

GOSPORT

≡≡≡ *Road Runners* ≡≡≡

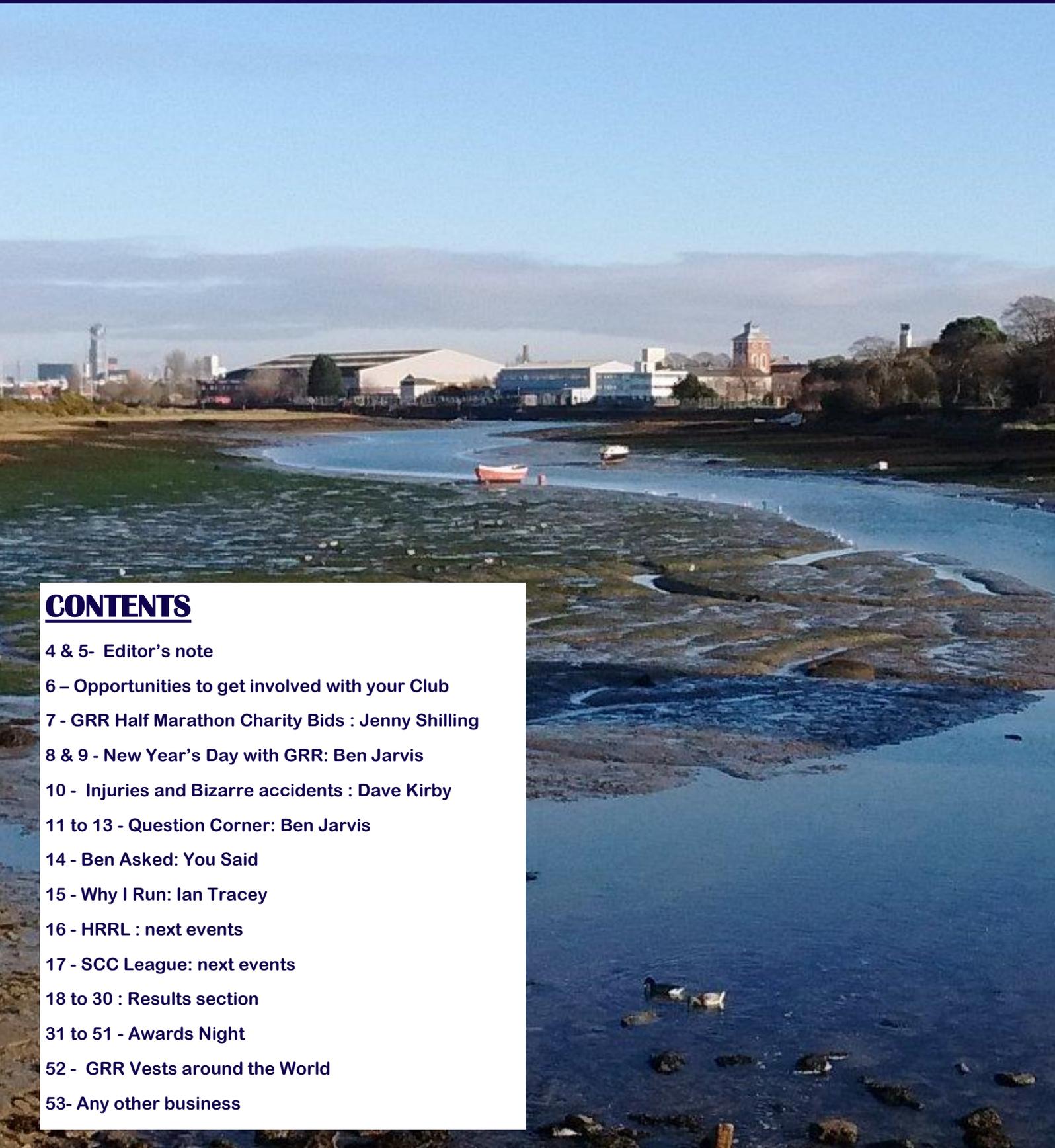


NEWSLETTER



Winter

January 2019



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Cover photo: Hands up if you're having fun! Chris Nation, Karen Harding & Pippa White enjoying the Stubbington 10km race.





By the time you read this, the first month of 2019 is already on its head. I do hope that January was a very good start to the new opportunities waiting for you in 2019.

For the first time in ages I've pencilled a "Things to do by month in 2019" list in my diary. It's going surprisingly well, and I managed to make more ticks than what I expected. The one I'm most excited about is keeping to running 3 miles 3 times a week. It's supposed to be working towards the magic number 9, when running should feel easier – or that's what I think the article was getting at. Nevertheless, I initially planned January to be a RED (Run Every Day) month. However, it soon became very clear that this was not realistic – I'm too old and unfit to run every day and was probably heading for a proper injury before I even started running. A lightbulb moment switched the mindset to doing active exercise and raise my heart rate for at least 30 minutes every day, and suddenly the jogging became easier as well. I won't call it running yet, but I'm happy to slowly build up endurance. I even entered a few races, which felt rebelliously invigorating. The magic behind keeping up the 3 times 3 strategy might not be mere wishful thinking after all!

You didn't join the Annual GRR New Year's Day fancy dress run?? Don't worry as Ben Jarvis got it covered in this edition. I didn't join the club run but I did take part in the "swim" which was organised by GAFIRS. Dressed in an evening dress (which I bought in 1995), proudly wearing my yellow Sandy Beards swim hat, goggles and a beard was the best way to start a fresh New Year. You may know that 2018 was really not a great year for me on the fitness front. Being part of the Beards swim group since Spring 2018, therefore meant a lot more to me than just swimming in the sea. That's mostly thanks to our very own Ladies' Captain Sue. I couldn't run but I could swim, and I kept things yellow through the 'Beards' – a win! The photos from the day showed your spectacular fancy dress. Looking back, I was shocked to note I looked like a beached whale in the clingy wet evening dress at the end of the dip, instead of the interesting rainbow fish that left the house that morning.

Our unofficial "editorial assistant", Dave Kirby is back this month, with a light-hearted reflection on injuries and accidents. Dark evenings often present a bigger risk of injury or an accident. Most of these we can avoid by being sensible and preparing for running in the dark and by running in groups. As always, I enjoyed Dave's contribution and I'm sure you will too.

As members of a running club, we run. Some of us have been running for many years and others started more recently. From personal experience I know the motivation to run can come in ebb and flow. Life becomes busy, work becomes more demanding, injuries happen, every joint in your body seem to hurt for no specific reason and yet we want to run. If you knew it won't be easy, why did you start running? Ben raised the question and a few of the answers are featured a bit later. Woody also shares his personal experience on why he keeps running. As for me, I first started running with purpose in high school to keep fit for hockey. Our team was quite successful in the school league and as goalkeeper I had to be fit. Going to an Afrikaans school in South Africa at was first about being an athlete, and participating in sport was taken very serious from the first day you start school. At Varsity I didn't make the hockey team and running was replaced by leg warmers and aerobics...South Africa was just coming out of the dark ages then, so we were a bit behind times you know! My neighbour and I then at some point decided we need to shape up properly and started running early mornings. For many years running was something I did purely in trying to keep my legs and glutes in a relatively "mirror accepting" shape. Some years it worked, and hopefully 2019 will be the one where it would again!



You haven't had the privilege of getting to know one of our club members for a couple of months, but Ben is back with the Question Corner. You're in for a treat as you're getting to know more about one of our most admirable club members.

There's a few other important news snippets and I ask that you please take note of these. Hayley is back with the results and these are getting more impressive each month. Well done each one of you!

I've included a section for the Awards Night. I didn't attend the evening but it's quite obvious from the photos, that I missed a fantastic evening. This section will be updated with the correct photos, as and when the relevant members receive their awards. For now, those pages remain "cup shots"

In the meantime I cannot wait to participate in a race in the GRR vest - even if it's only to update my own photo here!

Till next time, enjoy your running in February.

Miranda





Gosport Road Runners Needs You!!!!

Are you looking for a new challenge? Do you want to become more involved with the club? If so, then why not join the Club's Committee.

The following Committee positions will be coming available at the AGM:

1. **Vice -Chair** – Dave Croft is standing down as Chair of the committee and Vice Chair Geoff O'Flanagan will be assuming this role.
2. **Club Secretary** – Rachel Gee is stepping down from this position after a long and distinguished reign.
3. **Results Recorder** – Hayley Sparshott is standing down from this position.

If you fancy helping out the club and taking on one of the roles above then please register your interest with any one of the committee members who will be able to provide with more information about the roles.

The Vice Chair and Secretary are executive roles and will be voted in at the AGM which will be held in March.





As you know, the Gosport Half Marathon is managed and run by the volunteer members from the club. As result the funds raised by hosting this event are used to contribute back to our local community. Each year the club donate a huge amount to local charities and good causes selected by club members.

Once again the time has come for you to nominate the charities and good causes which you would like to benefit from the charity grants. The application form was emailed to you earlier this month, but if you need another copy, please let Jenny Shilling know.

The applications must be given to any Race Committee member or emailed to Jenny at jenny.shilling1950@gmail.com by **28th February 2019**.

A charity event will be arranged in April when cheques will be presented to the nominated charities or good causes. The date will be announced at a later stage.

Please contact Jenny or the Race Committee if you have any questions about this.





This is always a fun way to start the year! Every year we meet up in fancy dress to run a bit and go for a refreshing dip in the Solent.

This year was no different...arriving at the club at around 10.30, I saw several people in some rather dashing fancy dress. After all, what else are you going to wear on New Year's Day for a run? Out the car to show off my costume.... Ironman Morphsuit, which doesn't leave much to the imagination. There were all sorts of costumes, from superheroes to ducks.... yes ducks! We all had a bit of a laugh and a chat, then got together for a picture, followed by a few instructions from "spidey"-Geoff .

The run route usually goes from the club down to Gosport town, follows along the High Street , past the ferry, along Haslar Road then into the Gilkicker golf course. There is lots of regrouping along the way, but we all get together just past Fort Gilkicker for a final charge across the field to GAFIRS where the dip awaits.

This is always a fun journey where we get to show Gosport what we are about as a club, saying happy New Year, giving high 5's and perhaps even giving a few people a bit of a shock.

This year was no different. When we got to traffic lights myself (Ironman) and Geoff (Spiderman) stopped the traffic, making sure everyone gets safely across. This happened a couple of times with us helping a member of the public by the ferry, which got us a cheer! Once we got the ferry we surrounded the exit to say hi to everyone leaving the ferry and trying to raise a bit of money for GAFIRS !

Back to the run where we made our way to Fort Gilkicker where we finally regrouped and got ready for the charge! Spiderman made a speech and then shouted "CHARGE" off we all went making our final dash to the cheers and surprise of the crowd waiting at GAFIRS. Here we were able to get some photos and see friends and family before awaiting instructions to get ready for the dip.



3, 2, 1, GO!!! everyone slowly makes their way into the water. Some running in and out, some going for a swim and some dunking. Whatever you do it's always a good feeling. Making our way out we had a few more photos before saying bye to family members and friends, quickly getting under the warm showers provided by the Fire Service and then running as fast as we can back to club so we don't get cold....After all, there was hot chocolate and warm showers waiting for us.

Here we were greeted by Nick who got some great finish photos. Warm shower, warm clothes and relax!

If you haven't seen the video it is on the club's Facebook page.

See you all next year! Get your fancy dress sorted!!!

Ben

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If I practiced what I preached more often I would recover a lot quicker from overuse injuries.

Reverting to type, I carry on past the sell by date and have a good moan when things aren't back to normal in the morning. Coming into contact with an immobile object, namely the deck is probably more common to me.

I can talk with confidence and authority about "the fall over type" - I seem to be doing this more often, as my running companions can testify. This normally results -in my case -of a bad gash in my right palm and or a chunk out of an elbow and knee. These take days to heal and blood all over the bed clothes if not dressed adequately. You can imagine the reaction of the missus.....!

I can't blame the beer, but age might be something to do with it. It has been suggested by a friend that I don't pick my feet up enough. I have always tried to travel as close to the ground as possible, less effort required and more economical??? Could be false economy? As I become more tired after a race or heavy training I naturally start to drag. On dark Winter Tuesday and Thursday training nights I have tried to exaggerate a high lift to avoid painful falls.

About twenty years ago on a training night with a good running mate, we were at the top end of Military Road when I stepped in the road and came in to contact with a 30mph repeater sign which had come loose and slipped down the lamppost. It temporarily paralysed my left arm and I still have a boney lump on the top of my shoulder to prove it. In "Grizzly Moments" back in August I mentioned a broken wrist, that was really bizarre and to this day can't work out how I tried to hurdle a chest high stile whilst in full flow down-hill. I hadn't been at the beer, just drunk on adrenalin.

Other incidents have included a tussle with a low flying tree in Cherque Lane that tried to get me on a dark night, and an entanglement with some barbed wire near to the Sewerage Farm on Peel Common. Left over from the war, it formed part of the airfield defenses.

"The One I Got Away With"

On holiday at Niagara Falls, on the Canadian side in 1992, I decided to go for an early morning run. My first Snowdon was a few weeks away and I didn't want all that training to go to waste ,besides it is always nice running somewhere different.

Nearing the end of my run ,still pitch dark, I am aware of a road sweeper ahead, can't hear a thing above the constant roar of the falls. A shadow shoots out from under my feet. I am a quivering wreck on the verge of a cardiac arrest but still on my feet! The road sweeper laughs and informs me it is a Raccoon, common as urban foxes are in the UK.



Other members will surely have their own hair-raising stories to tell and we might be able to write another article if I can get enough info. In the meantime "Let's be careful out there".....

Dave

What is your favourite distance to run and why?

Half Marathon, I take a long time to get going, so longer distances are better for me.

Do you have a favourite Medal or T-shirt?

Don't have one.

Do you prefer to run on road or trail? Why is this?

Trail, I like to get away from cars!

Do you have a certain routine you do before a race? If so what is it?

Sticky bun, chocolate biscuit and a banana (and possibly an Imodium!)

What do you have for your recovery..... if you have a recovery routine?

Lie down!

If you could choose 1 type of run training what would you do?

Long run with nice people

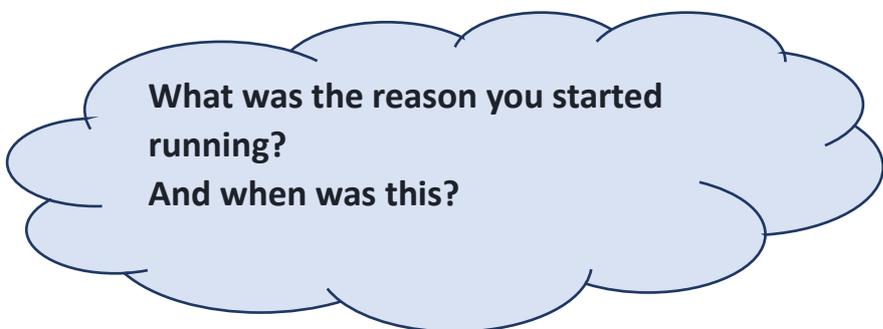
What's your #1 Bucket list race ?

New York Marathon



Who inspires you the most ?

That would be the people who finish near the back of the race. Who turn up and try even though they know they'll never win, but still give it their best, week after week



Stephen Crook Mrs C had run the Great North Run and was planning to do the Great South a couple of years later.
As we were sailing around the British Isles and I wasn't getting much exercise I thought I'd keep her company on that run.
After doing the GSR for a couple of years in a Pompey shirt and without noting my times I decided I wanted to run with "Gosport" on my chest. That was when I met the crazy gang and, as for most of us, the rest is history.

Liz Hillier Redpath I started running with a friend in 1984 and we decided to run the Portsmouth half marathon in 1985 and then again in 1986, after having a baby end of 1986 my friend couldn't run any more because of arthritis, so I joined the GRR in January 1990 to lose a bit of weight and, as they say, the rest is history.

Hayley Sparshott I started running in September 2014 because I saw a lady running towards GAFIRS one day - not fast but comfy - and wanted to be able to do that. I had already lost 2 stone in weight to try to help my BP and heart condition but was still poorly. So I put on my 'pig headedness' hat and tried to learn how to run - it was really very hard and I couldn't even jog very slowly between 2 lampposts - but I didn't give up. Running meant I lost 2.5 more stone and raised over 1000 in total for cancer research race for life 10k and for the British heart foundation in the GSR 2015 - both my PB's for 10k and 10 mile still. I have been told that I am ok to jog slowly for short distances by my Dr - but I suspect he knows differently! =) Huge thanks to whoever that lady was and also to a car full of young men who shouted abuse at me as I waddled along trying to run 'keep going - hahahaha' (they weren't cheering me on they were jeering) which made me even more determined to succeed.

Lizzie Elshaw 20 years ago **Becky** used to work at Holbrook and would give me free access to the gym. I remember the excitement of being able to run 400mtrs on the treadmill. It grew from there.

Chris Sparshott I tagged along to The Hart relay event in 2016 as a spectator, bringing Faye along to watch and cheer **Hayley** on.
After the event was complete and making our way back to the car, Faye looked up at me and said "Daddy, you're the fattest person I know".
I wasn't even the fattest person there that day but at 15st, and being inactive for the best part of 6 years whilst working and learning in any spare time as I was trying to improve my career prospects, I decided I didn't want my child to be embarrassed by me, and I wanted her to look up to me.
The next day, I started couch to 5k.
2017 was the year I ran a sub 22min 5k, a 45 min 10k, and ran my first marathon (Portsmouth coastal). But in training for the marathon I picked up an injury in my glute.
2018 wasn't a good year for me after starting the year with injury, then losing my mojo up until mid December. I seem to have it back now.

Lee Torrens I'd run for fun before but I was getting lazy and becoming a couch potato. So off to park run I went and then after being told about the beginners course by **Dan Belben** and **Rory Fall**, I went along, loved it, joined the club and the rest is history. All started in the summer of 2017.

Why I run: Ian Tracey

My name is Ian Tracey (Better known as Woody) I am a 38 year old male who has recently joined Gosport Road runners (Explain below in more detail) and I live in Priddy's Hard.

Running to me has been very beneficial to myself and persons beside me, 3 years ago my personal life took a slight nose dive, my personal life wasn't working out and my job was causing me unwanted stress that I'd never experienced before and unfortunately my father had a stroke which was a huge impact on myself. Some people turn to drink/drugs or other means to ease the stress etc. for some reason I decided to start running, I had given up playing football so it was clear to see and feel that I was out of shape, however putting on some trainers and going for a run was my release from the situations around me.

I can remember my 1st run and the physical demand it put on my body, reaching a mile without stopping was no easy task, however when running, mentally it took everything away that was negative in my life.

As things became harder at home I started increasing my runs to further distances which I thought I would not be capable of, hand on heart I wasn't eating correctly so I rapidly lost weight with the running but not replenishing what I had lost.

My partner Angela Mills who is a keen runner herself started to notice this and helped me realise that whatever I burnt off I needed to re-fuel to make sure my mental and physical state remained healthy, as time passed we both then started to go on runs together and still do which is a great way of enjoying exercise together. Angela then introduced me to 'Park Runs' which meant running with other people! Daunting at first but the atmosphere at the runs are so friendly and welcoming whatever your ability with Lee on Solent being our home run.

From this I have also met many new good friends who take part in park runs and they too have encouraged and guided me to progress further with my running, some are also members of your club, Kerry Sawyer Whitehead, Tim and Rachel Durant alongside Andy McMillian.

Many more runs followed when I have been able to participate and I am pleased to say I have so far achieved 3 great south runs, 2 half marathons in 2018 including Sofia (Bulgaria) and the Gosport Half 2018 with a few 10k runs included and I'm already looking at runs for this year and my ultimate goal is to compete in a marathon before I'm 40!

For Christmas Angela's present to me was joining the Gosport Road Runners and being affiliated with the English Athletics Association, this meant a lot to myself and I can't thank her enough, to be part of a club again gives me that extra drive to run, representing and supporting your club and on a personal level including socialising with other runners.

Running has been so beneficial to me both mentally and physically and I do believe it helped me through hard times and even now if I feel stressed or down, the trainers come out!

I would now encourage anyone to take up running and the benefits it brings.

Many thanks for listening.

Woody



Next Fixture

24 Feb 2019 11:00 - POLECAT VALLEY

Hosted By: Haslemere AC





Qualifying for Gosport Standard Times awards.

All members need to provide evidence for their awards gathered from events over the calendar year. Only events that have a UK Athletics (UKA) race licence with a course measurement certificate for road events and those with Trail Running Association permits with a UKA course measurement certificate can be used to gain award times. This includes all parkrun events for your 5k times and our club time trials which have been accurately measured.

Providing me with a Strava, Garmin or similar will not be accepted as they are not accurate and cannot be verified. Any events that do not comply to the above will also not be accepted as qualifying times.

It is your responsibility to ensure that any event you consider entering to achieve your award times have the necessary course measurements to allow you to use them to claim your award at the end of the year.

Hayley





Recording Results for You

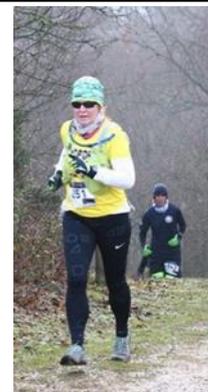
Well done everyone, what an amazing set of results we have had in January.

If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you. This will mean that your results can contribute towards awards at the end of the year and be men-

tioned in our monthly newsletter if we are your first claim club.

Many thanks to everyone who has sent me links to race results.

Hayley



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason. There have been some magnificent results in January that stood out to me on every level and for different reasons including –

Yvette Eastman – running 28:46 in the 5k TT having spent most of the last 10 months out of running it is a joy to see her coming back sensibly and strongly long may it last.

Daniel Roiz de Sa – running 47:36 at Stubbington 10k, his first event back following major heart surgery at the tail end of last year. What an outstanding time – 'Still Alive!!'

Lee Rhodes – kicking off 2019 with a 30.8 mile run at the Resolution Run in a time of 5:02:59

Peter Lindley – running Romsey 5 mile event in a time of 51:46, coming 7th in his age category. It's not very often I have the privilege of recording an event for Pete – one of our running legends!!

The result that stood out most to me in January is **Chris Nation** at Stubbington 10k in a time of 1:14:06. Chris saw another runner (not in a club) fall at 8km, helped the runner up and checked her over. Chris then ran/walk/talked with the runner, who was on her own and quite badly cut and shaken up, all the way to the finish line. Chris' actions were totally selfless, she didn't look at her watch, worry about her pace or position. Instead Chris put on her kind person hat and did what most runners fighting for a place, time or pace wouldn't have done. Bravo Chris Nation you are GRReat!!

Please remember I only record results that are sent to me (1 link for multiple entrants is great)

It has been a privilege recording results for you all for the last 2 years and I thank those of you who have sent me in links to race results and also helped me to know who has run at events. I feel that I have 'given back' and it's now time to move on and pass this baton on to the next volunteer – it's a challenging but super rewarding role especially on awards night seeing the total surprise on the faces of the award winners – feel free to step up and volunteer to be my replacement a full hand over awaits you.....

Hayley Sparshott



Please email your results to Hayley at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk



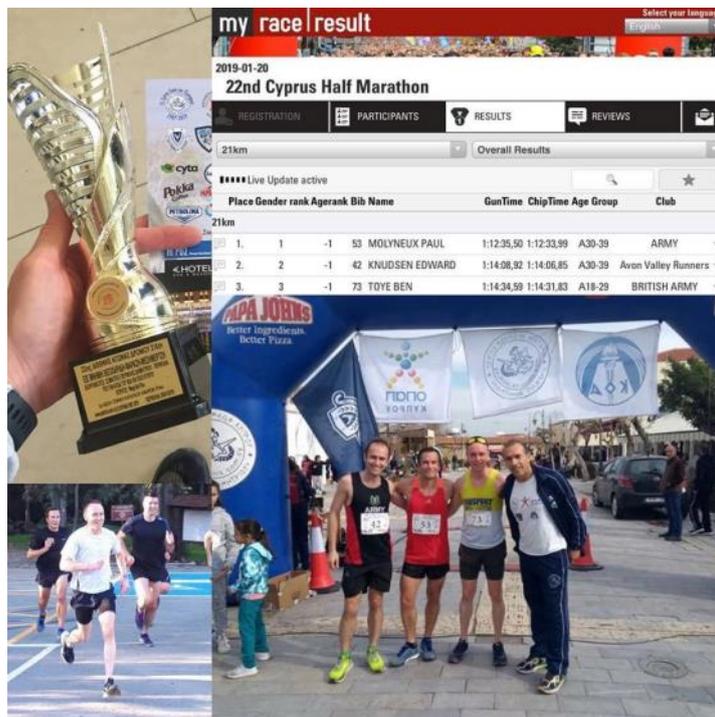
07/01/2019		Resolution Run	
Pos.	Name	Time	Distance
4	Lee Rhodes	05:02:59	30.8 miles
58	Kevn Allen	02:13:50	17.6 miles
61	John Gobbi	02:34:46	17.6 miles
94	Honor Reader	02:24:07	13.2 miles
96	Mark Jakins	02:24:40	13.2 miles
97	Nicolas Boorn	02:26:28	13.2 miles
108	Emma Noyce	02:37:11	13.2 miles
109	Zoe Windsor	02:40:23	13.2 miles
118	Melanie Bagwell	02:51:08	13.2 miles
119	Angela Elshaw	02:51:14	13.2 miles







19/01/2019		Cyprus Half Marathon	
Pos.	Name	Time	Distance
3	Ben Toye	01:14:31	PB - Boom!



20/01/2019		Embrace the Race (marathon distance)	
Pos.	Name	Time	Distance
22	Hayley Sparshott	04:23:58	6th female



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AWARDS NIGHT



2019 Awards

If you are one of the amazing runners who was announced as an award winner, but were not at the awards evening – please communicate with myself (Hayley Sparshott) or other committee members with regards to how and when we can give your award to you. Giving us as much notice as possible to that we can make sure we have your award in the right place at the right time.

Many thanks in advance for your kind assistance with regards to getting your award to you.

Hayley Sparshott





Distance/category	Awarded to	Awarded by
Marathon		Ben Jarvis
M/sen	Ben Toye	
F/sen	Caroline Musto	
M/vet	Jayson Grygiel	
F/vet	Julia Roiz de Sa	
M/vet 50	Stephen Crook	
F/vet 45	Rachel Davies	
M/vet 60	n/a	
F/vet 55	Fiona Tomlinson	
M/vet 70	n/a	
F/vet 65	n/a	



Ben Toye



Caroline Musto



Julia Roiz de Sa



Fiona Tomlinson



Fastest half marathon runners in each age group, awarded to the runners who have run the fastest half marathon time at one of the Hampshire Road Race League events which are :

The Solent Half Marathon, The Helper's Half Marathon

(next year this will include – Fleet half Marathon too)

Distance/category	Awarded to	Awarded by
½ Marathon		Ben Jarvis
M/sen	Terry Arnott	
F/sen	Caroline Musto	
M/vet	Jayson Grygiel	
F/vet	Julia Roiz de Sa	
M/vet 50	Chris Buxton	
F/vet 45	Su Baldock	
M/vet 60	Brian Fisher	
F/vet 55	Fiona Tomlinson	
M/vet 70	Michael Kearney	
F/vet 65	Jenny Shilling	



Caroline Musto



Julia Roiz de Sa



Su Baldock



Brian Fisher



Fiona Tomlinson



Jenny Shilling

Fastest 10 mile runners in each age group, awarded to the runners who have run the fastest 10 mile time at one of the Hampshire Road Race League events which are

Ryde 10, Salisbury 10, Or Alton 10

Distance/category	Awarded to	Awarded by
10 mile		David Croft
M/sen	Kevin Allen	
F/sen	Caroline Musto	
M/vet	Miles van der Lugt	
F/vet	Julia Roiz de Sa	
M/vet 50	Colin Gardner	
F/vet 45	Gillian Dowling	
M/vet 60	Brian Fisher	
F/vet 55	Fiona Tomlinson	
M/vet 70	n/a	
F/vet 65	Jenny Shilling	



Kevin Allen



Caroline Musto



Miles van der Lugt



Julia Roiz de Sa



Gillian Dowling



Brian Fisher



Fiona Tomlinson



Jenny Shilling

Giles Awards – in memory of our previous chairman. Giles was very encouraging to everyone, irrespective of their ability.

These awards go to someone who has made their best effort and represented the Gosport Road Runner team spirit.

The winners this year are a joy to behold. They smile every mile and have the true GRR spirit. They both attend club nights, run in the Hampshire Road Race League and even completed the Great South Run this year too. They are often at club time trials and their keen spirit is infectious. They are an asset to our club and Giles would have loved them both.

Male and Female Giles awards go to Mr Michael and Mrs Marie Bowers!





Hugh Pritchard cup – in memory of Club Founder Hugh Pritchard who organised the first Gosport marathon and was himself a good marathon runner.

This cup is our club's fastest marathon record – despite the male record being set 2 years ago at an outstandingly high pace it is with huge pleasure that we can announce Mr Ben Toye smashed the previous record with a jaw dropping time of 2 hours 39 minutes 18 seconds at the Abingdon Marathon this Autumn. That's a blistering pace of 6 minutes 4 seconds for 26.2 miles!!! Bravo!



As a runner becomes more experienced we look at their percentage improvement over all distances

This lady improved over every distance compared to 2017. Her 5k by a whopping 22%, 5 mile by 14%, 10k by 9%, 10 mile increase was 2.2% (but a hilly course this year compared to a flat one last year) and her half marathon by 12% - she then went on to run her first full marathon at the Portsmouth Coastal, something she always believed was beyond her but with the right build up, training and attitude she only went and did it! What a year and what an inspirational lady -

Well done Joanne Hopkins



As a runner becomes more experienced we look at their percentage improvement over all distances

This year has been particularly difficult to decide who this award should be given to as we have had two extremely strong contenders. With many hours of number crunching our best improved male has improved over every distance to half marathon compared to last year and has also improved his own marathon time during this year by 1 hour 35 minutes. His improvement on all distances to half marathon were with an impressive percentage improvement of 6% average with his 10 mile improvement being nearly 9%.

Well done Kieran Chaplin – (with a special mention to his identical twin Dale Poulter who has also improved over every distance to 10 miles too and ran his first half and full marathons.)



Good egg award is awarded to any club member who has gone the extra mile in supporting the club and it's members.

This lady goes above and beyond time after time after time. Every time trial she is a volunteer, she has run most of the Hampshire Road Race league events for us and even has a go at the Cross Country events too (not always successfully). Most club nights this lady will be taking a group out or running a session from Strength and Conditioning to paced runs or intervals. Whenever we need a volunteer she is always first to say 'I will do it' known to us all very fondly as having Tourette's on most runs and usually taking a tumble for the team we would all like to thank Calamity Kim Carter for being such an all round Good Egg – thank you Kim!



To recognise improvement from day 1 incorporating timed improvements and attempts at increased distances and terrain

This male came to our club and fitted straight in. He has a happy go lucky nature and throws himself into everything he can. He has increased his distances run, enjoys interval sessions, supports fellow runners and has also taken to off road running too. He represents GRR in events and is a credit to our club.

Bravo Mark Jakins



To recognise improvement from day 1 incorporating timed improvements and attempts at increased distances and terrain

This lady came to our club and fitted straight in. She enjoys attending club night and her smiley nature is a joy. She takes pleasure in representing GRR in Hampshire Road Race league events and has increased her distances wisely. Also embracing the GRR way and not fearing off road she ran an impressive 13.8 miles at the Festive Frolic which was both muddy and hilly.

Bravo Honor Reader





In memory of long-standing club member Brenda Wiltshire .Awarded to the male and female winners of the club 10 k Time Trial

Awarded to	Awarded by
	Eileen Cowling
Michael Percival	
Gillian Dowling	





Awarded to the runners who have completed the qualifying number of events in 4 or more varying distances

Awarded to	Awarded by
	Eileen Cowling
Ben Toye	
Sarah Ruby Rennison	



This male is always willing to take a group out on club nights and is a keen member of the Monday morning hills group. He has taught others how to climb hills well and how to attack off road without fear. He is often a marshal and represents GRR at the Cross Country events and is usually the first GRR to cross the line at them.

It is with great please we award the Best Vet to Alan Burgess





Bronze award – for runners achieving bronze times in 4 or more distances in their age group category.

Bronze is a challenging target to achieve which takes hard training and dedication – a huge well done to all who have worked so hard to get their bronze award times .

Kieran Chaplin
Kevin Busch
Tonia Morrell
Deborah Birch

Dale Poulter
Nicolas Boorn
Caroline Musto



Kevin Busch



Nicolas Boorn



Tonia Morrell



Caroline Musto



Deborah Birch

Silver award – for runners achieving silver times in 4 or more distances in their age group category

Silver awards times are even more of a challenge to achieve which takes hard training and dedication – a huge well done to all who have worked so hard to achieve their silver award

Jane Cockayne

Kevin Allen

Anna Clodfelter

Lee Rhodes

Hayley Sparshott



Jane Cockayne



Kevin Allen



Hayley Sparshott

Gold award – for runners achieving gold times in 4 or more distances in their age group category .

Gold times are fast and not easy to achieve – but this runner has proved that it is not impossible to have the golden dream and achieve it -

Jackie Tombs





GRR Website

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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.

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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



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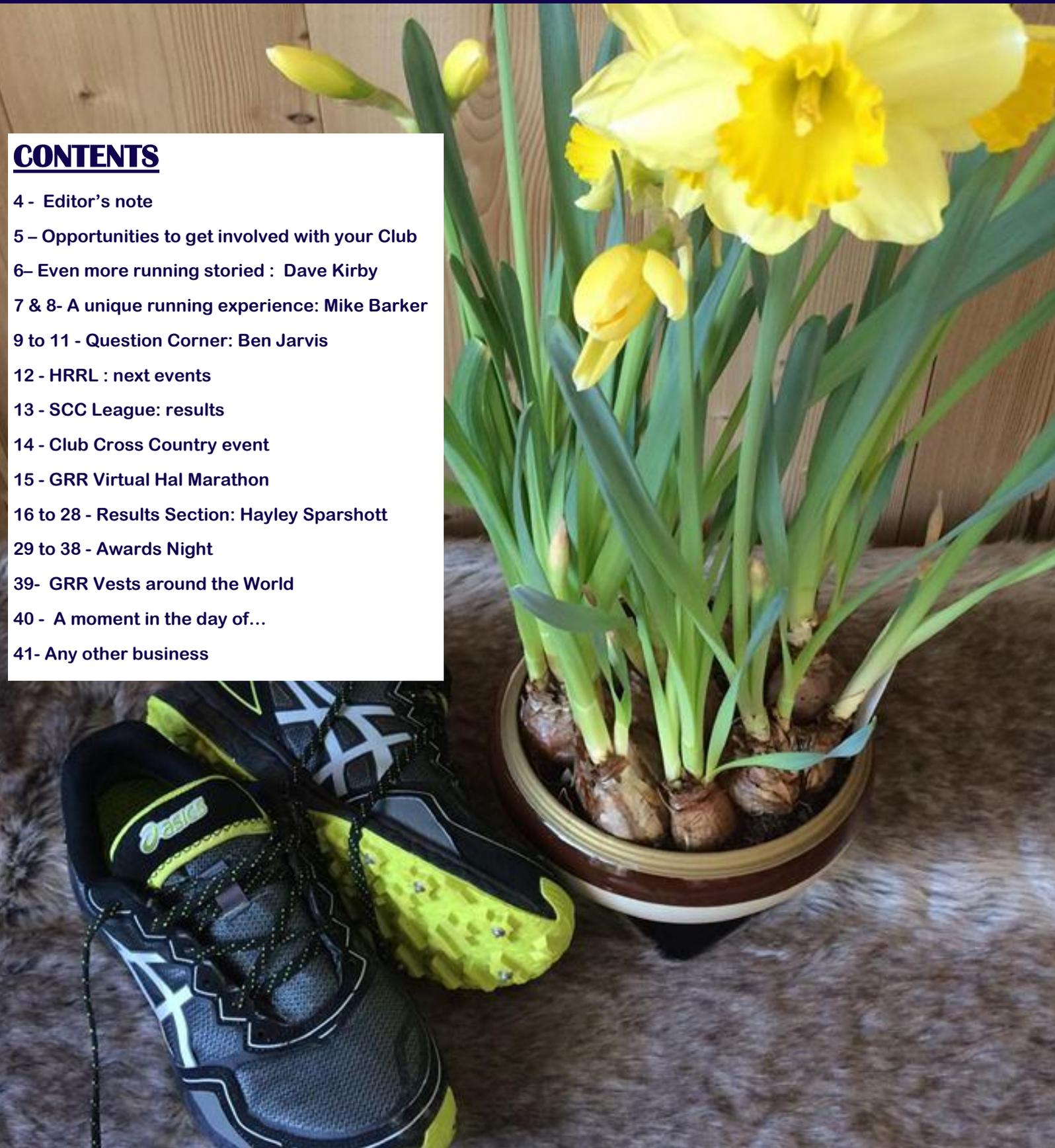


NEWSLETTER



Winter

February 2019



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Cover photo: Geoff O'Flanagan and Jenny Shilling at the Rowans Hospice in Purbrook presenting a cheque on behalf of GRR.





