

GOSPORT

== Road Runners ==

Right Ladies! I've
got a plan...



NEWSLETTER



Winter

January 2017

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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.



[illegible]

10k	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



10 Mile	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

½ Marathon	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	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	-----	

Club Bronze Award

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



Club Silver Award

Nikki White	Thomas Bates
Gill Dowling	Bryn Whitehouse
Lisa Hennen	Alan Burgess
	Paul Williams



Club Gold Award

Rob Byrne



A man in a dark checkered shirt and a woman in a black jacket are smiling and holding a large silver trophy together. They are standing in front of a wall with a framed picture and a window. There are stacks of white boxes on a table to the right.











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

Club 5km Time Trial—January 2017

That was a bitter 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	PB
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	
55	Rory Fall	32:35	
56	Kier Bagwell	32:37	Guest
57	Steve Crook	32:37	

XC 4 Lords Wandsworth - 02-01-2017

Pos.	Name	Time
1	Terry Arnott	31st
2	Colin Cadillac Chalme	63rd
3	Kevin White	118th
4	Colin Gardener	148th
5	Darren Eynon	182nd
6	David Croft	211th
7	Martyn Barnes	213th
8	Lee Westwood	237th
9	Steve Calder	246th
10	Mick Stares	255th
11	Keith Elshaw	265th
12	Rory Fall	269th
13	Levi Hughes	279th

Pos.	Name	Time
1	Nikki White	108th
2	Hayley Sparshott	112th
3	Caroline Mcguigan	119th
4	Lara Dent	129th
5	Kerry Arnott	135th
6	Kirsten Maw	137th
7	Johanna Ross	162nd
8	Sue Barrett	163rd
9	Lorraine Down	169th
10	Sarah Down	170th
11	Sharon Noble	180th
12	Joanne Hopkins	181st
13	Nicky Hayward	182nd



XC 5 Manor Farm - 22-01-2017

Pos.	Name	Time
1	Terry Arnott	22nd
2	Ben Jarvis	45th
3	Colin Cadillac Chalme	54th
4	Colin Gardner	98th
5	Alan Burgess	111th
6	Nick MacBeath	142nd
7	Terry Moore	144th
8	Phill Moran	159th
9	David Croft	161st
10	Brian Fisher	173rd
11	Chad Newman	174th
12	Lee Westwood	185th
13	Steve Calder	191st
14	Rory Fall	195th
15	Mike Stares	201st
16	Andy Hopkins	216th
17	Andy Brown	217th
18	Levi Hughes	221st

Pos.	Name	Time
1	Julia Bentley	64th
2	Kerry Arnott	86th
3	Caroline Mcguigan	92nd
4	Jane Cockayne	121st
5	Claire Tallack	123rd
6	Jenner Moore	125th
7	Michaela Ward	126th
8	Lorraine Down	137th
9	Lucy Hudson	141st
10	Pat Lapworth	143rd
11	Chris Nation	145th
12	Sarah Down	149th
13	Sheena Atkinson Ball	150th
14	Pippa White	152nd
15	Joanne Hopkins	154th
16	Emma Noyce	158th
17	Gillian Boorn	168th
18	Sue Barrett	169th
19	Nicky Hayward	170th







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





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	Comment
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	



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

GOSPORT

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NEWSLETTER



Winter

February 2017

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14 — Any Other Business



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





[illegible]

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.

Exercise No1. BURPEE.

Accredited to American physiologist Royal H BURPEE who in 1930 designed the exercise as part of his thesis to demonstrate 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!



Burpee (exercise)

Full body exercise

☆A

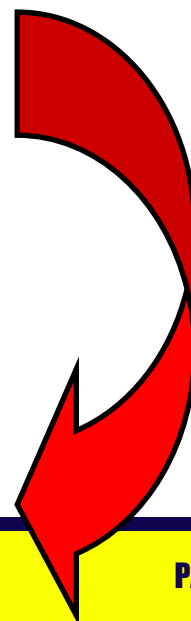


The **burpee**, or **squat thrust**, is a full body exercise used in **strength training** and as an **anaerobic exercise**. The basic movement is performed in four steps and known as a "four-count burpee":

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)
4. Immediately return your feet to the squat position. (count 3)
5. Jump up from the squat position (count 4)



*More Burpee's
over the page*



beginner: 3 sets
intermediate: 4-5 sets
advanced: 6 sets



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

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

Thanks... *Dave Croft*

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- Lumn	36:48	
41	Caz Harms	36:58	

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	

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	
68	ARNOTT, Terry	1:07:07	
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	

Breakfast Club Race (Laps) - 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	

Harry was the first GRR
to go under an hour in a
10 mile race since 1992



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	
423	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	
578	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	
781	Jo Harvey	02:18:29	
783	Keith Elshaw	02:18:43	
796	Shona Rust	02:19:49	
837	Steve Wood	02:23:46	
876	Zoe Windsor	02:27:56	
877	Joanne Hopkins	02:27:57	
878	Karen Morby	02:27:58	
901	Sheena Ball	02:30:19	



Castle to Castle 10 mile - 19-02-2017

Pos.	Name	Time	Comment
18	Richard Law	01:15:45	

Heartbreaker Half Marathon - 26-02-2017

Pos.	Name	Time	Comment
205	Kirsten Maw	02:31:55	
206	Keith Elshaw	02:31:55	

Heartbreaker Marathon - 26-02-2017

Pos.	Name	Time	Comment
66	Dan Roiz de Sa	03:59:12	

Winchester 10k - 26-02-2017

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
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



GRR Website

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GRR and Social Media



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Follow this link to see what's going on:

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

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Spring

March 2017

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| 10 - Knowle Village 10km : Debbie Humphreys | |



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.



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.



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 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/workout-routines>)

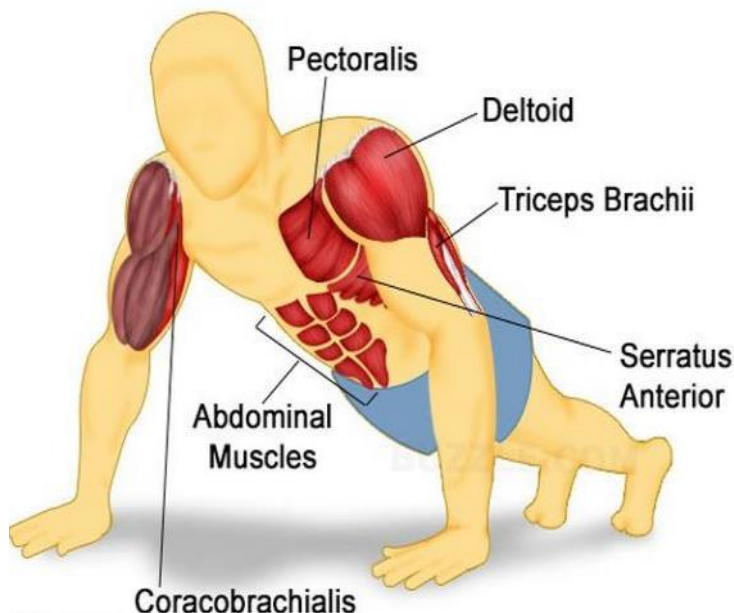
Have fun!



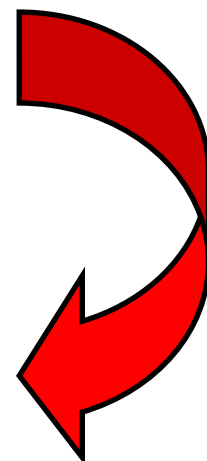
The Basics

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.

Muscles Targeted By Push-ups



Incorporating push-ups in
your workout routine



Until next year!

