap which was only getting bigger.



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Soon one lap was done, and I was having lots of fun, being able to watch the lead runner in great shape and saying "hi" to all the marshals. Round for the second lap we soon started catching up on runners who were still on their first lap. This is where it was great having the 2 bikes ahead, making sure people knew we were coming and that the path was already clear. The route got a bit congested for the last couple of miles, but having Auz with his bright yellow horn and some loud shouting we were able to keep the path clear and lead James to the finish without any problems. What a great sight!!

Once my main duties were over I decided to go for another ride round the course, making sure all the runners were okay, and checking on anybody that seemed to be struggling.

I had a laugh with some marshals and was able to encourage runners which they all seem to be grateful for.

What a great day, made even better by all the fantastic marshals and beautiful weather we had!

Thanks for reading.

Ben Jarvis







The Street Folk: Geoff O'Flanagan

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It's really not every day you receive a message from two ladies with a proposal but, then again, life in a Yellow Vest is far from normal. On the day in question my phone vibrated and there, looking back at me were the happy, smiley faces of Hayley Sparshott and Miranda Carrick; their proposition? An article detailing my work with the homeless to be on the editor's desk by no later than the 28th of this month; anything from a few lines to 500 words.

Where to start? I could take you back to working in Kenya, building orphanages and hospitals whilst running food programmes amongst the slums in Nairobi but, not today. This is all about my work with the homeless within our local area. In particular Gosport, Fareham, Southsea, Portsmouth and Southampton. This is about a group of volunteers heading out on both Christmas and New Year's Eve and actively engaging with the Homeless Community or "The Street Folk" as I have come to refer to them.

The one question I am always fielding is why? Why on earth would someone want to give up their time and effort at such an important time of year in order to walk the streets looking for these people? Should you not be with your family and loved ones? To those who ask such questions I cannot answer the why but I do invite them to join me in meeting with The Street Folk; spend time with us as we sit and share food, stories, coffee and the odd joke. They're far from scary and offer all they have in return for your time; each one has a story that deserves to be heard.

It all really started about five years ago when I began to believe something needed to be done for The Street Folk; I've never been one to stand back and here was an itch that needed to be well and truly scratched. I am blessed with friends who are both generous and caring and, together, we managed to raise a small amount of "start-up" money which we used to purchase small items of food and toiletries. Friends also donated hats, socks, gloves, and scarves; at this point I knew there was scope to make this an annual event. People believed in the project and offered encouragement and a huge amount of positive feedback. Over the coming months following the festive season friends would regale me with stories of their own dealings with The Street Folk and how they "made the difference". People who had never imagined themselves talking to "that homeless guy" found themselves sitting and sharing food with the very same person who, weeks earlier, they had avoided for a number of reasons.

This was the game changer for me.



And now, in our fourth year, I am feeling more inspired than ever before. This year has seen a huge surge in support from the wider community. People offering not only much needed donations but also their time, expertise and resources. People are prepared to join together and venture out on to the dark streets in order to meet The Street Folk; to sit with them and simply be there making that all important difference.

The response has been amazing and I am really proud to be part of the running community where people are currently digging out much needed items such as gloves, hats, scarves and socks. I've also heard that a number of unwanted Technical T Shirts are finding their way to the donation piles; a fantastic way to make room for even more running gear! In the run up to the festive season I would welcome such donations and will, along with a small team of volunteers, be collecting items. Our first collection date will be on Saturday 16th December at the Lee on the Solent Parkrun. For those who are unable to make that date Nick Carter has kindly offered to accept donations via his shop on Stoke Road. If people are unable to make either venue then I am happy to arrange for collection.

So, in writing this article I hope I have answered the call made via Hayley and Miranda . The majority of the work with The Street Folk has, historically, gone on beneath the radar; quietly getting on with things in the background. This year we've "gone public" and the response is both heart-warming and inspiring. Finally, I would like to thank you all for taking the time to read about our work and, as a member of the fantastic GRR family, thank you for your support; not only during the many races we all love but also on the streets where making a difference is the very real and tangible prize.

Thanks

Geoff





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| Date | Event | Host Club |
|-----------------|-------------------------|---------------------------|
| Sun 10 Dec 2017 | Bourne Woods | Farnham Runners |
| Sun 31 Dec 2017 | Lord Wandsworth College | Hart Road Runners |
| Sun 21 Jan 2018 | Manor Farm Country Park | Stubbington Green Runners |
| Sun 25 Feb 2018 | Polecat Valley | Haslemere Border AC |





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| Southern Cross Country League – Teams | | | | |
|---|------------|--------------|---------------|----------|
| Queen Elizabeth Country Park – Portsmouth Joggers | | | | |
| 12 th November 2017 | | | | |
| | | | | |
| <u>Club</u> | <u>Men</u> | <u>Women</u> | <u>Points</u> | Position |
| Alton Runners | 17 | 11 | 28 | 14 |
| Basingstoke & Mid Hants AC | 3 | 1 | 4 | 2 |
| Chineham Park RC | 23 | 20 | 43 | 22 |
| Cove Joggers | 19 | 21 | 40 | 20 |
| Denmead Striders | 8 | 7 | 15 | 8 |
| Fareham Crusaders RC | 13 | 17 | 30 | 15 |
| Farnham Runners | 7 | 5 | 12 | 6 |
| Farnham Triathlon Club | 6 | 12 | 18 | 9 |
| Fleet & Crookham AC | 9 | 15 | 24 | 11 |
| Gosport Road Runners | 21 | 22 | 43 | 21 |
| Hart Road Runners | 5 | 3 | 8 | 3 |
| Haslemere Border AC | 1 | 2 | 3 | 1 |
| Hatch Warren Runners | 10 | 4 | 14 | 7 |
| Havant AC | 20 | 24 | 44 | 24 |
| Hedge End RC | 16 | 23 | 39 | 19 |
| Hook Runners | 14 | 10 | 24 | 12 |
| Liss Runners | 2 | 8 | 10 | 5 |
| Petersfield Triathlon Club | 18 | 14 | 32 | 16 |
| Portsmouth Joggers | 15 | 18 | 33 | 17 |
| Portsmouth Triathlon Club | 12 | 9 | 21 | 10 |
| Sherfield Park Runners | 24 | 19 | 43 | 23 |
| Stubbington Green Runners | 11 | 16 | 27 | 13 |
| Victory AC | 22 | 13 | 35 | 18 |
| Waverley Harriers | 4 | 6 | 10 | 4 |



HRRL : Next Events

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HRRL Future Events 2017/2018

Victory 5 mile 3 December 2017 (SOLD OUT)

Stubbington 10km 14 January 2018

Ryde 10 mile 4 February 2018

These are brilliant events with great organisation, reasonable entry costs, medals, marshalling, support and most significantly, excellent Club camaraderie.

Come and find out!





Club Standard Award Scheme

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It's that time of year when I need to gather and confirm results from 2017, with your help, to establish who has qualified for their club standard award this year.

For those who are not aware of the Club Standard Awards, please click the links below to find out more information.

http://www.gosportroadrunners.org.uk/racing/club-awards/

http://www.gosportroadrunners.org.uk/racing/club-awards-mens/

If you believe that you have qualified for an award, please send your evidence of results to me so that I can confirm your application for the award. Please include which award you believe you have qualified for and your age category.