Blink and it was gone! What a lovely short month February was. I hope this edition of your newsletter finds you very well.

It was sunny month and the club vest made a yellow wave through the racing front. There were some fantastic results and great race photos. Hayley brings you the results for the last time. She has done a stellar job the past two years. Thank you for the time and effort you gave this section of the newsletter, Hayley. Welcome on board to Steve Wood, who takes over from Hayley as results recorder.

Regular contributor Dave Kirby brings us a few more running stories. He must have the most interesting running “library”, don’t you agree!? I feel privileged to be able to read his running stories and interesting snippets. This month we have a proper treat as Mike Barker teamed up with Dave to reflect on a local event, which is sadly no longer on the calendar. I have participated in one of the Haslar races as well and remember that we were escorted through the building to the start, by a uniformed officer. This added to the slight nervousness I felt at the prospect of running in what looked to me like a prison. I was quite new at the club that year, and haven’t done many races before that one. Nevertheless, I did find it a very enjoyable experience, with great support from “residents” and the few fellow club members who participated.

Ben Jarvis is back with the question corner, and in the spirit of the month of love, his guest is a very special lady.

The SCC league has now finished, but the club’s own cross-country event is on 24/03/2019. I have added the information for this a bit later. Please support this event if you can. All abilities are very welcome, and if you’ve never done a cross country event before, this one is perfect. As I mentioned in a previous edition, when I joined the club in 2007/8, I participated in most of the SCC league events. I came dead last at a few and the husband could never understand why I even bothered showing up. Things eventually went a little better for me at the club cross country events, unless I got lost, which happened once or twice. I’m hoping to participate in this month’s event and Mike Barker assured me there will be marshals. I just need to focus on staying upright!

Do you like virtual races? If so, page 15 will appeal to you.

That’s all from me this month – it was a short month after all. Enjoy your running in March.

Miranda



“The M25 Motorway Ten”. (10 miles)

It is hard to imagine now, as you whizz along the M 25 on your way to the Channel or the Dartford crossings, that this was until the early nineteen eighties, rolling countryside.

The section of the M25 around the Leatherhead interchange Junction 9, was constructed by Balfour Beatty. Completed in early '85 it was offered by them, for a day, to Leatherhead Lions Club. They wanted to organise a unique, one off, never to repeated, road race.

The idea was to raise £7000 to buy equipment for Leatherhead and Epsom hospital, but to do this they needed some expertise. Epsom & Ewell Harriers were enlisted, and an idea became a reality.

Race Day was fixed for 11:00 Sunday 27th January 1985. The start was at bridge 29, which is a stone's throw from the road bridge which carries the A24 over the Motorway.

Strict rules were in place. The race was an out and back on the Southern carriageway (anti-clockwise) and parking was on the Northern (clockwise) carriageway. No picnics, fires, tents. No changing facilities or showers, limited toilets and basic refreshments, left as found in a pristine condition to be handed over to the department of transport on completion.

2,826 entries were received at £4 a head and at least four of those entries were Gosport Road Runners. 2,269 finished and a medal went to all finishers. T- shirts were available but had to be paid for.

The weather on race day was settled and dry, ideal for running. The Lions easily raised their target of £7000 and two thousand odd Happy runners went home as part of a unique band.

A few weeks later this section of the motorway opened to traffic. On 29th October 1986 the M25 was officially opened and life was never quite the same again for millions of people.

My thanks to Howard Baldwin, a past Chairman, and Terry Weston, serving member, for their reminiscences. If you speak to Terry nicely, he will show you his medal!!! ???



Immigration Removal Centre Haslar 10k -later 5k

This one was certainly different, and I have left Mike Barker's account of it intact. It is far superior to my jottings of the event, and he was there!

A big thank you to Mickey Stares for his reminisce as well. He was also there.

Dave



Running with inmates inside the secure perimeter of a Government Detention Centre is not an experience many of us will have shared yet until 2014 that was a 5k race that Gosport Road Runners were invited to each year by the staff at the Haslar Immigration Removal Centre, Gosport.

It was organised by an ex Royal Navy physical training instructor who was one of the gym staff at the Detention Centre with the intention of giving the detainees a break from their daily routine and some physical exercise.

It was called a cross-country event, which is most probably the broadest definition of the word 'cross-country' that you will come across; barbed wire fences and drab buildings don't really compete with Queen Elizabeth Country Park.

There was no external advertising of the event; it was by word of mouth to HMS Sultan/Collingwood, Stubbington Green Runners and Gosport Road Runners. Each runner had to post an entry form to the Centre and pay £5.00 and the winner of the event selected a good cause for the entries fees to be donated to. For security reasons there were no entries on the day.

No more than fifty runners took part, approximately twenty being the invited guests and thirty detainees (only the guests had running numbers) and the detention staff marshalled. We were all given a medal, a drink and chocolate bar. The Governor or Assistant Governor of the Centre made the trophy presentations.

Sue Barrett was the first lady in 2013, which is still a treasured memory for her being her one and only first finish. In 2014 Chris Buxton was the first man and Lisa Hennen the first lady and Mike Stares regularly entered the race

Some of the detainees didn't speak English but we all shook hands at the end and you could see that they had enjoyed the occasion much the same as we had and appreciated our club participation. It was fun and an unusual running experience and it was a shame that when the Detention Centre closed the event came to an end.

Mike





What is your favourite distance to run and why?

5k- it's over quickly, I prefer running faster to running further

Do you have a favourite Medal or T-shirt?

My Bournemouth marathon medal because it proves to me I can do it

Do you prefer to run on road or trail? Why is this?

I have to say road as I haven't done any trail.

Do you have a certain routine you do before a race? If so what is it?

no not really. I guess if I'm planning on trying to get a PB I get really nervous if you can call that a routine.



What do you have for your recovery..... if you have a recovery routine?

stretch and roll, I know that's what I'm meant to say. In reality I eat and sleep.

If you could choose 1 type of run training what would you do?

intervals

What's your #1 Bucket list race ?

I don't really have one. I sign up to most of my races on a whim

Who inspires you the most ?

Ben Jarvis because he's shown me how real dedication and training can pay off

If you could do a sport other than running, what would it be and why?

Swimming. I used to love swimming and used to do it all the time

If you could have only 1 more meal what would it be?

cheese burger. Or nachos. Or pizza. Or cheesy chips

What would be your superpower?

super speed like the Flash!

Favourite movie?

Crazy, Stupid, Love or Moulin Rouge

What is your dream job?

Rugby correspondent

Beer, Cider or spirit?

Gin!

Best holiday destination?

Tenby, Wales

Most embarrassing sporting moment

At the time of my Brighton half marathon (my first ever race) I was over taken by a man wearing a sign saying 'say hi, I'm 80 today'. At the time I thought it was really embarrassing but now I look back at it and have nothing but respect for him.

AND FINALLY!!!!

Favourite cake?????

Is that a trick question?

HRRL : Next Events



HRRL FIXTURE LIST 2018-19

DATE	START TIME	EVENT	DISTANCE
Sun 17 Mar 2019	10:30	FLEET	Half Marathon
Sun 14 Apr 2019	10:00	SALISBURY	10 Miles
Sun 12 May 2019	10:30	ALTON	10 Miles
Sun 19 May 2019	10:00	NETLEY	10 Km
Sun 16 Jun 2019	10:00	ALRESFORD	10 Km
Sun 30 Jun 2019	09:30	LORDSHILL	10 Km





Here are the final team results for this season.

Big well done and thank you to everyone who took part this year.

If you didn't take part but want to give it a try... Our club xcountry is coming up on Sunday 24th March over Alver Valley.

Massive well done to the 4 individuals who completed all 6 xcountry races this year

Alan Burgess

Pippa White

Colin Gardner

Kevin Busch



Club	Pamber	QECP	Bourne	LWC	Chawton	Polecat	Points	Position	Best 5	Best 5 Pos	Tie break
Season											
Basingstoke & Mid Hants AC	1	3	1	1	1	1	8	1	5	1	1
Haslemere Border AC	3	2	1	2	3	2	13	2	10	2	2
Farnham Triathlon Club	2	1	3	5	2	2	15	3	10	2	3
Fleet & Crookham AC	6	12	5	4	6	4	37	6	25	4	4
Hart Road Runners	5	6	3	3	8	8	33	4	25	4	5
Farnham Runners	3	8	6	9	4	4	34	5	25	4	6
Liss Runners	11	3	6	7	4	7	38	7	27	7	7
Waverley Harriers	6	5	8	11	11	8	49	8	38	8	8
Alton Runners	13	9	8	8	9	8	55	9	42	9	9
Denmead Striders	11	10	10	13	6	6	56	10	43	10	10
Hatch Warren Runners	8	11	11	5	12	17	64	11	47	11	11
Hook Runners	9	13	11	12	10	11	66	12	53	12	12
Portsmouth Triathletes	9	13	11	16	14	17	80	13	63	13	13
Victory AC	14	15	14	14	13	13	83	14	68	14	14
Stubbington Green Runners	22	7	22	10	23	11	95	15	72	15	15
Portsmouth Joggers	14	18	16	17	15	16	96	16	78	16	16
Fareham Crusaders RC	17	17	20	15	19	15	103	17	83	17	17
Cove Joggers	20	20	19	17	16	13	105	18	85	18	18
Chineham Park RC	16	20	18	20	16	21	111	19	90	19	19
Petersfield Triathlon Club	21	16	15	21	18	22	113	20	91	20	20
Sherfield Park Runners	18	19	17	21	21	23	119	21	96	21	21
Gosport Road Runners	19	23	21	19	20	20	122	22	99	22	22
Havant AC	23	22	23	23	22	19	132	23	109	23	23

Ben Jarvis



GOSPORT ROAD RUNNERS CROSS COUNTRY
SUNDAY MARCH 24th 2019 - 9:45 AM

CHILDREN'S PLAYGROUND CAR PARK, CHERQUE WAY

APPROX. 5 MILES

PLEASE WEAR CLUB COLOURS.

TROPHY FOR WINNING LADY AND MAN, REFRESHMENTS AT FINISH.

GOSPORT
Road Runners



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24/02/2019	Polecat Valley
Pos.	Name
Gents	
97	Ian Pugh
113	Alan Burgess
122	Colin Gardner
131	Kevin Busch
147	David Wolters
177	Brian Fisher
194	Andy Brown
195	Rory Fall
Ladies	
72nd	Nicky Finnemore
103rd	Karen Morby
104th	Jackie Brady
106th	Pippa White





24/02/2019		Portsmouth Duathlon	
Pos.	Name	Time	Comments
164	David Whiting	01:30:54	





AWARDS NIGHT



Distance/category	Awarded to
Marathon	
M/vet 50	Stephen Crook





Fastest half marathon runners in each age group, awarded to the runners who have run the fastest half marathon time at one of the Hampshire Road Race League events which are :

The Solent Half Marathon, The Helper's Half Marathon

(next year this will include – Fleet half Marathon too)

Distance/category	Awarded to
½ Marathon	
M/vet 50	Chris Buxton





Fastest 10 mile runners in each age group, awarded to the runners who have run the fastest 10 mile time at one of the Hampshire Road Race League events which are
Ryde 10, Salisbury 10, Or Alton 10

Distance/category	Awarded to	Awarded by
10 mile		David Croft
M/vet 50	Colin Gardner	





Fastest 10K runners in each age group, awarded to the runners who have run the fastest 10k time at one of the Hampshire Road Race league events which are
Stubbington 10k, Eastleigh 10k, Netley 10K Or Lordshill 10k

Distance/category	Awarded to
10 km	
M/vet	Ben Wales



As a runner becomes more experienced we look at their percentage improvement over all distances

This year has been particularly difficult to decide who this award should be given to as we have had two extremely strong contenders. With many hours of number crunching our best improved male has improved over every distance to half marathon compared to last year and has also improved his own marathon time during this year by 1 hour 35 minutes. His improvement on all distances to half marathon were with an impressive percentage improvement of 6% average with his 10 mile improvement being nearly 9%.

Well done Kieran Chaplin – (with a special mention to his identical twin Dale Poulter who has also improved over every distance to 10 miles too and ran his first half and full marathons.)





Good egg award is awarded to any club member who has gone the extra mile in supporting the club and it's members.

This lady goes above and beyond time after time after time. Every time trial she is a volunteer, she has run most of the Hampshire Road Race league events for us and even has a go at the Cross Country events too (not always successfully). Most club nights this lady will be taking a group out or running a session from Strength and Conditioning to paced runs or intervals. Whenever we need a volunteer she is always first to say 'I will do it' known to us all very fondly as having Tourette's on most runs and usually taking a tumble for the team we would all like to thank Calamity Kim Carter for being such an all round Good Egg – thank you Kim!





This male is always willing to take a group out on club nights and is a keen member of the Monday morning hills group. He has taught others how to climb hills well and how to attack off road without fear. He is often a marshal and represents GRR at the Cross Country events and is usually the first GRR to cross the line at them.

It is with great please we award the Best Vet to Alan Burgess



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Kieran Chaplin



Silver award – for runners achieving silver times in 4 or more distances in their age group category

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Lee Rhodes





Brian Fisher exploring Whitstable parkrun

Maree Louise O'Rourke Bringing the yellow of Gosport Road Runners to Runcorn — at Phoenix Parkrun.

4.94 km
Distance

27:40 mins
Active Time

Parkrun Tourist #runcorn

TOMTOM SPORTS



Do you think whispering to a Dyson is any good? I would not have thought that one can plan a PB strategy or harness your running talent in a vacuum, but now it seems to me that depends on how well one listens . If you want to try this for yourself, contact Ben. He's got the medal ... ☺

M



All of Ben's GRR achievements perfectly framed

Ooooh Valentine's Day pressie?

Obviously a performance out of the top drawer

I want to break free...

Ben is using a metal detector to find a missing Worthing Half Marathon medal under all those discarded running socks, and hasn't realised that he's wearing it!

*Are you trying to find my motivation for running?
You shall not find it....*

Looking for a PB !



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NEWSLETTER



Spring

March 2019

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Cover photo: Brian Fisher leaping into action during the club cross-country event.



It is Spring!

The yellow season. The season where the buds which have been teasing the trees since end of January, suddenly popped into happy blossoms. It's true, "The earth laughs in flowers" (*Emerson*) during Spring. It's a season of activity and unsurprisingly, we see more people running more often. Longer, warmer evenings invite social interaction, therefore light and yellow should bathe the GRR club nights scene.

Which brings me to a Facebook discussion thread I've recently seen, discussing why club nights were becoming smaller than usual. It's great when one arrives at a club night and the place is buzzing with members, isn't it! I particularly enjoy chatting to members I know and may not have seen in ages because I didn't attend club nights on a regular basis. Injury led to lack of running fitness which resulted in running laziness. Such go the excuses.

In my experience, getting people to attend an event, be it a work function, meeting or social gathering, is the key to success of that event. To get people to actually attend, may not always be simple and it is often affected by issues which the organisers cannot control. Personally, I think there are 3 key issues to getting people to attend any event:

- a) Make them feel special. It's a fact of life that people need to feel good about themselves.
- b) Be interested in the person.
- c) Give an opportunity to interact.

On the basis of the above, the club nights tick all the boxes of a successful event:

- a) Weekly successes are shared in the group announcements before the organised group runs. I am very happy about the Parish Notes being shared on the club Facebook page. No more nodding in agreement as though I am aware of every single word of the announcement, without actually having heard a single thing. One of my favourite words is "yes" ...which often means I had no clue of the question, and these published notes save me having a blank look to accompany the "yes" nod.
- b) All abilities are catered for on every club night. Whether you want to run a 4-minute mile in interval training, a chatty 3-mile run or a walk around the rugby fields- you won't find yourself running alone, unless you really want to. Club time trials are races against yourself, and your results are recorded to reflect your own progress.
- c) A club night is an opportunity to interact with people who share your interest in running. We are very fortunate to have members with wealth of running experience, fitness training, qualified run leaders and even qualified personal trainers who are happy to share their knowledge and experience on anything running related. Even if it's just a quick moan about how unfit you feel before the group runs start, you can say it somebody who shares your interest.

Whether you're a new runner, returning from injury or running a "WOW" speed, there is a group all of us can fit into on a club night. A bigger attendance on club nights presents more opportunities to interact with all running abilities and therefore improve your running. This will in effect create a more enjoyable and valuable running experience for everybody and may even challenge you to move outside your usual running comfort zone. But that is just my personal opinion



Another great way to interact with club members and become involved in the success of a club event, is being a marshal at the club cross country. What fun that was! It's so much easier to motivate and support fellow club runners than to run the course yourself. Despite my most ambitious intentions, I did not participate as a runner because my recce run of the route convinced me I was still totally too unfit for 5 miles on a dirt track.

On the topic of challenges, running to the Top of the Rock in Gibraltar certainly has the character of a challenge. Read about Dave Kirby's experience of this event in his regular column.

Our motivational and charismatic new club chairman needs no introduction, and I'm very certain the club will prosper even further under his leadership.

We have two race reviews this month: one from the Limassol Cyprus Marathon and another from the Fleet Half Marathon. Thank you, Simon Rowe, who ran his first race in the GRR vest and Hayley Sparshott for these contributions.

Steve Wood brings us the results and as usual, it makes for impressive reading. Thank you, Steve for compiling this information and well done to all of you who participated in races.

I hope you enjoy your March 2019 newsletter, and I look forward to seeing many of you on club nights over the lighter-evening months.

Happy April running!

Miranda





I was delighted to be voted in as the GRR Chairman at the recent AGM and, after just two weeks, with one committee meeting under my belt I think the enormity of the role is only just beginning to settle in. Before I go any further I would like to thank my predecessor, Dave Croft, for helping to prepare me for this role; he is a friend and fine Mentor and, over the past 12 months, he has provided wise counsel. He is keen to return to the back-benches and I thank him, on behalf of the Committee and the Club for everything he has achieved; I will seek him out when I need his advice but, until that time I wish him all the very best for the future. Thanks DC!

So, to the future we look. I am proud to be the Chair of the Gosport Road Runners; a Club steeped in history and tradition. Our colours are instantly recognisable and have been seen throughout the world. We are a formidable force with our members representing not only the Club but the County, the Armed Forces and, soon, the Country. We strive to be inclusive and it is my vision to welcome all who walk through our Club door; a mile is a mile whether it takes fifteen minutes or seven to complete.

We are also a family and as such we look out for one another; I have no doubt there will be times when people fall out or get pushed out of shape for one reason or another. As a family, we will overcome these moments because that's what happens. We all share a passion for running and, when we stand together on the many and varied start lines, we do so in the knowledge that we have the unconditional support of our fellow GRRs.

There is much to do over the coming months and you will begin to see a number of changes and tweaks to the way we do business; you have a Committee ready to provide support and opportunity to the members of the Club. You will also be asked to provide your thoughts and suggestions and I urge you to take the time to feedback on how we can best serve your needs; what do you want your Club to look like and how can your Committee facilitate that?

All that remains, for now, is to wish you a rewarding 2019/20 running season. It's already shaping up to be an eventful and fun packed year and I am looking forward to seeing our members do what they do best whilst wearing the Yellow!

Until then.

Geoff





Rising out of the mist on a late September morning Gibraltar looked formidable.

To a sixteen-year-old lad who had not seen much outside South London and South East England, this was heady stuff!

Units of the American 6th.Fleet were in harbour on their way home after their three month". intervention" in Lebanon. My first impression of "The Rock" In 1958. Gibraltar was still quite Spanish then, with none of the English pubs that were to appear in the coming years. I was doing some recreational type running which consisted of the 100yd dash in gym shoes. I had done some cross-country stuff whilst in boys training but had not yet been bitten by the running bug. Little did I know that over the next 25 years I was going to run round, through and up the Rock whenever my ship visited Gib.



The Race.

The course is only 2.7 miles long but rises to 1300ft.with gradients of 1 in 4.Not for the feint hearted and not recommended if you have had a skinful the night before! People still do of course, after making rash promises over a beer and go on to suffer the consequences.

Although I ran different courses on the Rock, I didn't run my first Top Of The Rock race until 1975.I Think I ran it in about 27 minutes. I was absolutely flayed! I then compounded the issue by running down! Wrong! I suffered sore ankles and other bits for weeks.

Not entirely sure when the first race was, but I would guess in the seventies. All visiting ships, and in recent years all visiting military units are invited to the challenge. The record is held by the then S/LT. Chris Robison Of H.M.S. Glasgow in a time of 17minutes and 29 seconds. Set in 1986, the record has never been broken.

Dave

Erratum :December Newsletter:"Zola Budd,The Barefoot Runner"

I said 1985 which should read 15.11.87. Set a new course record of 32.55



Fleet Half Marathon 17th March 2019

New to the Hampshire Road Race League calendar.

Superb pre race communications with clear race day instructions.

On the day – parking was easy and very near to the race village. The Race village was set out on a field with numerous stands and a very large baggage area. The toilets were plentiful and clean which is always nice. We were taken out to the starting area where the 1:30, 1:40, 1:50, 2:00 and 2:20 pacers were clear to see so that you could stand in the right zone. There were 2 pacers for each time one went slightly ahead of pace bringing you in a few minutes under the time the other stayed at pace bringing you in on time.



The route was gently 'f' undulating all the way round – which was a joy to run on. The route went through the town a few times before taking us out on a country lane and then back into the town. The support from the locals was second to none – as our race numbers had our names on them you could hear your name being called out every step of the way and because I was running just behind the 2 hour pacer the crowd were willing the runners on to get the sub 2 hour time too.

There were more than enough water stations with paper cups and several loos on the way round too. The volunteers did a fabulous job keeping the runners safe and the emergency action plan kicked into force when there was a runner down at mile 6ish – which was heart breaking to see but great to see the health and safety kicking into full force when it was needed.

Every GRR ran a fantastic race – several attaining their award times and PB's too. We did have good weather conditions albeit a bit windy, making the event a joy.

Highly recommended event for all abilities and for both experienced half marathon runners and first timers too with a lovely medal and goodie bag too.



Hayley



Limassol works for us because we have Cypriot relatives to stay with and an early spring holiday is just the thing to remind ourselves, after the long winter months, that there is light at the end of the tunnel and that it's warm pleasing sunshine. We arrived on the Monday before and are flying back the following Monday after Sundays' runs.

My wife ran her first half marathon and although I have run a full marathon 11 years ago this felt like a first proper attempt at the distance having, this time, actually committed to a training schedule in the weeks leading up to the race. After picking up our race packs on the Thursday we continued to enjoy some excellent hospitality, time on the beach -a comfortable 21°C in the water- and delicious food. We even made a friend out of a fellow runner who was like us, playing with their young child on the beach looking through the race packs.

The race started early it was suggested to arrive at 6:30 for a 7:30 offing. We went to bed not long after my 4-year old on stomachs containing rice and chickpeas. In the morning just coffee, water, a banana, a few dates and almonds.

The marathon is relatively small and so I met up with my friend again on the start line helping to quell pre-race nerves.



The Start felt very comfortable for the first 5k. I settled into a really good half marathon pace of 6:50 minutes per mile and I was running nicely with just one other runner, in loud shorts, and a small pack not really moving away from us 50m ahead. The weather was already warming up and I was mindful of hydration although this hadn't been an issue training over the UK Winter.



Okay so this run was obviously a steep learning curve for me. The experienced Gosport Road Runners will already know -at least suspect- what's coming next but I will include a Strava image of my splits to make it obvious to everyone.



For the defense: I am by nature a glass half full kind of guy. I believe that there is some good running in these legs and I was (still am) curious to see where they might take me.

I let my early pacer in the bright shorts run ahead and dug in to my own slightly slower pace alone. I was overtaken a couple more times but was digging into my own rhythm, "I can, I can, I can" thanks Steve Crook. I ran on alone buoyed by the awesome support from local teenagers manning the water stations and increasing levels of support as we made our way back into the beach area and the half way point.

My wife with the other half Marathon runners started 10 minutes after me, moving forward to the start line after the marathon runners had departed. She had skipped the run through old Limassol and the port area that formed the first half of the Marathon route. So, she was now on the same out and back beach run as me. I was really pleased to see her making her return journey ahead of expectations and we shouted some encouraging words to each other across the road. The weather was getting hot and my stomach was difficult about letting me drink. I found holding on to the bottle between stations helpful with the rhythmical swish and opportunity to sip slowly at regular intervals. The turnaround I knew from the map was at Amathus archeological site. I was happy to see the hotel Amathus but actually from here the turnaround was a long way yet and the hill, although insignificant to fresh legs, became noticeable. I was struggling now; I tried slowing down and speeding up a bit to find a rhythm. 5km from the end I was joined by a man wearing a 3:30 flag he offered some words of encouragement and I stayed with him for a few hundred meters but 5km on legs seemingly made from jelly was a long way. I crawled across the line 3:38, pleased with myself but in some pain.



As I crossed the finishing line, I was handed a medal and a non- alcoholic beer. The queue for the free massage afforded me some time to figure out how I might be able to reach down and remove my own shoes. I screamed involuntary howls of pain with my face buried into the massage table putting thumbs up over my head to let them know I was ok despite the tears and sounds I was making. They weren't gentle but they knew, I am sure, what they were doing to my legs. In fact, they seemed unaffected (possibly amused) by the noises I was making. My wife met me with a banana chocolate and strawberry crepe just by the finish line and we were picked up by her Cypriot aunt who was kind enough to let me lean on her for the short walk to her car. We're on the return flight now and I know (hey glass half full) important lessons have been learned in preparation for Southampton marathon in about 48 days

Simon

HRRL : Next Events



HRRL FIXTURE LIST 2018-19

DATE	START TIME	EVENT	DISTANCE
Sun 14 Apr 2019	10:00	SALISBURY	10 Miles
Sun 12 May 2019	10:30	ALTON	10 Miles
Sun 19 May 2019	10:00	NETLEY	10 Km
Sun 16 Jun 2019	10:00	ALRESFORD	10 Km
Sun 30 Jun 2019	09:30	LORDSHILL	10 Km





Please email your results to Steve at:

results@gosportroadrunners.org.uk





15/03/2019			
Logicom 5 km Wine Run			
Pos.	Name	Time	Comment
23	DANIEL ROIZ DE SA	00:23:54	
34	CHRISTOPHER MCFAUL	00:25:23	
44	ROBERT HYLANDS	00:27:01	
48	NICHOLAS BOORN	00:27:06	
57	PAUL STANSFIELD	00:27:49	
58	CLAIRE TALLACK	00:27:50	
60	JACKIE TOMBS	00:27:59	
61	JANE COCKAYNE	00:28:03	
66	PAUL HUMPHREYS	00:28:57	
71	DEBRA HUMPHREYS	00:29:19	
79	ANGELA CLARIDGE	00:29:40	
98	NICK CARTER	00:32:12	
104	JEANETTE WEBB O'NEILL	00:32:24	
110	DAWN SIMPSON	00:33:18	
132	CHRIS NATION	00:35:58	
173	KIM CARTER	00:45:59	
174	MICHAEL BOWERS	00:46:00	
175	MARIE BOWERS	00:46:11	



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17/03/2019 Hampton Court Half Marathon			
Pos.	Name	Time	Comment
unknown	Honor Reader	02:13:59	



17/03/2019 Reading Half Marathon			
Pos.	Name	Time	Comment
996	Kieran Chaplin	01:36:34	



24/03/2019 Coventry Half Marathon			
Pos.	Name	Time	Comment
2491	Lisa Young	02:19:15	





24/03/2019 Club Cross Country		
Pos.	Name	Comment
1	Mike Newnham	Guest
2	Danny Miller	Guest
3	Ben Jarvis	1st GRR Male
4	Ian Pugh	
5	Alan Burgess	
6	Nico Rosser	
7	Su Baldock	1st GRR Female
8	Kev Busch	
9	Caroline Musto	
10	Neil Jarrett	
11	Dan Roiz-De-Sa	
12	Dean Conway	
13	Stuart Wood	
15	Anthony Lewis	
16	Amy Smalley	
16	Chris Sparshott	
17	Brian Fisher	
18	Dave Kitching	
19	Rachel Davies	
20	Mark Jakins	
21	Cathy Harman	

24/03/2019 Club Cross Country		
Pos.	Name	Comment
22	Tonia Morrell	
23	Karen Morby	
24	Jenny Shilling	
25	Julia Roiz-De-Sa	
26	Louise Belben	
27	Mick Stares	
28	Lynne Franklin	
29	Gill Dowling	
30	Ed Anderson	
31	Pippa White	
32	Ken Eaden	
33	Kirsty Hope	
34	Nicky Hayward	
35	Phil Moran	
36	Christine Nation	
37	Rebecca Scott	
38	Richard Smith	
39	Reuben Shilling	
40	Sue Tingley	
41	Sue Barker	
42	Paul Street	

Very good conditions today, light winds and lots and lots of sunshine. Many thanks to the organisers, Steve Cawte and Mike Barker. Many thanks to the officials and marshals who ensured we had a great morning out, Andy & Sharon Clutton, Terry & Mary Ash, Ian Buzard, Eileen Bartlett (Photos), Eileen Cowling, Pete Lindley, Dave Croft (Photos), Sylvia Cawte, Donna Tatem, Janet Lindley (Numbers), Mick Welstead (GRR Legend), Nick & Kim Carter, Tania Bernice, Deborah & Mark Birch, Shirley Faichen, Hayley Sparshott, Phil Shilling, Sue Barratt, Kellee Read, Angie Claridge, Bob Bennett, Miranda Carrick, Karen Harding, Denise Francis & Gary Francis (Recorder)







Ben Jarvis—1st GRR
male



Su Baldock—1st GRR
female



24/03/2019		Portsmouth Duathlon Series: race 2
Pos.	Name	Time
	Richard Law	01:40:19
	David Whiting	01:53:57
	Charles Cope	01:55:33



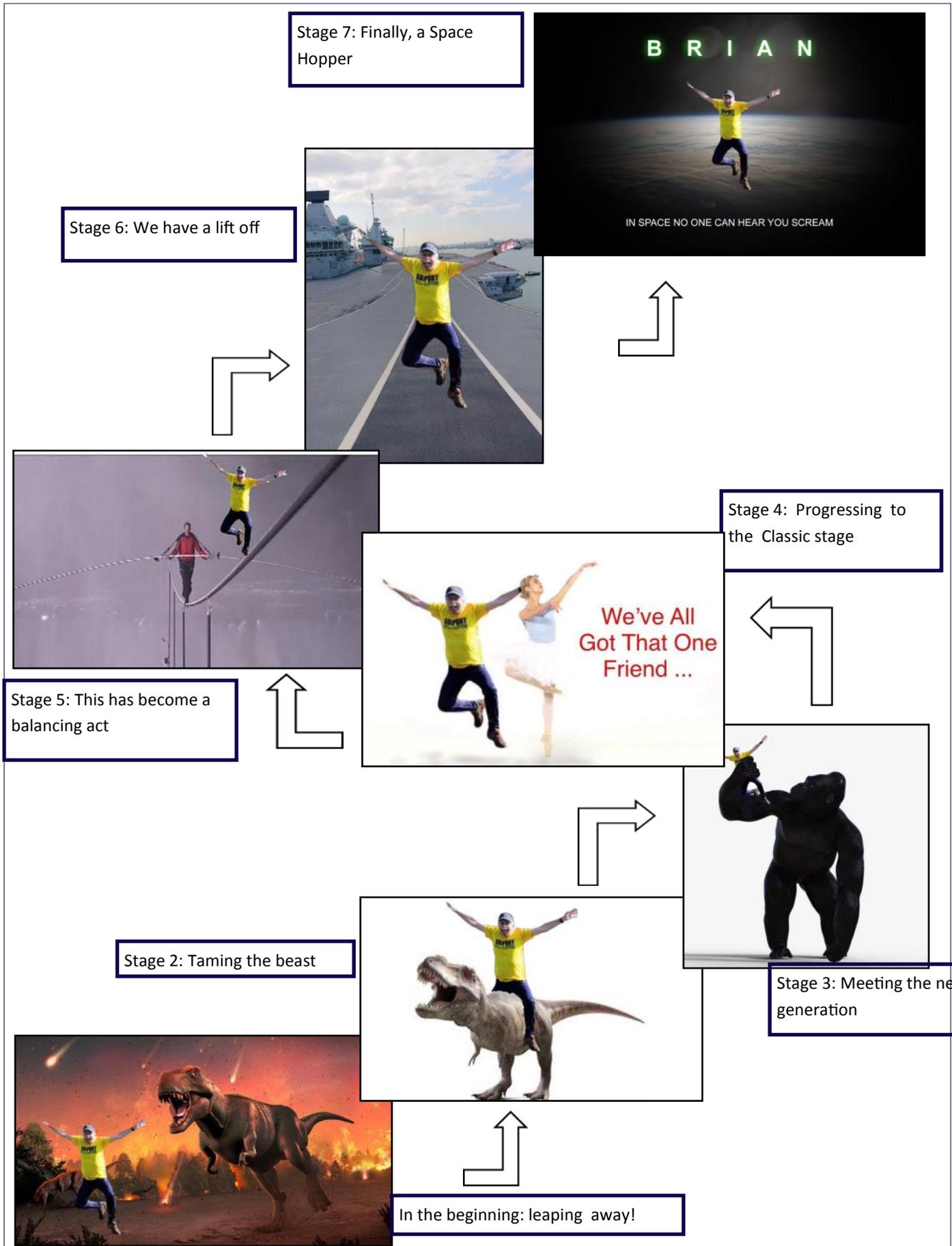


AWARDS NIGHT



Distance/category	Awarded to
Marathon	
F/vet 45	Rachel Davies







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 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 @gosporrr on

<http://twitter.com/gosporrr>



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



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NEWSLETTER



Spring

April 2019

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Cover photo: A Chorus Line at the Salisbury 10mile race. Surprise, Surprise! Nick Boorn, Mark Jakins and Geoff O'Flanagan show running is like the ballet.



"No human is limited...My dream is to make this world a running world. A running world is a healthy world. A running world is a wealthy world. A running world is a peaceful world. A running world is a joyful world.

There is freedom in running. Go and run and your mind will be free. That is what is needed in the whole planet." (Eliud Kipchoge, 2019 London Marathon winner)

Did you watch the 2019 London marathon? Even if you didn't, you would most probably be aware of Eliud Kipchoge's phenomenal win in a time of 2:02.38. This was the second fastest official time for completion of a marathon, **in history!** Just for interest sake, he also set the world record in Berlin during 2018. WOW! And yet the talented athlete seems to have a simple approach to training and racing: an unwavering belief in the power of the mind. If you believe it, you can do it.

How reassuring to know that, as a "plodder", I can apply the strategy of a world record holder to my own training! The trick however, is to get to the point of convincing the mind of that. As a starting point, I have joined the Beginners' Group in April. Starting from scratch and forgetting whatever I thought I knew about running, the act of running has suddenly become very enjoyable again. The run leaders are fantastic – well trained and seasoned club runners who deliver structured, easy to follow training sessions (even if they need to explain some things a second time with a lot of signs and a flashcard or two, to me). For just short of that hour's training session, my focus is just on that session – walking, running, breathing, learning and having fun. Not thinking about the day at work or whatever other worries there were earlier in the day, the run training really frees my mind without any conscious effort to do so. In addition, I find it relaxing to feel exhausted and therefore try and work as hard as I can during these sessions. Eventually this will make me a proper runner again, and for now the Beginners' road to that point is certainly a happy, joyful one.