[illegible]

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

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

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
1	Terry Arnott	18:05	PB
2	Ben Jarvis	18:48	
3	Jason Grygiel	19:29	
4	Kev White	20:45	
5	Gill Dowling	21:38	
6	Alan Burgess	21:41	
7	Sarah Ruby Rennison	21:43	Guest
8	Kathryn Wealthy	21:48	PB
9	Simon Gregg	21:59	
10	Dan Thompson	23:05	
11	James Walton	23:21	1st Timer
12	Yvette Eastman	23:39	PB
13	Ken Eaden	23:59	
14	Steve Silverlock	24:44	PB
15	Dave Croft	25:02	
16	Martin Robinson	25:42	PB
17	Fiona Tomlinson	25:52	
18	Kerry Arnott	26:21	
19	Brian Fisher	26:22	
20	Melissa Pink	26:43	
21	Michael Carrick	27:06	Guest
22	Lisa Hennan	27:06	
23	Catherine Stock	27:23	
24	Hayley Baird	27:27	PB
25	Tonia Morrell	27:35	1st Timer

Pos.	Name	Time	Comment
26	Shona Rust	28:34	PB
27	Lorraine Down	28:36	PB
28	Karen Morby	28:38	PB
29	David Baker	28:41	
30	Alison Clarke	28:48	
31	Nicky Leech	29:06	
32	Mike Kearney	29:26	
33	Miranda Carrick	29:34	
34	Richard Smith	29:37	
35	Adrian Brogan	30:13	Guest
36	Jamie Dalglish	30:28	Guest
37	Nicki White	30:35	
38	Liz Watkins	30:42	Guest
39	Brad Archer	30:44	Guest
40	Trevor Giles	31:53	Guest
41	Gail Dudley	32:12	Guest
42	Kirsty Kenning	33:06	Guest
43	Ray Bernice	33:09	
44	Dave Kirby	33:18	
45	Louise Ness	34:04	Guest
46	Caroline Oakes	35:29	
47	Caroline McGuigan	35:29	
48	Paul Street	35:31	
49	Mike Bowers	43:28	
50	Debra Talbert	43:29	

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	



Wimborne 20 mile

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	



Logicom Cyprus Marathon

Pos.	Name	Time	Comment
75	Daniel Roiz de Sa	03:45:00	
224	Kim Carter	05:00:06	
241	Laura Woodhams	05:41:59	
242	Jayne Cockayne	05:41:59	

Logicom Cyprus 10k

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

Logicom Cyprus Half Marathon

<i>Miles</i>	<i>Name</i>	<i>Time</i>	<i>Comment</i>
148	Nick Carter	01:47:29	
279	Julia Roiz de Sa	02:01:01	
280	Tracy Slade	02:01:00	
281	Lara Durham-dent	02:01:00	
414	Zoe Windsor	02:20:07	
507	Debbie Humphreys	03:09:01	





Silverstone Half Marathon

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

A group of people are posing for a photo indoors. On the left, a man is dressed as a leprechaun with a green hat, a long red beard, and a green jacket over a green and white checkered vest. In the center, a woman wears a green vest over a white long-sleeved shirt with pink cuffs and a yellow skirt. To her right, another woman is in a green t-shirt with a tattoo on her arm. Several other people are visible in the background, some wearing green clothing. The setting appears to be a hallway or a room with large windows.



<i>Pos</i>	<i>First Name</i>	<i>Surname</i>	<i>Time</i>
1419	Nicolas	Boorn	00:55:31
1463	Kim	Carter	00:56:08
1521	Emma Louise	Robinson	00:57:41
1621	Emma	Noyce	00:58:10
1636	Geoff	O'Flanagan	00:58:46
1716	Becky	Veal	00:59:13
1729	Lorraine	Down	00:59:22
1741	Elizabeth	Elshaw	00:59:35
1824	Shona	Rust	01:01:25
1903	Andy	Brown	01:02:16
1904	Steve	Wood	01:02:27
1907	Sue	Barrett	01:02:20
1908	Jackie	Brady	01:02:19
2019	Sharon	Noble	01:04:32
2072	Amanda	Morby	01:05:43
2316	Melanie	Bagwell	01:17:17
2317	Caroline	Harms	01:17:19



[illegible]

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.



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

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NEWSLETTER



Spring

April 2017

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

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| 4 & 5 - Chairman's Corner | 20 to 32 - Results |
| 6 to 8 - Meet your committee | 33 - Out of Town photos |
| 9& 10 - Exercise of the month: Nick Carter | 34 - Memorial club run photos (a few only!) |
| 11 - Summer 5K Series | 35 - Any Other Business |
| 12 & 13 - 100 Acres Half Marathon : Pippa White | |



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.

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



[illegible]

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.

Jo Hopkins



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 membership@gosportroadrunners.org.uk It would be fantastic to build a comprehensive database to pass onto future representatives.

Hayley Sparshott



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.

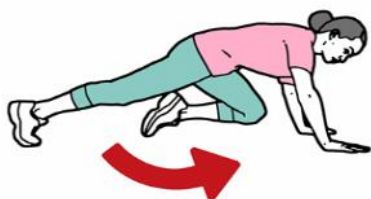
A woman with reddish-brown hair, wearing a red jacket, black shorts, and a backpack, is running outdoors. She is holding a small black dog in her left arm and has a joyful expression. The background shows a grassy field and trees.

Proud to be a GRR.

A male runner with a beard and short brown hair is smiling and waving his right hand towards the camera. He is wearing a bright yellow t-shirt with "GOSPORT Road Runners" printed on it. Below the team name is a red and white "Virgin money" logo and a race bib with the number "22496". At the bottom of the bib is the "adidas" logo and the "#boost" hashtag. He is also wearing black athletic shorts. In the background, other runners and spectators are visible on a city street.

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 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.

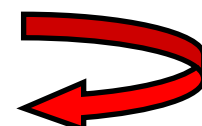
If that sounds awful, that's because it is awful. It wears you out, it hurts your arms and it looks like the stupidest thing ever invented. As part of a circuit class, though, it fits in nicely with star jumps and burpees. Just don't get good at them, because next comes sliding mountain climbers. This 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-it-worth-doing-mountain-climbers-exercise-review>)

Incorporating mountain climbers in your workout routine





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

Do you remember the 2016 Series ? GRR did very well!

Ladies:

Gill Dowling 2nd overall and Jayne Cockayne 4th overall

Men:

Tom Barnard (who participated under Bayside Tri in 2016) was the 4th male overall



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.



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.

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.



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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.

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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

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



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100 Acre 10K - 02/04/2017

Pos.	Name	Time	Comment
5	Terry Arnott	0:43:08	
29	David Croft	0:59:59	
46	Kerry Arnott	01:00:16	
50	Melissa Pink	01:02:17	
57	Katrina Jurd	01:04:40	
58	Sarah Bishop	01:05:02	
63	Catherine Stock	01:05:21	
75	Karen Morby	01:09:21	
76	Andy Brown	01:09:25	
79	Joanne Hopkins	01:10:38	
81	Hayley Sparshott	01:10:40	
80	Emma Noyce	01:10:41	
84	Sheena Ball	01:10:59	
88	Amanda Morby	01:11:24	
98	Gillian Boorn	01:13:14	

Pos.	Name	Time	Comment
106	Jackie Brady	01:13:59	
107	Sharon Noble	01:13:59	
130	Denise Francis	01:19:35	
132	Susan Barker	01:20:03	
133	Sue Tingley	01:20:04	
134	Lizzie Elshaw	01:20:43	
146	Lorraine Down	01:24:33	
147	Sarah Down	01:24:33	
151	Louise Millson	01:27:22	
152	Wendy England	01:27:23	
153	Debbie Humphries	01:27:25	
154	Janet Lindley	01:27:23	
159	Caroline Harms	01:30:55	
160	Jennifer Parker-Lummis	01:30:56	



Turn the
page for
more photos

A gold medal with a blue ribbon, featuring the year 2017, a blue silhouette of Salisbury Cathedral, and the text 'SALISBURY 10 miles' in white and blue.