Please note that you can only claim an award **once in each age category** - please do not try to claim an award more than once.

If you are still waiting to run an event during December to hopefully qualify - let me have your evidence as soon as you are able - the cut off date is 31st December.

If you are at all unsure please ask myself or other committee members we will be more than willing to assist you with regards to these awards.

I look forward to hearing from you - please remember that **I ONLY KNOW WHAT YOU TELL ME** - *SO PLEASE TELL ME*!!

Hayley Sparshott



GOSPORT GOSPORT

Recording Results for You

Well done everyone, what an amazing set of results we have had in November.

Thank you for sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR.

Without this information I would not be able to record your achievements.

Please carry on sending me all of the above because - what I don't know, I can't record!



Please send your evidence to me if you believe you have qualified for one of the Club Standard Awards – let me know which award you believe you have qualified for and your age category. You can only claim an award once in each age category so please do not try to reclaim an award that you have already received. Cut off date is strictly 31st December for this – I will not take any applications after this date. If you have qualified but fail to inform me your award will not be issued.

Result of the Month

The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in November that stood out to me on every level and for different reasons including :

Lee Rhodes – running Beachy Head marathon (a gently undulating course – NOT!) in a superb time of 04:24:55 only just being beaten by Ben Jarvis who ran 04:23:23 (how did they do that?)

Chris Buxton – coming 1st in the super sprint Duathlon in 40:10

Nicola Joy - running the Remembrance Day marathon for her Grandad - what huge determination!

Jenny Shilling – running the helpers half in 1:56:30 – I am in total awe

Nikki Moxam – running Hayling 10 in a mind blowing time of 1:02:48!

Darren Eynon and **Lisa Hennen** – completing Wendover Woods 50 – which has got to be one of the hardest events I have ever seen – blimey!

Most outstanding to me was **Tom Barnard** at the HRRL event Hayling 10. Tom achieved a magnificent time of 1:00:35 – wow, just wow!



Well done everyone – keep those results coming to me please.

Hayley Sparshott

Please email your results to Hayley at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk



Results: 5 km Club Time Trial 07/11/2017

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| Pos. | Name | Time | Comments |
|------|------------------------|----------|-------------|
| 1 | Michael Percival | 00:17:42 | |
| 2 | Dan Belben | 00:18:38 | PB |
| 3 | lan Reed | 00:18:55 | PB |
| 4 | Ruby Rennison | 00:21:02 | |
| 5 | Paul Williams | 00:21:13 | |
| 6 | Nick Carter | 00:21:36 | |
| 7 | Alan Burgess | 00:22:07 | |
| 8 | James Heath | 00:23:14 | |
| 9 | Sam Graham | 00:23:53 | PB |
| 10 | Yvette Eastman | 00:24:00 | |
| 11 | Richard Pelley | 00:24:52 | PB |
| 12 | Jazmin Curtin-Sewell | 00:24:56 | PB |
| 13 | Richard Law | 00:25:06 | |
| 14 | Lara Dent | 00:25:21 | |
| 15 | Mark Jakins | 00:25:22 | РВ |
| 16 | Martin Robinson | 00:25:28 | РВ |
| 17 | Jenny Shilling | 00:26:10 | |
| 18 | Geoff O'Flanagan | 00:26:30 | |
| 19 | Keith Elshaw | 00:27:03 | |
| 20 | Brian Fisher | 00:27:16 | |
| 21 | Mike Barker | 00:27:53 | |
| 22 | David Baker | 00:28:41 | |
| 23 | Penny Herridge | 00:29:02 | |
| 24 | Lee Torrens | 00:29:19 | РВ |
| 25 | Louise Ness | 00:30:58 | |
| 26 | Mick Kearney | 00:30:59 | |
| 27 | Colin Middleton | 00:31:06 | |
| 28 | Kate Smyth | 00:31:12 | |
| 29 | Dave Kirby | 00:33:32 | |
| 30 | Ashley Bradshaw | 00:38:44 | |
| 31 | Jennifer Parker-Lummis | 00:39:21 | |
| 32 | Nichola Stanley | 00:44:01 | PB |
| 33 | Steve Crook | 00:44:02 | tail runner |
| 34 | Ben Jarvis | 00:44:03 | tail runner |
| 34 | | 00:44:03 | tan idinici |

Many thanks to the time keepers - Janet Lindley, Paul Street, Liz Redpath and Sue Barrett. Thank you to our marshals - Kim Carter, David Croft, Robert Hylands, Mel Bagwell, Joanne Hopkins, Rachel Gee, Hayley Sparshott, Gill Boorn, Gill Dowling and Miles Van der Lugt.

We had 2 guest runners this evening Tracy Bale with a time of 26:45 and Rebecca Brown with a time of 28:27.



| 05/11/2017 | Meon Valley Half Marathon | | |
|------------|---------------------------|----------|----------------|
| Pos. | Name | Time | Comments |
| 22 | Terry Arnott | 01:38:26 | 9th in cat pos |
| 51 | Kevin White | 01:51:28 | |
| 71 | Bryn Whitehouse | 01:56:21 | |
| 106 | Colin Gardner | 02:02:34 | |
| 110 | Darren Eynon | 02:03:32 | |
| 121 | Robert Hylands | 02:04:50 | |
| 148 | Nick MacBeath | 02:10:50 | |
| 155 | Chris Sparshott | 02:12:19 | |
| 203 | Miranda Carrick | 02:31:12 | |
| 205 | David Brace | 02:33:38 | 9th in cat pos |
| 208 | Jane Cockayne | 02:34:14 | |
| 209 | Claire Tallack | 02:35:25 | |
| 219 | Kerry Arnott | 02:40:24 | |
| 221 | Sarah Down | 02:40:55 | |
| 230 | Amanda Morby | 02:45:55 | |
| 234 | Tracy Moran | 02:48:43 | |
| 235 | Debra Talbert | 02:48:43 | |







| 05/11/2017 | Reading Rivermead 10k | | |
|------------|-----------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 24 | Kieran Chaplin | 00:45:37 | |

| 11/11/2017 | Remembrance Day Marathon | | |
|------------|--------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 9 | Ben Jarvis | 03:36:47 | |
| 55 | Hayley Sparshott | 04:31:13 | |
| 75 | Darren Eynon | 04:43:26 | |
| 91 | Lisa Hennen | 04:54:18 | |
| 91 | Jane Cockayne | 04:54:18 | |
| 125 | Clarie Tallack | 05:38:04 | |
| 125 | Nicola Joy | 05:38:04 | |







| 11/11/2017 | Dark Valley Half Marathon | | |
|------------|---------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 9 | Terry Arnott | 01:34:54 | |
| 160 | Kerry Arnott | 02:21:15 | |
| 214 | Karen Morby | 02:33:52 | |
| 216 | Sarah Down | 02:33:54 | |
| 236 | Julia Roiz de Sa | 02:39:35 | |
| 238 | Andrea Kitching | 02:39:35 | |
| 254 | Joanne Hopkins | 02:49:44 | |
| 255 | Lucy Hudson | 02:49:45 | |
| 256 | Lorraine Down | 02:49:45 | |