April did not only see the world's athletic stage produce awesome performances. Our very own Steve Crook completed the Boston marathon in a lightning quick time. This is the "Holy Grail" of marathons with a gruelling qualifying time. You can't just enter online – you have to satisfy the strict qualifying time and then hope that you will actually gain entry. Not all runners who complete the qualifying time, gets a place. I read for the 2019 marathon, more than 7,000 time qualifiers were not accepted. For the 2019 race, runners needed to better their age and gender standard by at least 4:52. So you see, just to get to the start line of this race is a big thing. To finish the race in the time Steve completed it, is nothing short of epic! Most of us will never have the opportunity to run the Boston Marathon but fortunately Steve shares his race with us. I was a bit starstruck when I read his article, and no doubt you will be too.

Continuing the month of local heroes, a group of club runners invaded Berlin and conquered the half marathon. Brain Fisher and Steve Wood have excellent reports and photos of this event. Thanks to these articles and photos, I think this could be another annual GRR road trip.

If a man can run a marathon, a lady can do too – even repeating it for 10 times. Carol Collins did just that! Running 10 marathons in as many days is exemplary of the power of the mind. Training for one marathon usually takes a few months and the race itself tend to exhaust the body and mind. Knowing that you have to get up tomorrow and do it again, day after day for 10 days, takes a very strong person. Join her on the towpath as she shares her experience with us.



Our regular contributor Dave Kirby remembers the success of one of our club runners in a beautiful ultra-marathon. I'm probably biased, but I do think this is one of the world's most beautiful places in which to stage a race, or anything else for that matter.

Ben Jarvis "introduces" one of the club members who has a positive influence on many runners' training, performance and enjoyment of running. I'm very excited that Coach Kim joined the newsletter team this month, and I'm sure you will agree with me that a regular coaching feature will enhance the quality of your newsletter. Please do let her know if there are any specific running/training related issues you'd like her to address.

Steve Wood brings us the results. Goodness me, you lot were busy and frankly quite fantastic!

All that now remains for me to say is that I hope your running in May is healthy and joyful.

Miranda





Where on earth does the time go? As we approach the end of April and progress towards the summer months, it seems diaries are filling up with running events near and far. Your Committee has been busy settling in to the new season and you may have noticed one or two of the tweaks and changes I mentioned last month. We have recently commenced the process of building and developing the LiRF team; the mentoring programme for potential LiRFS has been announced along with the plan to provide continuous development for those already wearing the Blue T-Shirts.

Your LiRFs work hard, week in-week out, making sure relevant and challenging training sessions are available during club nights. I am extremely grateful for their support and I would, on behalf of the club, like to thank them for their continued efforts. If you would like to be considered for the LiRF development programme please let me know by the 7th May at the latest.

I have asked our President to conduct a full and in-depth review of the Club Constitution; the previous review was completed in 2009. She will, over the coming weeks and months, seek your input on the content of the Constitution and, where appropriate, submit potential amendments to the club for consideration. This is your opportunity to be involved in shaping the future GRR; the Constitution is the building block from which the club, and the Committee, takes its lead. Once the President has completed the review it will be presented at the 2020 AGM; upon acceptance the document will stand until its next review in 2025. Please do take the time to engage in the process and, where you are able, help prepare GRR to move forward on both a solid and steadfast foundation.

You should all have received, or had sight of, the Club Survey Monkey recently distributed via email and the Club Facebook page. Please do take the time to complete and return the survey; it's completely anonymous and designed to seek your thoughts and opinions on how the club is performing. I really do hope you are able to complete and return the survey to the Committee; every answer will be considered and, following analysis, I will publish an action plan addressing emerging trends and suggestions going forward.

So, as you can see, it's been a busy couple of weeks; progress and change always take time and I believe, as a club, GRR will continue to move from strength to strength over the coming years. The ability to grow comes from within and, with you the members at its very core, GRR will continue to move forward in a positive and determined fashion. As always, I am proud to be the Chair of such a diverse and inclusive club; we continue to demonstrate our abilities within the HRRL and beyond whilst our colours dominate throughout the Running Community.

For now, I look forward to seeing you all at club nights as well as the many and various start lines over the coming weeks.

Geoff





First held in 1970 with a field of 26 the Two Oceans was never meant to be a “serious” event. It was set up as a training run for another ultra race, The Comrades Marathon which was organised by a returning First World War veteran. After being refused for several years, officialdom was finally overcome and the first Comrades race was in 1921 with a distance just short of 91 km, it is a biggie! But that is another story!



Held in Cape Town South Africa, Two Oceans is 35 miles long, although last year it was 36.5 . Other events held on the same weekend as the ultra marathon are a standard half marathon , two trail run distances along the lower slopes of Devil’s Peak, the Cape Town International Friendship run (5.6km run/walk) for international participants only and a few fun runs. It has been called “The most beautiful marathon in the world”. When you see the route you can understand why. The ultra marathon encompasses the Atlantic and Indian Oceans, the mountain chain forming the spine of Cape Peninsula and the fluctuating junction of the Two Oceans between Cape Agulhas and Cape Point. For the ultra event the first ten finishers get a gold medal. For sub 4 hours silver, and then different classifications up to sub 7 hours. Over 6,000 runners attempted the distance last year. There is a strict cut-off time of 7hrs after the start of the race.

In 1999 a Gosport Road Runner, Colleen Nealon ran the ultra. As part of qualifying for this event, Colleen had to run a sub 4.15 marathon. She accomplished this at the New Forest marathon in September ‘98. Would you believe she ran a time of 4.13. Pheeew! In this she was ably assisted by Sid (Smith) and Mick (Welstead) whose training and encouragement helped her qualify,. Not only that, she won first prize for the First Lady over 50! I remember seeing Colleen on a couple of occasions when she “ran round the harbour” as part of her long distance training. I was working in Porchester when she passed by.

Always held on Easter Saturday the big race day arrived with blue skies and “warm “sunshine. For those who know The Cape, the course follows a more or less circular route. Starting At Newlands it winds it’s through Muizenberg, Fish Hoek, over Chapman’s Peak through Hout Bay and Constantia Nek with the finish in the campus at the university of Cape Town.

Colleen tells me that the wonderful unfolding scenery helps to “lessen “the suffering of mind and body. The very generous water and feeding stations helped as well, with all sorts of fare on offer!



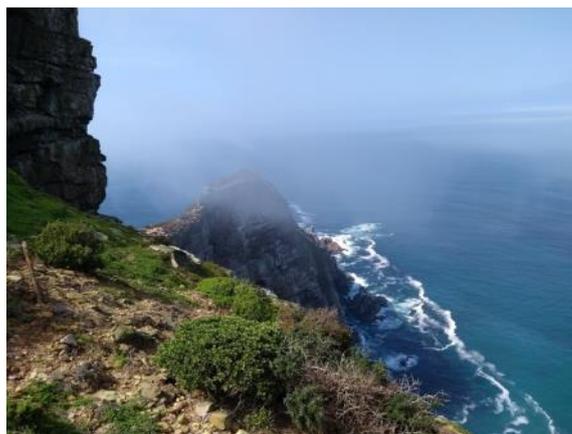


Colleen had done her homework. She finished in a time of 5 hours 32minutes. Around this time the club was meeting in Thorngate Hall and we would have a social night on a Monday once a month. Colleen came along and told us of her adventures. What an achievement!

Dave



Ed's note: I have participated in the Two Oceans Half marathon in 2008, during one of our family holidays to South Africa. It was my first half marathon and one of the first races I ran as a Gosport Road Runner. The race is run against the backdrop of the spectacular Table Mountain. Needless to say, the half marathon route was unforgiving in places, as it was run on the lower slopes of the mountain—something for which I was unprepared at the time as all my training was done in Gosport. The route for the ultra marathon is much more challenging, making Colleen's achievement very impressive!



This is a photo I have taken in April 2018, and shows the point where the two oceans meet.

The ultra marathon celebrated its 50th anniversary in 2019. This year's race was won by South Africa's Bongmusa Mthembu in a time of 03:08:39. He also won the 2018 Comrades ultra marathon. First lady home was South African athlete, Gerda Steyn, in a time of 03:31:28. She was the ladies 'runner up of the 2018 Comrades ultra marathon.

Miranda



In early April an intrepid team of GRRs jetted off to Germany to run in the 39th Berlin Half Marathon.

Geoff O’Flanagan our Club Chairman and tour-guide had organised it all and the adventure began with a Friday afternoon’s flight into Tegel Airport.

Traveling out were Geoff and his wife Andi and daughter, Gavin, Kevin, Charles and Sally and their daughter, and myself. Also going out under their own steam were Fiona and Steve, also Penny and her Mum. All together we had eight runners doing the Half, plus family.

Saturday morning began horribly early. A quick bite to eat and a coffee and we were out of our hotel at 7:30 to get to the Hassenheide Parkrun. Sally joined Geoff, Gavin, Charles, Kevin, Penny and me for the run. There was a large number of Brits taking part. We had arrived in good time to hear the runner’s briefing spoken both in English and German. The run was around a large park with trees in blossom and birds singing. Most enjoyable. We went for a post-run coffee then headed off to the Race Expo to pick up our running numbers.



The Race Expo was held in the former Tempelhof Airport, an impressive 1930’s terminal building. First, we were tagged with a strong woven wristband that was welded together and never ever going to come off! Once inside we had to queue to collect our race number and chip. Unusually the chip was the old re-useable type that one rarely sees these days at UK races. The race number was actually printed off there and then for us.

Having picked up our numbers there was time for a little sight-seeing. We had an “interesting” return journey on the Subway when, not being familiar with the doors, we managed to lose Geoff when he stepped out of the carriage onto the platform just as the doors closed behind him! The look on his face as the rest of his team waved goodbye to him from inside the carriage as it pulled away!

Having re-grouped, we had an interesting visit to the Berlin Cathedral. An impressive building that you can climb up to view the city from its dome. Leaving through the gift shop I bought a piece of genuine Berlin Wall mounted on a base. This produced a lively debate as to its authenticity. We returned to the hotel who had provided a pasta menu for the runners.

Race Day meant another early start. We had arranged a taxi for the five of us runners. It duly arrived, drove half a mile to where the road was closed. A policeman stood by a row of cones. The driver could have easily turned off and tried some alternative routes. Instead he told us he couldn't go any further and kicked us out!

We walked the extra two miles or so before entering the race area. With 37,000 runners it was a bit chaotic with everyone having to leave their bags in different trucks. But we did manage to find one another for a last group pic. Despite the large numbers the start area was well organised.

Kevin and I were in block C at the start. Ahead of us were blocks A and B for the faster runners, ahead of them were 1500 in-line skaters and some wheelchair and hand-bikes. The rest of team GRR were further back and would start in the 2nd wave 20 mins after us. We stood listening to the sound of the German PA system, behind us in the distance was the Brandenburg Gate and ahead we could see the gold-topped Victory Column.

The sun was already warm at 10:00 as the race started. We shuffled slowly forwards towards the Start. It took several minutes. Finally, as we reached the timing mats, the pace picked up and the run started.

The route first followed a wide Boulevard, the "Strasse des 17. Juni", passing the Victory Column. After a mile or so the route veered off to the right and began a clockwise path through the city. The route passes nearby some of the most iconic places in Berlin such as the Tower at Alexanderplatz and Check-Point Charlie.

The route itself was mostly wide enough to cope with the large number of runners. But we did encounter a few incidents of being carved up at water stations or being pushed out of the way. However, this is not uncommon at large races. The water stations were well-staffed and frequent enough for the conditions but the vast number of discarded cups at each one was a considerable hazard.

I made good progress during the first half of the race my split-times each being about 27 mins for the first two 5k points. I slowed up a little on the 2nd half. Maybe I shouldn't have done so much walking and a parkrun the day before! It was very warm too, in places along the route there was shade, but in other places there was no escape. The last three Kilometres had a number of bends and at each one I found myself looking for the Brandenburg Gate, I just wanted to finish now. Finally, a left turn .. and I could see the Gate! Beyond the finish. As I approached, I pulled to one side for a sneaky selfie with the Brandenburg Gate in shot. Then a final run across the line.

Beyond the finish I picked up my medal but decided to forgo the beer they were handing out.



Picking up my bag I caught up with Kevin, but it was too busy to try to re-group, so we headed off to our hotel for a well-deserved beer.

We could see Hayley had been tracking us all and that was nice to know! We all finished the race, but I later learned that Fiona had struggled with illness the day before and her race had not gone well. Penny had walked with her most of the way which was very kind.

All in all, the Berlin Half was a good race, very well organised with a great atmosphere. Definitely one to think about doing again.



Brian





Fi and I travelled to Berlin on Friday morning in advance of the main GRR Group to enjoy what turned out to be a rollercoaster trip for 6 days. Berlin has always fascinated me since serving in Germany for 3 years in the RAF during the mid 80's (cold war era) as an Air Traffic Controller when it was almost impossible to get to Berlin or near the Berlin wall without a military escort. Two trips that were planned were cancelled for "operational reasons", but it used to give the Russians/East Germans a chance to photograph Western Military Personnel and vice versa, part of the cold war "game".

Berlin has so much to offer as a city both historically and culturally and we were determined to see as much as possible. This included a 3 hour walk around the city followed by trips to the Reichstag, Check Point Charlie, Sachsenhausen Concentration Camp, the Jewish Holocaust memorial/museum, East Side Gallery (murals painted on the remains of the Berlin Wall), and the TV Tower for Beer and Boulette (Pork/Veal Meatball). It was difficult to grasp what the former Berlin was like and understand the atrocities that were carried out until you read all the stories of daring, innovative escape attempts and tragic death and deportation.



Berlin is a beautiful, affordable city and the transport system is wonderful, £2.40 from the airport to city centre or £6.50 all day, covering buses trams and underground, which makes it really easy to get around and a lot of the sights are within walking distance of each other.

We all met up at Tempelhof Airport Expo to collect race numbers and wander around the day before the race. Huge amount of stalls to wander round, loads to see and do as well as children's events.



Race day dawned sunny and very warm, unfortunately food poisoning put paid to Fi's hope of enjoying this half marathon and special thanks to Penny Herridge for helping her, in true GRR Spirit, get around in under 3 hours. The race was then followed by a relaxing cruise on a river boat around Berlin with a large beer for me and sparkling water for Fi. I then went down with the bug and had some quick detours in the Reichstag and Check Point Charlie, not quite the visits we had planned.

Just when we thought we had got through it all, a major taxi strike brought Berlin to a standstill just as we tried to get to the airport. Various underground trains, buses (which suddenly stopped) and finally a 30 minute dash dragging a suitcase we got to the airport with minutes to spare at check in.

Was it worth it. YES, the race was well organised, flat (PB achievable) lots of support and great fun (except for Fi), although 24 degrees (abnormally warm this year, put paid to my PB attempt, finally just being beaten by a man running with a 7lb pineapple ... yes honestly I wasn't delirious or seeing things which he had run the whole race balanced on his head, we had seen him in Budapest 18 months earlier!

Highlight of the race, running through the iconic Brandenburg gate at the finish.

Would we go back... Yes, in a few years to see the bits we missed.

Would we recommend it.... DEFINITELY but please make time to see some of the sights and history Berlin has to offer.

Steve





Berlin Half Marathon 7th April 2019

Pineapple Man



Berlin Wall mural

What is your favourite distance to run and why?

10 miler, I feel I can give it my best

Do you have a favourite Medal or T-shirt?

Medal 3 x VLM 2010, 2011 and 2012. .

Do you prefer to run on road or trail? Why is this?

Trail, gentler on my knee

Do you have a certain routine you do before a race? If so what is it?

Haven't raced in a while but I like coffee, banana and a good warm up.

What do you have for your recovery..... if you have a recovery routine?

Cup of tea and tuc biscuits

If you could choose 1 type of run training what would you do?

Intervals

Do you prefer to Race or just enjoy your runs and have a chat?

Experience has taught me it's not all about racing, I much prefer social running now

What's your #1 Bucket list race ?

Pretty much done everything I've wanted to.

Who inspires you the most ?

Inspire is a very strong word. There are lots of people I respect and admire and can't say I've ever been inspired at the same time - lame answer, sorry



If you could do a sport other than running, what would it be and why?

Hockey, have played hockey on and off for 35 years. Love the whole team sport thing and still join in the odd training session when I can

If you could have only 1 more meal what would it be?

Bacon sandwich with brown sauce. Followed by Apple pie and ice cream.

What would be your superpower?

Superspeed obviously

Favourite movie?

Lost in translation

What is your dream job?

Profession hockey player

Beer, Cider or spirit?

Beer, although I'm rubbish at drinking

Best holiday destination?

Malta

Most embarrassing sporting moment

Abingdon marathon, gel went straight through me and I had to hop into someone's back garden to 'let it out, let's say



AND FINALLY!!!!

Favourite cake?????

Coffee and walnut



Pre-Race

I'm not into the notion of a personal 'bucket list.' I have found that the events and experiences that have had the most powerful impact on me tend to be unplanned and unexpected. Things that I've dreamed of from a remote perspective of time or distance have often not been able to live up to the pictures painted in my imagination. Up until a couple of years ago I had never imagined that I would ever run in the Boston Marathon, but if I had had a running bucket list, Boston would have been on it.

As a football-mad kid growing up in the sixties there wasn't much room for any other sports in my life, but my first memory of athletics is from the 1968 Olympic Games in Mexico. As a seven year old I was pretty shocked that the Great Britain team wasn't winning all of the gold medals so, when David Hemery won gold in the 400m hurdles, in a new world record, it made a big impression on me. Hemery's father's work in the USA meant that young David went to school and then university in Boston.

Fast forward a couple of years to 1970 and Ron Hill became the first British runner to win the Boston Marathon, shattering the course record by three minutes, with a time of 2:10:30. I remember reading this in The Evening Standard with my Dad: The marathon, an unimaginable distance to run, in a country a long way away, won by a Brit!! Just a small piece in the paper, part of a column of news in a sports section otherwise dominated by football, but there it was again: Boston.

Now, more than 50 years later, having finally got into running, I am very conscious of the Boston Marathon. Its status as the world's oldest annual marathon, first held in 1897, the year after the birth of the 'Modern Olympics'. Its unusual course. The challenge of qualifying. The unpredictable weather. And, unfortunately, the shocking and tragic bombings in 2013.

Since 2013 "Boston Strong" signs are prominent in shop and business windows and it seems that overseas visitors are given a particularly warm welcome. The city is hugely proud of its marathon, its history and the way that the event and its people have continued undaunted. Locals are ready to talk about it, in lifts, bars, restaurants and even at the immigration desks. Crucially, The Samuel Adams Brewing Company produces a special beer to commemorate the marathon: "26.2" and it's a pleasant distraction from the pain that you know is coming your way on race day.



My log tells me that I ran 840 miles 18 weeks training for this marathon. Slightly more than London last year and slightly less than my two quickest marathons, Valencia and Birmingham. Was it enough? Will it ever be enough?

Then there's the weather. In 2018 it was appalling, with snow and sleet at the start, driving sleet and rain throughout and a headwind of up to 45mph. A week before the race, the forecast wasn't looking good, but would we get lucky this year?



No point worrying about it. You can only do your best with the training that you've done, on the race day that you're given. Plenty of runners (and 'normal' people too!) would gladly swap places with you, so just get on with it.

Race Day

Rain and thunderstorms were forecast from 0600 until around 1000, to be followed by an increasingly clear day with temperatures and humidity levels rising. I had a two mile walk to get to the classic yellow school buses, hundreds of which are used to transport runners from Boston to the race start in the little town of Hopkinton, 26.2 miles away.

As I left the hotel the first heavy drops of rain started to fall. Within 2 minutes lightning was forking the sky all around me and thunder crashed overhead. The rain very quickly became a deluge of biblical proportions. Always well-prepared(!) I popped a bin liner over my head and plastic bags over my feet (inside my trainers) and sloshed merrily onwards towards Boston Common. It was humid and warm and all vaguely hilarious.



Runners were appearing from every direction like rats emerging from sewers and everyone was already in a party mood with lots of laughing and whooping. I took shelter in a doorway during a particularly severe downburst and killed time for as long as I could before wading down to the buses. The volunteers/marshals were all in high spirits too and whenever you thanked them, they immediately thanked you back for running "their" marathon. The atmosphere was already electric (literally) and it was only 07h15.

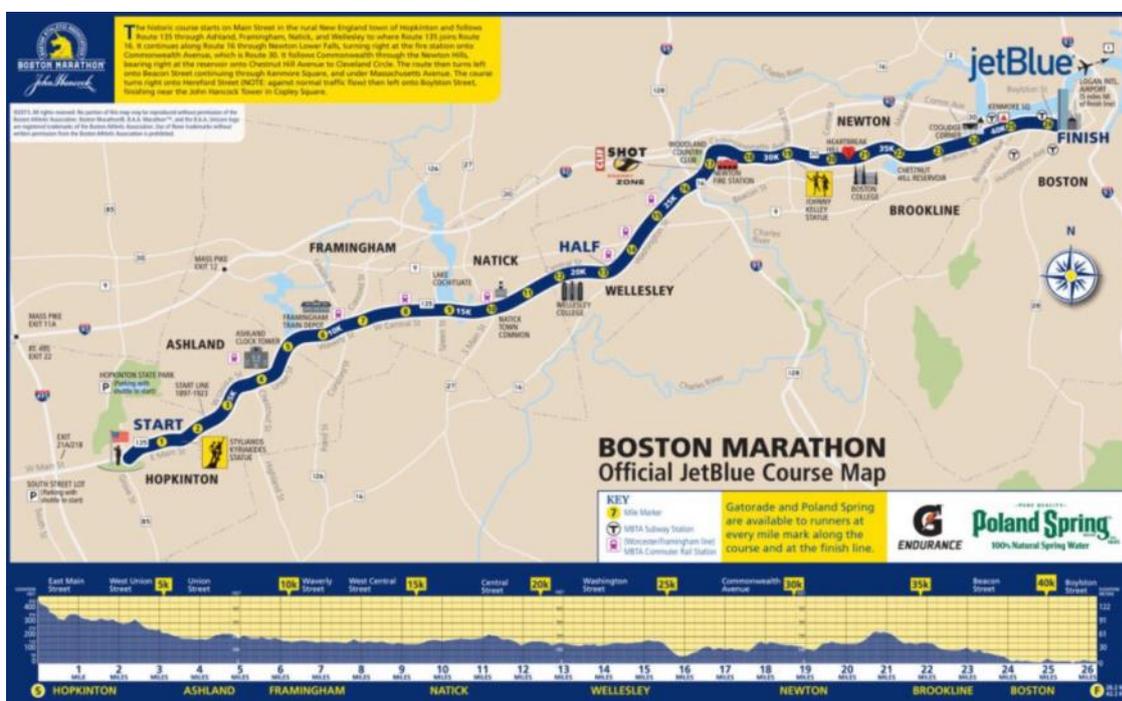
Thankfully the organisers had decided to hold the buses' departures back as long as possible to avoid runners being spat out into the storm near the starting area and to minimise the inevitable mudbath at the Athletes' Village - imagine the Gosport Half Marathon at Bayside school, but catering for around 33,000 runners.



After a disconcertingly long drive (“is it really that far back to Boston?”) just as we arrived at our destination, the rain stopped! The logistics and admin were truly first class as the sequence of start waves were processed and we were ushered towards the start line.

Race Tactics

My primary objective was to enjoy this iconic race. Such a simple statement but so difficult to work out how to achieve it on this unique course: The point-to-point route runs from Hopkinton to Boston, roughly south of west to north of east. My homework suggested roughly 11 downhill miles (including some short flat sections and slight inclines) followed by 4 flattish miles, then a ridiculous downhill at mile 15 before undulations to around mile 17 and the first of 4 significant hills, culminating with “Heartbreak Hill” starting at around mile 20. Despite the summit being referred to as the “top of the world” it’s not all downhill from there. There are a couple of inclines and a short, sharp bump at the top of Hereford Street before the sacred “left on Boylston” and 385 yards to finish line sanctuary.



Although I’m a believer that ‘even splits’ are the best chance of achieving one’s best time on a flat course, that approach seemed unworkable with such front-loaded downhills and back-loaded inclines. Consequently I set myself a different plan. I accepted that I’d cover the first half quicker than normal, in around 1.35ish, and accept a significant slow down in the tougher second half, maybe 1:40+ for something around 3.20ish. Given that I don’t wear a watch this approach was unlikely to end perfectly and so it proved.

Most runners in the Boston Marathon have earned their place through qualification. Your starting position is determined by your qualifying time and your bib number reflects your ‘seeding’. My number was #9450 so another race target was to finish higher than 9450 overall.

How it felt

I can’t overstate the happy ambience at the start of the race. I’d already met some lovely people on the bus and in the marshalling areas; locals were setting up front yard barbecues, some with gazebos and music, fellow brits were saying ‘hello’ and the Union Jack shorts were getting me lots of introductions.



Finally start time came, applause for Yuki Kawauchi, last year's winner and we were off. As expected we were immediately thrown downhill. Shortly afterwards a brace of F-15's thundered spectacularly overhead and the Boston Marathon was really on. Believe it or not, regardless of what my splits say, I was actively holding myself back for the first eleven miles. It was already warm and I made sure to take Gatorade and water from all of the aid stations, partly as a way of slowing myself down as well as good sense. I shook hands with and had a couple of chats early on, first with a Stubbie (aiming for sub 3.10) and a Salisbury runner (aiming for sub 3) and I accepted a drinks cup from a kind fellow runner only to then notice his "Oregon Project" singlet. Is there "anything in this" I asked, to which he laughed and said "you're all good." It tickled me.

I wear a pace band to help me keep a rough track of pacing when roadside clocks are available so I knew I was about 1 minute ahead of schedule from as early as 5-6 miles. I put this down to the downhills and didn't stress. I'd already been on the edge of 'over-braking' which was less comfortable on the quads than relaxing and just letting gravity do its thing. I found it incredibly difficult to find my "easy" pace. The trickiness of this course is not exaggerated.

The welcome in the towns that the marathon passed through became ever more vocal as the alcohol levels rose at the kerbside parties and the support from the ladies of Wellesley College and the good people of Framingham were highlights. Marathon running had never been this easy.

So far, so enjoyable, but at the back of your mind you know that you've done nothing yet. Mile 15 is shocking. Fortunately the bus had ground its way up this fecker on the way to the start so I was partly prepared for it but the pitch of the downhill, as you make your way to the undulations prior to the first proper uphill, ensures that your quads are comfortably up to near 98% tension as you begin to take on real strain for the first time at around mile 17.

Try to relax, rest on the uphills by settling into your "run forever" pace. Try to preserve some muscle integrity for the battle to come when the "top of Heartbreak, top of the world" eventually comes. Easier said than done. The heat of the day was rising, humidity was rising, my body temperature was rising. The winds came from everywhere so headwinds and crosswinds were a blessed relief from the heat. This was getting tough.



And it gets worse. The downhills from mile 21 were as painful as the previous uphills were energy sapping. I was expecting it and it didn't disappoint. The slight inclines on the 4 miles to Kenmore Square turned my legs to lead. My reconnaissance runs had taken in the "Citgo" sign which marks 25 miles and I'd checked out the "right on Hereford, left on Boylston" section which revealed a short, spiteful kicker at the top of Hereford which would have stopped me in my tracks if I hadn't known it was there.



Citgo sign: 1 mile to go

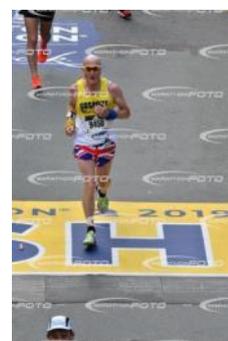


But that's the thing about having people supporting you: Your running mates understand, they wish they were there; your non-running mates always want you to succeed; your family loves you and will be proud whatever happens, wearing my Dad's old gloves and shedding a tear on the bus on the way to the start; it kept me going.

Other than someone having now swapped my legs for strips of pasta for the last couple of miles, I was relishing the closing stages. The crowds were noisy and soooooo encouraging, they were yelling and screaming us home. I tried to push on again in the last 2 miles but every time I pushed too hard my calves and thighs started dancing with cramps. Accepting this I plodded up "Mount Hereford" to try to save some style for the Boylston Street finish. I loved it. Halfway down Boylston Street a lady emerged from a medical station and got going again, to wild cheers from the crowds and happily, I used that energy for the final 100 yards. Oh that sweet, sweet finish line.



Red numbers started at least 25 mins ahead of me .



All the normal feelings: first relief that it's over, then shock that it's over, then a building euphoria and satisfaction that the challenge has been met and it's really done.





After the finish line

Security meant a little delay in meeting up with Claire but it was probably just as well - it allowed me to get most of my cramps out of my legs. As always, meeting up afterwards was lovely.

Although I had done the running, we share the challenge and that's the moment that it really feels like it's over. Claire then led me to The Four Seasons hotel where they had an enthusiastic "Marathoners Welcoming Squad" who applauded and cheered each runner as they entered the bar (sounds cheesy but it was terrific) and a barman that didn't stop replenishing your supply of "26.2" beer (as good as it sounds). It was the perfect environment to celebrate an amazing day. I was as high as a kite.



The Bones

Finish time: 03.15.03 (First Half: 01.34.01 Second Half: 01.41.02)

Position Overall: 5395/26632

Age Category: 86/1552

Gender: 4701/14662

Steve



On-site support team



I'm often asked 'what are negative splits in running?' They aren't technically difficult but can be hard to carry out sometimes by runners of all capabilities.

It means running the second half of a race faster than the first!

Yep, simple!

But..... most of us tend to go off too fast at the start, hang on through the middle and then have a survival shuffle at the end.

What we should be doing is to start running a little slower in the first third, pick it up in the middle then finish strongly and with our best speed.

This is because we need the first miles to 'wake up' muscles and joints, get the juices flowing – especially our Endorphins (happy hormones) enabling us to run faster with no more effort.

As I have aged, even if I warm up first, I find I gripe and grumble through the first mile or two, then it is as if my body says, 'go on then, now I will play!'

Even park runners can use this technique but it especially helps longer distance runners.

To stop the habit of going off like a dingbat, train with negative splits, it will reassure you that it works.

(Elite runners are different animals to us normal(?) human beings so their training is different!)

Ref. Runners world,

Brianmac coaching,

England athletics.

Any topics you would like covered, let Keith or I know and we will cover these in other newsletters!

Happy running,

Kim (Mrs C)





A health scare as result of Endometriosis in February 2018 resulted in me requiring a minor operation, which unexpectedly turned out to be a major one. This saw me going back to just walk/run training when I was feeling up to going out. The faces I did... the year 2018 really took a lot out of me.

I sat and watched my grandchildren playing at Christmas and thought life is too short! Then I came across the Phoenix running 10 marathons in 10days, so for my present I signed up. With still only doing shortish runs but swimming 3times a week and teaching spin twice a week my training started. I upped the lengths I was swimming and made my class work harder.

Friday 12th April 2019 had me traveling to Walton on Themes where we set up the campervan. This was to be my base for the next 10 days.

Saturday, day 1: we were all up at the local leisure centre to collect our number and have a race brief. We were to go opposite directions each day. 9.30am came and off we all went along the tow path towards the blue bridge (some call it birch bridge) I felt great to be running again.

Sunday, day 2: As we didn't have to register again, we all met in the weir for breakfast, this became an everyday routine for us TIT's. 9am had us all outside waiting for Rim to bring the day runners to the start. It was a nice change to run the other way and watch the lock gates being used.

Monday, day 3: We were going the blue bridge way again, on lap 6 about 20 miles I was asked if I could become a guide runner as, with the number of bikes on the route, the young lad was having problems. This I was more than happy to do, and he taught me a lot on how to guide.

Tuesday, day 4 was the lock gates way again, nothing unusual happened this day.

Wednesday, day 5: blue bridge way. After having covered about 18 miles I suddenly felt sick and stopped dead. After a while and with the help of a fellow runner I was ok and got moving again. I caught up with another runner who was struggling due to his knees and we got each other home.

Thursday, day 6: I woke up very tearful and after a big cuddle from one of the marshals (some on here will know Jenny) I was ready for the day to start. Being aware of the way the day before went, I got on and ran 23 miles before allowing myself to run/walk.



Friday, day 7: this as it turned out the last time, we were to go the blue bridge way due to there being too many people out walking and biking that it wasn't safe

Saturday, day 8 was good to see some fellow GRR and get to talk to Janet Lindley both at the start and as she had finished, also to shout out to Wendy.

Sunday, day 9: This turned out to be one of the hardest days of the week. It was fantastic to be able to run with Hayley Sparshott who came to give me support. Around mile 19 I was ready to throw in the towel, but thanks again to a fellow runner who gave me a good talking and a slap on the back, I finished that lap. It must had been noticeable that I was ready to give up as they hid the bell and sent me out. I still believe if they hadn't done this then my journey would have ended here



Monday, last day: For the last time we all around in the weir having breakfast and talking. By now my knee was taped up for support. Whilst getting my foot checked, it was found I had the start of a shin splints which we taped up. After this we all went off in high spirits. We found as it was getting hot on of the course, parents started handing out ice pops to us. When I got to the drinks station Ben who was the blind runner (WSR and Reg Phoenix will know him) asked if he could run with me on my last lap.

We spent this chatting, walking and running, with about 200m to go I was in front and all I could hear was him shouting at me to run faster, the cheers and shouts were a fantastic ending to what was amazing challenge. With lots of hugs my 10 marathons in 10 days had finished. Being my first back to back marathon, I was allowed to hit the gong.



Would I do this or something like it again? Never say never. Next stop for me is Endure 24

Carol



HRRL : Next Events



HRRL FIXTURE LIST 2018-19

DATE	START TIME	EVENT	DISTANCE
Sun 12 May 2019	10:30	ALTON	10 Miles
Sun 19 May 2019	10:00	NETLEY	10 Km
Sun 16 Jun 2019	10:00	ALRESFORD	10 Km
Sun 30 Jun 2019	09:30	LORDSHILL	10 Km





April's Out-of-Town (Bluebell) run was on Thurs April 25th and started at the Meon Shore car-park near Titchfield Haven Nature Reserve. Brian Fisher was the run leader.

These club meets are beginner friendly . The main run is usually about 5.5 miles, easy-paced with frequent re-grouping.

See you at the next one!





So many comments about THE Marathon around our glorious capital including a superb PB by Ben Toye running at Sub 6 minute miles. All other runners gave a great account of themselves and reward for a lot of hard work.

Ken Eaden and son in law Nico Rosser quietly ran a marathon in the town that was the setting of one of the worlds greatest love tragedies, Padua, where Romeo and Juliet played out the tragedy that is known through out the world.

I have been giving thoughts to "run/result of the month" but in my heart I wouldn't be able to choose any one runner, there are so many reasons each runner should be included form someone like Ben Toye who ran a PB or Carol for running 10 marathons in 10 days to Steve Crooks Boston Marathon, billed as one of the hardest in the world. Someone who is running their first race at a particular distance is also worthy of a mention.

Steve

Please email your results to Steve Wood at:

results@gosportroadrunners.org.uk



28/04/2019		Padua Half Marathon	
Pos.	Name	Time	Comment
165	Ken Eaden	02:06:25	

28/04/2019		Shakespeare Marathon	
Pos.	Name	Time	Comment
	Ed Anderson	04:52:01	





21/04/2019	Portsmouth Duathlon		
Pos.	Name	Time	
17	Ben Jarvis	01:43:07	10k run + 24km bike + 5km run
102	Richard Law	02:06:44	10k run + 24km bike + 5km run
118	Dave Whiting	02:12:14	10k run + 24km bike + 5km run
137	Caroline Musto	02:18:01	10k run + 24km bike + 5km run
156	Charles Cope	02:25:45	10k run + 24km bike + 5km run





AWARDS NIGHT

Silver award – for runners achieving silver times in 4 or more distances in their age group category

Silver awards times are even more of a challenge to achieve which takes hard training and dedication – a huge well done to all who have worked so hard to achieve their silver award

Anna Clodfelter





Paula Pearce enjoying "celebrity status" in Gambia



Mr & Mrs Crook conquering Boston



Team Yellow invading Berlin



Kerry Irwin-Hall sitting in a corner of Madeira



Beautiful Emma Noyce bringing sunshine to the Balearic Islands



Lee Rhodes on holiday somewhere warm, going for a run in club colours



Jackie Tombs tapering in Koh Samui



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 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

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Spring

May 2019



Cover photo: *Girls just want to have fun! Julia Roiz de Sa, Hayley Sparshott, Fiona Tomlinson, Anna Clodfelter. Gillian Dowling, Tonia Morrell & Gillian Thomas waiting prettily for the Alton 10 mile race to start.*



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- 16 & 17 - Gosport Road Runners on Tour in New York: Liz Elshaw
- 18 to 20 - Women Can Marathon: Julia Roiz de Sa
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- 25 to 27- GRR Memorial Run
- 28 to 49 : Results section
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- 51- Any other business



May had wheels on and somewhere along the path of life a couple of wheels came off. Therefore, by the time you read this, June is firmly with us.