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 Tove	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



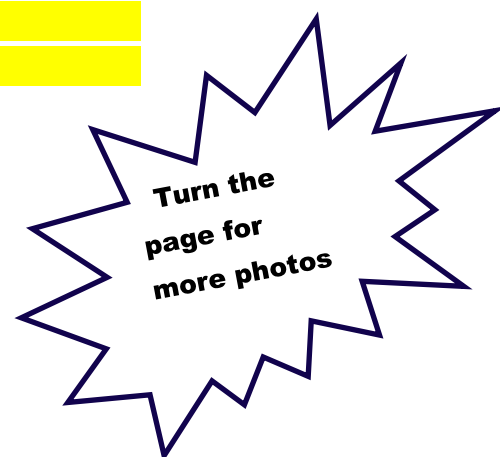
Race Results:

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	





Southampton Marathon - 23/04/2017

<i>Pos.</i>	<i>Name</i>	<i>Time</i>	<i>Comment</i>
52	Ben JARVIS	03:17:44	
79	Terry ARNOTT	03:25:30	
117	Lee RHODES	03:31:34	
243	Su BALDOCK	03:46:14	
246	Kathryn WEALTHY	03:46:34	
355	Paul STREET	03:56:14	
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

<i>Pos.</i>	<i>Name</i>	<i>Time</i>	<i>Comment</i>
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	



[illegible]

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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 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>



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

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Spring

May 2017

Cover photo: *Depression Friends Sailing day*

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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





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.

[illegible]

- 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?

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 No 4 : Bicycle crunches

<https://youtu.be/wqoDOBdggto>. 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 youtube.com

Have fun!



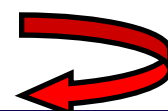
Bicycle Crunches: The Best Core Exercise According to ACE

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.

1. Start by lying on the ground, with your lower back pressed flat into the floor and your head and shoulders raised slightly above it.
2. 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.
6. 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.

Incorporating bicycle crunches in your workout routine



beginner: 3 sets
intermediate: 4-5 sets
advanced: 6 sets



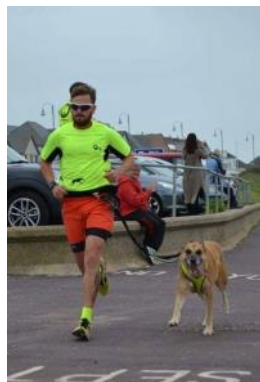
A diagram of a person in a starting crouch. Red arrows point upwards from the ground at the feet, representing the reaction force.



30 reps

45 seconds





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.

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



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 3rd lady 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

GOSPORT GOSPORT

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	PB
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	56:11	1st Timer
58	Louise Ness	56:34	1st Timer
59	Cheryl Dodd	56:35	1st Timer
60	Steve Wise	56:35	
61	Caz Harms	59:11	1st Timer
62	Clair Parsons	59:58	1st Timer
63	Angie Elshaw	59:59	
64	Jennifer Lummis	62:44	1st Timer
65	Keith Elshaw	62:45	

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



01/05/2017	Milton Keynes Marathon		
1743	Sharon Clutton	05:08:16	

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 Novce	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	





Pos.	Name	Time
109	Lisa Young	00:27:24
110	Michelle Francis-Dent	00:27:29
111	Mick Kearney	00:27:32
116	Karen Morby	00:28:08
117	Ali Clarke	00:28:12
118	Lorraine Down	00:28:15
120	Mandy Morby	00:28:34
121	Shona Rust	00:28:39
122	Andy Brown	00:28:41
129	Emma Wood	00:29:41
130	Emma Christopher	00:29:42
132	Ethan Barrett (future GRR) Luke-Adolpho Pugh (future 136 GRR)	00:29:45 00:30:13
137	Ian Pugh	00:30:13
139	Gillian Boorn	00:30:29
140	Susan Barrett	00:30:57
144	Emma Noyce	00:31:24
160	Caz Harms	00:34:50
162	Marie Bowers	00:35:46
163	Karen Harding	00:35:46
166	Michael Bowers	00:41:15
167	Ceri Winson	00:43:52





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	26.03	Burnt bum
	Steven Dalmon	28.45	position? - unsure
8th lady	Pippa White	31.2	118 inbedded on her chest



The Clanfield 12K challenge

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

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	AKA
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	

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	

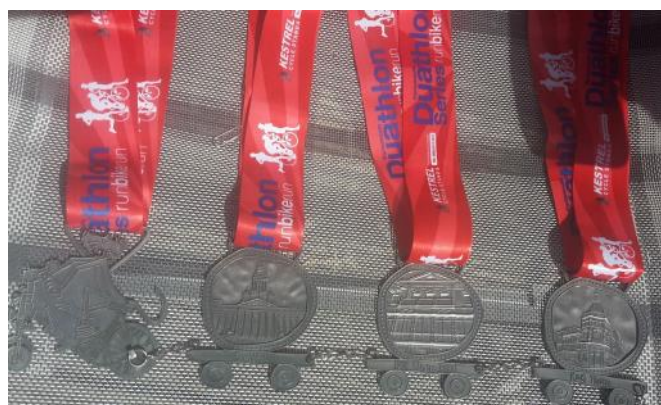


21/05/2017	Netley 10km		
Male			
148	WALES, Benjamin	0:43:22	
194	GARDNER, Colin	0:45:14	
293	BARRETT, John	0:50:23	
326	WESTWOOD, Lee	0:51:48	
347	ROBINSON, Martin	0:53:09	
392	SHILLING, Reuben	0:57:00	
497	WISE, Steve	1:09:32	
Female			
223	DOWLING, Gillian	0:46:48	
248	WALES, Tracey	0:48:22	
268	SLADE, 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	1:00:34	
438	NATION, Chris	1:00:57	
514	LUMSDEN, Melanie	1:18:42	
515	PARSONS, Claire	1:18:41	







A group of four runners, three women and one man, are posing for a photo on a grassy field. They are all wearing Gosport Harriers athletic gear. From left to right: a woman in a pink tank top and black leggings with bib number 75; a woman in a yellow t-shirt and patterned leggings with bib number 125; a woman in a yellow t-shirt and black shorts with bib number 93; and a man in a black t-shirt and black shorts with bib number 76. They are standing in front of a large, old stone wall, likely part of a castle or fortress. The background shows some trees and a clear sky.A photograph of two men smiling and holding beer bottles at a triathlon event. The man on the left is bald and wearing a grey patterned shirt. The man on the right has dark hair, a beard, and is wearing sunglasses and a blue and white triathlon jersey with 'Duathlon' and 'Verside' printed on it. Both are wearing red lanyards. In the background, there are banners for 'believe & achieve' and 'www.s...', and a person in a red shirt with 'PORTSMOUTH TRIATHLON' is visible.

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	
76	Lorraine Down	00:49:12	
95	Shona Rust	00:50:51	
98	Mandy Morby	00:51:08	
109	Lorna Harper	00:51:54	
118	Pippa White	00:53:44	
126	Dee Upshall	00:54:37	
140	Jenner Moore	00:57:05	
153	Debbie Humphreys	00:59:13	

Photos
overleaf



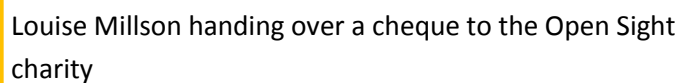
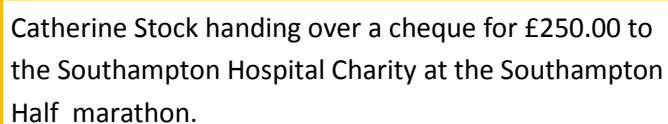
28/05/2017	Dorchester Marathon		
415	Darren Enyon	04:44:34	
416	Lisa Hennen	04:44:27	

See race
review article !
MC

28/05/2017	Jeskyns Challenge		
30	Hayley Sparshott	04:49:40	3rd female

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







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

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Summer

June 2017





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 your 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!