| 11/11/2017 | Remembrance 10k | | |
|------------|-----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 70 | Dale Poulter | 00:50:17 | |
| 79 | Gill Dowling | 00:50:48 | |
| 117 | Fiona Tomlinson | 00:54:58 | |
| 219 | Tracy Moran | 01:01:16 | |
| 220 | Debra Talbert | 01:01:19 | |
| 300 | Amanda Morby | 01:06:01 | |





| 11/11/2017 | GRR Helpers' Half Marathon | | |
|------------|----------------------------|---------|----------|
| Pos. | Name | Time | Comments |
| 1 | Tom Barnard | 1.25.07 | |
| 2 | Chris Buxton | 1.28.52 | |
| 3 | Steve Crook | 1.29.50 | PB |
| 4 | Miles Van Der Lugt | 1.38.07 | PB |
| 5 | Lee Rhodes | 1.40.41 | PB |
| 6 | Sarah Ruby Rennison | 1.40.47 | PB |
| 7 | Su Baldock | 1.41.18 | PB |
| 8 | Kathryn Wealthy | 1.41.22 | PB |
| 9 | Kieran Chaplin | 1.42.23 | PB |
| 10 | Ben Wales | 1.43.31 | PB |
| 11 | Dan Roiz de Sa | 1.44.37 | |
| 12 | Rachel Davies | 1.48.02 | PB |
| 13 | Rob Hylands | 1.51.40 | |
| 14 | Laura Woodhams | 1.55.30 | PB |
| 15 | Gill Dowling | 1.55.30 | |
| 16 | Nick MacBeath | 1.55.32 | |
| 17 | Sarah-Jane Keteku | 1.56.12 | PB |
| 18 | Jenny Shilling | 1.56.30 | |
| 19 | Sam Graham | 1.56.48 | PB |
| 20 | Dave Kitching | 1.59.35 | PB |
| 21 | Ray Bernice | 2.01.47 | |
| 22 | Hayley Baird | 2.02.13 | PB |
| 23 | Colin Gardner | 2.04.43 | |
| 24 | Tonia Morrell | 2.05.20 | PB |
| 25 | Richard Law | 2.05.22 | PB |
| 26 | Penny Herridge | 2.10.25 | |
| 27 | Gillian Thomas | 2.10.48 | PB |
| 28 | Brian Fisher | 2.10.49 | |
| 29 | Miranda Carrick | 2.12.10 | |
| 30 | Kim Carter | 2.15.11 | |
| 31 | Emma Noyce | 2.17.22 | PB |
| 32 | Richard Smith | 2.17.22 | PB |
| 33 | Kirsty Fletcher | 2.19.22 | PB |
| 34 | Jade Leahy | 2.19.23 | PB |
| 35 | Sue Tingley | 2.50.49 | |
| 36 | Sue Barker | 2.51.03 | |



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| 11/11/2017 | Ty-Run-Osaurus | | |
|------------|----------------|----------|-----------|
| Pos. | Name | Time | Comments |
| | Jane Cockayne | 01:46:20 | 9.8 miles |
| | Darren Eynon | 01:03:33 | 3.3 miles |
| | Claire Tallack | 01:03:33 | 3.3 miles |

18/10/2017 Gosport Half Marathon Bag Packing

Team of volunteers completed the 2000 goodie bags in a new record time - all finished and tidied up by 12:30! **BOOM!** (beaten previous record by 1 hour)



| 19/11/2017 | Brighton 10k | | |
|------------|--------------|----------|-----------------|
| Pos. | Name | Time | Comments |
| 404 | Alan Burgess | 00:44:02 | 10th in age cat |

| 19/11/2017 | Riverside marathon | | |
|------------|---------------------------|----------|-----------------|
| Pos. | Name | Time | Comments |
| 62 | Darren Eynon | 04:19:15 | 10th in age cat |



| 19/11/2017 | Wimborne 10 | | |
|------------|-------------|----------|----------|
| Pos. | Name | Time | Comments |
| 343 | Mel Maloney | 01:35:22 | |

| 19/11/2017 | Snetterton Half marathon | | |
|------------|--------------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 195 | Michael Percival | 01:41:51 | |



| 23/11/2017 | Timelord on the Thames marathon | | |
|------------|---------------------------------|----------|------------|
| Pos. | Name | Comments | |
| 22 | Hayley Sparshott | 04:25:03 | 5th Female |





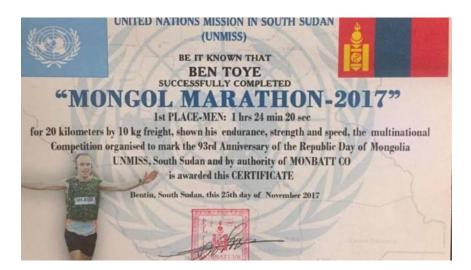


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| 24/11/2017 | Mongolian Marathon (20km race with 10kg weight) | | | |
|------------|---|----------|----------------------|--|
| Pos. | Name Time Comments | | | |
| 1st | Ben Toye | 01:24:00 | How does he do it?!? | |

Was left quite simply speechless last night. Absolutely honoured to win this especially after seeing how much it means to the Mongolians, on their 93rd Anniversary of the Republic Day of Mongolia Amazing awards, amazing people, amazing concert. #presentation #awards #trophy #medals #proud #speechless #honoured #overwhelmed #happy #mongolia #patriotic #concert #talent #stunning #unforgettable #experience #mindblown #thankful







| 25/11/2017 | Wendover Woods 50 | | |
|------------|-------------------|----------|----------|
| Pos. | Name | Time | Comments |
| 158 | Darren Eynon | 14:10:17 | |
| 169 | Lisa Hennen | 14:25:56 | |







Race Results : Hayling 10

| 26/11/2017 | Hayling 10 (HRRL) | | | |
|------------|-------------------|--------------|---------|---------------------|
| Pos. | Name | | Time | Comments |
| 24 | Tom | Barnard | 1:00:35 | BOOM |
| 36 | Michael | Percival | 1:02:08 | |
| 50 | Chris | Buxton | 1:02:43 | 4th in age category |
| 52 | Nikki | Moxham | 1:02:48 | 2nd in age category |
| 57 | Daniel | Belben | 1:03:07 | |
| 73 | Ben | Jarvis | 1:04:48 | |
| 109 | Steve | Crook | 1:07:13 | 3rd in age category |
| 119 | lan | Reed | 1:07:45 | |
| 206 | Sarah Ruby | Rennison | 1:13:29 | |
| 209 | Sharon | Callaghan | 1:13:35 | 6th in age category |
| 217 | Nick | Carter | 1:13:53 | 8th in age category |
| 243 | Benjamin | Wales | 1:14:59 | |
| 266 | Miles | van der Lugt | 1:16:25 | |
| 273 | Gillian | Dowling | 1:16:56 | 9th in age category |
| 291 | Chris | Sparshott | 1:17:58 | |
| 296 | Martyn | Barnes | 1:18:27 | |
| 301 | Tracey | Wales | 1:18:54 | |
| 302 | Kieran | Chaplin | 1:18:57 | |
| 303 | Julia | Roiz de Sa | 1:19:02 | |
| 305 | Dale | Poulter | 1:19:05 | |
| 346 | Richard | Law | 1:22:02 | |
| 369 | Samantha | Graham | 1:24:01 | |
| 388 | Jenny | Shilling | 1:25:52 | 3th in age category |
| 396 | Kerryanne | Sawyer | 1:26:41 | |
| 401 | Tracy | Slade | 1:26:58 | |
| 405 | Jane | Cockayne | 1:27:19 | |
| 413 | Kerry | Arnott | 1:28:01 | |
| 420 | Stevie | Calder | 1:28:32 | |
| 422 | Ken | Eaden | 1:28:46 | |