It's a bit overwhelming when work and life responsibilities run away with time, don't you agree? Unlike running, when it's quite an amazing feeling when the legs work faster than they normally do, pace is flowing smoothly and running a certain distance becomes quicker. Lately I derive an almost childlike joy from a "smooth run" – it does not necessarily mean a faster time as Strava is very keen to show me; running just feels a little more comfortable than what it did a few months ago. That is mostly thanks to being part of the Beginners' Group, which completed training in May. It definitely helped me to enjoy running again and gave me the confidence I lost somewhere in the folds of 2018. I cannot recommend the Beginners' programme enough. The run leaders structured the training sessions to be challenging whilst retaining the fun element. Good running form and personal running fitness development were always the focus – or at least that was how I experienced it from my quiet corner. Thank you again to all the run leaders who were involved with this group, and a very big welcome to those participants who have now graduated to full Gosport Road Runner member. Let's run together some time soon, OK!

Our charismatic chairman opens the issue with his thoughts for May. As running club, we are very fortunate to have such a visionary man at the helm! Club President Eileen Cowling explains the rules under which the club operates. Please familiarise yourself with this information and contact Eileen if you have any questions about this.

Forever- young regular contributor Dave Kirby reflects on the Butser Challenge. I can remember when I first joined the club, my impression was that this was one of those "must do" races reserved for only the hardcore club members.

Simon Rowe runs us through the Southampton Marathon with a well-structured race review. Looking at his result, he had a very good race. Liz and Neil Elshaw ticked off a bucket list run in New York. She takes us through the streets of the Big Apple with some great photos thrown in. Julia Roiz de Sa has always showed that women CAN run, and she brings us an informative race review of the Women Can marathon. Steve Wood shares his write up on the Bognor 10km with us. In my opinion, the team photo perfectly depicts the joy of running in a GRR vest!

Ben Jarvis helps us getting to know another extraordinary club member a little better, whilst coach Carter has tips which are aimed at improving our running technique.

Steve Wood brings us a bumper Results section. There were so many fantastic achievements! Sometimes the words "well done" don't seem enough and only a very sincere "WOW!" will do.

That's all from me this time. Till the next issue – happy running!

Miranda





June is upon us and, as the Summer Season gets in to full swing, I am reminded why I like this time of year; the light nights, warm evenings and, of course the return of both the Dell of Doom and regular S&C sessions.

The LiRF Mentor Training Programme has commenced, and, over the coming weeks, you will see our Mentees working alongside the LiRF team as they are put through their paces. It was always my intention to increase the LiRF community and, upon completion of the programme the Mentees will be invited to attend the UK Athletics course following which they will return to the club ready to support you through a number of training sessions. The development of the LiRF Team represents a substantial investment on behalf of the club and I am delighted to see members rising to the challenge.

We have a new Vice Chair and I am looking forward to working alongside Sue over the coming weeks and years; the role forms a vital part within the GRR Committee and I am sure she will quickly make her mark. I have asked Sue to lead on a number of projects with a view to enhancing the outputs of the Committee and the club in general; my intention is to maintain the forward movement towards a more inclusive and welcoming club and there is no one better to achieve this than our new VC; she is also the custodian of the Club Constitution and can be called upon to clarify issues as required.

The Club Survey Monkey closed at the end of April and your Committee has had a chance to digest the responses. I would, once again, like to thank those who took the time to respond; it does make a difference and I can assure you every answer is considered. Sadly, only 51 members managed to respond and, whilst I am grateful, I would have liked to see a higher level of feedback. The Committee will, over the coming months, be making a number of changes to club procedures in light of the feedback we have received; there are also one or two "quick wins" rolling out over the next few weeks. I really do hope these changes make a difference and further enhance your experience within the Club.

The most recent change is the creation of a Social Secretary position and I am particularly excited about this role as I feel there is much to be done in this area. I really do feel the time is right to start focusing on the social element of the club and, as seen through the responses to the Survey Monkey, members also fancy letting their hair down every so often. The Social Secretary will lead on all aspects of the social calendar and, as a member of the Committee, they will have complete autonomy to create and arrange events from visits, guest speakers, functions and the odd quiz night. The post has been advertised via the Facebook page with a closing date of the 16th June; if you would like to apply for the role please drop me a line and we can have a chat.

Your President, Eileen, is in the process of reviewing the Club Constitution and will be seeking your input as we progress through the year. I have asked her to consider the document in its entirety; it was last reviewed in 2009 and I feel it is now the right time to revisit the content. Please spend some time considering the Constitution and how you feel it could be enhanced; maybe join one of the working groups and help the Club prepare for the future. The Constitution forms the foundation from which all else is built upon; the amendments will be proposed at the 2020 AGM and, subject to agreement, will be in effect until its next review in 2025.

Geoff O'Flanagan



Finally, for now, I'd like to wish you all another month's worth of fine running, great supporting and the chance to appear in as many club photographs as possible. I'd also like to take the opportunity to thank our GRR Editor, Miranda, for her hard work in putting together yet another brilliant edition. There is much that goes on "behind the scenes" and I think Miranda is one of the hardest working members within Team Yellow . I am sure you will all join me as I offer up a most sincere thanks to our Editor in Chief!

Regards for now,

Geoff



Review of the Gosport Road Runners Constitution

(As amended and accepted at the Annual General Meeting of April 2019)

Aim of the Review : The Gosport Road Runners Constitution is the document that sets out the rules under which the club operates. Aside from minor amendments in 2016, the document was last reviewed ten years ago in 2009. The club has grown and evolved considerably over this ten-year period. A review is now required to update the document to reflect current practices within the club and consider any other changes the committee and the wider membership would like to make.

The review will be undertaken by the club president (*Eileen Cowling*) with input from the committee and club members.

Timeline and Output of the Review : An updated draft constitution document will be produced by the end of December 2019 and made available to the membership for their feedback. The feedback received will be reviewed and incorporated as appropriate by the end of February 2020. The views of committee members will be sought via the routine monthly committee meetings.

The finalised draft will be forwarded to the membership prior to the Annual General Meeting which will be held in March/April 2020.

Input from the membership : The current constitution document can be found on the GRR website. Select the 'joining' tab and then 'club information and downloads'. Or follow the link:

<http://www.gosportroadrunners.org.uk/wp-content/uploads/2018/06/Gosport-Road-Runners-Constitution.pdf>

Please have a look at the document and pass any comments and/or suggested changes to me via the 'contact' tab on the website by 31 July 2019.

Thank you

Eileen Cowling, Club President



I must have been drinking or in another world to choose this as a first competitive race of my senior running career. Talked into it I seem to remember and naive about what was to follow.

Never mind, the families were having a nice day out, enjoying a picnic, kids running around all over the place stuffing themselves with ice cream. In the meantime me and Sid (Smith) were getting down to the serious stuff!

Although a relatively short course at just 5 miles -ish- long, this one climbs and dips several times over the hill and winds itself over the other side to a feature called "Grandfathers Bottom" it is quite exhausting for the uninitiated, me included!

Deviating slightly, I saw a Gosport Road Runner carried off here with hypothermia once. It was another event and another story!

Buster is the highest point on the South Downs and in my mind has the best views. On a clear day you can see forever! Helps to take the mind off the pain to come!

One of the first mass runs, superseding London and most modern races, the Butser Challenge started in 1978 and was sponsored by Gales brewery in Horndean. Gales was bought by Fullers In 2005, they promised to carry on brewing but ceased altogether in March 2006. Some of their beers were lovely.....another story! If you are interested in history, the original main building still stands, but sadly converted in to apartments.

The Petersfield Post was another great supporter of this event and always carried the classified results the next day.

Recently the challenge has been taken up by Churchers college and there are five other races with distances of 1k to 3k. Amenities are sparse but there is water, toilets and baggage storage.

If you like running big hills, aspire to becoming a fell runner and want something a bit different, give it a go.

Looking back it was exhausting and even some of the best runners are forced to walk at times. With just several visits over the years I found flatter places to run.

I've not seen any club results for this event in a long time. Just fallen out of favour I suppose, or people are more discerning (sensible)



Simon's Race report, Southampton Marathon 5/5/19

The plan is important. I believe this in the face of experiences with things not going to plan (you know, life and everything). I signed up to race because it was close to home: importantly I could bring the whole support crew, less importantly, sleep in my own bed (I really need to replace that 20 year old mattress). Even before running my first attempt, I knew I would want another shot at 26.2 miles; I was right, I did want another try. Not planning to fail, nor failing to plan I put in some training. I seem to have embarked on a surprising soul searching journey into becoming a running obsessive or maybe I just started running 5 or 6 times a week. I am still new to this and I haven't made up my mind or predicted exactly where it's all headed. It was worth a second shot at a marathon to me though. My day in Southampton didn't disappoint. We had great weather, really quite cold on the start line with a gentle breeze and sunshine. I selected private security/secret service, baseball cap over the Mark Knopfler sweatband and sunglasses combination, despite the dissonance of a bright yellow and blue GRR t-shirt.

Too much starting line nerves

What was the warning on the start line to move our bib numbers up to the top of our chests? The advice was contrary to a video link from the race organisers I had watched only the night before. With 5 minutes to go I was in not shape to be fiddling about with safety pins - a process I find hard enough indoors with the benefit of a flat table and a thimble.

This time start slow.

Actually if I could change the club T-shirt it would just be to have a monosyllabic nickname printed on it in a larger font -not to have it fit in with my private security fantasy. I ran most of the first half on the heels of Jess -large font front and back- younger and prettier than me. She, thus, stole more than a fair share of support. This course is interesting. Mile 11-12 is up hill (also, more cruelly, the same hill on lap two, miles 24-25) the pace is definitely picking up. I know that I've got to go up and over that bridge a couple more times. I'm feeling great, but let's not get silly. I clock the pale blue half marathon bibs and let Jess and quite a few others drift off with their finishers' kicks. I've got my own race to run, Bushido; the ancient way of a Japanese warrior. Well endurance running is solipsistic, the second lap is relatively isolated I focus on my form trying to run easily and efficiently like a lone wolf or a samurai. I run past my family and high five my 4 year old. They're able to follow my progress and find me on route with Strava beacon (don't let me forget to cancel my free month subscription to the paid app before I am debited).



On the heels of Mike

One syllable large font Mike, from Fareham crusaders, is rocking the Knopfler sweatband and getting plenty of support but I ease ahead on the Itchen Bridge for the last time. The choir on the lorry, the Ukulele band and all the locals out all over the route with signs and jelly babies (although I don't partake) were all highlights.

The last couple of miles get a bit tough thanks to that hill but I know that I've got a great result and I'm not pushing anything. I've been running relaxed drinking plenty of water at all the stations but not eating anything. I see my wife at the finish line and sprint the last 100m. Coming in just under 200 minutes. Retrospectively this seems like an excellent target. I enjoy eating lot's and the non-alcoholic beers.



I feel I've learned a lot about Marathon running in a short period of time. Although the running streak isn't over yet I will be taking it easy for a while. I won't be signing up to another Marathon just yet.. Ironman/Ultra anyone?

Simon



Who are you?

Born in Hartlepool and brought up in Coventry. Worked in Cov Fish Market and local newsagents from age 13 until I joined the RN age 16 and 3/4. Loved the RN and met Mrs C on Divisional Senior Rates course. Both left (me after 11 yrs and her after 15) to concentrate on second careers . Had a fantastic 23 years with Hants Police doing a variety of roles before retiring as Sergeant in 2011. Bought Nobes Sports and became Absolute Running until 2017 when we closed the doors. Able to breath new life into the shop with Alton Sports until recently when I successfully interviewed for a new role with COOP Funeral Care as Funeral Director.

When did you Join Gosport Road Runners

Joined GRR in 2011

What first made you come to the club?

When Harry left City of Portsmouth AC Kim and I wanted to run with our local club

Did you use the beginners' course? If so was it helpful?

We were already runners and didn't do a beginner's course.

Why did you decide to join Gosport Road Runners?

See 3.

What was your first race?

First race was either Stubbington 10K or the very first Great South Run when we followed Jimmy Saville around Southampton.

What is your favourite race or event and why?

Favourite event has a personal side. It has to be Gosport's Golden Mile as it's the first event that Harry and I organised and is now officially recognised on maps and apps.

What is your favourite distance to run and why?

Favourite distance 5K

Do you have a favourite Medal or T-shirt?

Favourite medal probably my first London Marathon in 2012

Do you prefer to run on road or trail? Why is this?

Prefer road but enjoy trails when I can get to them.

Do you have a certain routine you do before a race? If so what is it?

No particular pre race routines other than ensuring I eat well the night before and breakfast of toast with jam and coffee at least 3 hours before the start.

What do you have for your recovery..... if you have a recovery routine?

Recovery is either chocolate milk or beer dependent on circumstances

Do you prefer to Race or just enjoy your runs and have a chat?

I enjoy all forms of running. Solo, social, intervals and racing. Have learnt to enjoy running more easily without pushing too hard.

If you could choose 1 type of run training what would you do?

Love intervals

What's your #1 Bucket list race ?

Bucket list race? Not as yet .

Who inspires you the most ?

Who inspires me? Mrs C. The woman is amazing.



If you could do a sport other than running, what would it be and why?

If I could have done another sport I think I'd have liked to be involved in F1 or have stuck to one of the many martial arts I've had a go at.

If you could have only 1 more meal what would it be?

My final meal would be a fish finger sandwich on granary with brown sauce, a side order of shell fish, thick cut chips, mushy peas and a glass of Merlot.

What would be your superpower?

Superpower? Not sure that I could be trusted with one.

Favourite movie?

Favourite movie. Dirty Harry

What is your dream job?

Dream job. I've done everything I wanted

Beer, Cider or spirit?

Gin

Best holiday destination?

Best holiday destination? Cyprus although I'd love to take Mrs C back to the Gulf of Oman which is stunning too.

Most embarrassing sporting moment

Most embarrassing sporting moment. Solent Half Marathon a few years ago when the wheels came properly off and I was helped to finish by a guy much older than me who seemed to take pity.

AND FINALLY!!!!

Favourite cake?????

Walnut





Neil and I both had big birthdays this year and we wanted to celebrate in a way we would never forget. Just before Christmas we decided we would go to New York on our own, with no kids. Nanny agreed to have Jessica and Robert whilst we went off for 5 days.

Apparently, running around Central Park is a bucket list item. It's never been on my bucket list but as it's supposed to be a 'thing' it would be rude not to!! I told Neil as we were packing that he had to take his running kit, just in case we needed it. He rolled his eyes and added his kit. Whilst out there we agreed we were going to run on our last morning.

Our hotel was approx. 1 ½ miles from the park so we would run the 20 blocks down 3rd Avenue, across to 5th Avenue and enter the park. In true serious athlete style, we'd had a few too many sherbet's the night before and I was certain I was still drunk when we woke up. It wasn't supposed to be like this!! As Neil was stood in the hotel room ready to go, I was trying to think of an excuse not to run. I knew now the tables had turned and there was no way I could back out.

We headed out to the front of the hotel and I realised I wasn't going to get a good GPS signal on the watch. Neil said it didn't matter, I said "if it's not on Strava, it didn't happen!"

We gave it a few minutes and slowly jogged down the street. We turned left at the bottom on to 3rd Avenue and ran to the edge of the block, we had to wait for the pedestrian lights to change. They changed and we ran the next 100 metres to the edge of the next block and had to wait for the lights to change. We ran to the edge of the next block and had to wait; you can see how it was for the next 17 blocks!! In my head I was thinking "hey this isn't so bad, I could get used to this." Occasionally we would strike lucky and make it across without stopping. The Avenue wasn't too busy with pedestrians either, a little weaving in and out but it was rush hour in Manhattan, what did we expect!!! We gradually made our way down to 59th Street. When we got there, we could see all the traffic at the end around Central Park, so carried on to 60th Street. This is where the world-famous Bloomingdale's Department Store sits. Thankfully for Neil it was shut so we continued across the next two blocks to 5th Avenue. This part of Manhattan is home to the rich and famous. We went past the buildings where Madonna and Hugh Jackman have apartments and where Marilyn Monroe spent the last few years of her life and was regularly visited by John F. Kennedy.



We crossed 5th and entered Central Park. We had already agreed we would only run a mile round Central Park, its 6 sq. miles and we didn't want to spend all day running and we had to run back to the hotel to check out. We ran 2 miles in the park and saw so much. Scenes from films, the lake, the fun fair, the zoo, the fountain and the fairy tale architecture. There were lots of other dog walkers and runners and even spotted a Bedford Harrier runner.





We stopped for photos and looked at the view and then decided to make our way back to the hotel. We made our way through the trees and across the bridges back to where we had entered on 5th Avenue. We knew there was a small café on Lexington Avenue (some Avenues have names) that sold proper English tea so we would make our way back to the hotel down Lexington, collecting tea on the way. Running back down this Avenue wasn't going to be quite so straight forward. What we didn't realise was that Grand Central Station opens out on to a couple of roads, and this was one of them. It was heaving with commuters and we can honestly say, we were the only two runners trying to get through!



We also had to navigate the 21 blocks back and crossing the roads. Lexington Avenue is home to designer shops like Gucci. It's also home to the Chrysler Building (an Art Deco-style skyscraper and a National Historic Landmark), the subway grates made famous by Marilyn Monroe when her skirt blew up and of course Zucker's, one of the only places we found that serves English tea. We very slowly made our way up the Avenue to Zucker's where we collected our tea. From here we took the slow walk back to our hotel. On reflection, it must be quite difficult running in Manhattan. There aren't many places where you can get a good run in with out stopping. I wonder how they would ever train for the New York Marathon. I'm glad we put the effort in and went for the run, but it certainly wasn't easy!!

Liz





On the 26th May I took part in the 'Women Can' Marathon. The inspiration for this women only marathon and relay was American endurance runner Kathrine Switzer, who in 1967 was the first woman to officially complete the all-male Boston Marathon. As runner number 261 she completed in 4 hours 20 minutes, despite being manhandled by officials who tried to drag her off the course two miles in. The images from that day - together with Kathrine's campaign for the "archaic rules" to be overhauled - changed endurance running for women forever. What Kathrine did showed that women CAN run marathons, that they're not "too fragile". She had paved the way for millions of women to take up marathon running either for fun or competitively.

At the time of the 1967 Boston Marathon, the longest women's race in the Olympics was 800 metres. This was to change, too, with longer distances being introduced. But it wasn't until Los Angeles in 1984, that the women's marathon became an Olympic event. The Boston Marathon finally admitted women in 1972. Kathrine Switzer was instrumental in bringing about all these changes.



The day before the event we arrived in Devon. We were staying with friends for May half term. It was an early start on the Sunday as we had to travel to Sidmouth. After collecting my race number I waved my friend off (she was doing the half challenge so got the transport to her starting point) and then drank coffee and ate my breakfast until we were walked from the rugby club to the seafront for the start. There were just over 100 of us doing the full challenge (there were half and quarter options available)

The race started at 9am. Within the 1st 100 metres there was a Sidmouth runner who had sprinted away from the rest of us and was out of site within 800 metres! From Sidmouth, the route headed out on a level, off-road path alongside the River Sid and through The Byes, a series of open parkland and wildflower meadows. The 1st 3 miles were enjoyable and then the 1st big hill appeared! There was some tough climbing to the high point of 777 feet. Barrett's rules were applied almost immediately !



Although I was marathon fit I found the hills really challenging. It was quite lonely as I was on my own and there was only a small field of runners. I had a bad fall at mile 9 and bashed my leg on a rock on the way down. Ouch. After running around 13 miles of hills there was a nice flattish section along the River Otter. Another fall at mile 21 and I had just about had enough! It was hot, hilly and relentless! Then at 24 miles I had to climb Peak Hill. A very steep hill. My quads were already sore and the last mile down the hill back to the rugby club was so painful! I finished in 5 hours 34 mins. My slowest and hardest marathon to date. 2243ft of climbing in total. I was the 30th of 98 finishers to cross the line, so not too shabby. The reward for finishing – a Devonshire cream tea for all competitors plus a goody bag that had gin and chocolate in it. Winner!





Women and long distance running - A few facts & dates:

- * 1967 Kathrine Switzer enters the Boston Marathon against men only rules
- * 1982 first women's marathon in the European championships
- * 1984 first women's marathon in the Los Angeles Olympics – 33 years ago
- * 1987 first women's marathon in the World championships – 30 years ago
- * 2002 Paula Radcliffe wins first Marathon, London and sets new world record at Chicago the same year
- * 2003 Paula Radcliffe sets the current world record for the marathon 2:15:25
- * 2015 Iran holds its first marathon, women are excluded, but two run unofficially
- * 2015 Marathon of Afghanistan and first Afghanistan woman to ever run a marathon in her own country

Julia





Jo and I arrived at Bognor on a lovely sunny day and took a tour of the "race village" before meeting up with Wendy England and super supporter Nick Smith.

A relatively small field set off along the prom, turning inland for a while past the World Famous Butlins Holiday camp before betting a great shout out from Adam Mundell at the halfway stage, just when we really needed it, thanks Adam. F

inally back out onto the prom again for a 2.5 Mile flat, straight run back to the finish, where shout outs from Andy Hopkins and Nick Smith soured us on. Entertainment was provided along the route but a dancing troupe of Pom pom girls, a brass band and pacers with a loud stereo churning out music to run and sing to, at that point it was breathe or sing.... breathing won.

A good selection in the goody bag and a nice medal as well. All in all a nice race and well worth entering

Steve



HRRL FIXTURE LIST 2018-19

DATE	START TIME	EVENT	DISTANCE
Sun 16 Jun 2019	10:00	ALRESFORD	10 Km
Sun 30 Jun 2019	09:30	LORDSHILL	10 Km

HRRL FIXTURE LIST 2019-2020

Overton 5	01/09/2019
Solent Half	22/09/2019
Hayling 10 mile	03/11/2019
Gosport Half	17/11/2019
Victory 5	01/12/2019
Stubbington 10k	12/01/2020
Ryde 10 mile	02/02/2020
Salisbury 10 mile	Mar-20
Alton 10 mile	May-20
Netley 10k	May-20
Alresford 10k	Jun-20
Lordshill 10k	28/06/2020







RACE RESULTS



**Please email your results to Steve Wood at:
results@gosportroadrunners.org.uk**

RACE RESULTS







A host of winners ! First in age categories. First ladies team (Su & Gill ,with a bottle for Nikki) . First men's team (Michael & Danny with a bottle for Kevin)







02/06/2019		Needles Half Marathon	
Pos.	Name	Time	Comments
	Michael Newnham	01:37:44	

02/06/2019		Romsey Beer Mile	
Pos.	Name	Time	Comments
	Rebecca Wroblewski	01:02:18	

06/06/2019		D-Day 75th LAND Run	
Pos.	Name	Time	Comments
	Sarah Bishop	05:31:19	
	Catherine Stock	05:31:19	



07/06/2019		Framlington Friday 5mile	
Pos.	Name	Time	Comments
3	Ben Toye	00:26:23	



Brave & Bearded : Adam speeding around the Isle of Wight.



Mike & Marie Bowers taking stock of solemn Castlefranco Veneto.



Liz & Neil spreading the running love in New York.



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 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 @gosporrr on

<http://twitter.com/gosporrr>



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



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NEWSLETTER



Summer

June/July 2019



Cover photo: The GRR Laydeez sing their song! Doo-dah, doo-dah! The Purbrook Ladies' is 5mile long...Cheerleaders Steve Wood, Geoff O'Flanagan and Andy Brown flaunting the club colours at the Purbrook Ladies 5mile race.



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- 10 to 12 - Hampshire Hoppit Trail Marathon: Debbie Humphreys
- 13 to 19 - Ironman Ireland: Ben Jarvis
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Background photo on this page: Firefighters leading the way at the HIOWAA Runway 5km, courtesy Sophia Hurlo



Hello! I haven't been here for a while, have I? It's frightening how quickly time flies when one is having fun. I trust you are all very well.

I had a few too many balls in the air over the past month and a half: much to my own surprise, I've actually participated in a few events and there was necessarily some training involved in preparing for this. After a busy holiday in Spain (for some reason the husband thinks I'm very hard work on holiday), I came back to increased work responsibilities at the start of "high season" in the travel insurance industry, followed by the BIG birthday which has unexpectedly been celebrated over several days, thanks to amazing friends and family. I do therefore hope that you will kindly overlook the delay in getting this publication to you. Without any further delay, let's dive straight into the newsletter, with a few thoughts from our charismatic club chairman first.

What will a GRR Club newsletter be without a contribution from Dave Kirby!? We are extremely fortunate to share in his first-hand experience of the 48th International March of the Ypres. I'm certain you'll agree with me that this article is informative and entertaining as always, and Dave has shared a few fantastic photos with us as well. Thank you, Dave! Your newsletter contributions are always very much appreciated, and great fun to read. Have you thought about the next one yet...?

Sophia Hurlo takes us with on her 5km flight around the Southampton Runway. She participated in the Hampshire & Isle of Wight Air Ambulance 5km runway event, which was held to raise funds for this crucial emergency service. I'm not sure if this would be an annual race, but as it's quite local to us, it sounds like a "must do" at least once. Thank you for the review on this event and for the great photos too, Sophie.

There is something very special about completing your first marathon, as Debbie Humphrey's experience of the Hampshire Hoppit Trail Race clearly shows. What a privilege I had to have read it first! It doesn't seem that she picked the easiest one for a "maiden marathon", but it's very obvious that she was well prepared for it. Thank you, Debbie for sharing your experience with us, and congratulations on the awesome achievement!

Wikipedia defines an Ironman Triathlon as *"... one of a series of long-distance triathlon races organized by the World Triathlon Corporation (WTC), consisting of a 2.4-mile (3.86 km) swim, a 112-mile (180.25 km) bicycle ride and a marathon 26.22-mile (42.20 km) run, raced in that order and without a break. It is widely considered one of the most difficult one-day sporting events in the world"*

Just reading that is staggering. Undeniably the athletes who finish this triathlon are simply astounding! Ben Jarvis carries us through his extraordinary experience of the Ironman Ireland triathlon. Read his article and you will be impressed, believe me. I certainly was. You're quite something Ben! Thank you for sharing your excitement filled day with us.

You were obviously very busy as well because there are a LOT of results. Steve must have had his work cut out to compile all these. Thank you for all your hard work in this respect, Steve. It's good to see new members participating in races, and "old timers" racing again.

I hope that August will be very kind to you, and that your running will be happy.

Miranda





Where does the time go? I mean, seriously, how on earth are we almost half way through 2019? The club has been extremely active throughout the first part of the summer season and I am always proud to read about the many and varied exploits undertaken in the name of Team Yellow. We saw Rob Wood's adventures through the Amazon Jungle and we cheered on Marie Bowers as she completed her 10K Race for Life; vastly different events but huge achievements for both members. We also saw the Race to the King and those who took part should be rightly proud of their achievements! Of course, there have been many events over the past few weeks, too many to mention here, and you should all take a moment to consider your part in making Team Yellow the success it is.

Well done indeed.

The response to the GRR Survey Monkey has been published and I am grateful for the level of feedback received by the Committee; it was quite a lengthy tomb and I appreciate some of you may not have had the time to fully digest the content. It remains available via the FB Page and a hardcopy can be found on the club Noticeboard; copies can also be emailed to members should they wish.

Going forward, your Committee will now start the process of addressing the various actions within the response; whilst there have already been some changes please be patient whilst we prioritise the remaining issues. I really do believe the club will move from strength to strength over the coming months and look forward to further feedback as change is considered and, where appropriate, implemented in line with your responses to the 2019 Survey Monkey.

The LiRF Development Programme continues apace and we have a number of Mentees who are fast approaching the point where they are ready to attend the UK Athletics course. They have been working hard and members would have seen them shadowing Run Leaders over the past month. I am delighted with their progress and look forward to presenting them with their distinctive Blue Run Leader T Shirts in due course.

I would also like to welcome our new Social Secretary, Nick Carter, and thank him for stepping up to the newly formed role; he has a wealth of knowledge and is best placed to take on the GRR social calendar. There may be opportunities to engage socially with other running clubs as well as the 545 and Breakfast Club teams and I am looking forward to enhancing our reach throughout the local running community.

As always, all that remains is to wish you all yet another great month of running; whatever you are up to, remember to do it in style whilst wearing the Yellow!

Geoff





Held from 31st May to 2nd June 2019

I never planned -until about Christmas - to go to this year's event and then other voices took over and here we are again. It was a case of "got to go this year because it is the fifty-ith" etc. etc. Didn't bother to check the facts. It was number forty-eight, but what is two years between friends. Mustn't let a few technicalities get in the way.

For an introduction to this event, see 47th. International March of Ypres in June 2018 newsletter. Training went well over the winter with walks around the harbour and back to back Sultan 10's eased us in to a very strenuous three days around The Salient.

The weather from the outset was hot, a direct contrast from our journey out the day before which was cool and cloudy. Sat in the welcome bar the evening before. Beer flowing, and the stories.... oh, the stories! The pain and exhaustion of previous years forgotten, or at least pressed to the back of the mind. Although it is daylight, we are in Belgium, it is 11 at night and in the morning, we kick off with 30km, and it will be 27/29 degrees. A good maxim is:" If you want to hoot with the owls, you have to learn to soar with the eagles."



It turned out to be the fourth biggest year. The usual reserve forces from England, Germany, Belgium and other NATO countries took part, with walking groups and youth groups from England taking part as well. The Salient and Western Flanders is littered with craters from the conflict. Not all have been filled in and those left, have turned into ponds. You could be forgiven on walking past that you could hear ducks quacking, in fact they are bull frogs mating. A terrific din! Can hear several cuckoos and there are lots of swallows and house martins around farm buildings. That is heartening because there is a distinct lack of them in the UK this year.

Lots of ordnance stacked up as always along the roadside, some looking decidedly dodgy, you feel as though they will be finding the debris of this war forever." The Iron Harvest"

If the Sergeant Major tells you that Belgium is flat, take a trip to Mont St. Cats and Mont Kemmel. Strenuous to walk and challenging to run but never mind just up the road at the border is Cafe Aux Touristes. A reviving picon or two.... soon sends you on your way rejoicing! Picon is a traditional drink taken at the French/Belgium border. Its origins are rather clouded, but it is made up of various alcoholic beverages.



As usual I found myself at the Menin gate on Friday evening at the Last Post ceremony, laying a wreath on behalf of the team to those who fell in the Salient. Exactly opposite me were a team of Scouts and it was the expression on their faces that was of interest. Next day walking towards the border we passed several of them and they were quite affected by the previous evening's proceedings. It is hard to think that all the names you see inscribed on the gate are the missing! Not all the names are there either, there just was not enough room. You will find the rest on tablets at the back of Tyne Cot Cemetery.



This year was challenging. Although very warm there were very few dropouts. It is amazing the recuperative powers of a couple of beers, followed by an excellent dinner from mine host and a good night's sleep provides.

Another successful year for both participants and organisers. Although a few people do run this event, they do not run on all three days. Now there is a challenge???

Dave





3:30am - who in their right mind sets an alarm for this time on a Sunday morning? Oh, hold on, we're off to the airport!

Unfortunately not on holiday though, this time it was to go on the runway for a whole different reason.

Arriving at Southampton airport at 4:30am to find a crazy amount of traffic, but it moved freely into the car park (which was free - bonus!). We parked up and managed to get a glorious view over the runway of the sunrise. Then we made our way down to the entrance to the runway where we signed in by surname. No numbers or chips for this one, just a paper wristband. Wristbands at the ready, onto the runway we went.

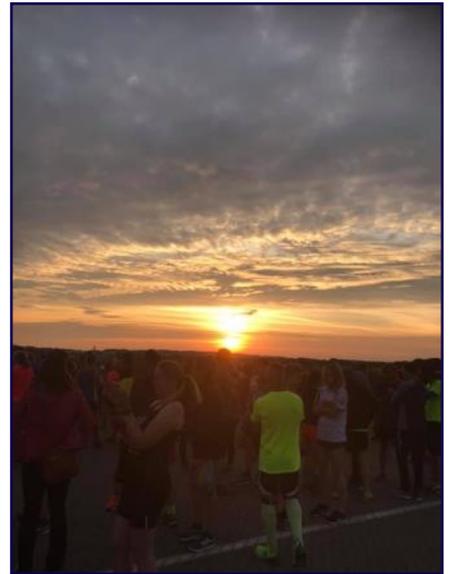
Nothing seemed exciting about this, but the atmosphere was almost electric. Not sure if this was because everyone was so tired or the music that was being blared out across the runway and the 1000+ people waiting on a fairly warm morning to get their plod on down the runway.

There was an announcement that the run was due to start so time for a warmup. Now I'm not a fan of compulsive warmups, but this particular one was to a Steps medley, so I was in my element.

All Tragedied out, we moved over to the taxiway and in front of the 2 fire engines holding up the inflatable start/finish line. We waited poised, then suddenly the sirens on the fire engines went off and so were we. Such a wonderful sightseeing the sea of people in front and behind.

Up along the taxiway and around the bend to the runway itself. Moving along nicely then we saw a fire engine followed by 5 cyclists just ahead of the lead runner. The 5 cyclists were Southampton Airport fire fighters raising money for HIOWAA by cycling from Aberdeen to Southampton, starting the following day. Everyone waving and smiling as we went past.

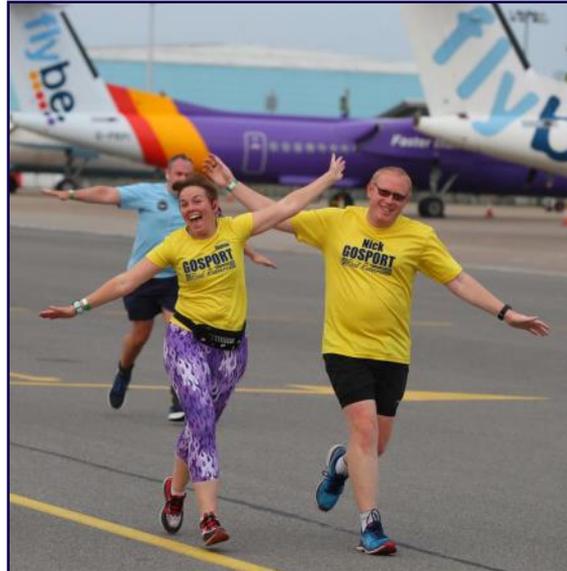
All the way down the runway with the occasional hope that I might take off and go to a lovely new country to explore, however my speed wasn't quite right. Turn round and heading back up the full length of the runway this time. So many high fives and cheers from other people taking part. So many smiles and so many different reasons for taking part.





There were runners, plodders, fancy dress wearers, walkers and even a couple of wheelchairs being pushed. Such an inclusive atmosphere. Some of the fancy-dress costumes were simple and effective but others were suitable to be part of the Notting Hill carnival.

Going up the full length of the runway we crossed paths with people all the way. Then once the tail walker had gone past, we were passing the taxiway so now going past people in front of us. Then another turnaround point where it seemed most people had read the rules that they needed to pretend to be an airplane going round. One short part of the runway left and then it was back along the taxiway.



By this point the heat was kicking in. Round the bend and the finish was within reach. One last airplane impression and we were crossing the finish.