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





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

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!

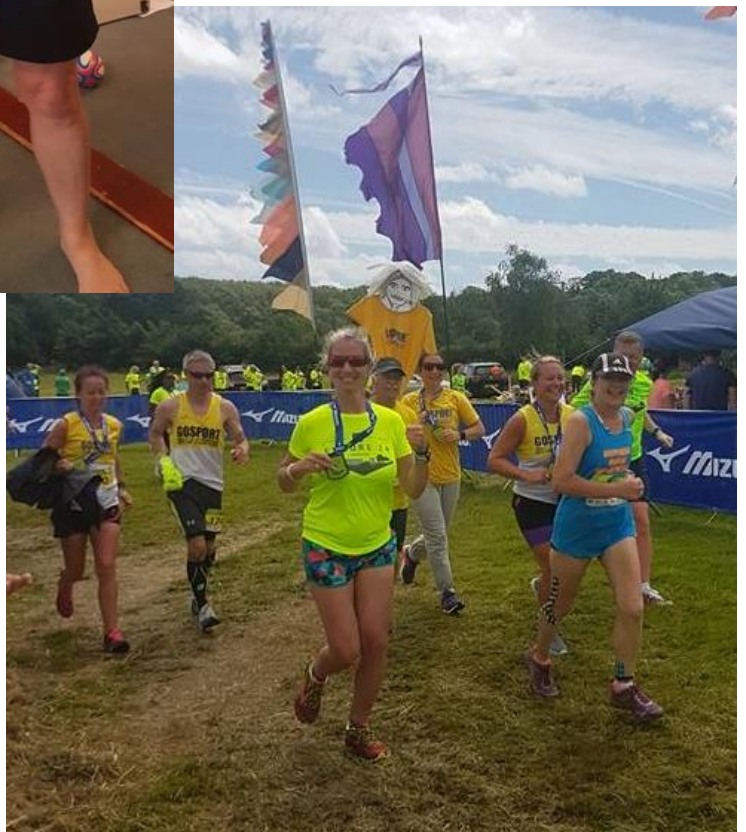
We all had a chance to put up and take down sails, steer while the sails were up and do some other bits on the yacht. We eventually had to put the sails back down and motor back into Gosport, but this gave us a chance to all relax and reflect on the day. People were starting to go to quiet areas on the 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.











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 .



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.



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.



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 .



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.



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.



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.



PAGE 19

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

Club 5km Time Trial— June 2017

Pos.	Name	Time	Comment
1	Michael Percival	18:16	Guest
2	Dan Belben	19:14	
3	Ben Jarvis	20:43	
4	Josh Belben	21:01	Guest
5	Sarah Ruby Rennison	21:06	
6	Paul Williams	21:24	
7	Gill Dowling	21:34	
8	Alan Burgess	21:40	
9	Simon Gregg	21:46	
10	Sharon Callaghan	22:27	Guest
11	Nick Carter	23:29	
12	Dave Croft	23:59	
13	Ken Eaden	24:51	
14	Ruben Shilling	25:02	1st Timer
15	Brian Fisher	25:07	
16	Fiona Tomlinson	25:09	
17	Keith Elshaw	25:18	
18	Rory Fall	25:28	Guest
19	Jenny Shilling	25:39	
20	Cheryl Dodd	25:45	PB
21	Nicky Finnemore	25:55	PB
22	Mike Barker	26:35	
23	Penny Herridge	27:05	PB
24	Mike Stares	27:07	
25	Sue Barrett	27:32	

Pos.	Name	Time	Comment
26	Mike Kearney	27:36	
27	Dave Kitching	28:03	
28	Jackie Brady	28:07	PB
29	Amanda Morby	28:09	PB
30	Gill Thomas	28:12	PB
31	Adam Walters	28:15	Guest
32	Camille Ainsworth	28:21	Guest
33	David Baker	28:25	
34	Shona Rust	28:27	
35	Trevor Giles	28:49	PB
36	Alli Clarke	29:03	
37	Richard Smith	29:09	
38	Nikky Leech	29:29	
39	Angie Elshaw	29:51	
40	Stef Neal	30:19	1st Timer
41	Louise Ness	32:09	1st Timer
42	Ally Short	32:12	1st Timer
43	Dave Kirby	33:17	
44	Clare Thomas	33:24	PB
45	Karen Harding	38:43	
46	Jennifer Parker- Lummis	38:56	
47	Marie Bowers	38:57	
48	Mike Bowers	42:08	
49	Janet Smith	43:47	
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	



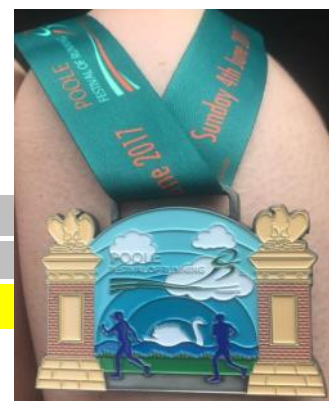
02/06/2017	Blenheim Triathlon		
Pos.	Name	Time	Comments
2592	Ken Eaden	01:42:43	
4160	Jo Harvey	02:04:52	
4161	Steve Pacey	02:04:52	



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	Cotswold 113		
Pos.	Name	Time	Comments
191	Ben Jarvis	05:04:33	



04/06/2017	Poole Festival of Running 10k		
Pos.	Name	Time	Comments
562	Lisa Young	00:54:19	

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

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

07/06/2017	Goonie Run		
Pos.	Name	Time	Comments
	Darren Enyon	04:36:37	



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

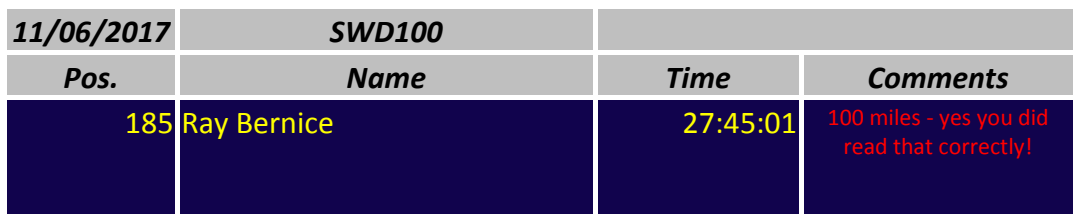


10/06/2017	Black Phoenix		
Pos.	Name	Time	Comments
	Darren Enyon	04:39:08	

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	



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



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13/06/2017	AR Summer Series #2		
Pos.	Name	Time	Comments
109	Jessica Adolpho-Pugh (Future GRR)	00:28:19	
110	Ian 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	





[illegible]

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 exhaustion)	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	<i>Maverick Gloucestershire</i>	<i>Female 7k</i>	
<i>Pos.</i>	<i>Name</i>	<i>Time</i>	<i>Comments</i>
22	Debra Talbert	01:02:53	
39	Pat Lapworth	01:11:33	
40	Janet Lindley	01:11:33	