| 26/11/2017 | Haylin | g 10 (HRRL) | | |
|------------|-----------|---------------|---------|---------------------|
| Pos. | Name | | Time | Comments |
| 423 | Paul | Street | 1:28:47 | |
| 436 | Fiona | Tomlinson | 1:30:05 | |
| 446 | Rory | Fall | 1:32:09 | |
| 447 | Caroline | McGuigan | 1:32:13 | |
| 453 | Penny | Herridge | 1:32:42 | |
| 454 | Kim | Carter | 1:32:44 | |
| 457 | Deborah | Birch | 1:33:30 | |
| 458 | Sharon | Clutton | 1:33:30 | |
| 467 | Tonia | Morrell | 1:34:24 | |
| 485 | Claire | Tallack | 1:36:01 | |
| 487 | Nicola | Colebourne | 1:36:09 | |
| 494 | Michael | Kearney | 1:37:28 | 5th in age category |
| 495 | Jazmin | Curtin-Sewell | 1:37:29 | |
| 499 | Geoff | O'Flannagan | 1:37:46 | |
| 503 | Melissa | Pink | 1:38:37 | |
| 512 | Gillian | Thomas | 1:39:41 | |
| 523 | Karen | Morby | 1:40:40 | |
| 526 | Sarah | Down | 1:40:43 | |
| 535 | Andrea | Kitchen | 1:42:20 | |
| 536 | Michelle | Francis-Dent | 1:42:20 | |
| 539 | Emma | Noyce | 1:42:40 | |
| 541 | Joanne | Hopkins | 1:42:42 | |
| 547 | Carol | Collins | 1:44:14 | |
| 548 | Amanda | Morby | 1:44:20 | |
| 554 | Lorraine | Down | 1:45:35 | |
| 555 | Christine | Nation | 1:46:08 | |
| 579 | Sue | Tingley | 2:03:16 | |
| 580 | Susan | Barker | 2:03:16 | |

















Race Results: Multi-sport



| 06/11/2017 | Bayside Duathlo | | |
|------------|----------------------|----------|-------------|
| Pos. | Name | Comments | |
| 1 | Chris Buxton | 00:40:10 | 1ST!!!! |
| 17 | Jazmin Curtin-Sewell | 00:53:52 | 3rd cat pos |

| 06/11/2017 | Bayside Duc | | |
|------------|-----------------|----------|-------------|
| Pos. | Name Time | | Comments |
| 4 | Tom Barnard | 01:07:30 | 3rd age cat |
| 23 | Ben Jarvis | 01:13:47 | |
| 58 | Dan Roiz de Sa | 01:22:01 | |
| 115 | Fiona Tomlinson | 01:36:59 | 5th age cat |





Travels of the GRR Shirt









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 307 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

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



Monthly Newsletter November 2017







NEWSLETTER





December 2017



Contents

GOSPORT GOSPORT

<u>CONTENTS</u>

4 & 5- Editor's note
6 & 7- Chairman's Corner: Ken Eaden
8 & 9 - The Grim Challenge : Colin Middleton
10 - A running lesson from my past: Steve Crook
11 - Bovington Marathon Weekend: Carol Collins
12 - Southsea Santa Run: Deborah Birch
13 - Cross Country League
14 - HRRL : next events
15 to 26 : Results section
27 & 28 - Club Christmas Relay
29 - Any other business

Cover photo: GRReat representation at the Victory 5mile race. Photo courtesy Mike Bowers.



Monthly Newsletter December 2017





GOSPORT GOSPORT

2017 feels a bit of a blur. Once 01/01/2017 has started it just seemed to rollercoaster its way to what is today, leaving a trail of 364 days of memories and reflections.

I didn't quite kick the breath out of 2017, like my original intention was – my injured foot still hurt and my breathing didn't always co-operate the way I wanted it to when I was running. I didn't participate in the time trials, I didn't show up at all the cross country meets, I didn't get to the club nights every week. I did however meet new people, tried my hand (or rather feet) at pacing at a Women's Running race, completed the Portsmouth Coastal Marathon (just to show up at the start line was a huge challenge!), participated in more races than what I did last year and am still breathing without assistance, so there's definitely a few successful dents in the 2017 Running Resolution bucket list.

So, what is in the shiny bucket for 2018? More importantly, how can we to make sure that it will not remain a shiny bucket of missed opportunities for 365 days, but will instead have a well-worn tarnish of use? I had a long think about this, and it unexpectedly took me back to my growing up years. Amongst a lot of things, my parents made sure we grew up being well-educated, well-mannered and well- travelled. In addition, my dad insisted we know things like how to make a good tie knot, a firm handshake indicates a strong character, replacing a tyre and knowing how to get a VW Beetle engine going when the fan belt came off could save your life. They also showed us that success is something personal and this is usually only achieved through hard work, discipline and dedication but it's always more satisfying if you enjoy what you do when you're doing whatever you have to do. You'll see in a moment how this can be applied to the 2018 Running Resolutions list.

This new year I want to be more dedicated runner in general and a successful Gosport Road Runner in particular. I enjoy running, sometimes more when I'm done than when I'm actually doing it. That's a start. To be successful however, I think I again need to become well-educated and well-travelled... I'm quite confident I still have well-mannered covered! Obviously, this is not in the traditional sense of these words. I can become well-educated as a runner simply by joining one of the many different training opportunities offered on club nights. This will take care of the enjoyment factor too, so a few ticks off in one go. Well-travelled in this context, does not mean leaving the country or even the local area. Participating in different races will result in meeting new people and seeing something different - the same experience travelling gives you. The Lee parkrun for example can be a totally different place with different people on a bright clear day than what it is when it's raining! I know I need to practice running at a pace which will help me achieve my goal - this would be the same as learning to make that perfect tie knot before school every morning. A firm and sensible training program will result in becoming a stronger runner. Hopefully by now I know when to listen to my creaking bones to know when an injury is on it's way and how to prevent it as far as I'm able to, without waiting for the "fan belt" to come totally off and results in a frustratingly long recovery time.

The only thing now is to get out of the door and do this, and that is sometimes the hardest part but I'm ready to give 2018 running a go! I'm quite sure most of you feel this way too.

Let's see what's in the final newsletter for 2017.

Our chairman, Ken Eaden starts us off with reflections from 2017. Colin Middleton brings us the mud and filth of The Grim Challenge whilst Carol Collins shares her experience of the Bovington Marathon weekend.

Steven Crook keeps things festive and reflects on a past running experience. I thoroughly enjoyed reading this and thanks to my vivid imagination, have conjured up an image of that situation which will certainly keep my training motivation high.

Deborah Birch and Gill Dowling participated in the Southsea Santa Run and a short review of this event is included.



GOSPORT G

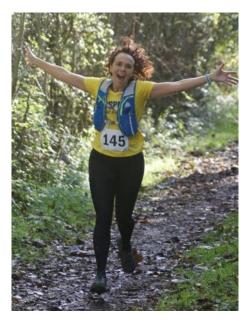
Hayley brings you the Results. It once again makes impressive reading! Congratulations on all those PB's, first timers and old timers whose "PB" may have simply been to reach the start line.