As I stopped my watch, I couldn't believe I'd taken over a minute off my 5km PB, but I think it helped that the runway was so beautifully flat and smooth underfoot. Once finished we got a drink, little goodie bag with some leaflets etc and a medal. Nothing exciting but this run is to raise money for the Hampshire and Isle of Wight Air Ambulance (HIOWAA) so they can keep the gifts in my opinion.

Everyone that took part stayed behind to support right up to the final person crossing the line. Such a friendly atmosphere and even while leaving the car park the staff were friendly and wished us all a good day. I would recommend this 5km run to anyone that enjoys a run with an atmosphere regardless of distance. Big thank you to Nick for keeping me plodding strong all the way.

All done and home by 7am so what better way to enjoy the morning but head down to Wetherspoons in time for an early fry up. Happy days.

The proceeds from the event all goes towards the HIOWAA and so far have raised £28,398.

Sophia





Hampshire Hoppit Trail Marathon 9 June 2019

This month I completed my first marathon, and it was trail, two words I never imagined saying never mind doing.

Build-up

Not quite sure how I got myself entered, I blame Gin and Claire Tallack-Gamble.

Anyway, I messaged someone who runs far too many marathons to mention for advice as I knew a 16-week training plan was not achievable as I signed up end of April and the marathon was 9th June.

So thankfully I had kept myself half marathon fit so thought to myself, its only a little step-up to 16,18, 20 and maybe 22 miles, what can be hard about that! Well I am obviously joking and very quickly realised that I had races booked, Salisbury 10, Alton 10, Netley 10K in the middle of my so-called plan. I convinced myself that as Salisbury and Alton were both hilly that they would count towards my LSR for that week, ignorance is bliss in my world.

I also then had to pay a visit to Carts to purchase some trail shoes, again not my normal attire.

I then started to panic as I wasn't managing to run more than 13 miles at any one time. We set up an 'Off Road Runners' group to arrange trail runs at the weekend with like minded nutters. I was in the capable hands of Jane, Darren and of course Claire. Her punishment for getting me into this mess was that she had to run the whole 26.2 miles with me.

Marathon Day

Well the day had arrived; I would say I'd enjoyed the taper week but I didn't manage to run further than 14 miles in training so didn't deserve to taper.

I had read a book about fuelling and hydration prior, during and post marathon which proved to be invaluable. I know everyone has good advice but I like to do my own thing.

We arrived in good time and I was amazingly calm and the weather was looking good.

So off we went, told to be careful by hubby as he was concerned about me, bless him. More worried about who'd cook tea really.

It started in a field, where you ran up in very long grass, turned, ran back, turned then back again and out, phew. The legs weren't impressed at such an early stage as the long grass zapped my energy.

Then we'd run about 0.8 miles and were faced with Mount Everest. It was walkable, so as instructed in training I walked with a purpose! Even standing upright I thought I was heading back down where I'd just come from. Just when you're at the top, there's a photographer. Of course, I managed a grimace because you have to smile for the camera right.





The rest of the run was amazing, we laughed, played games (don't ask) and generally had fun. I ate every 30-40 mins to keep my Glycogen levels up to avoid 'hitting the wall', it worked. There were numerous water and food stops so also made the most of those. It was an achievement to reach 16 miles as this really was my furthest run so far. Then 20 miles came and went and we had the usual comments about the miles left. Its only a 10K, its 2 Park Runs etc which if you know me, someone saying in a race "only a park run to go" infuriates me. We then had 5 miles to go and Claire said, "only a Purbrook run to go". We carried on laughing and having the best time, legs were all good, and then came the words "only a park run to go". At which point Jane and Claire burst out laughing and had planned it, I won't tell you what I said!!

The end was in sight and we had the big dipper at mile 24, a lovely downhill on tired legs, followed of course by a challenging uphill. Mile 25 was through woods with lumpy tree roots to hurdle, no mean feat after 25 miles.



Then we turned the corner and there was the finish line in the distance. To be honest it seemed like it would never arrive, but it did. We waited for our friend who isn't a GRR but had stayed with us all the way through. We started together and finished together in 6:07 mins. The half marathon crew Paul, Dawn, Martyn and Darren the speedy marathon runner were all waiting to cheer us in. We nearly got taken out by an excited dog just before we crossed the finish line. Stayed upright for 26.2 miles and get taken out by a dog wouldn't that have been ironic.





We had a celebratory beer in our Hampshire Hobbit glass and regurgitated the whole run to them, as you do.



Post Marathon

I followed my advice regarding food and drink and stretched. Had hideous cramps in the car on the way home, a beer sorted that out.

The next day I could walk, always a bonus, on and off loo was fine and stairs weren't an issue. I was amazed at how good I felt to be honest. I was hungry and wanted bad food which lasted for a few days.

I went to Pilates the following day for a good stretch and run at 545 on the Wednesday.

My only injury was a damaged toenail, apart from that no other issues.

Next steps

I have a road marathon booked in Valencia in December so will definitely train properly for that one, honest.

Special thanks to those that trained with me, kept me sane and supported me throughout this process, you know who you are.

Debbie



To be specific it was in County Cork, in the small town of Youghal... (pronounced yawl)

This would be my 2nd Ironman event, with targets in mind and pressure on my shoulders, I was full of determination and drive. Training had gone well so it was all down to me, my mind and my legs! Along with a few other competitors and team-mates and a big support crew including my mum for the first time.... what could go wrong!?

So, to get us started we had a long drive of 5 hours, then a 3-hour ferry trip, then another 2 hour drive the other side. This meant getting up at 6 am to pick Caroline and her mum up by 6.30. We got on our way, car packed and bag of food and drink! I need food when I drive! It was a fairly easy drive to the ferry port in Fishguard, with a bit of traffic but mostly a nice easy journey. At the ferry, we met with Roman, Paul and Steve, all the other guys from EHUB.

A long wait to get on the ferry but eventually on, found a good spot where I could roll and stretch, then eventually have a nap in the corner! Off the ferry and into Ireland we go, trying to get used to KPH instead of MPH, finding our apartment and a very chatty Irish lady. Stunning apartment with views across the bay. Lovely!

As the week progressed so did training, we went for a couple of runs, a swim and a lap of the bike course... finishing with the famous "windmill hill, or Hell depending who you ask". All of this was accompanied by a few walks and touristy bits around the town, not forgetting the Jameson whisky tour and tasting, yum!



We also had an American guy called Kinnear who was staying with us. He was from Chicago and arrived Friday and left early Monday. He was very chatty and just looking to finish this race. He was very friendly and upbeat. He had 2 animal soft toys with him that he travels with and we got to know them rather well. Phoebe and Arthur, a hippo and an elephant.

We had a good chat about his and our lives, about racing and about the time in Ireland. He had a bit of an off race, he cut his leg bit he did finish, and we saw him before he left. He had completed it too so that's a thumbs up from him!



Race weekend was soon upon us, the weather had been looking the same throughout the last couple of weeks. This was going to be wet.... VERY WET!

The day before we went for a swim to see how bad sea conditions had become, and not surprisingly they were bad, very rough and very hard work. Then we received an email... the swim will be delayed, more to follow in the morning. They were expecting 30 mph winds, yellow warnings for currents and under currents as well as a warning for small vessels out at sea. This was not looking good.



Transition preparation went smoothly: bike racked, bags packed with everything! and put up in the transition tent and chip collected. Surprisingly without any nerves or worries, maybe this was due to the conditions?

Later the day got the more I started thinking about the weather, how this would impact my race, if it was worth worrying about.... after a while I thought to myself sod it! what will be will be. I had decided not to worry about time on the swim and bike but to focus on being consistent then to push on the run to make sure I got a sub 4-hour marathon. For me this should not be a problem.

A nice home cooked spag bol followed that evening by Caroline's mum and an early night was due... after all we had to get up at 4.30 am for the race!

Race morning... I woke up expecting rain, but to my surprise it was just cloudy! Maybe the prayers of Youghal worked? Well for a bit they did. We had about a 30-40-minute walk to the start and transition. This is where the weather started to turn, the rain started and the wind had already picked up... the weather forecast was not wrong, this didn't look good!

After checking our bikes over and then waiting around we got an announcement. Due to weather conditions and safety the swim has been cancelled. Now this wasn't unexpected, the water was already 13 degrees which was super cold. the waves were crazy, wind was up and rain was constant. With safety in mind it would have been life threatening to go ahead.

This meant we started on the bike and then onto the run, we had to stand by our bikes where I was soon passed by Alistair Brownlee.... "good luck Johnny! oh SH*T, I mean Ali!" That wasn't good, but it did bring a smile to his face!

We ended up stood about in the rain for a while, but this gave me time to get sorted, and even get on video! yep I made the Ironman highlights video, right at the start... go me! 📹

We got our bikes and started to queue, I ended up chatting to a guy called Bill, yep Bill and Ben! the flowerpot men, and apparently 2 engines from Thomas the tank engine, who knew!

A good luck fist pump and off we went, down the first 400 m or so it was packed, the crowds were 2 or 3 deep and the noise was electric! wow what a start! I had a big smile on my face and what was to come wasn't going to change it. I was to enjoy the day, enjoy the crowds and just keep going!

Once down into the TT position, I just kept it steady. Throughout the first lap I felt good. the climbs I took easy, I was keeping a good pace on the straights and flat areas and then downhill I kept my hands on the brakes and held on for my life! All in all, it wasn't too bad, it was wet but wasn't too cold and I had a good jacket, tri suit and gloves to keep me nice and warm. Going through the course I was loving the signs, lots of random things and lots of bike teddies and cow bells.... and lots of cows mooing! even though it was a big event I was still surprised at the amount of people out watching in the rain, I mean it wasn't just a bit of rain it was torrential! and constant!

Approaching windmill hill for the first time, I took a drink, got into gear and took a deep breath. I turned the corner and saw the crowds! wow this was crazy! think the Tour de- France, or the finish line to any big running event. there were loads of people! and they were close to us, on the road in our faces and cheering and whooping like nothing I've seen.

There were people falling from their bikes, people walking with their bikes and then the ones then just kept peddling! You had to make sure you had enough room from other cyclists, keeping off the wet drains and keeping away from the crowds which wasn't easy. not forgetting riding up the hill which was 18% gradient average, and 21% at its steepest point. It took me a couple of minutes to get to the top where you couldn't ease off as the crowds kept going! Music was on full whack and they even had an announcer getting you up the hill. Not forgetting I was able to see Caroline, who was shouting and screaming like I had done something wrong, but I'm glad she was there... I managed to poke my tongue out and give her a smile before finishing the hill like a man possessed.

Downhill for a bit before getting on a nice bit of flat road where you could relax and get ready for lap 2.

What can I say about lap 2..... apart from the same people, the same amount of support? Well yes but it seemed to be better, maybe this is just what we thought as it was needed, and they did not disappoint! There was lots more water, lots more rain, some hail, some roads that were getting worse and what seemed to be rivers to cross! but I got chatting to a few people who we could have a bit of a laugh with. this always helps in bad conditions when you just want the bike to end.... seems like everyone wanted the bike to end!



The first part of the run was along a wooden promenade, then to the main prom where the wind took my hat off my head. damn it, back I went to get it before getting back on track. Before long, my coach and team-mate Roman caught me up. We had a few words and ended up running together. Roman was trying to qualify for Kona, the Ironman world championships and currently he was winning his age group! I decided I would stick with him and get him to the finish. We had a good run together even though I was pushing slightly more than I needed to, but after all I was trying to get Roman a time. I wasn't too worried about my own!

The crowds throughout the course were again fantastic! Lots of people out including the mums, Caroline and Roman's family! The rain was still constant, the wind was battering us along the coast, but we just kept chugging along. Luckily for us we run with the same footfall and cadence which meant we were running easily with each other.

2 laps done for me and 1 mile left for Roman (the run course consisted of 4, 10k laps with a 2k finish), this was it, he was going to qualify for Kona! I ran all the way to the red carpet with him, give him a fist pump, a well done and then stopped to watch him finish. What a great feeling, not only having a good enjoyable run but making a difference to someone else in the race and helping them achieve their goal.

Now the time was to focus on me, or was it? I just wanted to enjoy the run, enjoy the crowds and the atmosphere which had been created, have a good time and finish under 4 hours. I had no idea of my pace or if I was on target, I didn't look at my watch once, I was giving all the children high fives and waving at every camera. I stopped at aid stations to keep my fuel up and chatted to people when I could. 2 laps to go.... 1 lap to go.... soon enough I saw my cheer crew waiting near the finish... 1 lap to go I shouted. Get on the finish line!!!

I was loving my last lap. lapping the crowds up, enjoying the music. Saying thank you to everyone who had supported throughout the day! After all this wouldn't be able to happen if it wasn't for them!!

Soon enough I was on my last mile... I thought "let's check my watch to see", and to my surprised I was 15 minutes under my time of 4 hours! This put a spring in my step then over the hill to see that wonderful red carpet and finish line! I slowed down, checked over my shoulders to check I was alone.... you don't want anyone in your photos now do you!?





I gave as many high fives as I could, gave a smile and a wave to the mum's and Caroline then saw the finish.... hell click time! a big shout from the crowd then arms up! walk over the line! I did it.... I bloody did it!

Now I had never doubted myself throughout the race, I never thought I wouldn't finish but you just never know! I was a 2-time Ironman finisher and to finish in these conditions when over 1000 people didn't.... I was chuffed!

A slow walk to the finish area where I was able to give the mums and Caroline a big hug and a kiss, my mum shedding some tears as she has never been able to support me in a race like this! I was so happy she was there and got a chance to see me in a race like this. a testing race for so many different reasons. I was so thankful and so grateful. I didn't know what to say or do... foil wrapped round me and a picture! got to have a picture!

Another goodbye and then off to the changing tent, T-shirt collected, pizza and cake received, then before I know it, I was getting a massage! This hurt like hell but helped so much, Roman had found me to congratulate and thank me, before long he had disappeared to get some rest himself. Into the changing area next where I was able to get the sopping wet clothes off and into something a bit dry and warm! This was much needed!

Some jokes and chat were had, one of which I had to ask for help to get my tri-suit off, the other I was looking at some random man's feet because he couldn't look at his blisters due to being too tight and getting cramp! It was a good atmosphere among us and soon we went our separate ways to find our supporters.... and get more pizza.... and an ice cream! oh yes ice cream and pizza!!

I soon found Caroline who couldn't get her head around me having an ice cream, but I tell you what it was delicious!! We soon found the other teammates from ehub before grabbing one more slice of pizza! and these were big slices 🍕🍕

We then headed back to transition to collect my bike and kit.... this was a long walk! I mean this was about 45 min walk there and 45 min walk back! not fun! Although this was a big effort and a long walk, I loved it. I was able to support other runners and give them that push they needed to finish. It is always a great feeling for me to finish and then support the other athletes, after all they had been out in this weather for longer! So much respect for these guys and girls... very inspiring!

Back into the warmth of the apartment where I was greeted with balloons and chocolate milk! yummy, also proven to be the best recovery drink ... well sort of!

Before long me and Caroline were back up and back out. We decided to walk to the finish line to watch the rest of the finishers... it was already 22.30 and we had at least 90 minutes to go! Shouting and hollering, banging on the boards and posing for pictures, what else is there to do on a Sunday night after doing an Ironman???

We stayed until 10 past midnight, this was when the last finisher finished, a 74- year old lady who had recently beaten stage 4 cancer! now if that's not inspiration and a reason to stay out all night I don't know what is! Incredible!





Well that was it, the day was over, Ironman was finished. time for bed!?

The next morning was all about food, food and some more food. We packed the car and watched the award ceremony, highlights video and Kona slot roll-down, this is where people are given their token to Kona! Similar to getting a “yes” magazine for London marathon.

It’s amazing, even when we were walking back to the car the locals were saying well done, congratulations, how was it? did you do it? You’re amazing.....

Back in the car ready for the long journey back, pretty uneventful, apart from being stuck on the ferry for an extra 45 minutes, but safely home at 3.30 am! Long drive, tired body, ready for bed!!

If you ever get the chance to go to Ireland, or to Youghal, then go! The people are so friendly, it was so clean and it’s just a lovely place to visit. The crowds were crazy, the weather was Biblical, and the atmosphere was nothing short of outstanding.

What an experience this Ironman was. the weather, the crowds, the support, the course. It’s just amazing!

Thank you, Ireland. Thank you Youghal

hope you enjoyed reading

Ben





HRRL FIXTURE LIST 2019-2020

Overton 5	01/09/2019
Solent Half	22/09/2019
Hayling 10 mile	03/11/2019
Gosport Half	17/11/2019
Victory 5	01/12/2019
Stubbington 10k	12/01/2020
Ryde 10 mile	02/02/2020
Salisbury 10 mile	Mar-20
Alton 10 mile	May-20
Netley 10k	May-20
Alresford 10k	Jun-20
Lordshill 10k	28/06/2020





Our beautiful National Athletes Jenny Shilling & Jackie Tombs , ready to represent England in September . As a club, we are all very proud of you !





RACE RESULTS



Please email your results to Steve Wood at:
results@gosportroadrunners.org.uk

RACE RESULTS







09/06/2019		
The Langham Hotel Weald Challenge Trail Races - Half Marathon		
Pos.	Name	Time
61	Stuart Wood	02:06:00

I raced the Weald Challenge 1/2 marathon the weekend . What a fantastic event, beautiful scenery and the friendliest organisers outside of GRR. Easy to see why it's an award winning race. I can't recommend highly enough and well worth the early morning start. It would be great to see some GRR yellow next year

In case any GRR's are interested in the Weald Challenge XC 1/2 Marathon or Ultra race, next year's event will be the second Sunday in June, which is 14th June 2020. Entries will open in October. Feedback form previous races can be found on the Trail Running Sussex facebook-page.

Stuart











See you at the
finish



I'm off to nail
this 🧐



09/07/2019		Summer SERIES RACE 4	
Pos	Name	Gun Time	CatPos
10	Nikki Moxham	00:18:26	1
29	Dan Belbin	00:20:33	10
31	Kevin Busch	00:21:05	5
37	Gillian Dowling	00:21:51	2
39	Barry Griffin	00:22:01	6
42	Su Baldock	00:22:14	3
52	Stuart Wood	00:23:51	3
53	Lee Torrens	00:23:53	4
54	Chris Sparshott	00:23:55	15
71	Lynne Franklin	00:26:55	5
74	David Kitching	00:27:13	1
76	Jackie Tombs	00:27:23	1
77	Mick Kearney	00:27:32	1
81	Debbie Humphreys	00:28:11	2
104	Marie Bowers	00:35:37	1
106	Nicola Sadler	00:38:14	16



GOSPORT GOSPORT

14/07/2019		Wyvern 10Km HRRL	
Pos.	Name	Time	Comments
11	Danny Millar	00:36:51	
96	Kevin Busch	00:44:07	
109	Ian Pugh	00:45:00	
124	Gill Dowling	00:45:31	4th in age
146	Colin Gardner	00:46:33	
180	Richard Law	00:47:46	
198	Robert Hylands	00:48:30	
207	Lee Torrens	00:49:09	
209	Nick Carter	00:49:12	
249	Jenny Shilling	00:50:56	1st in age
266	Charles Cope	00:51:35	
264	John Barrett	00:51:43	
289	Chris Sparshott	00:52:32	
295	Tracey Bale	00:52:52	
369	Mark Jakins	00:55:33	
389	Angie Claridge	00:56:15	
403	Lynne Franklin	00:57:27	
413	Kerryanne Sawyer	00:57:37	
426	Paul Humphreys	00:58:03	
451	Debbie Humphreys	00:59:09	
450	Claire Tallack	00:59:10	
513	Shaun Smith	01:03:03	
518	Jeanette O'Neil	01:03:17	
528	Donna Tatem	01:04:00	
600	Janet Lindley	01:08:25	
601	Kim Carter	01:08:26	
627	Louise Millson	01:11:19	
644	Sally Cope	01:12:54	
645	Sarah Rodgers	01:13:06	
648	Joanne Gevaux-Ross	01:13:38	
649	Pat Lapworth	01:13:40	
651	Sue Tingley	01:14:12	
652	Susan Barker	01:14:13	





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 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 @gosporrr on

<http://twitter.com/gosporrr>



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 2019





Hello and welcome to your August edition of the club newsletter. What a month it was!

As you may know, August is named after the first Roman Emperor Augustus. He was the founder of the Roman Principate and is considered to be one of the most effective leaders in human history. In August spirit, I am introducing you to a few of Gosport Half Marathon committee members. The half marathon is a major event for the club and the community and wanted to know who are the leaders responsible for getting the event from the drawing board to the streets of Gosport. Thank you to the committee members who have responded to my curiosity.

Continuing the theme of influential club members, our ever- charismatic club chairman brings his reflections on August. This month I have asked Ben Jarvis to share a few wise words and motivation with us as the Men's Captain. I'm certain you'll find it as motivating as what I did.

Do you like travelling as much as what I do? You're in for a proper treat with Michael Bowers' parkrun odyssey. Well written and very informative, I found it a joy to read. Thank you for this excellent contribution, Michael.

I've noted that there is an increase in events where you can run/ jog with your dog. A few club members participated in the Southampton Dog Jog, and you can read all about it in Sophia Hurlo's review. Having tried to short jog with a neighbour's dogs in the local park during June this year, I have the greatest admiration for you. It's not an easy thing to control an over-excited dog whilst watching where your feet land and focussing on some breathing pattern all in one go...but perhaps that may be because I'm naturally imbalanced! Thank you for sharing the day with us, Sophie.

I get excited when I see a "something for the newsletter" email from a club member who has not submitted a contribution whilst I've been the editor. And when it's an article about an admirable challenge, the month is made for me! Zoe Windsor has completed such a challenge. Awesome job, Zoe! Thank you very much for your contribution.

I've always been fascinated by fast runners, their finish times and how they manage to get that. What are their PB's? What race strategy do they have (surely there's a better way than just turn up and keep breathing!)? What better way to find out than through a Runner Profile? This month I've tried something new and interviewed one of the club's really fast runners. I've never spoken to him before this interview, but I loved his race photos and was a little apprehensive that he might not be too keen to participate. How wrong was I! Meet Danny Millar, a very pleasant, interesting, down- to- earth club member who seems blessed with natural talent for running fast. We are fortunate to have club runners of his calibre!

Why do the Question Corner guy never get the opportunity to answer his questions, I asked myself. He's one of our most hardworking committee members and an awe-inspiring athlete. Read a bit more about Ben Jarvis in this month's Question Corner.

You'll find the dates for the next HRRL and I've added a bit about the Southern Cross-Country league.

As usual, Steve Wood brings us the race results.



August was a special month for me. I have been honoured to receive a Club Chairman's award. It was the most unexpected award and I will cherish it for many, many years. It feels weird accepting an award for something I enjoy doing! The success of the monthly newsletter is not dependent on only one person. It's a club effort – if there are no contributions, there can be no newsletter. Thank you to each one of you who contributed towards and actually read the newsletter over the past 2 years. You all share in this special award with me.

Miranda





Yet another month arrives and I find myself putting pen to paper in order to make our Editor in Chief's deadline for the GRR Newsletter. I have to say, Miranda does a fantastic job in making sure we are treated to, what has to be, one of the best club newsletters on the market. I am sure members will join me in thanking her for all of the unseen hard-work that goes on in the background. Indeed, I was delighted to present her with the second Chairman's Award at a recent club night; well-deserved recognition for a member of Team Yellow!

August has seen a number of achievements for club members and I am always left in awe and just how talented our members are; from winning Half Marathons, to appearing in the Portsmouth News, to running up steep hills in San Francisco, to running around in circles in Minley Forrest, you've all been out doing what you do best; running for fun and enjoying every step of the way.

In the background work continues and your committee are now looking to complete the actions that fell out of the recent GRR Survey Monkey; it's a long process and the majority of the actions, some of which go unseen, will greatly enhance the overall running of the club. Our Club President is busy with the review of the Constitution and has now received comments and suggestions regarding updates to the document. She now intends to spend time pulling the reviewed content together in time for the 2020 AGM. I would like to pass on my thanks to those of you who made the time to partake in the review; it is an important part of club life and your input is seen as a vital part of the review process.

I am delighted to see club membership is on the rise; it seems we have new members walking through the door on a weekly basis which has to be a good thing. We are also seeing the return of members who had, for whatever reason, decided to leave for pastures new. I believe GRR has a reputation for being a friendly and welcoming club; an attractive quality to new joiners. Yes, we can bicker and occasionally fall out with one another but when we pull on that yellow vest we are there for one another; I am convinced it is you, the members, who make the club what it is and for that I am extremely proud to be your Chairman.

It is for this reason I wanted to introduce The Chairman's Award; I felt it was important to recognise and reward success across all levels of the club. Whilst we do have our established club awards which are presented on an annual basis, I felt there was room for a less formal accolade that could be presented to those members whose achievements would otherwise go unnoticed. The beauty of the Chairman's Award is that it can be presented to members who have achieved against all expectations. From the Ultra-Runner to the person who has finally realised their dream of completing their first 5K Time Trial. There is also scope to present the award to non-members who have, in some way, helped GRR further their causes within the community.

The Club has much to offer, not only within the Running Community but also throughout the wider community; we do a great deal to help a range of organisations and we should all be proud of our connections and ability to reach out where we can. Looking to the future we have the Gosport Half Marathon and I know members will, once again, be keen to help make our race one of the best on the circuit. November 17th will see the GRR take to the streets of Gosport and I for one am certainly looking forward to doing what we do best! If you have yet to volunteer to help please contact Ken Eaden who will be delighted to have you join the team.

Whatever your plans are for the coming weeks, be it a steady 5 or an excitable Ultra, have fun and, as always, do us proud!

Geoff



Hello everyone.

I just wanted to introduce myself and give a few words for people that need a bit of motivation and from the new club runners.

First off. My name is Ben Jarvis. I am your men's club captain. I have been running since January 2013 and been part of the club since June 2013. I run all distances from 1 mile to 100 miles and am known as a marathon runner by many. I have also gone into the world of triathlon in recent years and have now completed 2 Ironman events.

I am not afraid of a challenge and someone who will always run whatever pace I need to. I can run 6-7-minute mile, take part in hard interval sessions as well as run at 10-11-minute miles to help others achieve their goals. I am also a fitness instructor and swim teacher.

Few words to get you out running. I always say don't be afraid to go out for a run, whether it's fast or slow, long or short, road or trail, on your own or as part of a group. It's always worth getting out. Lots of people always say what about conditions. Well the simple reply for me I'd to adapt to those conditions. Change what you wear and be sensible. If it's raining and cold, layer up and wear a good running coat. If it's hot and sunny, wear a vest and hat and glasses, not forgetting sun cream. If you are going on a long run, make sure you have plenty of fluids and food to make sure you don't leave yourself short.

In relation to a group run, this can be hard to sort. People lead busy lives and things can change. But something I would always say is to organise it and make a group chat. Put something on social media and post in the club Facebook page. This will get others out, encourage people to meet new runners and mean you are not on your own. We have lots of group runs within the club with Tuesday and Thursday being club nights. There are also Monday hill sessions, long runs on a weekend as well as people doing their own runs on most days. So, don't be afraid, post something on the GRR Facebook page and see who can come with you!

Getting faster. I always hear people say they want to get faster, but nothing is working. Well the only way this works is with hard work. Intervals will play major part in this. Pushing yourself in situations which are new. Hill sessions can help to build strength but most importantly, don't be afraid to run with a faster group on a club night. Talk to the group and say you are trying to increase the pace and will be at the back hanging on, but this will help. They can help encourage you and help you to keep pushing. It's hard work and sometimes not nice for you to be at the back of the group but this is the way I found that helped me the most. Without hard work and discomfort, the success and speed will not come.

Social aspect of running and club. Gosport Road Runners is a very social club. We encourage all abilities and all ages. So why do we not know most of our own club?? People get stuck in the same group of people and same pace groups. This is nobody's fault, but it just happens without realising. This has happened to me several times and didn't even notice Caroline, who is now my partner when she was friends with someone I ran with occasionally.

The way around this is to mix it up. Mix up who you run with. Change your paced runs and introduce yourself to people. Go to intervals sessions, strength and conditioning and hill sessions. Don't be afraid to change your training and don't be afraid to say hi! We won't bite.... Honestly :)

The last thing I want to talk about is road or trail?!?! A lot of the club like to run on the road. This is because it's known to be safer, less injury prone and there is lots more opportunity to run these races as they are advertised more. But trail running is a superb option for everyone. There are so many things that trail running can give you, which you may not find in road running. From new environments and views, to new types of paths and mud. You'll meet different types of people to be introduced to new types of races.



There are lots of people in the club that are very experienced when it comes to trail running. Speak to us and ask us how to go about it. Trail running can be slippery and dangerous at times but there are things you can do to combat this, again speak to us and see what we can do to help you.

Remember x-country season is just around the corner and the club will need you at these events. Speak to myself or Karen who will be able to tell you more. X-country is amazing. It's fun and there is absolutely no pressure. Don't be afraid to give it a go. Don't be afraid of injury you may be surprised! You may love it!!

If you have any questions or need any help with anything running related, please come and speak to me. If you don't know who I am just ask and someone will tell you!

One last thing!! If you are new, or we haven't met, come say hi! I don't always get to meet everyone :) and we may even be able to go for a run together :)

See you soon.

Ben





Funny how an incident or reading something gives you a flashback.

I was reading a story in the paper recently where a newly married couple were stood on top of the White Cliffs at Dover. You could say they were on the edge of reason or been at the bubbly! So windy, and rock falls happening all the time. One was even peering over the edge waving to guests 200 ft. below. Could have been the shortest marriage in history! A Korean student fell to her death from this exact same spot in 2017.

It was the name of the location which caught my attention. The Birling Gap in East Sussex near Eastbourne. I passed this way during the now defunct "Seven Sisters Marathon" in October 90. To say the weather was diabolical would be an understatement. It was the wind that made an impression. Most of us were virtually on hands and knees until we

passed through. Exciting or terrifying?.....depending on state of mind!



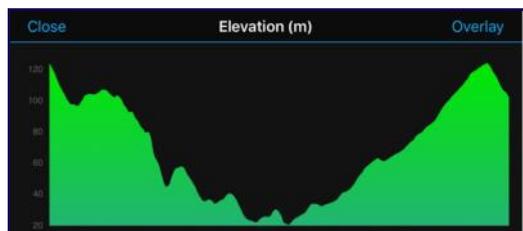
Recently I was in Cornwall and visited the Lanhydrock estate. Have been here many times over the years. It has stunning gardens and an impressive house. What did interest me was that it has a park run on Saturday morning like hundreds of other places. Six hundred entries one Saturday!

In the great scheme of things Lanhydrock was a late starter. Its first event was in January 2014 whereas the first park run was at Bushey Park in October 2004 with 13 runners! Can hardly believe how popular it has become. You can run for free; you don't have to have a bar code; you can even walk it if you like. Takes literally anyone. There are junior runs. Gosport's Junior parkrun is at Stokes Bay at nine on Sunday mornings.

Of course, none of this would happen without the hundreds of volunteers that turn out in all weathers. Club members do park runs all over the country and looking at the entry list for Lanhydrock in midwinter, runners must travel long distances to take part. They can't all be on holiday in Cornwall? Can they? Must run one.....One day?



Lanhydrock Parkrun elevation





Watched the diamond league the other weekend. Wait a minute! Bislett in Oslo? Always looked to me as if it was going to fall down at any time. It looked pretty good though. Turns out it was rebuilt in only ten months in 2005. I walked past it circa 1970. Looked as though it had suffered a near miss! A shabbier place you could hope to find. Nevertheless, in the seventies, eighties and nineties every man and his dog and anyone who was anyone in athletics wanted to perform there.

Lot of battles were fought over the years and a certain Mr. Cram reset the world mile record at 3:46:32 in 1985.



Mickey Stares mentioned recently that one of our ex members has reached 95. Joe Turton was certainly running in his mid-seventies and had some impressive times. He is in good health and I would like to think his running career helped him get to where he is .

Dave



We planned our main holiday to go to see the German F1 Grand Prix, which turned out to be a fantastic race and a really great 4 -day experience.

During our route planning we realised we would have to go through Paris and its environs twice. Cue Parkrun! - Paris on the way out and Fontainebleau on the return leg, and a sneak German one in Mannheim.

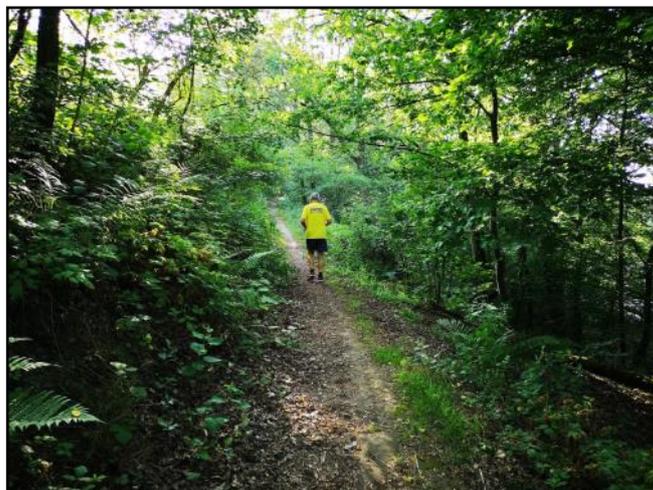
Montsouris

The first run was in Paris in 14th district which was a very pleasant and quiet residential area of undiscovered Paris. The paved course was around Montsouris Park – 3 quite hilly laps around the perimeter. There were 22 very friendly runners of all nationalities and an eclectic mix of occupations (including 4 Bournemouth Uni Graduates who were working in the Minions animation studio in Paris). Unfortunately a GRR came in last, but at least I flew the flag. After the run we all met for coffee etc at the local cafe - ChinChin - and the after run drinks took longer than the run! For the geeks in GRR this is the park where the french Astronomical Society have their museum (shut) and where the French attempt at the Meridian is celebrated by a forlorn statue. The world community adopted the Greenwich one instead – quel dommage!



Lemberg

After Paris we headed for Germany and spent a couple of nights in the border forest area – Siegfried and Maginot line country - beautiful countryside, very hilly and empty. Our Tuesday practice run could only be hills as our Hotel was on a near 1 in 5 slope





Heidelberg

Then into Heidelberg and our quirky accommodation, an extended 1950s caravan with lean-to shower room. There we were able to do practice runs around a massive sports area with a superb all ages activity track.



Neckarau

While in Heidelberg in between the motor racing we managed to sneak in the nearby Neckarau Parkrun in Mannheim.

This was a lovely wooded run with a stretch along the banks of the Rhine. An easy level route, mostly paved or gravel, and it was a big loop. Most of us found our way having remembered the map and followed the arrows. Some didn't - she says the turnaround marshal was not there – well he was when I went past a few minutes later! No prizes for guessing who that was but in fairness she wasn't alone and was put right by the Schlussbegleitung (tail walker). Again a really varied mix of 73 runners and everyone was very friendly – they even had a multilingual visitors briefing.



After 8 days in Germany we sauntered back through France, stopping in Troyes and doing a lovely morning run in a very pleasant park just outside the centre, so as to keep us in trim for Fontainebleau Parkrun.



Fontainebleau

Now no-one can get lost here! The course, over gravel, is 2 tree lined laps around the Grand Canal in the Palace grounds, which offers shelter come rain or shine, and this was very welcome as the temperature was 35°C. It is not a large Parkrun and there were only 14 runners, everyone was very welcoming and someone brought some delicious freshly baked cake.



We think Parkrun tourism puts an added interest into any holiday, by seeing unexpected places and meeting all sorts of quirky running people from all walks of life, ages, abilities and nationalities. It also puts Gosport on the map. So when we venture away, we always look for a nearby parkrun, knowing we will be sure to be in for a pleasant surprise whatever the weather.

Mike



As you know, I see all the race results. In addition, having been a member of the club since about 2007, I know a lot of names. Therefore, when a name pops up which I cannot attach to a face, whilst their race photos depicts an enthusiastic personality coupled with fast and consistent race times, I feel compelled as newsletter editor, to find out who we have on the books.

In the first Runner Profile, I would like to introduce a club runner I have never met (shocking I know but blame my social shyness!).