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	

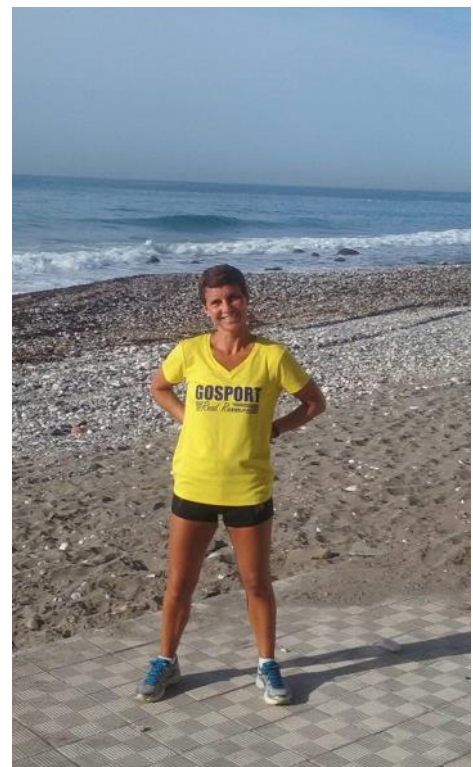
26/06/2017	Swansea Half Marathon		
Pos.	Name	Time	Comments
3934	Geoff O'Flanagan	02:29:27	



A group of nine runners posing for a photo in front of a brick wall. They are wearing yellow and white Gosport Road Race singlets and bibs for the Lordshill 10K 2017. The runners include a man on the far left and a man on the far right, with seven women in between. Their bib numbers are 411, 271, 22, 134, 205, 217, 564, and 80. A yellow 'TOILETS' sign with an arrow is visible on the left.



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.

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

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



Veni, Vidi... Vici ?



NEWSLETTER



Summer

July 2017





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.

[illegible]

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.



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.

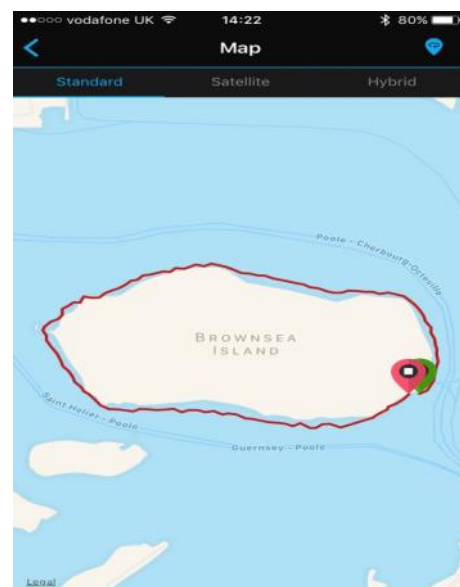
I am not the fastest of swimmers but do have the endurance to 'just keep swimming'

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.

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



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.hrri.org.uk/default>

Hamshire Road Race League final individual rankings.

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

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.hrri.org.uk/2017/HRRL16-17/lg_index.htm)

Name	#runs	score
Terry Arnott	6	80.7
Benjamin Wales	6	46
Rob Byrne	5	90.2
Nikki Moxham	5	81.5
Lorraine Down	5	20.4
John Barrett	5	15.9
Keith Elshaw	5	4.6
Chris Buxton	4	75.4
Jayson Grygiel	4	65.8
Tracy Slade	4	55.6
Kerry Arnott	4	44.4
Kim Carter	4	35.3
Martyn Barnes	4	27.2
Karen Morby	4	24.9
David Kitching	4	12.2
Kevin White	3	60.4
Caroline McGuigan	3	40.7

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

Name	#runs	score
Amanda Morby	2	17.2
Brian Fisher	2	16.1
David Croft	2	15.4
Dee Upshall	2	14.4
Edward Anderson	2	14.1
Adam Mundell	2	11.7
Martin Robinson	2	11.3
Andrew Hopkins	2	7.5
Mick Kearney	2	5.7
Caroline Harms	2	3.3
Andy Brown	2	3.2
Harry Carter	1	97.7
Kathryn Wealthy	1	82.3
Julia Roiz de Sa	1	80
Michael Percival	1	75.2
Dan Belben	1	73
Bryn Whitehouse	1	69.4
Lara Durham-Dent	1	62.5
Carol Collins	1	53.6
Mel Maloney	1	52
Sarah Newman	1	46.3
Melissa Pink	1	46
Emma Noyce	1	45.4
Andrea Edwards	1	45.1
Robert Hylands	1	39.4
Kerry Down	1	39.3
Elizabeth Elshaw	1	38.8
Pippa White	1	37.9
Richard Law	1	37.9
David Brace	1	36.1
Ellie Blaiklock	1	36
Hayley Baird	1	34.3
Camille Ainsworth	1	33.3

Name	#runs	score
Shona Rust	1	33
Ray Bernice	1	30
Leanna Whaley	1	29.1
Sarah Lloyd	1	29.1
Miranda Carrick	1	28.3
Jenner Moore	1	26.7
Paul Street	1	26.3
Daniel Thompson	1	25.3
Daniel Roiz de Sa	1	24
Elizabeth Redpath	1	23.9
Phillip Moran	1	23.8
Caroline Oakes	1	22.5
Ian Pugh	1	20.1
Nikky Leech	1	18.9
Ann-Marie Stables	1	18.4
Victoria Gorton	1	15.9
Rachel Gee	1	15.6
Nick Carter	1	15.1
Sarah Down	1	14.4
Vivienne Breen	1	14.3
Steve Calder	1	13.2
Jackie Brady	1	12.9
Michael Stares	1	12.2
Wes Clift	1	10.6
Luke Willis	1	9.8
Nicky Hayward	1	8.5
Samantha Moore	1	7.6
Mike Battersby	1	7.1
Mathew Jarvis	1	6.9
Reuben Shilling	1	5.2
Steve Silverlock	1	5
Emily Willis	1	4.9
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

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!



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



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 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 Tove 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

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!

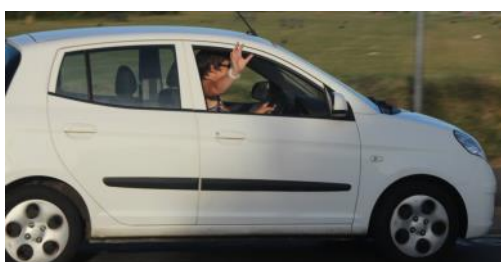
Hayley



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	PB
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	PB
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	
22	Darren Eynon	00:52:38	
23	Rory Fall	00:53:02	
24	Phil Moran	00:53:08	
25	Fiona Tomlinson	00:53:15	
26	Hayley Baird	00:53:33	PB
27	Victoria Wright	00:53:40	PB
28	Steve Calder	00:53:44	
29	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
49	Miranda Carrick	01:01:18	
50	Colin Middleton	01:01:39	
51	David Baker	01:02:03	
52	Andy Brown	01:03:19	
53	Debra Talbert	01:06:23	
54	Pete Lindley	01:06:24	
55	Ali Short	01:11:12	PB
56	Ray Bernice	01:11:15	
57	Caz Harms	01:15:06	PB
58	Stef Neale	01:23:13	PB
59	Kim Carter	01:23:15	



A male triathlete, Ben, is the central figure, smiling broadly. He wears a yellow singlet with 'GOSPORT Road Runners' printed on it, red shorts, and a yellow headband with sunglasses. He holds a dark beer bottle in his right hand and a chocolate medal in his left. A green race bib with the number '92' is attached to his shorts. The background features a red tent on the left and a dark grey building with 'Insurance Sports Store' signage on the right.