I have included few photos from the Club Christmas Relay. Please revisit the club Facebook page for more photos of this event and all the other races that were held during this month.

The final page sees us leaving the road of 2017 behind and running towards the opportunities waiting. It also embodies the calmness which running can give one. Do you also read the photo that way? I really like it.

Whether or not you have made any running or personal resolutions for 2018, take every opportunity to make this your best year yet!

Míranda





GOSPORT GOSPORT

Hi all,

Happy New Year to you all. I expect many of you will be setting out your 2018 running aspirations and targets. I wish you all the success in the coming year, make your targets realistic, challenging but achievable. I have no doubt Jo Hopkins is still delighting in passing me in the club relay, watch out next year Jo! I thought I would pass on my thoughts and reflection of 2017

If you recall at the last AGM we made a commitment to put more structure into our training nights. I believe we have gone a long way to achieving this. We have invested in training our members in becoming Leaders and Coaches in running fitness. (LIRFS and CIRFS) I now believe we offer more choice to our members on a club night than we have done in the past.

A few months ago, we had a visit from Sarah Gardiner, who is the Southern UK athletics club co-ordinator. She participated in one of our training sessions and was impressed by the enthusiasm, inclusiveness and commitment by our LIRFS and CIRFS to encourage and motivate runners of all abilities. To this end she recommended I submit a nomination on behalf of Gosport Road Runners to participate in an UK initiative called Club Run. The output of this is that we are offered 3 x 2hr coaching sessions by a high-end UK athletic performance coach which includes a question and answer session. The objective being to pass on experience and knowledge for runners to improve their overall performance. In addition, one of the key objectives is to mentor and coach our LIRFS and CIRFS to enable them to pass on knowledge to all our members.

I am delighted to say the submission was successful. Nick Carter our Men's Captain will be co-ordinating this activity. Nick has already posted this on the Facebook page and web site so watch out for further details in the New Year.

Anyone who wishes to become a LIRF or a CIRF, you are most welcome. However, in return for our investment, we expect a level of commitment back to the membership. Please see anyone of the committee members if this is something may be of interest to you.

The Hampshire Road Race League is now well under way, and the cross country is almost complete. I encourage you to add the events as part of your race curriculum. Last year the Ladies were a shining example and many congratulations to Jenny Shilling who is the reigning Over 60 Hampshire Road Race League Champion. We aim to recognise and reward members who qualify for a league placing or complete all the cross-country events. Just a reminder that the Club will reimburse your ferry fare to the IOW for anyone who participates in the Ryde 10 mile. Please note this is only applicable to the ferry not the Hovercraft.

In addition to my role as Chairman, I also have been Race director and Chief Marshall for our Half Marathon. This year's event was as hugely successful as ever, the race was fully subscribed, and we had a record number of runners on the day. Which I suspect was down to the weather. It is a while since we have been blessed with good weather on race day.

I have now handed over the reins of Race Director into the capable hands of Dave Kitching, who has a wealth of experience in the organisation of cycling clubs and has had a career in management, so he has all the credentials. In addition, I have managed to harness the skill set of Anna Codfleter, who is an events organiser. So, the race organisation is in good hands. I remain on the Race committee as Chief Marshall to support Dave and the committee.

The Half Marathon has been the highlight of the year for me, I never enjoyed a pint of beer at the Rugby Club so much post the event. I believe it is the jewel in our crown. The success of our event is solely down to the commitment and dedication of the membership. To many looking from the outside, it appears so simplistic, however there is a great deal of detailed planning by the race committee that precedes the event. This ranges from submitting the race application, logistics planning, dealing with the Hampshire Police Safety advisory group, the council, other external organisations, course management, and a plethora of other stakeholders. I thank the committee for their support and dedication, if it were not for them and the attention to detail the event would not function. A special mention to Gary Francis, who despite his illness, remained as advisor and sounding post.



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Notwithstanding the above the standard of marshalling is the Hallmark of our success. As I have mentioned on many occasions, the role of the marshal should not be underestimated. The primary role of the marshal is runners' safety and to react in accordingly in the event of an incident. Hence marshal positions have been carefully worked out and marshals strate-gically selected for the various positions.

To the 150+ members who volunteered in some capacity in contributing to the success of the race I would like to extend a massive thank you. To Emma Noyce, Nick Boorn and Steve Crook, thank you for providing the rescue service for stragglers, injured children and those who got stuck in the gravel. You were the second emergency service.

For me the Gosport Half Marathon is not just a race, it is an occasion, we own it and cherish it which is reflected in the feedback we receive. In addition, we contribute to the local community in the form of charity donations. Last year we contributed in excess of £9000 to good causes. I believe this is what sets us apart from other races.

As we move into 2018, our next big event is the Awards Night to be held on the 19 January 2018. This promises to be a good entertaining evening where we recognise the achievements of our members. This is a club event where we have come a long way. In the past I have witnessed awards been made in a bus shelter on a wet and windy night at a 5K time trial. It is thanks to my predecessors that this is now a key and established activity in the GRR calendar, so make a note in your diaries. Details will be promulgated in the coming week or so.

The next key event in early April we will be holding our Annual General Meeting. This gives members the opportunity to air their concerns and vote on any proposals in an open forum, watch out for details in the coming weeks.

As I reflect on the past year, it has been an eclectic 12 months, but I am proud and privileged to be the Chairman of Gosport Road Runners and Race Director. I thank the committee for giving up their time freely to ensure the smooth running of the club. However, an even bigger thank you goes to you, the members; for your enthusiasm, support for each other in maintaining the Gosport Road Brand and ethos, which makes us the envy of other clubs.

A happy and successful year to you all .

Good Running

Ken.





Colin Middleton

GOSPORT GOSPORT

Motivation is low in the Middleton house. Life is generally getting in the way, and both of us are finding it a chore to go running.

Hopefully, things are improving, but the last few months have been pretty slack in the running stakes.

Back in August, my mate Nev, convinced me to the GRIM again. We'd done it once before back in 2013, but I'd not really thought about it since. Being keen, I signed up, and awaited this weekend.

Last night I said to Karen "I could do without the GRIM tomorrow, can't be bothered!". She told me that I'd have fun, and that I couldn't let Nev down anyway.

I left home at 8am, and picked Nev up on the way, and we made out way to Aldershot. For anyone who doesn't know what The GRIM is, it's cold, wet, and very muddy 8 miles around the Army's Tank Training Ground in Aldershot. They do a 4, 8 or 16-mile event.

We arrived and collected out numbers, then it was an hour wait until our race started. We both agreed, we couldn't really be bothered, but we're still happy we'd made the effort.

At 10:30, we lined up alongside 1000 other people and the race started. It starts off as just a bit of cross country, some trail, some hills, nothing too taxing.

Now Nev has a habit of staying clean at these things, he'll dodge round the edge, or somehow come out the other side of an obstacle clean and dry. We once did an event in Winchester called 'The General'. One of the obstacles was to crawl on your belly underneath a tank. We both emerged at the other side, me looking like I'd be run over by a giant mud snail, and him looking like he'd just come out of a car wash. I still don't know how he did it, the jammy git.