Full name: Danny (Dusty) Millar

Occupation: Mine Warfare Specialist RN

Hometown: Bognor Regis

Age category: Senior Male

Favourite running shoes & kit: Shoes - Nike flex 17 & Nike Winflo5 Kit - my lucky black cap

Best times over specified distances: 5km - 17min 17sec

5miles - 30min 01sec

10km - 36min 51sec

10miles - 1hr 4min 12sec

Half marathon- 1hr 27min 32sec

Full marathon - 3hr 52min (and he thinks he sucks at this!!?!)

Danny comes from quite a sporting family. His brothers are all either boxers, runners, footballers and he was always really into fitness. His eldest brother was always the runner of their family and he invited Danny to run the Bognor 10k with him in 2017. That was Danny's first ever race.

During that time in life, Danny was in quite a bad place mentally. He had been in a car crash the previous year and was struggling with his physical and mental health. I think just getting to the start line under such circumstances must be considered a huge personal achievement. Danny's reflection on that race experience reflects the unexpected benefit of running which many of us have encountered:

"At some point in the Bognor race, run I found this sense of euphoria, I'm not ashamed to admit that I cried at the end of that race as I was overcome with emotions. That was the start of running for me, and I honestly believe that it saved my life."

From then on, he decided to run whenever he could, not competitively but just to maintain fitness and wellbeing. He continued running whilst deployed with the Navy and in the Summer of 2018, he had won his first race, the Gibraltar Rock Run. Modestly he indicated: *"It wasn't as glamorous as it sounds."*

(Ed. I've been up the Gibraltar Rock in June 2019. Anything faster than a walk is glamorous!)

By now Danny started to notice that he was actually quite a good runner and believed he could potentially put some pressure on his brother in the future. Unfortunately, he was folded like a pretzel during a rugby match! His deployment was cut short and he was flown home with a broken collar bone and a collapsed shoulder. He underwent operations and spent quite a long time in recovery. It wasn't until January this year that he managed to lace up his running shoes and hit the pavement again.





His first 5km run post injury clocked over 28 minutes. Whilst he was feeling very positive and happy to finally run again, he also felt downhearted that he had put almost 9 minutes onto his previous best 5k time. Determined to do his best to get back to a sub 20-minute 5k before his next operation, he put in a lot of sensible training and achieved his goal around March which was also the same time he joined GRR. As they say, the rest is all history really. Since becoming a Gosport Road Runner he has broken most of his PB's with the exception to the marathon (in his own words: "I suck at marathons").

"The help, guidance and support from all members and LiRFs have really excelled my performances and I never thought it possible, but I finally have surpassed my older brother too!"

Danny's running success continues. He made the Royal Navy Track and Field team and has recently been selected to run for the RN RM Road Team in Leeds. He's been awarded his Sporting Colours and also had the pleasure of a few podium finishes.



"But most importantly I have found a sport that I truly love and enjoy plus I get to share those moments of victory and success with a group of truly awesome people."

His key personal running achievement to date was making the Royal Navy Track and Field team, making the Interservice Championship finals and being awarded my Sporting Colours for it:

"I've won a few races before which always feels great, but this was different, the training to be selected was hard and to run against those elite level athletes was amazing, I was honoured to be a part of that event and race. "

What could possibly be the hardest race experience for such a talented athlete? Adsdean to Kingley 10mile: *"Truly challenging course and at one point it felt like I was running up Kilimanjaro! "*

Surely there is a magic ingredient in his race strategy? *"I get race day nerves (every... single... time) and find I have butterflies in my belly so during my warm-up runs I will listen to some Motown or jazz to relax me and calm my nerves before the race. I always start at a PB pace and then just take the run as it comes from there, I don't really have a strategy at that point I just try and not throw my lungs up! Although during a race I prefer to chase than be chased, not a strategy as such but I just feel more comfortable tucked in behind someone. "*



Sibling Rivalry: Danny (winner) and his brother (runner up) after the Adsdean to Kingley race

Prior to his shoulder injury, Danny was a goalkeeper. He also tried rugby once... the less said about that the better! Which 3 people would he invite to dinner and why? *"1st and 2nd place at my table goes to Super Human and good friend Paul (whoop whoop) And with them two at my house I would have to invite my little brother as he is their biggest fan. My reason... I'm not sure really I just think it would be awesome!"*

Danny 's hidden talents are solving a Rubik Cube in less than a minute (no hammer involved), and apparently he's second to none at singing 'Tequila' at karaoke (music to deaf ears?).

Very talented , humble and interesting, Danny is certainly an asset to the club and I felt privileged that he agreed to this interview. I take this opportunity to wish him every success for the 2020 running season and beyond. I'm sure you will all echo me in that!

Miranda





I see my role on the GHM Committee as one of offering advice and guidance where I feel it will benefit the overall process. Being slightly removed from the day to day business conducted by GHM committee members, I am able question the decisions made thus making sure they are sound and in the best interests of the club and, most importantly, the 2000 runners who flock to Gosport in order to take part in one of the best races on the HRRL calendar. Through the GHM Chair, I act as a Check-Balance as well as supporting committee members where required. Finally, I promote the GHM to all areas within the club and provide information regarding progress to members via weekly Parish Notes and the Chairman's Thoughts in the monthly Newsletter.

Geoff



The Gosport Road Runners is a great running club and we enjoy our running many many places. Once a year, as a whole club, we say thank you to the running community by putting on our Gosport Half Marathon (GHM) event in mid-November.

It is a huge undertaking and involves a lot of hard work and commitment from a dedicated team of GRRs.

It is my privilege to be, for a while, the Race Director.

The role of Race Director involves a number of important tasks;

- I am the chairman of the Race Committee.
- I help and support the other members of the Race Committee where I can.
- It is my role to promote the GHM in every way that I can so that the event reflects in a positive the way a great running club.
- I am the front man for the event.
- With others on the committee I try to come up with ideas that will enhance and improve the race.
- With others on the committee I try to engage as many members from the GRRs to be part of race day.
- I have to attend meetings from time to time with others in the wider community that need to be informed of the race. HRRL and others.
- On the day of the GHM I try to engage with as many of the competitors and guests as I can.
- I give out the awards at the end of the race to the winners.
- I host the after GHM evening at the Rugby Club to which everyone that helped the event is invited to attend.
- In April it is my honour to lead the GHM Charity event at which £10.000 is donated to a number of local charities and good causes.

Our race, the GHM, is a very successful event and is dependent on the work and time given by the whole committee. These people, the Race Committee, perform a number of complex and demanding tasks over a whole year to ensure that the event is as good as it can be. Their roles are explained separately, I thank them on behalf of the Gosport Road runners for their dedication to the GHM.

It has been said many times that the GHM is "the jewel in the crown of the Gosport Running Club". It is where we show ourselves to the local community and the wider running community and we do it well. It is a success only because it is a whole club endeavour and the support of everyone in the club is needed.

Dave





I look after the I.T. for the race.

I am "Mr [Info@gosporthalf.org](mailto:info@gosporthalf.org)" handling all e-mail enquiries.

I set up and monitor online race entries, the race website and produce various lists of runners' details for race day.

I also get the race bibs sorted, boxed and ready for the number collection.

On race day I oversee the number collection and then work with our timing company in the race finish area.



Brian



The Race Treasurer is responsible for managing the race bank account, which entails monthly reconciliation on receipt of the bank statement, ensuring sufficient funds are available to pay the many invoices which are generated for the Gosport Half Marathon. It may surprise club members to know that a sum in excess of £20,000 is spent each year to ensure a successful and safe event. The costs include paying for prizes, road closures, signage, barriers and cones, hire of school premises, services provided by Full on Sport (which include timing mat and finishing arch), provision of medals and goody bags (and their contents), and many other items. Once the race has finished all the monies collected on the day from sale of refreshments, fun run entries, car park fees etc. have to be counted and prepared for banking. Once all monies have been received and invoices paid, preparations are then made to pay the organisations who help with the event. This is then followed by the charity event when club members are invited to nominate a charity or local good cause to be a recipient of the excess raised from the race entries. Cheques and letters then have to be prepared ready to hand out on our Charity evening. From the proceeds of the 2018 race we were able to donate a total of £13,750 to nominated charities and organisations.

Jenny



Hello everyone

My name is Ben Jarvis, I am the men's Captain of Gosport Road Runners and am a part of the Gosport Half marathon race committee.

In the race committee I have 2 roles. My first role is to design and organise to purchase of all the race medals. This is something I took over after the race in 2017, making 2018 my first medal which I made into the club mascot "Hugh", the Gosport Road Runner. I like to make sure we have something different every year and with this also like to incorporate Gosport and our history as much as possible. I then take my ideas and do a basic design. Once I have a couple of ideas, I contact a few medal companies to see who best to work with, the designs they can come up with and ribbons which we will receive. Long story short we have about a 6- month period from starting the design to receiving the medals.

My second role is Lead bike marshal. I took over this role for the 2017 race. I am in control of helping get the lead runners through other runners on course, making sure they go the correct way and to make sure they reach the finish line. I also like to think I'm in the public eye and make sure they get a last-minute warning that the race is on and that there will be close to 2000 runners coming!

As well as being there for the leaders, I'd like to think I'm a big help within the race, able to check on people as I'm riding through the course past people, being able to check on marshals and then being bike support for everyone on course once the leaders are finished.

If you would like to be a future bike marshal, then please get in contact with me or speak to me at club.

Ben





I have a small part on the committee as Race HQ organiser and minuting the monthly meetings. I contact Gosport Radio, the coffee vans and any other stall owners and set up on the day with purchasing refreshments for our stall in the school. On the day I help where needed and check on the baggage drop team, Masseur team, refreshment sales and everyone around etc. A small part of a big cog! Many of the committee put many, many hours into making the race the success it is with monthly meetings and more. My part is small but enjoyable.

Fiona



I'm Louise, my role on the race committee is organising the children's fun run. This takes place just after the main race has started. It's just over 1km and starts on the green opposite the Bayside Cafe at Stokes Bay, runs along and up past The Alverbank, through Stanley Park and back to Bayhouse. Last year I shadowed Janet. Every year we put posters up and approach the local schools in the area and invite the children to complete. Once the children have completed the race, they receive a medal and goodie bag. It's all for fun and the children love it. Thanks must go to the ladies and gents that help with registration at the start of the race and also help marshal and cheer the children on. Without these lovely people the fun run wouldn't take place. There is a trophy for the first boy and girl.

Louise



If you're like me and love spending time with your best four-legged friend this is definitely a must.

I arrived at Southampton Common in good time to see a big inflatable pyramid surrounded by flags all saying "Dog Jog" so I knew I was in the right place. Perry and I were both dressed and ready in our clean GRR tops. We met with Mark Jakins and Ernie and Charles Cope (and Sally Cope) with Terry, all of which were supporting GRR colours with pride (except Ernie on this occasion he is a fluffy dog and would have been too hot).



We stood around for a bit while more and more happy dogs gathered. Then an announcement to say warm up was about to begin. For a start, I'm terrible for including warmups into my runs so this was a big tick for me, however, this particular one may not have been taken too seriously.

A buff gentleman stood at the front and gave us directions but all that could really be heard was the excited barking of the 60+ dogs wanting to get running. So, once we'd had a good 5-10-minute attempt of a warmup, we all moved round to the start line. As this wasn't chip timed, we were advised to line up in a specific way that would be best suited to our speed so that there wouldn't be chaos at the start. Once lined and up walked through by the official to ensure everyone was ready there was a count down.

3 ... 2 ... 1 ... GO! 'Who let the dogs out ...' began to play so there was no reason for any spectators not to know what was going on.

The start was really smooth flowing. Everyone had obviously listened and taken into consideration their abilities which was nice because there were no hold ups (that I was aware of). Then it was all down to me and my best mate!



Anyone that knows me, knows I adore running with Perry, and we were going really well for a good amount of time. However, almost halfway round he needed to stop for his obligatory poo. Typical! No PB for us!

It was a really warm day, but everybody's welfare was considered. Humans were advised to supply their own water and dogs were given a water bowl every 1km. These began to get more crowded the further round the course we got. But it was lovely because no one was really desperate to push through to get going quicker.

Anyway, 4.5+km done, and we were going well then as we came through the trees, we saw the finish. Weaving our way through unsuspecting pedestrians, we managed to get onto the grass for the final 100m or so. Typical Perry style he sped up at this point to show off (nothing to do with me and the way I like to finish my runs of course). Flying feet and over the finish line we go.

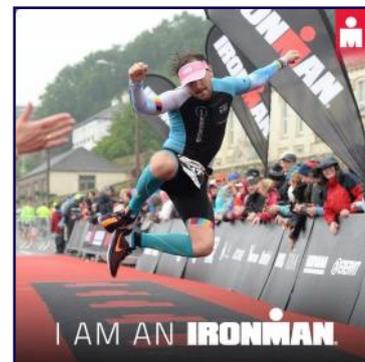
5km done and a medal to show for it. But wait! Human gets a medal, a bottle of water and a small sport bottle. Dog gets a new squeaky toy, a buff (might pinch it for myself), bag of treats, medal/heavy key ring and a damn good fuss by pretty much every other human in the vicinity.

So, if you have a little canine mate or just want to join in and be surrounded by furry four legs like Sally did, this is a very well organised and executed, chilled out event.

Highly recommend Dog Jog. Might even do a different location next time.

Sophia





Who are you?

I'm Ben Jarvis. Men's captain. X-country runner. Road runner. Marathon runner and Ironman. Someone who works in a gym and is a lifeguard.

When did you join Gosport Road Runners

I joined in 2013 I believe.

What first made you come to the club?

I wanted to run the Great South for charity as I knew a few people with cancer and wanted to help where I could.

Did you use the beginners' course? If so was it helpful?

No I didn't but I believe it would have if I didn't already do lots of sport.

Why did you decide to join Gosport Road Runners?

I never really enjoyed running and thought it could help as well as help socially



What was your first race?

My first race was Stubbington 10k where I was aiming at doing under 60 minutes and managed 52 I believe. With thanks to David Brace who helped me round.

What is your favourite race or event and why?



I love Stubbington 10km and Portsmouth Coastal Marathon, 2 local races. Lots of local support and just a good way to start and end the year. I also love Snowdon road and trail marathons for the scenery and how tough they both are. My toughest but most rewarding though was my 3rd attempt at 100 miles. I completed this when I raced at a 24- hour event called thunder run. I did this in September 2017 It was a lapped event with 10k laps, and I had to complete 16 Laps. With the help and support of every other runner and Team from Gosport I completed it before dropping to my knees. 101 miles in 23 hours 15 minutes.

What is your favourite distance to run and why?

I like 10 miles but probably marathon... and mostly trail. No pressure and you get to talk to lots of people, eat lots and enjoy the day. 10 miles I love to race as it's not too far but you can still work as hard as the body allows.

Do you have a favourite Medal or T-shirt?

Favourite T-shirt is probably Milton Keynes marathon. Did this with Adam Mundel as his first marathon. The T-shirt has a cow face with sunglasses.... What's not to love! Favourite medal is probably the Remembrance ones or roadrunner medals as they are full 3D shields and I have 2 that go together.



Do you prefer to run on road or trail? Why is this?

I like both but trail I enjoy more as I have no pressure. I also love x-country!!! But I do enjoy road races sometimes.

Do you have a certain routine you do before a race? If so what is it?

Get up. Have Weetabix... Get to the race and sign in etc... Then relax and eat a banana. Toilet trip then get ready.. small warm up then race. Nothing to major just get there early and try to relax and say hi to everyone.

What do you have for your recovery..... if you have a recovery routine?

I try to stretch... I have a massage once a month, but I normally have a recovery shake and a nice long walk. With a small run or ride the next day. Or eat cake... That works too!

If you could choose 1 type of run training what would you do?

Long run intervals

What's your #1 Bucket list race ?

I want to do the Great wall of China marathon. London marathon and Kona Ironman

Who inspires you the most ?

I would say lots of people within all local clubs. From people who are super- fast and super competitive My coach Roman who just shows that commitment can result in great progression . However, it's mostly the slower people. The people who never win. Who always have to push themselves to do what most of us take for granted. The people who are out the longest in a race and won't always get the full support from being in the middle of the pack - these people show what determination really is!



If you could do a sport other than running, what would it be and why?

Football and rugby. But something different would be rally driver

If you could have only 1 more meal what would it be?

Would be a super dirty burger with dirty fries. Lemon meringue pie and ice cream with profiteroles

What would be your superpower?

To be able to see and breathe under water. I'd Love to be Aquaman

Favourite movie?

Shawshank Redemption

What is your dream job?

Photographer and editor, or firefighter

Beer, Cider or spirit?

Mango cider and rum and coke.

Best holiday destination?

Turkey was amazing and Ireland was awesome... Next year's adventure of the UK will be the best though!

Most embarrassing sporting moment

Running up and down the steep and tricky parts of Snowdon then falling over on the flat bit.



AND FINALLY! Favourite cake?????

I love all cake. Love lemon and chocolate but probably my Ironman cake Caroline made or my peanut butter and white chocolate birthday cake I had made. Yummy!!





After a period of illness and not doing very much I decided to enter On the Whistle's Resolution Run in January. I did not have a goal in mind but was really pleased to complete a half marathon, I think the weather being kinder than last year helped too and I've come to enjoy the lapped timed events. I then went on to run a couple more halves and then did my first Pheonix race at Walton upon Thames. There I saw lots of people with global marathon challenge T-shirts on for all different distances and durations.

When I got home I decided to investigate the global marathon challenge, its free to sign up and you can choose from many different challenges. I set myself the goal of 12 half marathons in 12 months. You only pay when you want the medal and t-shirt, I also wanted to have number 12 at a Pheonix race with Rik Vercoe who is the MD presenting them to me and he also runs the global marathon challenges.

I was delighted to find that you decide when you start the challenge, this enabled me to count the 3 half-marathons I had done earlier in the year. The challenge was set and now I just had to find the races and stay relatively injury free. I travelled to many different places and even found a few weekday events. I've met lots of people at these events and you do get the same faces at some of them which is quite nice. After completing 11 halves I sent my form off to be verified, I heard back from Rik that it had been accepted and he had my medal and T-shirt waiting for me. My 12th half was an evening pop-up Pheonix event, all I could think about was that I'd get my T-shirt at the end. On finishing Rik presented me with my medal, T-shirt and framed certificate. I may not be able to run fast anymore and I certainly don't race to get a PB. It's now more about the journey rather than the destination.



I really like the timed events as it takes the pressure off cut off times for me. I managed to complete my challenge from January to August.

100 Half Marathon Club

Some may be interested in this. The club is very new and we have 116 verified members. You can join the Facebook page and the club website was only set up last week. To join you need a minimum of 25 half-marathons, this can include anything above a half but less than a marathon, so races liked the plod count. Once your races have been verified you will be given a membership number. I will never be able to run 100 marathons so for me this is a more realistic and achievable goal.

Zoe



Venue	Date
Pamber Forest	27/10/2019
Queen Elizabeth Country Park	10/11/2019
The Bourne Woods	08/12/2019
Lord Wandsworth College	29/12/2019
Chawton House	19/01/2020

“The emphasis of the league is to provide the ordinary club member with the opportunity to participate in a series of multi-terrain events. The atmosphere is to be enjoyable and social without the outright ‘cut and thrust’ associated with specialist cross-country leagues” (<https://www.southerncrosscountryleague.co.uk>)

The league consists of 24 clubs based around the Hampshire/South Central UK area. It runs from October to March and each event is approximately 5 miles , starting at 11am on the relevant date. Participants should wear their club vest/top.

The first 5 men and first 3 women from each club score points for their club. To ensure the league retains an enjoyable and social atmosphere, the speed guidelines are 5:30 minute mile pace for men and 6:00 minute mile pace for women . If you’re faster than this, you’ll have to miss out on the fun, sorry!

Runners are prohibited from running with dogs or with portable music players for reasons of safety.

The top 3 clubs in the 2018/2019 season were:

- 1 Basingstoke & Mid Hants AC
- 2 Haslemere Border AC
- 3 Farnham Triathlon Club

Give this a try this season! In my experience, the courses are challenging (I used to come dead last at a few when I first joined the club!) but it’s a great way to build running confidence on a different terrain. You’ll get to know members from different clubs and different members in our own club. There’s always a spread of cakes and sometimes hot food at the end of each event. Car sharing is encouraged as most of these events attract up to 300 runners.

Speak to Karen Morby or Ben Jarvis if you have any questions about this league.

Miranda



RACE RESULTS



Please email your results to Steve Wood at:

results@gosportroadrunners.org.uk

RACE RESULTS





Team Happy Plodders



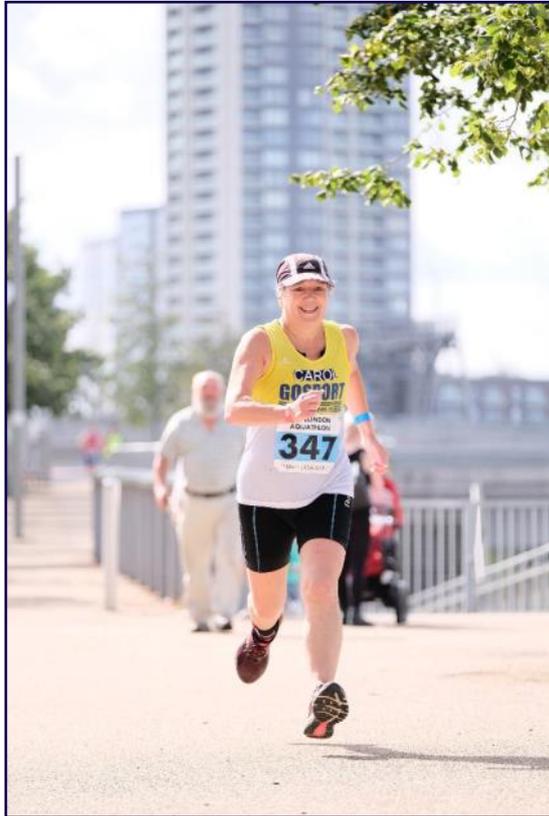
The good, the bad, the ugly and the other one (Ed. : in no particular order)



Team GRR Girls







Carol Collins participated in the London Aquathon on 17/08/2019. This was her first attempt and she finished in a time of 00:48:40.
Well done , Carol!



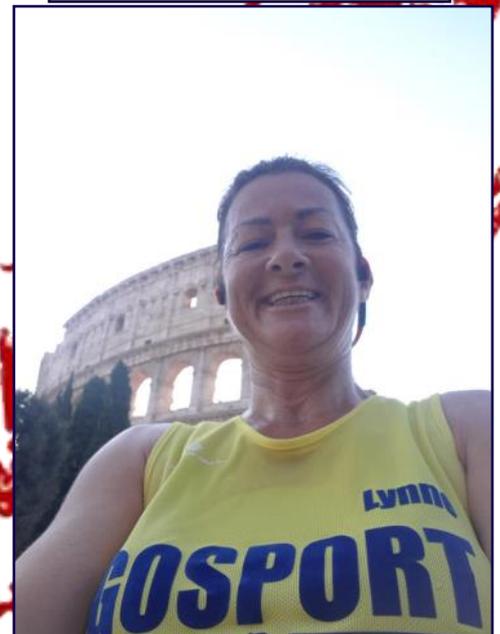
Kirsty Anne sizzling in SW France



Somewhere out there, the hills are alive with the sound of Geoff O'Flanagan



Lynne Franklin and an evening in Roma



Lee Rhodes looking relaxed on a mountain top in Spain



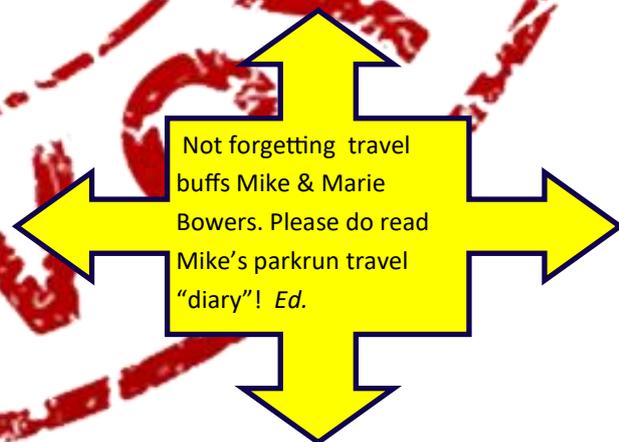
Sue Barrett is lovin' it on Union Square, San Francisco



Claire Tallack-Gamble complimenting the breath-taking view in Sète France



A little run in a big city. Shaun Smith in Dubai.





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 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/>



Follow the Club on Instagram

[gosport road runners @gosportroadrunners](https://www.instagram.com/gosportroadrunners)

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



Autumn

September 2019







Hello! It gives me pleasure to finally bring the September 2019 newsletter to you. I hope it finds you well.

I think you'll agree, September was a busy month. In general, I'm a big fan of being constantly busy but the past few months work and arrangements to get my daughter to university ran away with time. Fortunately, there's running to talk about!

As you might be aware, I joined the "women of a certain age" brigade in July this year. My lovely son gave me an entry into the New Forest Triathlon on 01/09/2019 as a birthday present, and I embarked on a training regime. This focused mainly on swimming and spin classes, because I enjoy it, with not enough brick training sessions. Nevertheless, I was looking forward to the event and felt very confident about the lake swim and bike leg. The plan was to wing it through the run as I've made peace with the fact that I'll never run fast.

With a bundle of nerves wrapped into a ball of excitement, we left Gosport at 03h30 on event day. Commuting there was uneventful. Standing in the check-in queue to pick up the race number brought all sorts of doubts to my mind – everybody looked so fit and experienced! Moving on... Getting into my wetsuit is always a personal affair – I don't do it in public as it's a pot-stirring struggle at best. Thankfully I had to pass the parking area again on the way to the lake and had enough time to complete the mission to get suited up - by the car, out of sight. It was a glorious morning, with the sunrise tickling the eerie mist clearing over the lake. I joined a big group of swimmers who was already waiting for the start - some were chatting and laughing, others were warming up, a few obviously discussed strokes. It was a lovely atmosphere. Once in the water, I finally allowed myself to relax a little and the swim started. Frustratingly I got kicked about soon after the start and could not find my rhythm again. The water felt too warm. My wetsuit felt too tight. Goggles misted up. It was my worst swim in months! I was very thankful when I got out of the lake and shed the wetsuit to start the one mile run to the bike transition area.

Getting on the bike was a confidence boost – this is one thing I knew I could do. The New Forest roads can be surprisingly undulating but the bike leg went well. I felt strong up the hills and took caution on the downhill sections as the roads were bad in places. Big cheers from Jo Hopkins and Julia Roiz de Sa was exactly what I needed to get in and out of transition 2.

As per the plan, I was going to run at a pace where I can breathe comfortably and chat to the marshals. What I didn't plan for was an off-road slightly hilly run! Turned out I thoroughly enjoyed the run – it wasn't fast and most certainly not pretty, but I had fun and finished feeling relatively happy with my effort. I was very surprised to find my result was better than what I expected. Friendly marshals, well organized event, nice T-Shirt and a medal. This is one event I'm hoping to do again but there's a whole lot of smarter training to be done first. I'll also get a bigger wetsuit. September started well.

Continuing the "I feel good" mood, we get to the Beer Mile. I was on the waiting list for this one and about 2 weeks before the event, Team Coop was looking for a lady to make up their team. Cheers, I was in! As a rule I try never to go into anything unprepared, and therefore did some research on the Beer Mile event. I came across some fascinating reading. The official Beer Mile rule is that each competitor drinks four cans or bottles of beer and runs four laps around a standard running track (start with chugging a beer, then run a lap, then beer, then lap, then beer, then lap—finish). There is a worldwide following of these events and even professional athletes have participated in these races. Gosport's Beer Mile was a modified relay version with 4 competitors each drinking one pint of beer then running one Golden Mile.



What a blast! I had such fun from start to finish. The conclusion of my pre-event research was:

1. This is something you should try at least once.
2. Have fun. That's why you're there. Showboating is allowed.
3. When drinking the beer, let some air in by sitting the glass on your bottom lip, holding your head at a 45degrees angle and pour the liquid down your throat. I'm not a beer drinker but tried this and one of my teammates (and even the husband!) was impressed by the speed at which I emptied the glass. It's all down to research.
4. You got to be able to burp. Preferably when you're on your own and a safe distance away from the start or finish area.
5. Prepare to be surprised. My Garmin told me at the end of my mile that it was a new record! Seems the faff about pacing is not worth it – run to have fun is the way to go.

A well, organized fun event with an engraved pint glass at the finish. Just do it!



Completing a busy month with pacing at the Windsor Women's Running 10km race. This was my 3rd year as the sub-80min pacer and it was as thoroughly satisfying as ever. Set in the Windsor Great Park with the dramatic backdrop of the Windsor Castle, ancient forests, historical monuments, majestic deer and an impressive Royal history, I always find it a privilege to be part of this event. This year there were more ladies running with my bus, and there was a fun vibe prevalent all around the course. We really were the fun bus! My pacing was a little faster than what I planned but it didn't seem to bother anybody other than myself. It felt great to encourage other ladies and play a small part in seeing them to the finish line. I'm hoping to do this again in future.

You all obviously had a great month as well. Just look at the results section. Quite a few PB's and qualifications for an award time, epic endurance events. Fantastic! Thank you, Steve for compiling these results.

We kick off the edition with a few photos from the GRR Lee-on-the-Solent parkrun take-over. What a fantastic turnout the club had! Unfortunately, there was no event report sent in, but it was obviously a very successful day for the club.

If you already miss the long Summer days, Nick Carter's review of the 2019 Gosport Summer 5km series will brighten your mood. Thank you, Nick, and congratulations on another successful Series this year. We are all looking forward to the 2020 season.

Tom Reader takes us to Wales for the Race the Train event whilst Jackie Brady leads us to the Hambledon Hilly race. Both these races seem to be a "must do". Thank you for sharing your experiences with us.



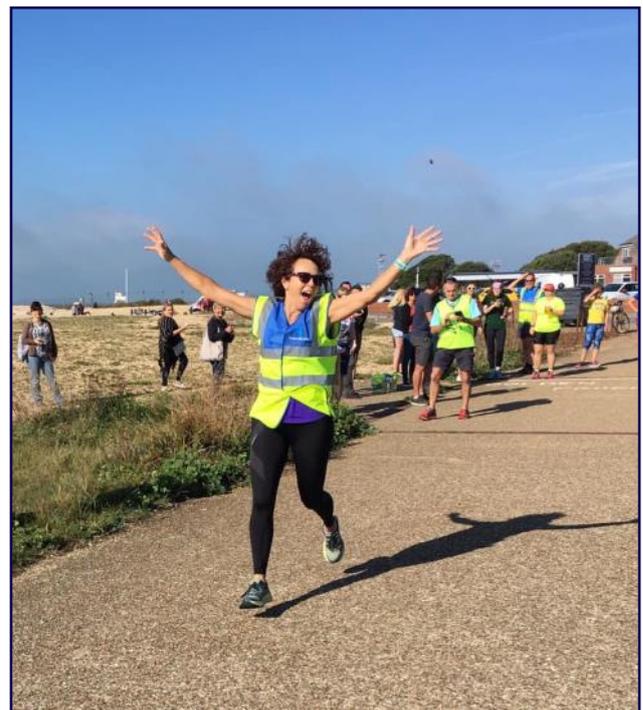
Regular contributor Dave Kirby brings us a few more interesting news bits, bang on time with the world Athletics Championship in Doha. I always look forward to the stories he shares with us as it introduces me to information I would most likely never have known otherwise. I'm sure you'll feel likewise. Thank you, Dave.

I was very glad when I saw who is featured in Ben Jarvis' Question Corner this time. This is a club member who I have admired since I first joined the club. He just seems never to age! His running experience and knowledge is such an inspiration and motivation for all of us. Read on and see for yourself.

Talking about epic, Fiona Tomlinson brings us an excellent review of the South Coast Ultra Challenge 100km walk. What a phenomenal experience that must have been ! Well done Team Fortitude and thank you Fi for this contribution.

You'll forgive me if I rambled on a bit this time, won't you? It is effectively 3 race reviews right at the start. All that remains for me is to wish you healthy and happy running in the new month.

Miranda





This 5 race series starts in April and culminates in the August finale. It's somewhat unfortunate that they have to be on a Tuesday and clash with a club night but they do at least give members a choice once a month.

In its 7th year, the series has sustained reasonable numbers in both the main event and the Junior 1K that always see the youngsters get a medal and as a series, it's getting a reputation for being a fast PB course. It also enjoys a reputation for being a friendly affair that is well marshalled by mostly GRRs. Nice Work who manage the event are a friendly bunch who boast an impressive CV of races but do enjoy their trips to Gosport.

This year, the series attracted athletes from clubs further afield which, considering the absence of prize money is testimony to the growing reputation and it's expected to be stronger at the front end next year. That said, the races were conceived on the premise that they would be inclusive and suitable for all abilities which I think we have achieved and that will not change. As in the previous few years, GRR ladies and men did extremely well in both individual and team events with the ladies securing another series win whilst the lads had to settle for second place, being pipped by Fareham Crusaders. Thanks to everyone who took part as a runner, marshal or supporter.



Danny Millar beating ex European Duathlon Champion Dan Bailey at Race 5.



An exciting sprint finish between Mark Highland and James Lee Of Fareham Crusaders.



Even endurance legends enjoy the occasional speed work.

Nick



[I didn't have time to write it up for the August newsletter – actually, what did happen to the rest of the summer holidays?]

Autumn 2018: My friend messages me and says “put RTT in your diary for August 2019”. Me: “What's RTT”? Friend: “You'll find out”. I said yes, put in the calendar, and by the time I found out that it meant “Race the Train”, I was already committed.

August 2019: I'm standing in a grassy field at the bottom of a hill in Wales, with several hundred other runners, including 2 other GRRs and some from Stubbington Green. I've never done a trail run before. I'm wearing my brand new 'trail shoes' which I've been advised will definitely be needed. A steam train in the station next to us has just whistled, and the organisers count us down – and off go runners and train, the idea apparently being that we have to get into town – Tywyn, about 10km away – before the train does. We run alongside the track for a bit, then (in the case of the runners) turn a corner to run straight up the side of the hill.

I never saw the train again.

After running up the hill for a while, the route ran through some woods, over a waterfall which was in full flow (it sometimes rains in Wales in August, it turns out), then through a section of 'single track' on a very rocky path through the trees. Luckily by this time, we'd mostly 'found our pace', so I was running with people of a similar speed to myself and not worrying too much about holding up anyone faster behind me – it wasn't a place for overtaking or being overtaken.

Running up one steep section it suddenly struck me: I've done a fair bit of walking in the hills over the years, and have occasionally seen 'those' runners come past us – who would do such a crazy thing as *run* up a hill or mountain? It seems I've become one of 'them' now.

We went round (or through) bogs, some of which I'm told were thigh-deep, along the side of a steep section of slope that still makes my left ankle ache when I think about it, through more bogs, over rocks, through farmyards. And all the time, just out of sight over the hedge, was the railway line.

Plenty of excellent marshals lined the course, including two shouting “Go Gosport, we used to live there...!”. It was also reassuring to see several members of Mountain Rescue on hand in case things went wrong.

As we approached the town, more and more people had come out to support, and by the final few hundred metres though town the streets were closed and a really good crowd were out cheering us on. Amazing what a bit of adrenaline can do: I crossed the line feeling not too bad at all.

I hadn't seen the train, or even heard it whistle since the start, so I was pleased to think I'd actually done it! I later discovered the truth: by the time I arrived, the train had not only beaten me to it, but probably had time to refuel, change drivers, turn around, pick up new passengers, and set off back up the valley. It beat me by a clear 15 minutes – but it didn't have the bogs to contend with.

A really well-organised event with a great atmosphere, in a lovely part of the world. As well as the 10K, there are 14 mile, 5.5 mile and 3.5 mile events, including runs for children. All proceeds go to Rotary Club charities. It's on every year (see <https://www.racethetrain.com/>).

Highly recommended.

Tom





Just a year away and the Olympics will be upon us. Tokyo for the second time around. I remember '64 very well, watching highlights of an evening on television. Black and White of course in those days.