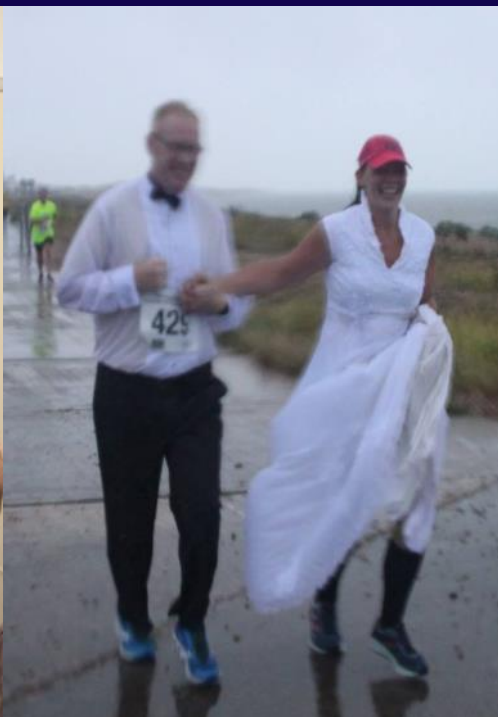
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09/07/2017	Bayside Tri		
Pos.	Name	Time	Comments
13	Julia Roiz de Sa	00:32:34	
14	Edward Anderson	00:32:49	
20	Zoe Windsor	00:35:52	
24	Jenner Moore	00:37:17	
28	Gillian Boorn	00:38:54	



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!







Race Results

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



[illegible]



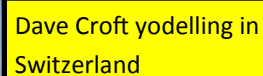
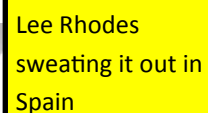
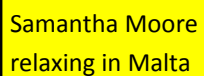
A group of runners are participating in a trail race. In the foreground, a runner in a yellow shirt with "COSPORT" on the back is jumping over a large log. To his left, another runner in a black shirt is walking. In the background, another runner in a yellow shirt is visible. The trail is muddy and surrounded by dense green foliage. An inset image in the top right corner shows musical notes.

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[illegible]

Ali Short at the Tall Ships Races in Turku, Finland



Tracey Slade topping up her training in Greece



Karen Harding: Fell
Foot Parkrun, Lake
Windermere

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

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Summer

August 2017

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

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33 - GRR vests on tour

34 - Any other business





[illegible]

“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.

[illegible]

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



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'.



“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.

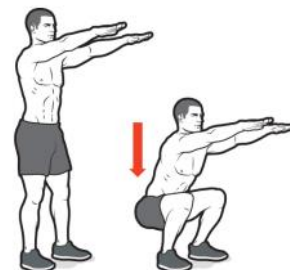
I ran through the winter – I tried too hard even though I am a bit too old to make a real success of running, and I got an injury which stopped me running for quite a while and I found that I really did miss it. I have since been more sensible and have made a slow but determined come back through the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



Why squat?

The squat: It's super effective!



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. Breathe 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!

Nick





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



Jenny came FIRST in her age category!
WOW!!



GRReat effort !

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)	SOLD OUT
Solent 1/2 marathon	Sunday 24th September 2017(10am)	Online Entry
Gosport 1/2 marathon	Sunday 19th November 2017 (10am)	Online & Postal Entry
Hayling 10 mile	Sunday 26th November 2017 (9.30am)	Online Entry
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



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

5km Time trial— August 2017

Pos.	Name	Time	Comment
1	Michael Percival	00:17:39	
2	Nikki Moxham	00:19:04	First Lady
3	Kev White	00:20:02	
4	Sarah Ruby Rennison	00:20:50	
5	Ben Wales	00:20:56	
6	Simon Gregg	00:21:04	
7	Paul Williams	00:21:10	
8	Sharon Callaghan	00:21:48	PB
9	Gill Dowling	00:21:50	
10	Richard Wiltshire	00:22:01	
11	Rob Hylands	00:22:57	
12	Steve Calder	00:23:43	PB
13	Dale Poulter	00:24:36	PB
14	Guy Sheppard	00:24:59	
15	Nick Boorn	00:25:04	
16	Fiona Tomlinson	00:25:07	
17	Richard law	00:25:24	
18	Dave Croft	00:25:34	
19	Geoff O'Flanagan	00:25:42	PB
20	Emma Robinson	00:25:55	PB
21	Kirsten Maw	00:26:09	
22	Sarah Lloyd	00:26:14	PB
23	Steve Wood	00:26:38	
24	Darren Eynon	00:26:39	
25	Dave Kitching	00:26:41	

Pos.	Name	Time	Comment
26	Tonia Morrell	00:26:42	PB
27	Mike Kearney	00:27:03	
28	Mike Stares	00:27:04	
29	Claire Tallack	00:27:25	
30	Jane Cockayne	00:27:25	
31	Gill Thomas	00:27:59	PB
32	Hayley Baird	00:28:31	
33	David Baker	00:28:35	
34	Richard Smith	00:28:55	
35	Laura Woodhams	00:29:59	
36	Gayle Dudley	00:29:59	
37	Colin Middleton	00:31:09	
38	Neil Elshaw	00:31:46	
39	Lizzie Elshaw	00:31:47	
40	Lou Ness	00:32:06	
41	Jenny Scott	00:32:18	
42	Dave Kirby	00:33:58	
43	Karen Harding	00:37:34	
44	Jennifer Parker-Lummis	00:37:36	
45	Marie Bowers	00:38:47	
46	Mike Bowers	00:40:09	
47	Janet Smith	00:40:32	PB
48	Eileen Bartlett	00:41:02	PB
49	Steve Crook	00:41:04	

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







A woman named Karen Gosport is running a marathon. She is wearing a bright yellow t-shirt with the text "Karen GOSPORT Road Runners" printed on it. She is also wearing black leggings with red side stripes and green and black running shoes. Her race bib number is 870. She is giving a thumbs up with both hands. The background shows a paved road and some buildings in the distance.

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 mile Road Race		
Pos.	Name	Time	Comments
3rd	Ben Toye	00:58:57	PB and 3rd place BOOM!

A man and a woman, both wearing yellow tank tops and sunglasses, posing for a photo outdoors. The man's tank top says "GOSPORT Road Runners" and his race bib says "7B DANIEL". The woman's tank top says "JUCA" and "SPORTS". They are standing in front of a yellow banner with a blue logo.

[illegible]

13/08/2017	Hart4 Relay		
Position	Team	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



<i>13/08/2017</i>	<i>Hart4 Relay</i>		
<i>Position</i>	<i>Team</i>	<i>Time</i>	<i>Comments</i>
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



Race Results

13/08/2017	Hart4 Relay		
Position	Team	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



A group of four runners posing for a photo on a wide gravel path. From left to right: a woman in a blue cap and yellow vest with bib 1134; a woman in a white tank top with 'GOSPORT' and bib 4054; a woman in an orange cap and blue vest with 'VICKY' and bib 5042; and a man in a grey cap and blue vest with bib 1121. They are all smiling and have their arms around each other. In the background is a large, historic stone castle with many windows and towers, set against a blue sky with some clouds. The path is flanked by green grass.

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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)





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!



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

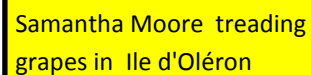
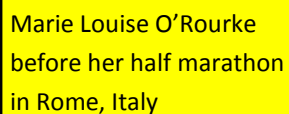
Name	No. of Votes
Salisbury 10	1
Geneva Half	1
Salisbury 54321 marathon	1
Farnham Pilgrim	1
Race to the Stones	1
Alver Valley Club XC	1
Endure 24	1
Cams Hill area (training)	1
Grissly	1
Purbrook ladies 5	1
Victory 5	1
London Marathon	1
Race the Train	1
Portsmouth Coastal marathon	1
Poppy Run, Southampton	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

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.