Back to the GRIM. After a mile or so, you meet the first big puddle. This was cold, so cold. Your feet are nice and toasty warm in your trainers, and suddenly you've plunged your feet and lower legs into icy water.

The first half of the GRIM is very wet, its basically trail running with massive puddles. You just start to warm up again, and then you get hit with another ice-cold pool of water.



The second half is where the mud starts. Its this horrible yellow coloured clay type mud. Its slippy, squelchy, and stains everything it gets on.

The puddles were deep, the mud was deeper, that point when you're going through a bog, and the water is up to your tummy, and you can feel your trainers wanting to stay firmly in the ground where you've put them.



Colin

GOSPORT The Grim Challenge 2017: **Colin Middleton**

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Then it happened, the moment I've been waiting for years. I was wading through a bog, under a cargo net, people were falling all over the place, and I heard my mate Nev behind me make a commotion. He'd slipped in the mud, and ended up half under the water. He had mud in his hair and beard, and all the way up the side of him.

Now, I could have been the sort of friend who is all concerned and worried, but no, he wasn't dead, he was COVERED in mud. How could I not laugh at this? I would have expected nothing less from him.

Once we recovered, him from the shock of getting filthy, and me from the belly ache laughing, we carried on.

We took ages to finish, we jogged a bit, and we walked a bit. It was really cold, my feet at one point felt totally frozen, but it was such a fun event.

After 8 miles, we finally reached the very last puddle, and waded through, and then over the finish line.

I'm so glad I did it. I feel the club has fallen out of love with The GRIM a little bit. In the past, loads of people have done it, some in fancy dress. But lately, it's not been as popular. If you're looking for a fun, sort of local event, then you can't go far wrong.

It costs £32 to enter this event, and you DON'T get a medal. You do get a tech t-shirt, and water. There are basic changing facilities, toilets, baggage etc but no showers, so make sure you're prepared to drive home with your hair full of mud.

Once we'd got dried and changed, a takeaway cheeseburger, chips and a coffee were the most welcome sight.







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A painful running failure that I have used for inspiration happened to me at a school sports day over 40 years ago.

I used to be a reasonable cross-country runner when I was at secondary school; top three in my form (class), top ten in the school. I didn't enjoy it because I always went off too fast and always finished with my lungs bursting and my head on the edge of blacking out. However, we didn't have a choice and I seemed to have a high propensity to suffer so the results were some compensation.

Whilst this was just about bearable, running around fields and muddy paths, I positively hated running around the school 400m athletics track. The rigid constraint of lanes, the monotonous grind of running around in 'circles' in full view of non-participants simply destroyed my will to endure the pain.

Then came that fateful sports day. Our Form team (of two, in a field of ten) for the 1500M was one volunteer short. Clearly, I wasn't the only one who didn't relish running nearly four laps of that sodding track. The school sports master, in charge of the day's proceedings and a sadistic tartar of a man, had no hesitation in nominating me to make up the numbers and previous experience left no room for doubt that any reluctance on my part would lead to summary on-spot-punishment in the form of a beating with a supple and stinging plimsol.

I took my place on the start-line. The Starter for the athletics races was another formidable master who was an ex-military man and his method of choice for sending runners on their way was to fire blank cartridges from a sawn-off double-barrelled shotgun. I kid you not.

Off we went, the staggered, standing start soon resolving itself into almost single file on the inside lane. As always, I went off too fast. I hung on grimly to second place around the first part-lap and into the second. By the end of the second lap I was in third and the gap between me and second was getting bigger. During the third lap I was passed again to find myself in fourth place. The first three runners continued to pull away from me and I ran the final lap in an increasingly blurry haze of pain and humiliation that eventually, mercifully ended with me collapsing over the finishing line.

I was aware of the Starter standing over me, asking me if I was "alright", shotgun held casually by his side. I couldn't speak as I gasped and heaved on the ground, struggling for breath. The silence was broken by a wag in the crowd saying words that haunted me for years but that I now use as a mantra for not giving up: "Go on Sir, put him out of his misery!"

That inglorious failure, based on a propensity to suffer and now, at last, augmented by a vague sense of pacing, is pretty much the basis for my current love of running.

Merry Christmas all!

Steve





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Bovington Marathon Weekend 16/17th December

Friday 15th saw me packing up the bongo for our first weekend away in it. We had been given a name of a pub in Wool called Seven Stars. They were very welcoming, and I would recommend it to anyone that wants to get away on their own or with their dogs, as it's a dog friendly pub. Through-out the day you can hear the trains going pass with a hoot as they get to the junction, but you soon start to ignore this.

Saturday morning welcomed us with very a cold frost but with a lovely cooked full breakfast inside, I was ready for anything. I have said from the start I would help out if needed as a sweeper/support runner. So, dressed in an army dress off we went running through 6 rivers out and 5 back, with miles of mud and puddles in between. On arriving back at the Love Station about 23 miles-ish was asked to help a fellow runner back as he was struggling with the cold but wanted to finish. As result, the last 7 miles were at walking pace with him, and even though he didn't want to admit it, I could see he was struggling. On coming up to the entry back into Bovvy museum I managed to get him to run the last 200 yards over the line, finishing in a time of 7hs 08 mins. This year's race was all about helping others get round rather than recording my time, as thanks to Lanmac, this might be the last Bovvy event. I'm also pleased to say that helping out when I had to, helped to keep my mind off the pain I was in.

Great heavy medal and bottle of beer at the finish, then back to the pub and a well-deserved pint and hot meal.

Sunday morning had us up to an even colder morning but with another full breakfast inside, we made our way to were I would be marshalling at the Love Station, my first time, dressed in a Santa dress with reindeer ear muffs that looked more like I had boobs on my ears. The plan was Bob would help us set up and then go onto the Museum and look around the rest of it, but he ended up staying for the whole time. I am one very proud wife, not only did he keep the warm mull cider and beer going while the rest of us were handing out water to the fast runners and supporting the slower ones, he also had one lady come up and ask for a hug from him and wanted him to tell her to man up....so around the table he came gave her a great big hug and then said "man ...up and get running, you can do this" :) As she walked away and was about to look back and he shouted "don't look back keep going". We have had a lovely thank you from her on WSR page saying of it wasn't for him she would had called it a day there and there.

Here's hoping that there will be another Bovington event, but I'm proud to have run their first and what looks like to be their last...but never say never.

Carol









Santa Fun Run - Southsea: Deborah Birch Monthly Newsletter December 2017

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It was fun. There was a choice of 1mile, 10k, 5k or all 3 ran in that order. You can select whether or not you want the Santa costume with your entry. Alternatively you can run in your own Christmas themed costume....there was even a man as a Christmas sausage, but he had to be asked what he was by a fellow runner!

Running all 3 races makes for 4 medals and the biggest goodie bag.

Be aware though I planned to run it for my 10k club award to find out on arrival it is not a timed run but a run for fun only.