We only won four gold medals in sixty four and the only running gold went to a lady called Anne Packer. She was first in the 800 metres in a then record time of 2:01:1. Not her chosen event which was 400 metres. For this she won a silver .



Anne never raced again and married 400 metre runner Robbie Brightwell. In her seventies now, she still runs.

I wonder if any club members are going to Tokyo?.....or any memories of sixty four???



“Fell runner, 83 finally finishes race.”

Joss Naylor is a Cumbrian sheep farmer and fell runner. In 1962 at the age of 26 he was forced to retire from the Lake District Mountain Trial. Held every year over a number of peaks, it is 18 miles long. The weather in '62 was so severe there was only one finisher out of a field of 55. Joss first entered the event in 1960 dressed in cut down trousers and his work boots. The course leads from Kirkstone Pass to Patterdale, those of you that know The Lakes will also know how torturous it can be. On the 20th July Joss completed the Mountain Trial in six hours, ten minutes and that is with a stop for grub!

Joss holds several records including The Three Peaks challenge set in 1971-Scafell Pike, Ben Nevis and Snowdon -in 11 hours and 56 minutes. Club members who have attempted this event will be interested! He also holds the record for the 24 hour fell record. 72 peaks in 23 hours 11 minutes.

Awarded the MBE for his charity work, Joss at the age of 83 has taken on the 65th Mountain Trial in September this year. A running hero to several club members!





I am not sure why I entered this race, I saw a couple of GRR do it last year and was probably sold on the lure of a T-shirt and the fact it was local. I must have ignored the word Hilly.

Anyway in lead up to race day, I fitted in 2 whole Monday hill evening sessions and had increased my mileage, thinking this would be enough preparation. Slightly concerned that I was only the GRR doing this race, Jo Hopkins came to my rescue a few days before and also entered.

Saturday race day, The sun was blazing, (it's not supposed to be this hot in September, I do not do heat well) we set off at 10am ready for the 11.30 start (in normal end of September temperature's this would of been fine) arriving a whole hour before the race was even starting, collected our race numbers from the village hall, Tea, coffee Bacon baps cake etc. was also available. Mike and Mike turned up, a nice surprise, then the more keen runners went and did a warm up.

Bang on 11.30 the 10k started, having been warned there were a couple of large hills, the first one being a ¼ mile into the race we stayed towards the back to conserve our energy. Upon reaching the 1st hill we started off running it but as it got steeper and steeper ended up walking, reached the top at last and thought great only 1 more hill to go, um no, there were loads of hills, up and down and up and down getting warmer and warmer. I had water with me and threw most of it over my head. At mile 4 there was some running through a field with no shade, at this point I was ready to lay down in the field and cry but the lovely Jo kept me going.

Finally got to where the last hill was up to the vineyard, I am sure the Marshalls said small hill (must of have been hallucinating at this point) anyway it was not actually a small hill, eventually reached the top in the Hambledon vineyard, my mouth was so dry I actually nicked a couple of grapes off the vine, then downhill through the vines and out into the village, short run back to the start and we finished.

Proud to say I finished in the top 100, (ignore the fact there are only 100 entrants please). Goody bag was amazing, T-shirt, medal, buff, bottle of juice and a bottle opener.

Would I recommend this race, - yes if you're bonkers. Would I do it again - absolutely!!

Jackie

P.S. there is also a kid's race just before so a good family day out

P.P.S. everyone seemed rather posh !!





Sunday 3rd January 1993
THE STUBBINGTON GREEN
10K ROAD RACE



Sunday 25th April 1993
THE LEDERLE
SOUTH COAST MARATHON



Sunday 11th May 1997
THE ALTON 10
MILE ROAD RACE
Sponsored by:
Alton Print



South Coast Ultra Challenge 100km
Eastbourne to Arundel 31st August to 1st September 2019
Ken Eadon, Rachel Davies, Yvette Eastman and Fi Tomlinson - Team Fortitude

How did this brainchild of an idea start!????



Ken, Rachel, Yvette and I met up at Christmas and after a few drinks stirred the brain cells and imaginations to think of a new challenge for 2019 - whilst playing articulate!!! We were searching for something different to a Marathon, but was sceptical about committing to running an Ultra marathon. Beginning with the idea of the Ghurkha challenge suggested by **Rachel** but later deemed logistically and financially difficult, we found the series of Ultra challenges, particularly attracted to the South Coast challenge from Eastbourne to Arundel with ascents of around 2200 metres too. This gave us more options, we could run or Walk Jog or just simply walk Perfect !

We met up again to conjugate and entered individually but as a team called Team Fortitude. We opted for the 100 km walk continuous rather than the 2 day option and with 8 months to go...loads of time! We all chose a personal charity cause to make the walk worthwhile. The weeks and months went by and we aimed to do a 3 to 4 week regular weekend training walk, not always all four of us with family commitments/life! But we started at 17 miles and worked up to 30 miles. We explored the South Downs from Queen Elizabeth Country Park, around Butser Hill, Harting Down, Winchester hill, Portchester and miles along the Solent Way. We included night walks with torches or in one case without! We tried new routes with route master Ken working these out and guiding us along the way. We tried a new walk along the Allan Kings Way from Portchester Castle to Winchester,(part!) sounded a great idea but ended with wading through paths not used for years, bashing nettles and making paths and negotiating electric fences and arriving home much later than expected!

Throughout all the walks spirits were good and conversations diverse and constant! and we built up a good spirit of camaraderie. As these walks passed we decided we should have called ourselves Ken and his tough old Birds – we worked well as a team! This walking, coupled with our training, put us in a good place to successfully complete the challenge.

The Action Challenge website is brilliant, with lots of information including videos, apps, training walks if required, updated with final information until the last moment.

The event loomed up before we knew it! The day before arrived! Friday 30 August. Steve W chauffeured us with our mass of luggage to Eastbourne and we pre-registered at the Eastbourne sports centre early that afternoon. Which proved to be a good call and time saver with over 2000 entrants descending to register. We had time to pop down to the Eastbourne pier for candy and rock purchases and see a real sandy beach before a lovely Greek dinner just around the corner from the hotel.

The next day we all got to the start ready for our 0820 start. A huge lie in as we had always started at 0600! And off we went, after a little warm up provided by two young fit gurus on stage. It was strange leaving a start line with a walk!



The route is beautiful leaving the sports centre field heading onto Beachy Head, along to Birling Gap, Alfriston, the Seven Sisters and on to the mid way point of Hove through Brighton. It was hilly with lots of tough climbs and deep descents. We met some great people along the way and walked with a couple of local guys until Hove. The route also offers some flat with beautiful river walks and nature reserve. Would like to go back to one of the lovely pubs we passed one day! The revellers in Brighton found us really amusing stomping our way down the seafront whilst they revelled in their Saturday night fun!

We arrived at Hove Park at around 11pm. Facilities were amazing with each rest point offering snacks, drinks, sweets and chocolate galore. The longer stops had hot and cold food, snacks, drinks, sweets, chocolate, first aid, massage tents and lots of enthusiastic assistants. Everyone was so friendly and helpful and supportive and volunteers.



The night time rule is you have to set off in a group with a trek master and wearing a head torch. You are provided with a glow Stick! So after a good break to eat, relax, change, optional mini massage (fully clothed!) we left at 0030 having had our brief! The night time walking is quite exhilarating and fun. Following fluorescent arrows and glow sticks. It seemed to go quite quickly and the sky was bright with a beautiful sunrise. I did personally trip up a couple of times on the odd flint stone! Some of the final kilometres before a rest stop seemed a little long when you could see the flags and lights ahead.



The kilometres are individually marked along the way. We headed out into woods and away from the coast towards Steyning then to an amazing private school before heading towards Amberley and the final leg to Arundel.

This last leg is quite kind to you, it's through woodland and along the river and you start meeting civilisation along the river into the town. Once again the support was fantastic and beyond our expectation as so many local people seemed to know what we were a part of and told us we were nearly there and we were!

We walked the last metres into town past Arundel Castle and into the Arundel Football Club. Angie and Keith Elshaw cheered us in as Angie had been a night trek master and we had seen her at the school heading off with a group and it was lovely to see family and a couple of Gosport Road runners at the 100km finish.

Personally, I loved it. I was told by many I would and that it would be tough but I look back a few days later and think wow, we did it. I did break a tooth on a sweet at the final rest stop and I do have a swollen ankle but a small price to pay for a 100 mile stomp in 27 hours. I thank my team mates for the training walks and camaraderie throughout and for always remaining positive throughout the 100km walk and achieving a huge goal and raising a decent amount of money for our individual charities.

What's next for 2020????!!!!!!!

Fi



RACE RESULTS



**Please email your results to Steve Wood at:
results@gosportroadrunners.org.uk**

RACE RESULTS





15/09/2019		Bristol Half Marathon	
Pos.	Name	Time	Comments
1812	John Gobbi	01:48:35	



15/09/2019		Butser Hill 5 Mile Challenge	
Pos.	Name	Time	Comments
9	Mike Newnham	00:39:03	

15/09/2019		Richmond Half Marathon	
Pos.	Name	Time	Comments
3062	Louise Millson	02:58:09	
3112	Janet Lindley	03:08:48	2nd Cat





21/09/2019		Hambledon Hilly 10Km	
Pos.	Name	Time	Comments
7	Mike Newnham	00:42:34	
74	Michael Stares	01:04:57	
89	Joanne Hopkins	01:16:15	
90	Jackie Brady	01:16:17	



22/09/2019		Goodwood Half Marathon	
Pos.	Name	Time	Comments
98	Tom Reader	02:18:55	



28/09/2019		Run Jurassic Marathon	
Pos.	Name	Time	Comments
33	Daniel Roiz de Sa	04:53:56	
49	Kevin Allen	05:10:09	



Dr Dan's comment::

*"Well that was wet, hilly and very very windy.
 All Sunday races cancelled after the race marquee was flattened in the wind."*



28/09/2019		Windsor Women's 10k	
Pos.	Name	Time	Comments
166	Angie Claridge	00:55:07	
440	Tracy Bale	01:01:13	
442	Debbie Humphreys	01:01:13	
1346	Miranda Carrick	01:16:12	sub 80min pacer





Viviendo la Vida! Sophia Hurlo & Nick Boorn in sunny Salou



Jackie Tombs relaxing in Tenerife





Mr Forever Young, Dave Croft airing the club Tee in Oporto.



Nicola Sadler's not letting the club colours go at Disney.





Are you a Lego fan and love running with your dog? Want to get something fairly “immortal” from your charity donation? This might be just your thing!

Sophia Hurlo had a Lego caricature done . It cost her a donation towards her friend’s fund raising for Spinal Research. If you’re interested to get your hands on something similar, speak to her.

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 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/>



Follow the Club on Instagram

[gosport road runners @gosportroadrunners](https://www.instagram.com/gosportroadrunners)

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



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NEWSLETTER

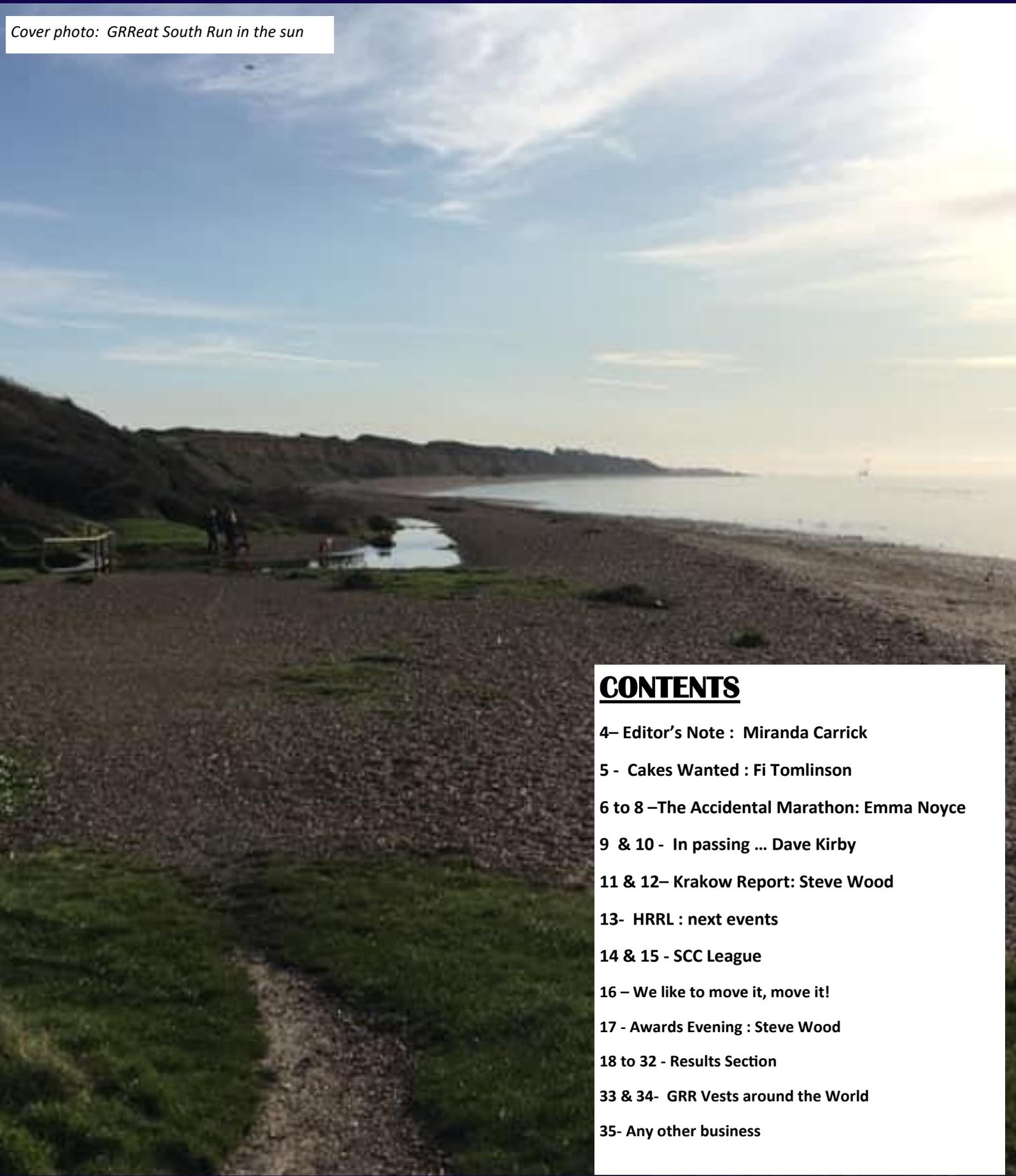


Autumn

October 2019

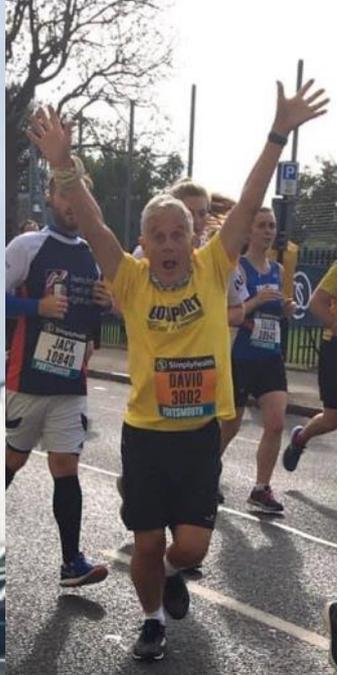


Cover photo: GRReat South Run in the sun



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October 2019 is recorded in history.

A human being has run a marathon in under 2 hours! At 01:59:40 it's tickling 2 hours and it was achieved with the help from a small army of pacers and incredible shoes, but the fact remains: Eliud Kipchoge became the first person on earth to run a sub-2:00 marathon. What a phenomenal achievement! Despite this, the athlete humbly mentioned during his post-race interview: *"We have made history together and together we can make this world a beautiful world."*

Running can do that, yes, whether you're a professional athlete or a club runner. Just look how beautiful our club runners made the Great South Run! Our club Facebook page has hundreds of happy photos from this event. It was a joy to work through those and a very difficult task to select a few for this edition of your newsletter.

One of the most beautiful people I know has contributed a fantastic article this month. Due to space issues in September, I kept this article for October. Emma Noyce shares her accidental marathon experience with us. You will agree with me – this article has been worth waiting for. Thank you, Emma!

Avid traveller Steve Wood brings us the Krakow report. A few things about this report motivates me to put this race on my list of things to definitely do. Steve also brings us a few details of the Awards Evening. If you received an award last year, or think you should be in line for one at the next awards evening, please take note of Steve's requests. The rest of us, there's a party coming up – diarise the date!

As usual, Steve also did a stellar job in compiling the race results

Dave Kirby is back with a few fun facts and interesting information in our monthly "In Passing" column. The next events in the HRRL and SCC leagues are listed for your information. I've included a few photos taken at the Pamber Forest cross country meet. It was a glorious, muddy day made rather eventful by a few "casualties".

May your running during the new month bring you just beautiful memories.

Miranda





This is a plea for all you fabulous cake bakers out there to supply the refreshment stall at Bay House School for the Gosport Half Marathon Race on Sunday 17th November 2019. All sales of cakes go back to the Club funds.

Jenny Shilling and Louise Millson have kindly offered to collect any cakes on Friday 15th November evening at their homes for Gosport and Lee residents. Just contact Jenny on FB or Louise at the club.

Alternatively you can deliver to Bayside Cabin Stokes Bay on Saturday 16th November between 09h30 to 12h00 whilst number collection is on or to the Bayside school before the race on Sunday by 08h30 if possible.

Cakes should be wrapped individually please and tins labelled with name if you wish to have them back. Please provide a label if cakes contain nuts too, along with what cake it is e.g. banana cake, date & walnut! My favourites! Thank you as I know I can rely on you to come up with some delicious offerings!

Thank you on behalf of the Gosport Race Committee!

Fv





Right. Lets get a couple of things out of the way before I start.

- i) Marathons are not the be-all and end-all of running. If you want to run an insanely stupid amount of miles in as short as time as you can manage, great – knock yourself out. Equally if that doesn't float your boat, that's also great. No dramas – you are still a 'proper runner' and good for you, quite frankly.
- ii) This is absolutely not an article about doing a marathon without training properly. 26.2 miles is a distance to be respected. Attempting that distance without preparing your body properly is a one way ticket to the injury bench. And none of us wants that.



So, on that note, here is my story.

My first marathon was the Portsmouth Coastal just under two years ago. It was bloody awful. I mean really, bloody depressingly awful. I trained according to the book, with some gorgeous people (Karen, Lou, Richard!) and really enjoyed the training runs. But the actual marathon itself – oh my days! It was cold wet and unforgiving. I lost the will to go on at mile 14 (a total shocker as I love my long runs), and had my first ever experience of (look away if you're easily offended) needing a marathon poo behind a bush. It was the longest day of my life. I was cold, wet and totally deflated by the time I finished.

But I knew I had unfinished business with the marathon distance. I knew I could do better. So I decided that I would do another one some day. I just could not commit to when. I knew I wanted to do it in a different way – without the months of tension and all-consuming maranoia. I knew I wanted to do it when my body was strong and I had a good base level of fitness. I just didn't know when that would be.

And this is where the accidental marathon began. I started running longer distances earlier this spring. I love long runs. I love the solitude when I run alone. I love the company when I run with friends. I love the fact its not as hard as running short distances. So I upped the miles oh-so-gradually. I started running much, much slower and found my forever pace, and at the same time I started developing my base fitness – I know not everyone agrees with the need for strength work in preparation for a marathon but all I know is that it worked for me and helped me stay injury free (thank you Ultra Courage PT!).

And so it got to the point where I had climbed from 10 to 12 to 14 to 15 to 16 miles every couple of weeks. Increasingly people kept asking 'so what are you training for?' and the answer was, genuinely, nothing! But I was feeling good and strong and enjoying the fact that, by running slowly, I wasn't hurting my body – I was not achey or sore the next day. So I started thinking that I might just enter something. Our ever-wise ladies captain, Sue, gave me some good advice...if I was training for the Coastal I was peaking waayyyy too soon so I'd better decide whether I was planning something sooner or whether I should row back from the mileage and take it easy for a while. Someone suggested I enter the New Forest Marathon.



An early September marathon is pretty crappy timing – it means you are doing long runs at the height of summer. But as I was going on holiday to my favourite place in the world to run – Purbeck – I decided that this would be the marker. I would do another 16 and then after two weeks an 18 down there - off road and on the hilly coast path- and if I felt ok after that I would commit. Well, I did them and the 18 miler was a glorious run, taking in all my favourite places: Kimmeridge Bay, Swyre Head, St Aldhems Head, the Priest's Way, Swanage Town and then through the valley to Studland. It was brutal (unless you like vertical elevation and a lot of sheep poo) and it was spiritual and I got to 18 miles and had more to give. So I committed in my head there and then to the New Forest.



Having got home I continued training – slow and steady – and did my next run with Kim and Michelle. It couldn't have been more awful. It was hot; I didn't get the hydration right and had my first experience of crashing at 14 miles – I went to the co-op and bought a Lucozade and downed the whole thing which gave me enough to get through the rest of the run. But it was a salutary lesson in why hydration and nutrition matters so much. The whole experience really, really dented my confidence.

The weekend of the marathon arrived. It was kind of nice that only a handful of people knew – it made it much less stressful and gave me the option of backing out at any time. But when I went to get my race number I was a mess – so nervous and absolutely dreading putting myself back in the world of pain that I remembered from the Coastal. I met up with a few GRR's (and I have to say a huge thank you to Hayley, Kerryanne and Ali for making me feel better with a few hugs and words of confidence before the race).

I stood on the start line and panicked – there were no bloody fun-runners! There was literally no-one who looked slower than me! I started as I meant to go on – dead last. For the first 6 miles I had no confidence that I'd even finish the race. I just knew that if my body could get me to 18 miles, my head could do the rest. So I took it steady, I started slower than slow and I walked up all the hills (Barrett's Rules). I didn't want a time, I just wanted to finish it and not hate it.

The scenery was truly beautiful – if you like off road running I would really recommend it. At regular intervals I did status check: feet – good, knees – good, hips – good. I started enjoying it a bit – still with that magic 18 mile marker in my head. I had a great playlist which got me through a fair few miles. Obviously 13 miles is a good milestone (after that you're going home) so I treated myself to a nice toilet stop at a Village Hall. Then it got seriously weird. I hesitated to let myself believe it but... I was ...actually...enjoying...it! I decided that I would treat myself by texting my loved ones at mile 16, so that was another goal to look forward to. I was incredibly strict with myself about taking on fuel and liquid after that training run nightmare, so that was also another way to keep focused.



I got to the magic 18 and, I can hardly believe this still, was feeling great. I know I wasn't running fast, but I was happy – and that's what matters, right? And the best thing ever was that I started overtaking people! I kept waiting for the crash to come, but it didn't! Mile 22 was my fastest mile of the whole marathon, ok, so it was downhill but I was running! I then realised that not only might I finish, but I might do it in less than six hours (and the Coastal was much more than that). I started doing pace calculations to work out how fast my miles had to be to bring it in within 6 which was hilarious – maths and a doolally marathon head really don't mix!

And then it was mile 25. Not only was I going to finish, I was going to finish with energy left, with a smile on my face and within six hours! I turned into the showground and became really emotional – this time tears of happiness that me and my completely average middle aged body had got me round this. I saw Gosport Corner – my family there as well as every single one of the GRR marathon runners who had waited for me – which obviously set me off again. 5.47. For some of you that would be a disaster. For me, it was a dream.

I write this 24 hours after. Again a status check: feet – good, no blisters. Knees – good. Calves, hammies, hips – all good. Quads – hurt like hell and stairs a problem, but its DOMs and not an injury. So basically I seem to have (touch wood) just done a marathon and I'm feeling great!

So what have I learned? Here are my thoughts:

- Training slow really, really works. Hurting after a long run is a not a badge of honour. Who knew?!
- Listen to the advice of people you respect and trust. Kim, Michelle, Sue – I owe you x
- There was something really nice about not making a 'thing' about doing a marathon and having to have endless conversations about it.
- Build your base level of fitness before you start and focus on protecting yourself.
- Running a marathon to enjoy it, rather than for a time, is a revelation.
- And lastly, and most importantly, those dark times? Those really bad runs? They give you strength. They help you learn. They are your benchmark from which you can build. They matter.

Thank you to my club. For the advice, the support and the love that surrounded me on Saturday. I couldn't be happier right now.



Emma





“Did you know”

Probably one of the worst kept secrets ever, but.....

“Avon Skin So Soft Original” could potentially save your life or, at least years of ill health.

Used by special forces, Marines, Para’s and other organisations that have a vested interest in the great outdoors. It is an oil which comes in a pump action container. Spray some of the oil around the tops of your walking Boots/Trainers and the bottom half of your legs before setting out on that cross country race or walk. It keeps the bugs off! With the rise in Lyme’s disease in recent years it has got to be a must in long grass and undergrowth where the ticks that carry the disease lurk!



“Ding Dong, Avon calling” just took on a whole new meaning!

P.S. I have just been told this story by an Avon Rep.

“The three soldiers” is a bronze statue on the National Mall in Washington. It is part of the Vietnam Veterans Memorial commemorating the Vietnam War. The Story goes that one of the three soldiers has a bottle of Avon oil stuck in a pocket??? Could be just a publicity shot?

Can the next club member who goes to Washington go and suss it out and let me know please.



Ultra-running has come a long way in recent years. Pun intended!

This story caught my eye after writing about Sharon Gaytor- Lands’ End to John O’Groats record -in last month’s newsletter.

Jasmin Paris 35, first woman winner of the Montane Spine Race 268 miles from Edale in Derbyshire to Kirk Yetholm in the Scottish Borders. She not only won; she beat the record by 12 hours. Her time was 83 hours 12 Minutes and 23 seconds over 4 days. In that time, she eat, slept, sorted her kit and breast fed her baby. She is also a full-time vet in real life! This race is in every way challenging, emotionally as well as physically with some pretty awful weather thrown in. You carry all your own kit and make your own stops. Training let us say, is unconventional.

Some club members will know some of this route because it includes the Pennine Way.





The next time you finish a race you might want to think twice about running across the finishing line holding hands with your oppo!

Jess Learmouth and Georgia Taylor Brown were disqualified in Tokyo for doing just that at the end of a Triathlon.

Save all the kissy, kissy and buy them a pint later!



Aches and Pains.

A friend told me this who was told it by an Orthopaedic Surgeon: "Heat for backs and cold for shoulders" Now you know!



Medals were a bit slow in coming for us in Doha in the first few days. I was surprised that Dina Asher Smith's Silver was a first podium spot for a British women since Dorothy Hyman in Rome all those years ago. She then went on of course and made history by winning Gold. K J T laid her demons to rest and made a sparkling few days! How Callum Hawkins deals with missing the bronze in the marathon by 6 seconds, I don't know? After his collapse on the Gold Coast last year it is a bitter pill to swallow. His time will come. A couple of silvers in the relay, keeps British sprinting alive and well. The games will probably be remembered for all the wrong reason's though, empty stadiums!

It was always going to happen sooner or later, the marathon in under two hours! A contrived course but never the less a big achievement. Each marathon as we know is different, and they will all have there "best individual times"

Paula's 16 year marathon time fell on the same weekend. The wonder is it stood so long.



Dave



HRRL FIXTURE LIST 2019-2020

Gosport Half	17/11/2019
Victory 5	01/12/2019
Stubbington 10k	12/01/2020
Ryde 10 mile	02/02/2020
Salisbury 10 mile	29/03/2020
Alton 10 mile	May-20
Netley 10k	May-20
Alresford 10k	Jun-20
Lordshill 10k	28/06/2020





Venue	Date
The Bourne Woods	08/12/2019
Lord Wandsworth College	29/12/2019
Chawton House	19/01/2020
Alice Holt	09/02/2020







GRR has been invited to join the Mayor in town on 05/10/2019 as part of her Danceathon. A few club members showed the town how to bust some GRReat moves.



Gosport Road Runners' Awards Evening

24 January 2020

This year's Annual GRR awards evening will take place on Friday 24 January the Rugby Club. As usual our wonderful Mistress of Ceremonies Jennifer Parker-Lumis will be in attendance to entertain and keep everything "on track". More details of this event will be available soon.



Sadly, this also means it's reached that time of year when we need to ask for GRR club perpetual trophies to come back to the club temporarily, to be placed back in our trophy cabinet for us all to see. Take one last look at them in your home, get a selfie to record your achievement and feel really proud of yourselves for your fantastic efforts.

In preparation for this year's awards please let me know, as soon as possible, if you think you have achieved any of the club award standards for your age category. Remember your age category counts from January to December, regardless of when in the year, your birthday falls. The qualifying rules and times are shown on the Club website:

<http://gosportroadrunners.org.uk/racing/club-awards/> and
<http://gosportroadrunners.org.uk/racing/club-awards-mens/>

Many thanks
Steve Wood
Race Recorder



RACE RESULTS



Please email your results to Steve Wood at:
results@gosportroadrunners.org.uk

RACE RESULTS





#GREATSOUTH RUN







06/10/2019		Honiton Sprint Tri	
Pos.	Name	Time	Comments
93	Julia Roiz De Sa	01:26:55	



06/10/2019		Thrupton Mass Attack Duathlon	
Pos.	Name	Time	Comments
35	David Whiting	02:46:02	



PSA GRR vest in Krakow, shortly before the start of the Half Marathon. Our results recorder, Steve Wood



Danny Millar drinking cocktails at the Sunset Beach Bar, somewhere sunny.



Colin Middleton exploring New York, New York!



Dave Kirby, suavely sharing his view from a balcony in Calella, Costa Brava





Three GRR Musketeers go cruising: Claire Tallack-Gamble, Debbie Humphreys & Jane Cockayne , 80'S Throwback at Sea.



Wendy England airing the club vest 69 floors up at The Rockefeller Centre, New York



GRR "power couple" Ben Jarvis and Caroline Musto in Venice.



Mark Watson running up steep hills in Burgh Island.



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NEWSLETTER



Autumn

November 2019





Cover photo: Three Cheers for the Helpers' Half weather ! Kevin Busch, Adam Crook and Steve Crook after the GRR Helpers' Half marathon .



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November is usually a month which fills many of us with gratitude for different reasons. For me, November was the month where I finally started to feel like I'm making a little progress as a runner again.

It's Remembrance month, when we honour those who have served, and those who do so today, to defend our freedoms and way of life. In the UK we remember the sacrifice of our Armed Forces, we pay tribute to the special contribution of their families and also acknowledge innocent civilians who have lost their lives in conflict and acts of terrorism. If you choose to participate in Remembrance Day, the way in which you pay your respects, is personal. As a running club, we have taken part in an informal group run around the major memorial stones in our beautiful town. Our aim was to remember the memory of the fallen. Ben Jarvis organised two group runs on 11/11/2019, one in the morning and one in the evening. I was part of the evening group, and despite feeling totally out of my running comfort zone as the slowest member of the group, found it a privilege to be part of the proceedings. To me, Remembrance Day is not only honouring the past but also reflecting on the future and how we take care of the living.



Some of our club members were also involved in the official Remembrance Day commemorations and a wreath was placed at the Gosport War Memorial Hospital.





Remember, remember the 5th of November - Guy Fawkes Night or Bonfire Night is an annual commemoration still observed by some people in the UK. Originally it was a celebration that King James 1 survived the failed attempt on his life. Whilst modern Bonfire Night celebrations are now mostly on a paid access basis and organised by larger local organisations the popularity of this celebration has declined over the years. Health and Safety as well as animal welfare concerns may be the reason for this, or simply that the original connection with politics and religion which this celebration had, is no longer there.

We commemorate Remembrance Day, celebrate Bonfire Night or can't wait for Black Friday or Cyber Monday. That's November!

It's also the month of the Gosport Half Marathon. Once again this was a huge success. Our race director Dave Kitching delivered an excellent speech at the post race party on 17/11/2019. This has been included a bit later in your newsletter. I did not attend the party that evening, but I don't think any other speech would have been more appropriate and motivating for the occasion. Read it for yourself. Ubuntu is a word I have known in South Africa. Growing up in the apartheid era, I first came across it at in my Political Studies course at university, and can honestly say the place I have experienced this concept best is when I joined GRR. Running brings people together, irrespective of ability (thankfully!). When runners are openly supporting and motivating each other, celebrating each others' success, however small it may be for a particular individual, it builds a self-assurance that comes from belonging in a group. In that way the group becomes stronger and therefore better able to incorporate Ubuntu in the club and local community. Never fear when a GRR is near.

Let me tell you a little more about the contents of this newsletter. Our regular column with Dave Kirby is stacked with observing's of an interesting kind. This column is always one of my favourite part of the newsletter.

We have an excellent contribution from the lovely Caroline Musto. As an accomplished club runner, she takes us on her road to the Venice Marathon. Recovering from her injury and overcoming the disappointment it must have brought her, she shows that it possible to achieve a goal with determination and support. Thank you for sharing this experience with us, Caroline.

Steve has looked after the results. There were not too many races during November, but the races that were run, were run very well. Turn to the results section and see for yourself.

That's all from me this time. Till next month, happy running!

Miranda





Since I've known Ben I've told him that the one place I wanted to go most in the world was Venice, so Ben, being Ben, found a marathon there and soon after we were signed up with almost a whole year to train. It was supposedly going to be seven weeks after I had run the New Forrest marathon and one week after I had attempted my Silver time at the Great South Run. As a result of this we had said from the get go that it would be a 'gentle' marathon (well for Ben at least) and that we would just run together and enjoy it.

My running year started off fantastically and I was PB-ing in most distances. In May I completed the Rat Race Dirty Weekend, a 200 obstacle 20 mile obstacle course with Ben and Kev, and in my mind I kept thinking 'just keep going from here, you've totally got this' but as my training for the New Forrest Marathon got into full swing I quickly realised that I most certainly didn't 'have this.'

I became ill, and even when I thought I was better I had totally lost my mojo. So in August when I had been aiming to complete 50 mile weeks, I just made it to a 46 mile month, not ideal considering the New Forrest Marathon was on September 8th. I did get my mojo back with a couple of weeks to go but made the sensible decision to reduce the distance and run the half instead and then use this as a spring board to start training for the Great South and Venice. As luck would have it, I enjoyed the half, I usually do love this distance, and I ran far better than I thought I could considering the lack of training. But it was in the car ride on the way home where it all went wrong. It took 4 hours to get

from the race carpark back to Gosport and my left hamstring and glute started cramping badly. I stretched when I got home and thought all was well but it wasn't until I started trying to run the next week that I realised it was more than cramp and more than a niggle, it was quite literally a serious pain in the backside. I went to my sports therapist who was brilliant and told me to stop running and gave me a shed load of stretches and glute strengthening exercises. It's fair to say I was sceptical it would work. In the 7 weeks leading up to Venice I did 3 rehab runs, the longest and least painful of these being 3 miles 5 days before Venice, not ideal marathon training.

We flew to Venice on the Thursday and had a good few days of exploring. For those of you who don't know, Venice is a group of over 100 tiny islands all connected by about 400 bridges and the entirety of Venice is only about 3 miles by 2 miles. In the days leading up to the marathon we explored most of this unusual city, meaning that it did the majority of my training as walking around the islands and over the bridges. No matter how the marathon went, I thoroughly enjoyed spending time here, seeing the sights in St. Mark's Square, eating what felt like all the food, going on a gondola ride and watching England beat New Zealand in the Rugby World Cup semi-finals in an Irish pub standing next to some South Africans.

The night before the marathon I didn't sleep, partially because I was being constantly attacked by a mosquito but mainly because I knew I wasn't prepared. I had only done one marathon previously, the Bournemouth Marathon nearly exactly a year before. I had trained really well for it and still found it a massive challenge, so would I even be able to complete this one? On top of this, I didn't want to let Ben down, after all we had only come to Venice because of me. When morning finally did arrive, we walked what felt like miles to get a bus to the start, which was on mainland Italy in the middle of nowhere.