For someone who jogs all the time, I still have the ability to make it look like it's the first time I've ever tried.



someecards



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 it's 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

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Autumn

September 2017

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

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14 to 16 - HRRL

17 to 38- Results section

39 & 40 - GRR vests on tour

41- Any other business







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.

REMEMBER 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



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.

[illegible]

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.

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.



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 water-station 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.





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 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 24th September 2017(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)	Online Entry
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



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!**



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 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

newsletter@gosportroadrunners.org.uk

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'Flanagan	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	

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.



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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		



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	



03/09/2017	Overton 5		
Pos.	Name	Time	Comments
72	NIKKI MOXHAM	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.



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Race Results

10/09/2017	Meon Valley 10k		
Pos.	Name	Time	Comments
69	Ashlay Bradshaw	01:16:08	
79	Gillian Boorn	01:20:35	



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	





A photograph of two women participating in a triathlon. They are standing on a muddy, wet path. The woman in the foreground is wearing a yellow and white running bib with the number 1332 and is holding a purple water bottle. The woman behind her is wearing a similar bib with the number 1333. Both are smiling and waving. They are wearing athletic gear, including running shoes and shorts. The background shows a green field and a line of trees under a cloudy sky.

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!



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	



2nd HRRL Race

24/09/2017	The Solent Half Marathon (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	PB
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	PB
315	Nick Carter	01:58:59	
329	Nicolas Boorn	02:01:22	PB
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	PB
404	Vivienne Breen	02:18:55	PB
425	Susan Barrett	02:31:09	
426	Joanne Hopkins	02:31:10	





23/09/2017	Night Phoenix Marathon		
Pos.	Name	Time	Comments
5	Darren Enyon	04:00:11	



23/09/2017	Boudavida Women's 10km, Windsor		
Pos.	Name	Time	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	



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	



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	



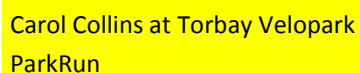
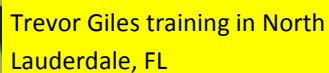
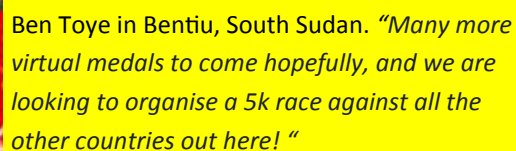
Darren Enyon looking shipshape in Barbados



Melanie Lumsden glowing in Spain



Chris Nation looking lovely in Dubrovnik



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 it's 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



GOSPORT

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NEWSLETTER



Autumn

October 2017

Cover photo: GRR vest Ghost print . Daniel Roiz de Sa at the finish line of the Yorkshire Marathon

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- 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
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[illegible]

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.



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!



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.



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.



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[illegible]

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.



Stef with an 'F'



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

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.





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 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!



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 Teye - 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

newsletter@gosportroadrunners.org.uk

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	



19/08/2017	Race the Train - Quarry Challenge		
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	



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

A woman with short grey hair, smiling, stands in front of a large Gothic cathedral. She is wearing an orange t-shirt with a graphic of a building and the text "Grades 1-4", "The Wonders of", and "FOS". She is also wearing a green lanyard and a blue wristband. The background shows the cathedral's architecture and some trees with autumn foliage.

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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	<i>It's a Numbers Game Marathon</i>		
<i>Pos.</i>	<i>Name</i>	<i>Time</i>	<i>Comments</i>
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	



Race Results

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	<i>Ealing Half Marathon</i>		
<i>Pos.</i>	<i>Name</i>	<i>Time</i>	<i>Comments</i>
3086	Deborah Birch	02:12:38	

15/10/2017	Bacon Roll 10km		
Pos.	Name	Time	Comments
10	Dale Poulter	00:51:15	

A woman with a joyful expression is holding up a silver medal. She is wearing a bright yellow V-neck t-shirt with 'GOSPORT' in large blue letters and 'Road Runners' in a script font below it. A blue race bib with the Mizuno logo is pinned to her waist. She is also wearing a yellow baseball cap. The background is a vibrant, abstract mural featuring large white letters and a colorful, textured pattern.

15/10/2017	Rannoch Half Marathon		
Pos.	Name	Time	Comments
3rd	Michael Percival	01:23:45	BOOM



22/10/2017	Abingdon Marathon		
Pos.	Name	Time	Comments
743	Fiona Tomlinson	04:59:49	

21/10/2017	Lee Valley Velopark Half Marathon		
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	



A silver trophy cup with two ornate handles, mounted on a black base. The base has a plaque that reads: 3rd Woman, Thruvton 5km Run, 2017.

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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	

A woman with short brown hair is smiling at the camera. She is wearing a black t-shirt with a yellow collar and a blue lanyard around her neck. The t-shirt features a graphic of a Viking longship and the text "2017 FINISHER" and "THE WORLD'S FAVOURITE RUN". She is holding a glass of beer in her right hand and a small trophy in her left hand. The background shows a blue leather sofa and several framed pictures on the wall.



01/10/2017	Bognor Sea Triathlon (became a Duathlon)		
Pos.	Name	Time	Comments
7	Ben Jarvis	01:23:16	4th in age category
	<i>Splits</i>		
	Run	00:11:58	
	Bike	00:50:49	
	Run	00:19:46	

	Thruxton short distance duathlon		
Pos.	Name	Time	Comments
50th	Eric Macgurk	01:22:52	
80th	Lisa Hennen	01:32:49	

	Thruxton standard distance duathlon		
Pos.	Name	Time	Comments
103rd	Ray Bernice	02:54:08	





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

<http://twitter.com/gosportrr>



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NEWSLETTER



Autumn

November 2017

35 - Any other business



[illegible]

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.

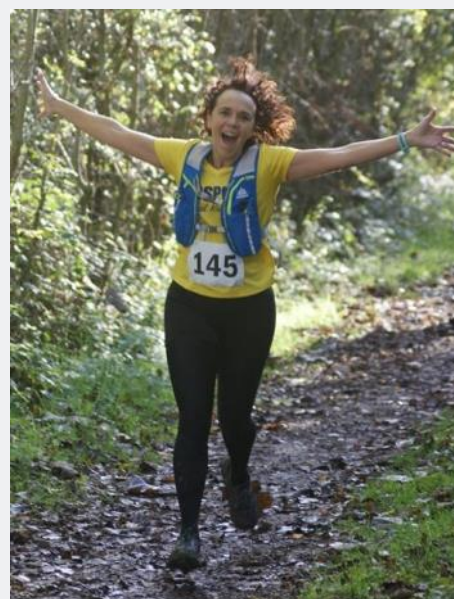
Hayley has a reminder about the standard times for an award. Check the link if you think you qualify. She also has the results. I'm quite sure the times are getting quicker every month!

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



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.

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>







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 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.

Ben Jarvis





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.

[illegible]

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





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

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

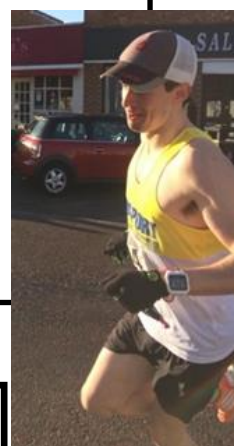
Nicola Joy – running the Remembrance Day marathon for her Grandad – what huge determination!

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

[illegible]

Pos.	Name	Time	Comments
1	Michael Percival	00:17:42	
2	Dan Belben	00:18:38	PB
3	Ian 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	PB
16	Martin Robinson	00:25:28	PB
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	PB
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

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.