Deborah









GOSPORT G

| Date | Event | Host Club |
|-----------------|-------------------------|---------------------------|
| Sun 21 Jan 2018 | Manor Farm Country Park | Stubbington Green Runners |
| Sun 25 Feb 2018 | Polecat Valley | Haslemere Border AC |





HRRL : Next Events

GOSPORT GOSPORT

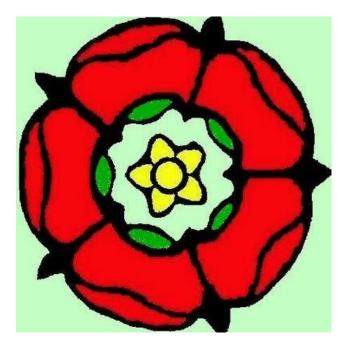
HRRL Future Events 2017/2018

Stubbington 10km 14 January 2018

Ryde 10 mile 4 February 2018

These are brilliant events with great organisation, reasonable entry costs, medals, marshalling, support and most significantly, excellent Club camaraderie.

Come and find out!





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Recording Results for You

Well done everyone, what an amazing set of results we have had in December.

Thank you for sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR.

Without this information I would not be able to record your achievements.

Please carry on sending me all of the above because - what I don't know, I can't record!

Hayley



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in December that stood out to me on every level and for different reasons including

Joanne Hopkins – smashing through the 1 hour barrier on a 10k run for the first time at the St Andrews day 10k with a time of 57:03 – BOOM

Laura Woodhams - getting a huge PB in our 5k TT with an amazing time of 22:23 superb!

Marie Bowers – coming 3rd in her age category at Victory 5 and smiling all the way round

Bryn Whitehouse – coming 5th in his age category in the Decker Challenge half marathon with an amazing time of 01:38:34

Kieran Chaplin - running a very strong half marathon at the Portsmouth Coastal Half with a time of 01:46:22

Most outstanding to me in December was **Ben Jarvis** running his 50th marathon at the Portsmouth Coastal Ultra 50k in an outstanding time of 04:25:24 and coming 7th in his age category – what an outstanding achievement on many levels!



Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott

Please email your results to Hayley at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk





Results: 5 km Club Time Trial 05/12/2017

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| Pos. | Name | Time | Comments | Pos. | Name | Time | Comments |
|------|----------------------|----------|----------|------|--------------------|----------|----------|
| 1 | Michael Percival | 00:17:57 | | 24 | Lee Torrens | 00:27:46 | PB |
| 2 | Nikki Moxham | 00:18:36 | | 25 | Andy Brown | 00:28:07 | PB |
| 3 | lan Reed | 00:18:59 | | 26 | David Baker | 00:28:26 | |
| 4 | Bryn Whitehouse | 00:20:19 | | 27 | Trevor Giles | 00:28:29 | PB |
| 5 | Sarah Ruby Rennison | 00:20:54 | | 28 | Jackie Brady | 00:29:24 | |
| 6 | Philip Silver | 00:21:21 | PB | 29 | Tara Hewson | 00:29:34 | 1st time |
| 7 | Alan Burgess | 00:21:34 | | 30 | Louise Ness | 00:29:50 | |
| 8 | Dale Poulter | 00:21:59 | PB | 31 | Mick Kearney | 00:29:51 | |
| 9 | Gill Dowling | 00:22:03 | | 32 | Richard Smith | 00:29:56 | |
| 10 | Laura Woodhams | 00:22:23 | PB | 33 | Kate Smyth | 00:30:01 | |
| 11 | Nick Macbeath | 00:22:24 | | 34 | Christine Nation | 00:30:19 | |
| 12 | Martyn Barnes | 00:22:57 | | 35 | Dave Kirby | 00:34:09 | |
| 13 | Richard Pelley | 00:23:56 | PB | 36 | Terry Ash | 00:35:51 | |
| 14 | Yvette Eastman | 00:24:09 | | 37 | Steve Cawte | 00:35:52 | |
| 15 | Jazmin Curtin-Sewell | 00:25:25 | | 38 | Jacqui Torrens | 00:40:59 | PB |
| 16 | Caroline Musto | 00:25:26 | PB | 39 | Pam Fisher | 00:41:00 | PB |
| 17 | Ken Eaden | 00:26:14 | | 40 | Caroline Richards | 00:42:17 | 1st time |
| 18 | Fiona Tomlinson | 00:26:14 | | 41 | Janet Smith | 00:42:17 | |
| 19 | Keith Elshaw | 00:26:37 | | 42 | Sid Smith | 00:42:18 | |
| 20 | Mike Stares | 00:26:44 | | 43 | Kim Carter | 00:42:19 | |
| 21 | Tonia Morrell | 00:26:57 | PB | 44 | Rebecca Wroblewski | 00:45:52 | 1st time |
| 22 | Hayley Baird | 00:27:27 | | 45 | Angie Elshaw | 00:45:53 | |
| 23 | Karen Morby | 00:27:33 | РВ | | | | |

Many thanks to the time keepers - Janet Lindley, Sue Barrett, Terry Weston and Gary Francis. Thank you to our marshals Jenny Shilling, Nick Carter, Jo Hopkins, Hayley Sparshott ,Dave Croft and our tail runners Kim Carter ,Angie Elshaw and Sid Smith.

We had 2 guest runners this evening: Tom Bates with a time of 19:06 and Kevin Allen with 20:06.



| 26/11/2017 | Festive Frolic | | |
|------------|----------------|----------|----------|
| Pos. | Name | Time | Comments |
| 52 | Sarah Lloyd | 04:52:52 | 23 miles |

| | 30/11/2017 | St Andrew's D | ay 10km | | | |
|-----------------|--|----------------|--------------|-----------|-------------------|--|
| | Pos. | Name | , | Time | Comments | 200 |
| | 75 | Joanne Hopkins | | 00:57:03 | 6th in age catego | pry The Part of th |
| $\overline{\ }$ | Please read Colin excellent race review of this event. MC | \leq | | | | |
| | \square | 02/12/2017 | Grim | Challenge | | |
| • | | Pos. | I | Name | Time | Comments |
| | | 1073 | Colin Middle | | 01:50:37 | |

| 03/12/2017 | Mouth to Mouth | | |
|------------|----------------|----------|--------------------|
| Pos. | Name | Time | Comments |
| 28 | Ben Jarvis | 04:15:51 | 27 miles off road! |







| 04/12/2017 | Victory 5 | | | |
|------------|-----------|--------------|----------|---------------------|
| Pos. | Name | | Time | Comments |
| 31 | Tom | Barnard | 00:27:54 | |
| 90 | Nikki | Moxham | 00:30:04 | 2nd in age category |
| 97 | Dan | Belben | 00:30:23 | |
| 240 | Sarah | Rennison | 00:34:16 | |
| 256 | Tim | Durant | 00:34:33 | |
| 260 | Benjamin | Wales | 00:34:46 | |
| 271 | Miles | van der Lugt | 00:35:02 | |
| 295 | Colin | Gardner | 00:35:47 | |
| 299 | Nick | Carter | 00:35:56 | |
| 355 | Kieran | Chaplin | 00:37:38 | |
| 357 | Dale | Poulter | 00:37:26 | |
| 358 | Julia | Roiz de Sa | 00:37:48 | |
| 368 | Richard | Law | 00:38:06 | |
| 385 | Tracey | Wales | 00:38:50 | |
| 397 | Sam | Graham | 00:39:03 | |
| 458 | Jenny | Shilling | 00:41:22 | 2nd in age category |
| 463 | Kerryanne | Sawyer | 00:41:27 | |
| 479 | Nicolas | Boorn | 00:42:01 | |
| 494 | Geoff | O'Flanagan | 00:42:37 | |
| 497 | Steve | Calder | 00:42:41 | |
| 504 | Mark | Jakins | 00:43:01 | |





| 04/12/2017 | V | ictory 5 | | |
|------------|------------------|---------------|----------|---------------------|
| Pos. | Name | | Time | Comments |
| 531 | Jazmin Josephine | Curtin-Sewell | 00:44:25 | |
| 533 | Michael | Stares | 00:44:12 | 8th in age category |
| 545 | Mick | Kearney | 00:44:44 | 9th in age category |
| 559 | Joanne | Hopkins | 00:45:17 | |
| 591 | Carol | Collins | 00:47:23 | |
| 595 | Kim | Carter | 00:47:45 | |
| 600 | Emma | Noyce | 00:47:54 | |
| 603 | Amanda | Morby | 00:48:06 | |
| 604 | Andy | Brown | 00:48:20 | |
| 618 | Lee | Torrens | 00:49:55 | |
| 624 | Amanda | Mole | 00:50:25 | |
| 651 | Kayleigh | Park | 00:53:06 | |
| 657 | Patricia | Lapworth | 00:54:09 | |
| 658 | Dee | Upshall | 00:54:09 | |
| 659 | Naomi | Clements | 00:54:11 | |
| 668 | Sharon | Noble | 00:54:58 | |
| 689 | Caroline | Harms | 00:56:57 | |
| 694 | Marie | Bowers | 00:57:33 | 3rd in age category |
| 706 | Karen | Harding | 01:01:24 | |
| 716 | Nichola | Stanley | 01:12:03 | |











Monthly Newsletter December 2017

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| 10/12/2017 | Decker Challenge | | |
|------------|------------------|----------|---------------------|
| Pos. | Name | Time | Comments |
| 73rd | Bryn Whitehouse | 01:38:34 | 5th in age category |







| 10/12/2017 | Bourne Wood Cross Country | | |
|------------|---------------------------|-------------------|--|
| Pos. | Name | Comments | |
| | Ben Jarvis | 1st male | |
| | Colin Gardner | | |
| | | | |
| | Jo Hopkins | 1st Female | |
| | Hayley Sparshott | | |
| | Karen Morby | 1st cross country | |
| | Lorraine Down | | |
| | Pippa White | | |
| | Pat Lapworth | | |
| | Nicky Hayward | | |



| 16/12/2017 | Bovington Ma | rathon | | |
|------------|------------------|----------|----------------------|----------------------|
| Pos. | Name | Time | Comments | Thank you Carol, for |
| 240 | Hayley Sparshott | 05:27:54 | 10th in age category | your great article |
| 290 | Lisa Hennen | 05:42:59 | | on this event. MC |
| 474 | Carol Collins | 07:09:07 | - | |
| | | | | |











| 17/12/2017 | Portsmouth Festive Half Marathon | | | |
|------------|----------------------------------|----------|----------|--|
| Pos. | Name | Time | Comments | |
| 5 | Dan Belben | 01:28:13 | | |
| 62 | Kieran Chaplin | 01:46:22 | | |





| 17/12/2017 | The Harbour | | |
|------------|-------------------|----------|---|
| Pos. | Name | Time | Comments |
| 47 | Ben Jarvis | 04:25:24 | 7th in category position and 50th marathon! |
| 219 | Richard Law | 05:19:06 | |
| 260 | Daniel Roiz De Sa | 05:36:43 | |







| 17/12/2017 | Portsmouth Coastal Festive Marathon | | | |
|------------|-------------------------------------|----------|------------------------|--|
| Pos. | Name | Time | Comments | |
| 50 | Stephen Crook | 03:23:58 | 8th in age category | |
| 177 | Darren Eynon | 03:51:36 | | |
| 216 | Colin Gardner | 03:56:35 | | |
| 244 | Gillian Dowling | 03:59:46 | | |
| 262 | Su Baldock | 04:02:19 | | |
| 375 | Yvette Eastman | 04:18:58 | 10th in age category | |
| 394 | Miles van der Lugt | 04:21:07 | | |
| 410 | Laura Woodhams | 04:23:21 | | |
| 507 | Emma Robinson | 04:33:28 | | |
| 533 | Chris Sparshott | 04:38:18 | | |
| 598 | Julia Roiz De Sa | 04:48:20 | | |
| 601 | Jane Cockayne | 04:48:28 | | |
| 604 | Paul Street | 04:49:14 | | |
| 619 | Claire Tallack | 04:52:17 | | |
| 659 | Brian Fisher | 04:58:26 | | |
| 726 | Andrea Kitchen | 05:12:59 | | |
| 727 | Sarah-Jane Keteku | 05:13:03 | | |
| 745 | Catherine Stock | 05:18:47 | | |
| 747 | Katrina Jurd | 05:18:49 | | |
| 746 | Lisa Hennen | 05:18:49 | 2nd marathon in 2 days | |
| 748 | Sarah Bishop | 05:18:51 | | |
| 763 | Miranda Carrick | 05:23:39 | | |
| 764 | Tracy Moran | 05:23:39 | | |
| 817 | David Kitching | 05:40:30 | | |
| 819 | Karen Morby | 05:40:57 | | |
| 821 | Richard Smith | 05:41:32 | 7th in age category | |
| 828 | Nicola Joy | 05:44:03 | | |
| 829 | Kirsten Maw | 05:44:03 | | |
| 831 | Sarah Down | 05:46:40 | | |
| 841 | Sarah Lloyd | 05:57:16 | | |
| 865 | Lorraine Down | 06:20:48 | | |
| 866 | Emma Noyce | 06:20:50 | | |



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Monthly Newsletter December 2017



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379

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292

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621





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| 30/12/2017 | Frozen Phoenix I | | |
|------------|------------------|----------|------------|
| Pos. | Name | Time | Comments |
| 16 | Hayley Sparshott | 04:40:14 | 5th female |



Lord Wandsworth College Cross Country 31/12/2017

| Name | Comments |
|----------------------------|----------|
| Men | |
| 1. Michael Percival 77th | |
| 2. Sam Graham 203rd | |
| 3. Ken Eaden 227th | |
| 4. Andy Hopkins 241st | |
| 5. Andy Brown 244th | |
| 6. Lee Torrens 245th | |
| | |
| Ladies | |
| 1. Hayley Sparshott 107th | |
| 2. Caroline Mcguigan 116th | |
| 3. Karen Vicki Morby 118th | |
| 4. Joanne Hopkins 147th | |
| 5. Pippa White 152nd | |
| 6. Gillian Horn 155th | |
| 7. Pat Lapworth 162nd | |
| 8. Jackie Brady 165th | |
| 9. Chris Nation 166th | |



Club Christmas Relay –

09/12/2017

Monthly Newsletter December 2017

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Christmas relay winning team : Sam Graham, Karen Vicki Morby, Joanne Hopkins, Kerry Sawyer and Julia Bentley



Best fancy dress: Andy Brown



London Marathon place: Karen Vicki Morby









Monthly Newsletter December 2017





Any Other Business

GOSPORT G

http://www.gosportroadrunners.org.uk

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.





GRR and Social Media

The Club's Facebook members' page currently has 245 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/1930144613918/

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

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



2018 Awaits