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	



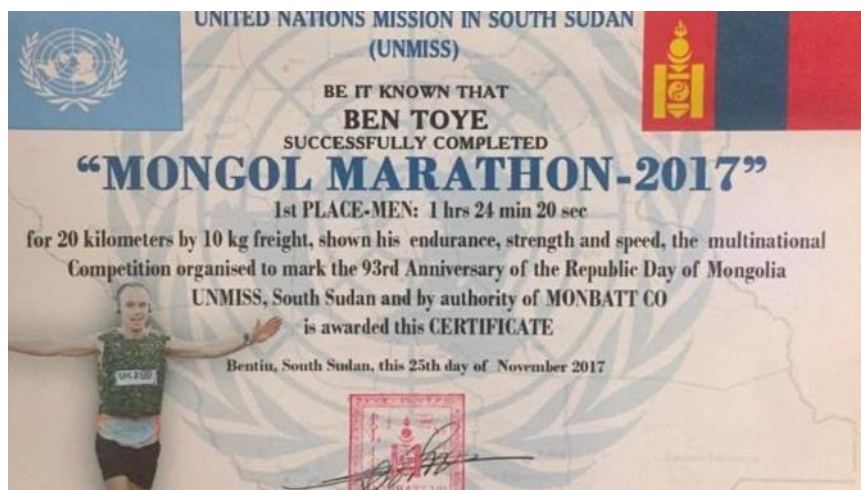
A group of four female triathletes are posing together, smiling and holding up their triathlon medals. They are wearing athletic gear, including helmets and jerseys, and the medals feature a circular design with a sailboat.

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	



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	



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	Ian	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	

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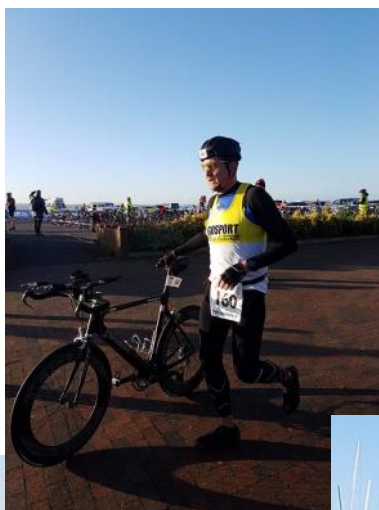






06/11/2017	Bayside Duathlon : Super Sprint		
Pos.	Name	Time	Comments
1	Chris Buxton	00:40:10	1ST!!!!
17	Jazmin Curtin-Sewell	00:53:52	3rd cat pos

06/11/2017	Bayside Duathlon : Sprint		
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





Ninny Bentley recharging at ASPARA



Maree Louise O'Rourke
racing in Campania, Italy



Laura Woodhams looking
gorgeous in Thailand



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



GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Winter

December 2017



Deborah Birch and Gill Dowling participated in the Southsea Santa Run and a short review of this event is included.

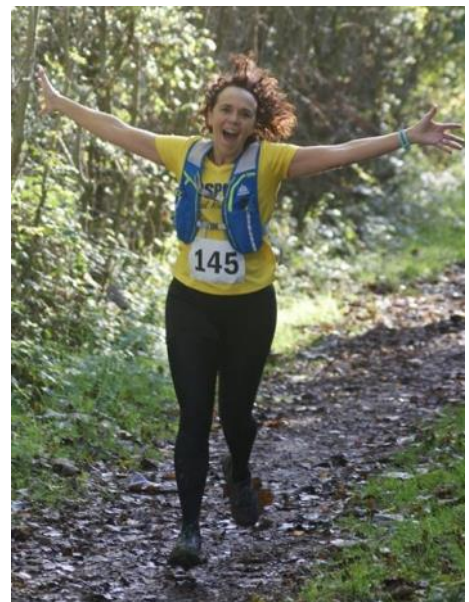
Hayley brings you the Results. It once again makes impressive reading! Congratulations on all those PB's, first timers and old timers whose "PB" may have simply been to reach the start line.

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!

Miranda



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.

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 strategically 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.



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 our 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 slippery, 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.



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





[illegible]

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



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

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!



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



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 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

[illegible]

Pos.	Name	Time	Comments
1	Michael Percival	00:17:57	
2	Nikki Moxham	00:18:36	
3	Ian Reed	00:18:59	
4	Bryn Whitehouse	00:20:19	
5	Sarah Ruby Rennison	00:20:54	
6	Philip Silver	00:21:21	PB
7	Alan Burgess	00:21:34	
8	Dale Poulter	00:21:59	PB
9	Gill Dowling	00:22:03	
10	Laura Woodhams	00:22:23	PB
11	Nick Macbeath	00:22:24	
12	Martyn Barnes	00:22:57	
13	Richard Pelley	00:23:56	PB
14	Yvette Eastman	00:24:09	
15	Jazmin Curtin-Sewell	00:25:25	
16	Caroline Musto	00:25:26	PB
17	Ken Eaden	00:26:14	
18	Fiona Tomlinson	00:26:14	
19	Keith Elshaw	00:26:37	
20	Mike Stares	00:26:44	
21	Tonia Morrell	00:26:57	PB
22	Hayley Baird	00:27:27	
23	Karen Morby	00:27:33	PB

Pos.	Name	Time	Comments
24	Lee Torrens	00:27:46	PB
25	Andy Brown	00:28:07	PB
26	David Baker	00:28:26	
27	Trevor Giles	00:28:29	PB
28	Jackie Brady	00:29:24	
29	Tara Hewson	00:29:34	1st time
30	Louise Ness	00:29:50	
31	Mick Kearney	00:29:51	
32	Richard Smith	00:29:56	
33	Kate Smyth	00:30:01	
34	Christine Nation	00:30:19	
35	Dave Kirby	00:34:09	
36	Terry Ash	00:35:51	
37	Steve Cawte	00:35:52	
38	Jacqui Torrens	00:40:59	PB
39	Pam Fisher	00:41:00	PB
40	Caroline Richards	00:42:17	1st time
41	Janet Smith	00:42:17	
42	Sid Smith	00:42:18	
43	Kim Carter	00:42:19	
44	Rebecca Wroblewski	00:45:52	1st time
45	Angie Elshaw	00:45:53	

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

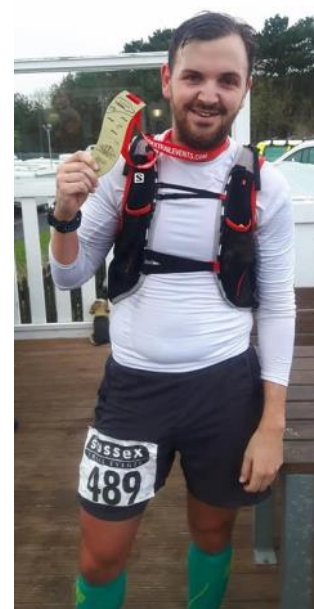
30/11/2017	St Andrew's Day 10km		
Pos.	Name	Time	Comments
75	Joanne Hopkins	00:57:03	6th in age category



► Please read Colin's excellent race review of this event. MC

02/12/2017	Grim Challenge		
Pos.	Name	Time	Comments
1073	Colin Middleton	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	



A group of people, including children and adults, posing for a photo indoors. They are wearing yellow and blue athletic gear, including t-shirts and leggings, and some are wearing race bibs. The background shows a large indoor space with a yellow wall and a tree-like structure.



10/12/2017	Decker Challenge - half marathon		
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 Marathon		
Pos.	Name	Time	Comments
240	Hayley Sparshott	05:27:54	10th in age category
290	Lisa Hennen	05:42:59	
474	Carol Collins	07:09:07	

Thank you Carol, for your great article on this event. MC



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Best fancy dress: Andy Brown



Christmas relay winning team : Sam Graham, Karen Vicki Morby, Joanne Hopkins, Kerry Sawyer and Julia Bentley



London Marathon place: Karen Vicki Morby





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 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

newsletter@gosportroadrunners.org.uk