Then we finally began, I was running in my second marathon and I felt elated. There were drinks stops every 5 km as before we started we agreed that we would get to the drinks station and the walk a couple of minutes and reassess the situation. At the first water station I didn't want to stop so we grabbed a drink and continued, at the second and third water station we walked for a couple of minutes and then continued running. We got to 13 miles before I started to feel the lack of training, at mile 16 we had to slow down for a good 6 minutes before I could start running again but we continued. And then came mile 20 and the toughest part of any race I have ever experienced, the 3-mile long

bridge that connects mainland Italy to Venice. By this point it was hot and there were people collapsing around us. We ran walked the bridge and then we were finally in Venice, the reason we wanted to do this marathon in the first place, and by the time we left the industrial section, there were only really 2.5 miles of it. But what an amazing 2.5 miles (and 13 bridges) they were. We finished off by running through St Mark's Square before having our photo taken together crossing the finish line (me for my second marathon and Ben for his 58th). We set out to finish before the cut- off of 6 hours and somehow managed to finish in just under 5. Ben stuck to his promise and stayed with me every step of the way, encouraging me, reassuring me, walking with me and just experiencing the whole thing with me and for that I am so grateful.

I am writing this two weeks later, not suggesting that anyone should attempt to run a marathon on no training off the back of an injury, but just as part of my running journey, and, touch wood, my leg appears to be ok. Since coming home have completed the Bayside Super sprint Duathlon and the Gosport Helpers half and plan to see the rest of the year out full of mojo, illness and injury free and running.



Caroline



One of my interests is military history. I thought I knew all about Hitler and the 1936 Olympics in Berlin, when this story caught my eye.

“For Sale....medals of Spitfire ace who ran at Hitler’s Olympics”history and running!

Don Finlay was a brilliant runner, he won Bronze in 32 at the Los Angeles Olympics in the 110 metre hurdles, and Silver in the same event in Berlin 1936.

When war broke out Don became a Spitfire pilot and was highly decorated. He survived the war and continued his running career well in to his forties. At the London Olympics in 1948 Don was the British team Captain.

Sadly, the last four years of his life were spent in a wheelchair after a motorbike accident.

Don died in 1970 at the relative young age of 60.



Races we have loved...“The Salisbury Plain 15”

As far as I know this was the only 15 mile race in the UK. It was never truly in Salisbury or on the Plain, and was in fact 15.5 miles long, but hey! it had a great title. Race start and finish was actually in Amesbury and it was a demanding and picturesque course. Always held in November, the weather was always stunning. (In the years I ran anyway) The Indian Summer type we had in September.



Race start was in the afternoon at a stately building called Amesbury Abbey and it wound its way South down through the villages of Normanton, Upper Woodford, Middle Woodford and Lower Woodford before crossing the Avon Bridge and turning North. The course then passed through the villages of Little Durnford, Salterton, Netton and Great Durnford. A tiring last mile uphill past Boscombe Down before descending to the finish at Amesbury sports centre. A pint of milk was the prize for all finishers!



A popular race for club runners, we ran coaches on at least two consecutive years.

I think some of the attraction was that it required a bit more effort than a half-marathon, so it was hard “to wing it”, but didn’t bring on the exhaustion of “hitting the wall “ that some marathon courses can do.



Just caught up with the film “Unbroken” released in 2014. It is a true story about Louis Zaperini an Olympian. At the 36 Olympics he only came fifth in the 5,000 metres but is remembered for his fast 56 sec. last lap which Hitler remarked on. Louis didn't like Hitler (who did) and when no one was looking he shied up the flagpole and stole his personal standard.

He joined the U.S. Army Air Force at the outbreak of war and later his plane crashed in the Pacific. Adrift on a raft for 47 days with another survivor, they were eventually picked and sent to a POW camp. Two years of indescribable torture followed. “Special treatment” was saved for him!

Louis survived and suffering years of mental torture and alcoholism he eventually came to terms with his life. He never returned to his running career and died in 2014 at 97, just months before the film about his life was released.



The International Olympic Committee are going to move the 2020 Olympic Marathon 800k from Tokyo to Sapporo. Supposedly cooler.....must have learnt from what transpired in Doha?

A couple of tit bits you might have missed.....Scientists say running cuts premature death by 30% ? A Father and son broke the world record in Frankfurt for the fastest combined marathon and Nick Butler has broken the world record by running a marathon in every country in the world -196!

I found this weird! A 14 year old boy accidently ran the Munich Marathon in 3.28.28.Should have run the 10k.They gave him a medal!!!.....

And all I have writ,
Whether it be blest or curst.
O remember the little that's good,
And forgive and forget the worst.
Ammon Wrigley.



Dave



HRRL FIXTURE LIST 2019-2020

Stubbington 10k	12/01/2020
Ryde 10 mile	02/02/2020
Salisbury 10 mile	29/03/2020
Alton 10 mile	May-20
Netley 10k	May-20
Alresford 10k	Jun-20
Lordshill 10k	28/06/2020





Venue	Date
The Bourne Woods	08/12/2019
Lord Wandsworth College	29/12/2019
Chawton House	19/01/2020
Alice Holt	09/02/2020







Thank you all for a fabulous day.

I am going to tell you about something that I experienced in 2005 and how I think that relates to today. Please bare with me.

In 2005 I attended a conference of school leaders in Cape Town, South Africa. There were 2000 delegates from all around the world. A great many of those delegates were from sub-Saharan Africa. It was both a very challenging and yet uplifting event.

The theme of the week long conference was **Ubuntu**. This is a philosophy that permeates the cultures of Africa.

In simple terms it means “I am because you are” or “I am a human being because you are a human being” and that we can cannot be without others.

Central to the philosophy of Ubuntu is the principle that we are stronger, we can achieve more when stand and work together.

The more that I talked, the more that I listened, the more that I observed the more I could see this philosophy being lived out in the lives and the work of these inspirational Africans, those teachers and school leaders.

It was clearly evident in the ways that they responded to each other, the ways that they responded to world around them. It was clear when they talked, when they sang and how they touched and interacted with each other and especially when they talked about their work and their communities.

Ubuntu was described in many ways. The simplest way that I recall was this: one stick, although beautiful, is often not strong when it is alone. However, a bunch of sticks bound together with a common purpose can be immensely strong and can be used creatively to achieve many things.

Ubuntu is a powerful principle for holding communities, countries together in often difficult times.

It underpinned and was the central core of Mandela's speech that brought South Africa together into the Rainbow Nation at the critical moment that Apartheid was being dismantled. It could have been so very different without Ubuntu.

So why have I told you all of that?

I see the spirit of Ubuntu here and I felt it strongly from the first day that I have been involved with this club.

: At my first parkrun at Lee when all the yellow shirts of this club cheered, supported each other.

: On the day that I first walked up the stairs, as a 64 year old novice runner, and I first met Keith.

: On the first run that I had with Brian.

: On the day that I joined the club and gave Jo my cheque and form in the middle of the rugby pitch outside.

: On the day that I put on the yellow t-shirt for the first time when I was waiting to run my first race at the Stokes Bay 5k race when Gill stood by me and eased my anxiety.

: At the 2016 Gosport Half Marathon when I marshalled with Adam at the half way turnaround near to Kingfisher Caravan Park and hearing him encourage everyone running the race in the most positive ways.

The spirit of Ubuntu is here in this club.



Expressed another way it means “**There is no I in Team**” and that we are better together.

Our common purpose is to spread and share the joy we find in running with each other and to support each other in all the ways that we can when things get tough and also to celebrate together all of our achievements as individuals, as a team and as a club.

We further demonstrate that to the wider community in our promotion of the Gosport Half Marathon each year when we come together to do our bit for our fellow runners and our club. We put on a brilliant well respected race.

The culmination of all that effort and commitment enables us, in April each year, to reach out to our community of Gosport to support those many charities and good causes. Last years race enabled us to give over £12,000 to help others. Over a ten year period we have supported our community with well over £100,000. This is a brilliant achievement.

We want our club and our event to be an important element of our community and it is.

Together we do all of those things incredibly well. We trust each other and together we have real success. Thank you to all of you here tonight for your contribution to and your fabulous support for everything that the Gosport Road Runners and the Gosport Half Marathon stands for and means.

I am not going to mention individuals by name this evening, I did that last year. Everyone here has played an important role in making today's Half Marathon a brilliant success.

You know what you did, I know what you did, we all know what you did today. It was a brilliant success because we all did it together. The race was a success because of you and what you did to help today.

Long may you live, long may our Gosport Road Runners continue to thrive in the spirit of Ubuntu.

Please stand and give yourself a round of applause and at the same time give your running community and club a huge round of applause.

(and everyone stood and filled the room with a loud and long round of applause thanking each other for helping the race be a success and in doing so embedded more deeply that spirit of **Ubuntu** and demonstrating brilliantly there really is **NO I IN TEAM**.)

Dave



Fetcheveryone.com published their list of favourite half-marathons. Our event came in at number 4!!

This year's winner, Daniel Eckersley was runner-up in the 2018 event, and also finished second in 2017. He took 1:09.:41 to win this year's race.

Louise Damen shattered the women's course record with a time of 1:16:52. She is a former international athlete who competed at the 2014 Commonwealth Games. The previous women's course record was 1:18:23 set in 2017.

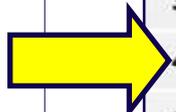
Miranda

Your Favourite Half Marathons

Here's our list of the most highly-rated half marathons in the UK and overseas over the last twelve months. Scores are based on your reviews, and to qualify, a race must receive at least five reviews.

[Share 22](#)
[Tweet](#)

	Event	Month	Score
1	Essar Chester Half Marathon 2019	May	91
2	JCP Swansea Half Marathon 2019 2020	Jun	90
3	Basingstoke Half Marathon 2017 2018 2019	Oct	88
4	Gosport Half Marathon 2017 2018 2019	Nov	88
5	Lake Vyrnwy Half Marathon 2017 2018 2019	Sep	86
6	Alloa Half Marathon 2018 2019 2020	Mar	86
7	Brass Monkey Half Marathon 2018 2019 2020	Jan	86
8	Fraserburgh Half Marathon 2017 2018 2019	Nov	85
9	Severn Bridge Half Marathon 2017 2018 2019	Aug	85
10	Cardiff Half Marathon 2018 2019 2020	Oct	84
11	Bedford Harriers Half Marathon 2017 2018 2019	Dec	84
12	Shakespeare Half Marathon 2017 2018 2019	Apr	83
13	Essar Four Villages Half Marathon 2018 2019 2020	Jan	83
14	St Neots Riverside Half Marathon 2017 2018 2019	Nov	82
15	Hampshire Hoppit Trail Half Marathon 2017 2018 2019	Jun	82
16	Worksop Half Marathon 2017 2018 2019	Oct	81
17	Cambridge Half Marathon 2018 2019 2020	Mar	81



Gosport Road Runners' Awards Evening

24 January 2020

This year's Annual GRR awards evening will take place on Friday 24 January the Rugby Club. As usual our wonderful Mistress of Ceremonies Jennifer Parker-Lumis will be in attendance to entertain and keep everything "on track". More details of this event will be available soon.



Sadly, this also means it's reached that time of year when we need to ask for GRR club perpetual trophies to come back to the club temporarily, to be placed back in our trophy cabinet for us all to see. Take one last look at them in your home, get a selfie to record your achievement and feel really proud of yourselves for your fantastic efforts.

In preparation for this year's awards please let me know, as soon as possible, if you think you have achieved any of the club award standards for your age category. Remember your age category counts from January to December, regardless of when in the year, your birthday falls. The qualifying rules and times are shown on the Club website:

<http://gosportroadrunners.org.uk/racing/club-awards/> and
<http://gosportroadrunners.org.uk/racing/club-awards-mens/>

Many thanks
Steve Wood
Race Recorder



RACE RESULTS



Please email your results to Steve Wood at:
results@gosportroadrunners.org.uk

RACE RESULTS



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24/11/2019		Festive Frolic	
Pos.	Name	Time	Distance (miles)
2	Richard Law	05:50:59	37.6
27	Lynne Lemmis	05:09:26	04:48:00
51	Mark Jakins	04:35:46	23.5
52	Andrea Kitchen	04:37:09	12:00:00
79	John Gobbi	02:06:43	14.1
82	Kerry Arnott	02:21:35	02:24:00
87	Honor Reader	02:41:25	02:24:00
88	Julie Garrett	02:42:19	02:24:00
123	Emma Noyce	01:53:12	09:36:00
135	Emma Robinson	00:48:38	16:48:00





03/11/2019		Bayside Duathlon Super Sprint	
Pos.	Name	Time	Comments
1	Ben Jarvis	00:46:19	1st Cat
13	Geoff O'Flanagan	01:02:20	3rd Cat
20	Caroline Musto	01:06:48	3rd Cat
24	Miranda Carrick	01:08:06	1st Cat



03/11/2019		Bayside Duathlon Sprint	
Pos.	Name	Time	Comments
25	Danny Millar	01:31:34	
58	Neil Jarrett	01:42:40	
61	James Martin	01:44:05	
74	Mark Watson	01:48:06	
79	Tom Reader	01:50:03	PB
99	Charles Cope	02:00:47	





24/11/2019		Escape to Afan off road Duathlon	
Pos.	Name	Time	Distance (miles)
36	David Whiting	02:18:11	





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 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/>



Follow the Club on Instagram

[gosport road runners @gosportroadrunners](https://www.instagram.com/gosportroadrunners)

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 2019





POOF! ...and just like that another year has gone!

Worse even...another decade has ended. That's TEN WHOLE YEARS done with! On the upside, I've been a member of Gosport Road Runners for over a decade, and have known quite a few of you for all that time. That thought properly brightened me up.

I do hope 2020 brings you only good things and Personal Best moments. No "new year, new me" resolutions please. That's really sooo last year. Just grab each moment you have and live the life out of it. You won't get the same opportunity again.

Therefore, let's dive straight into your December 2019 newsletter, and what a way to end a GRR yellow year.

Our regular "In Passing" column as usual includes a few interesting bites of news. I do enjoy reading this column as it always includes information, I would never have come across otherwise. This column is written by one of our longest standing club members with a wealth of running experience and a fine sense of humour. It's obvious that quite a bit of time and research go into this contribution. How fortunate are we to have regular column of this standard! Thank you, Dave Kirby for every contribution during 2019. The success of the club newsletter is only enhanced by this.

Debbie Humphreys ran her first road marathon in December 2019. She picked the Valencia Marathon and has shared her experience with us in a well-constructed, motivational article. I thoroughly enjoyed reading her newsletter contribution, and I know you will too. We are all very proud of you, Debbie. Well done!

During 2019, I have been "nicely nagging" Mark Jakins for a newsletter contribution a few times. The reason (for the nagging) was simple: he hardly ever smiles in photos but STRAVA always said his training runs and race times have consistently improved during the year. So what was his secret? If you're making such impressive progress, surely some kind of smile will result? What a surprise when he finally sent me an article at the end of last week. The wait was well worth it. Thank you, Mark! Congratulations on completing your first marathon in such an impressive way.

Steve brings us the gift of the race results. How awesome are you lot! The December race calendar is usually very quiet, but as a club we made our presence loud and clear with those races we attended.

I've added a few photos from the Christmas Club Relay. Congratulations again to Lucy Hudson and Gavin Llewellyn for winning the club's 2020 London Marathon "ballot". Happy training towards this epic event.

A quick reminder about the Awards Evening. Even if you're not in line for an award, come celebrate the achievements of your fellow club members.

Enjoy the month ahead.

Miranda





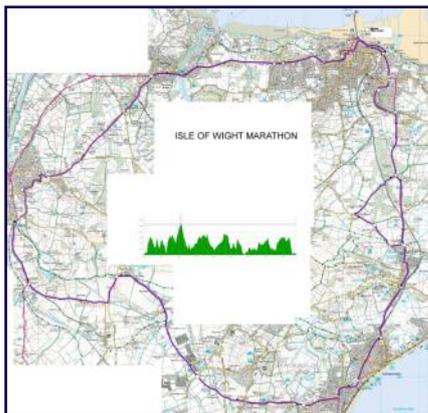
Races we have loved.

The Isle of Wight Marathon. (Old Course) When I first looked at this I found to my surprise that the original course had fell victim to the traffic and a new course inaugurated in 2013. Next to the now defunct Polytechnic Marathon, this is the oldest established Marathon in the country. The inaugural race was in 1957. Hard to believe now but ladies were only allowed to join in 1976. The old course started at Canoe Lake, Ryde. Once round the lake and then straight up Ryde High Street. It followed an anti-clockwise pattern passing through Wotton Bridge, Newport, Rookley, Godshill, Shanklin, Sandown, Brading and back to Ryde. A hill every mile!

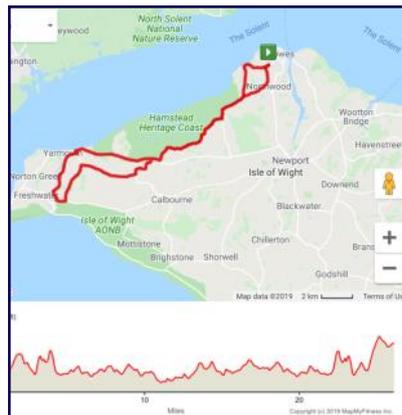
You needed to have your wits about you because being an unsponsored race, water stations were rare and Marshals rarer. In some cases non existent!

I will never forget the lecture from the race director just before the start of the 1990 race: “ This isn’t London (caulkheads take themselves very seriously) We don’t have fancy dress or high fives or any of that nonsense here”.

Suitably chastised and devoid of any sense of humour we wended our merry way. I remember cheering up considerably on passing our club chairman at the 17 mile mark. We did get a cloth badge for our efforts though!..... Happy racing!



IOW marathon pre-2013



IOW marathon from 2013



I seem to have written about someone doing something between John O’Groats and Lands End for the last few editions This month is no exception.

A Grandmother Of 60 - Angela White - an orthopaedic doctor, has just become the oldest women to run between the two points in a time of 18 days,10 hours and 3 minutes. She had help from a crew of 12 during her attempt, including her partner following in a camper van. Her day was 6am to 11pm and she suffered the dreaded shin splints from the fourth day onwards. Good luck to her!





Another badly kept secret. I must lead a sheltered life though because I have just heard of this one. Wrap your aching feet in baking foil. Guaranteed to cure all foot problems. Wonder if it can do dropped arches, flat feet, verrucas, warts, hammer toes, deformed toes, corns, heel spurs, plantar fasciitis, athletes foot, fungus, pump bump, shortened Achilles tendons or bunions?? Well.....You Never Know!



Doctors are prescribing Park Runs to overweight patients and those with chronic conditions, instead of popping pills! Didn't we (us runners) know this years ago? With over 600 Parkruns, there is a collaboration between the college of GP's and Park Run UK to get this going.



Drinking too much water in one go reared it's ugly head again recently. People have been known to die by depleting the bodies of natural salts. Could try Guinness, I know several people who have been given this as part of their recuperation from injury or surgery. In London when I was a nipper the old girls in the street tripped off to the pub at lunchtime with a jug and filled it with stout. They took it home to drink later. They said it kept them healthy!



Heard this waiting for a bus: You don't stop running because you get old, you get old because you stop running. Very philosophical, and I thought it was because we're not drinking enough beer!



One you might have missed.....Every runner knows the Jessie Owens story and the 1936 Berlin Olympics. One Of his four gold medals came up for sale recently (don't know which one) it fetched a staggering \$615,000 (£468,000). This price is much lower than the record of \$1,466,574 (£1,132,239) another of Owens' Berlin 1936 gold medals sold for in 2013.





Another one you might have missed.....Just before Christmas Britain won five Golds and a bronze at the European cross country championships in Lisbon. Watch the British Team in the years to come! The team's medal tally was:

Gold (5):

Senior Men's Team

Senior Women's Team

Mixed Relay Team

Junior Men's Team

Junior Women's Team

Bronze (1):

U23 Women's Team



Dave



Background

So, I am sure you are all wondering why I would want to do my first road marathon, especially abroad, on a course that has a 5 ½ hour cut off. There are two reasons: one to share my highs and lows, and secondly and more importantly to inspire others who may be thinking shall I? can I?

I was at home watching TV when Claire Tallack-Gamble messaged me and asked if I fancied being her roomie for the Valencia marathon in December, then she said the only downside is you have to run the marathon. I wasn't sure at first as it's not something I had considered. However, after much persuasion and belief that with the right training plan, anything's possible, right? So, once I'd got over the shock, Claire came over and we booked our flights and hotel and of course the race itself. At that point reality set in.

Training

I was determined to take it seriously as 26.2 miles is a long way. As I regularly do strength and conditioning, I spoke to the instructor about training me as he is a PT/coach. We had a meeting and discussed where I was at that point with my running, distance wise and we agreed a 16-week plan would suffice.

In August the training began with a structured plan including intervals, hills, strength training and base runs. Each week was different, with rest days also factored in as these are important. The miles steadily increased and I had a heavy week followed by a step-down week at the beginning.

As the longer runs increased he was able to set what would be my marathon pace based on my runs. So, after discussion during our monthly meetings we agreed this is what my pace was to be on the longer runs. The speed sessions he set meant I still had to up the pace when required, all part of the grand plan. His feedback through Training Peaks was invaluable and allowed me to also tell him what went well, or not as happened occasionally. It was great to have Claire, Jane and Tracy to keep me company on many of the runs, especially the longer ones, a training buddy really helps.

My last long run, 20 miles, I did 7 miles then the helper's half, oh my word if that was anything to go by, surely 26.2 miles in the warm sunshine would be much more fun! Taper time arrived and although it's great to finally have shorter runs again, I did worry that my legs wouldn't remember how to run long distance. On tired legs I also had hills and speed work still on the plan which was challenging.

Hydration and fuel during training is also massively important. I quite quickly found what worked for me, and what didn't and also the pre and post run fuel.

Journey

So, the training was complete and it was almost time to put one foot in front of the other. Claire, Jackie and I booked into Heathrow T5 and met Jane and Darren there. We then got to the airport the next day and booked into the lounge to have beer and prosecco for breakfast. The flight was good and the journey to the hotel was quick and painless. We checked in and went to unpack. We were opposite each other although Jane and Darren were in a hotel further away. Steve and Claire were also in our hotel and we met them later. We had a nice meal and a few drinks as this was my last alcohol day until after the race.



Expo

On the Friday we all went to the expo and had fun, collected our goody bags and numbers, so now I was really starting to get nervous. We went for a walk after and ended up walking far too many miles, although my coach had said save your legs don't walk far, 7 miles later we eventually found the beach. I was hangry so had a hissy fit until I was fed and watered. We got back to the hotel later and ate another pasta meal.



Day before race day

We signed up to do a breakfast 5k fun run. So, in true GRR style we dressed up, Jackie and I as cheerleaders and Jane and Claire in Union Jack shorts as Claire forget to pack their costumes. Took it steady and was a great leg loosener. I was adamant rest was best so walked back to chill afterwards knowing what was ahead.



The day went well and we all got together and had a pre-race feast with more water and got back to the hotel early to sort our bags and kit out. To my surprise I did get some sleep, probably because I'd hardly slept the previous 4 nights.

Race day

So, it was here, nerves well and truly in abundance. Got ready, had breakfast and then went to get watch and headphones sorted rather than do on start line. Well this is where the fun started, or not actually. My headphones wouldn't work with my watch, never been an issue before so I decided to call hubby at 5:45am so he wasn't best pleased. He tried to help, but whatever he suggested wouldn't work so I decided I'd have to run without them. Then I went to check watch and the screen had frozen so no matter what we did it was useless so that went in the safe too. By now I'm having a right old strop, Jane and Darren arrived and Claire said can you use your Apple Watch. I hadn't charged it because my watch and earphones had been charging. Anyway, by chance I had 91% battery so that was my only option.

Time was getting on so we made our way to the bag drop. I was chatting saying well that's two things, there's got to be a third. Unfortunately, I was right, as we arrived to drop bags, I thought my sunglasses were on my head, but no, they were back in the hotel. Well I blubbered for a while, upset everyone and then thought well that's it now, let's go and run this blooming race. We queued for the loo but they were awful so found a quiet area. Jackie, Claire and myself were in same wave so we walked together, pushed to the front and only had to stand for a few minutes. Jackie said I did them a favor as they were so worried about me that it was the calmest start to a race they'd ever had. Well there had to be an upside after all the drama.

The gun went off and the race began, I was under strict instructions to run my own race and stick to the plan. The first couple of miles were a bit quicker than planned but by mile 3 I'd settled into my marathon pace. I trained to eat and hydrate every 3 miles so quite quickly the time went, and before I knew it the first half was done. I'm thinking well I've only got to do that again and I'll be done, easier to say than do for sure.

There was a 3hr 30 cut off at 15 miles so I really pushed hard to get past that point as I didn't want to be taken off the course. I knew I would be okay with my plan but that still doesn't take the pressure off. I had trained with my Silva vest and hydration so stuck with what I knew, never change anything on race day, not even your knickers. It was about 23 degrees so I was taking water at every stop as well. This had a detrimental effect as I needed to pee from mile 13, I was toilet trained but always be prepared for the unexpected. I held it hoping it would pass but alas after I got past mile 15, I stopped to visit a portaloos. I opened the door and shut it quickly, I'll spare you the details. So I found a bush, you can take the girl out of Gosport.....

I carried on, legs felt strong, all the training was paying off, however the bladder had other ideas. The pain was intense and pain killers didn't help. The more I ran the worse it was so had to start run/walking. I was so disappointed but had no choice. I was still 11 miles from finishing and really wishing I had my music to distract me. I plodded on, one foot in front of the other, I counted my steps and kept thinking of the beer at the end. I had another stop at mile 20 and another pain killer which helped slightly, well, enough for me to run more than I walked for the last 10k. I was still hydrating and eating every 3 miles which really makes the time go quicker. We went through the 40k marker and I was so excited to be so close. Not long now and I can celebrate with my friends. I came through to the finish line and Claire Crook saw me and cheered me in, great to see a friendly face. I felt so strong I just took off and almost sprinted to the line. That's it, I'd only gone and completed my first road marathon.

I was so pleased to find the others and share my race highs and lows. It was a walk to the exit to get your medal and another goody bag. I then spotted the beer only to be told they were closed, very disappointing. I drank my water and walked to collect my bag. Unfortunately, this was quite a walk, up some steep steps, not funny on marathon legs, my calves were crying. I get there and my bag was missing, then they told me my friends had collected it for me. I carried on to try and get to them, so near yet so far as it was all blocked off. We were eventually reunited and they were all so happy for me. We all had our stories to tell and PBs to celebrate. I got a beer which went down well and then wandered back for an Epsom salt bath before rigor mortis set in.

The others came back and we all got ready and hobbled over the road like a group of geriatrics to have a celebration meal. The wine was flowing and we all felt elated but tired. Getting up after sitting for a while was interesting but we all managed it and went to have a sing song with a group from the Netherlands. We got back to the hotel, Darren escorted Jane home as the red wine had taken effect. Jackie, Claire and I carried on drinking to numb the pain, so purely medicinal you understand.

We checked out on the Tuesday and flew home. Walking still a challenge but by the Wednesday my body was fine just a tad achy, my coach said that the strength training plays a large part in the recovery too as my legs are strong.

We went out Thursday for a couple of miles recovery run which was the soonest I was allowed. That was enough to remind my legs they could still work.

Would I do it again, hmmm maybe thinking about it.

The moral of the story is, you can train well and stick to the plan, stay injury free which I did, but on the day, no one can legislate for how the body will behave. Toilet issues have never been a problem for me so caught me unawares. The weather is also a factor to consider when running abroad as it was a few degrees hotter than here.

When I lost weight last year and my pace started to improve as a consequence, I started to gain confidence. I believe that this, along with support and training helped me achieve this goal, that 18 months ago I wouldn't have been possible.

Anyway, I've probably bored you enough, posted on Facebook to annoy everyone but I'm so proud of myself and everyone else that went to Valencia, you know who you know who you are. If you believe you can achieve, you will.

Debbie



I started running through the need to just do some exercise. Previously all my sport had been power based and all my training had been free weight Gym based but a shoulder injury and subsequent operation had allowed lethargy to take over.

I'd never had an interest in running but I'd seen a growing interest on the Couch 2 5k app on social media and decided to challenge myself.

After a calf injury, and a holiday or 2, I finished C25K after my second attempt. I hadn't even heard of Parkrun until I spoke to someone at work during my last week of C25K but done my first parkrun, that weekend, at Lee in November 2016.

I done a few more Parkruns but, without a target, I soon found it very easy to make excuses not to run so I made a decision to join a running club during the summer of 2017, in order that it might encourage me to run more often.

I've looked at a couple of clubs but GRR seemed to suit me best and I went to my first club night on the same night as the beginners group started in that year. As I was already running, I didn't join the beginners' group (a mistake in hindsight), and as I remember, on that first night took part in a DoD intervals session.

I'll always remember, on my second club night, Brian Fisher came over and introduced himself and invited me to join him for a slow 5. I gratefully accepted his offer until, during the announcements, it dawned on me that everyone here spoke in miles, and Brian's slow 5 was far in excess of the 5km that was the furthest I'd previously ran. I quickly made my excuses and found a group that was doing 3 miles and that was the start of my GRR journey.



Mark at the Club Christmas Relay, 2017

I done a couple of club time trials, but my first 'official' races were Victory 5 followed by Stubby 10k. Both races represented the furthest I had run at that time and I clearly remember thinking after these, and every other race, that I didn't understand how anyone could run any further.

Slowly the number of races I was completing went up and the distances increased until I took part in an 'On the Whistle' 6 hour timed event, which I managed to drag out the whichever lap came after the half marathon distance. It was hot, slow and painful but I did it. I was elated at getting to a distance that I never even dreamed was possible for me but also KNEW that I could never do a full marathon, if this was how I felt after a half.

I'd always said that I wasn't interested in running a Marathon until one day, my friend Lynne, asked if I'd do the Portsmouth Coastal with her. Immediately I said no, but after giving it some thought, I realised that I could have said no to any of the distances that I'd run previously but determination and training had allowed me to achieve those, without fail, on each occasion. Also, in my head at least, the nature of the Portsmouth course took away any thoughts of aiming for a time and was just about completing the distance.



We worked out between us when the marathon training would need to start and decided that we would be 'half marathon fit' at the beginning of the marathon training.

What this meant in reality was that the half marathon training started in July, we'd run the Solent half in mid-September which would mean picking up the marathon plan at, what would have been, week 4 and that would take us through to the marathon date just before Christmas. That's 6 months of structured running which would also need to accommodate other runs such as the Great South run etc.

As it happened, life got in the way of Lynne's marathon run but the training we had done enabled her to achieve her Bronze ten mile and Half Marathon times. I followed the rest of the plan through, on my own, as best as life allowed.

As luck would have it, Rob Hylands kindly offered to run the race with me. The weather leading up to the day had lead parts of the course barely walkable, let alone runnable but 1200 or so of us gave it ago at either Half, Marathon or Ultra distance. A cold in the week leading up to the marathon had left me short of energy but Rob's enthusiasm dragged me through when, if I had been on my own, I might have dropped out.



I've heard a lot about the elation felt on the marathon finish line and I certainly felt this along with plenty of relief and 'glad that's over' type thoughts. I'd said at the start that I 'd only run a marathon once and now I KNEW that that was the case. **NEVER AGAIN!!**

However.....the next morning I woke without any of the Stair descending / Toilet standing problems that I'd heard so much about. I did have a heavy cold but my legs hardly ached. The intense plan I'd followed had obviously taught my muscles to recover well. And, whilst I was pleased with what I'd achieved, I couldn't help wondering how things would have gone if I'd have been fit on the day and it would be a shame to let this level of fitness slip. Will I do it again?... maybe.....**probably**





So what have I learnt along the way?

- * Running just for running's sake doesn't motivate me. I need a target and a date to achieve it and I'll probably get there. Rob Wood told us that during his training for his Jungle adventure he printed off a chart and ticked off the runs as he done them. I followed that advice and its amazing how much leaving a gap in your crossed off days annoys you. Brilliant motivation.
- * I fully expected that running up to 6 days a week would have made me lose weight. Nope, not an ounce. Running that much makes you REALLY hungry.
- * During my training I ran 651 miles. My shoes only last me for about 350. And running through Autumn invariably means that shoes are going to get wet/muddy etc, so I had to buy 2 more pairs halfway through to ensure that I always had a dry pair and that they were well worn in for the actual day. (for the record, no blisters at any point on the training or run itself and no toenails lost. Silicon toe protectors are brilliant) .
- * Our club is full of great people, and lots and lots of experience. Most of this experience will be offered to you during your journey. All of it will be correct and well meaning, but only some of it can apply to you, on your chosen path.
- * Pick a plan that you can stick to. I bought a plan that was pretty intense in comparison to others, but I knew that I had the time to see it through. That said, my plan was pretty mono paced and potentially boring. Our club offers up a great variety of runs and where possible I swapped out the run I was planned for, for a club option. (a 5 mile run = 4 mile hills etc).
- * Having a partner to share the journey with is invaluable. I had Lynne for the first part of my training, and Rob to help me through the race both of whom helped me immeasurably with their support. Also in my helper team was my dog Ernie. He's brilliant at dragging you along for the first mile when your legs just aren't cooperating, not so good if you want to run continuously past a row of lampposts though ;o) . . My wife Lisa has been a godsend. Countless are the times that she's had to go shopping alone or we've moved or cancelled things to accommodate my runs.
- * The plan book I used is called 'Hansons First Marathon'. If anyone wants to borrow it just ask. Its full of good information, even if you choose a different plan.



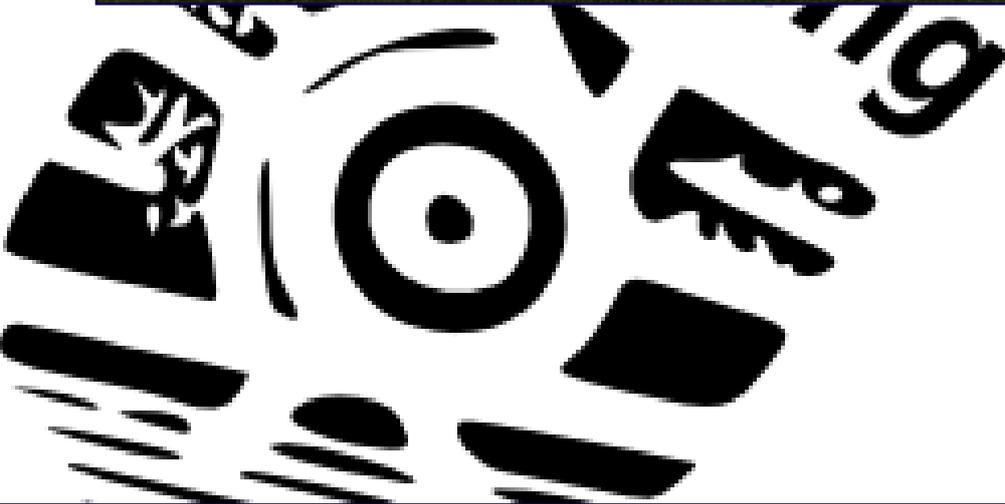
Mark



HRRL FIXTURE LIST 2019-2020

Stubbington 10k	12/01/2020
Ryde 10 mile	02/02/2020
Salisbury 10 mile	29/03/2020
Alton 10 mile	May-20
Netley 10k	May-20
Alresford 10k	Jun-20
Lordshill 10k	28/06/2020





Gosport Road Runners' Awards Evening

24 January 2020

This year's Annual GRR awards evening will take place on Friday 24 January the Rugby Club. As usual our wonderful Mistress of Ceremonies Jennifer Parker-Lumis will be in attendance to entertain and keep everything "on track". More details of this event will be available soon.



Sadly, this also means it's reached that time of year when we need to ask for GRR club perpetual trophies to come back to the club temporarily, to be placed back in our trophy cabinet for us all to see. Take one last look at them in your home, get a selfie to record your achievement and feel really proud of yourselves for your fantastic efforts.

In preparation for this year's awards please let me know, as soon as possible, if you think you have achieved any of the club award standards for your age category. Remember your age category counts from January to December, regardless of when in the year, your birthday falls. The qualifying rules and times are shown on the Club website:

<http://gosportroadrunners.org.uk/racing/club-awards/> and
<http://gosportroadrunners.org.uk/racing/club-awards-mens/>

Many thanks
Steve Wood
Race Recorder



RACE RESULTS



Please email your results to Steve Wood at:
results@gosportroadrunners.org.uk

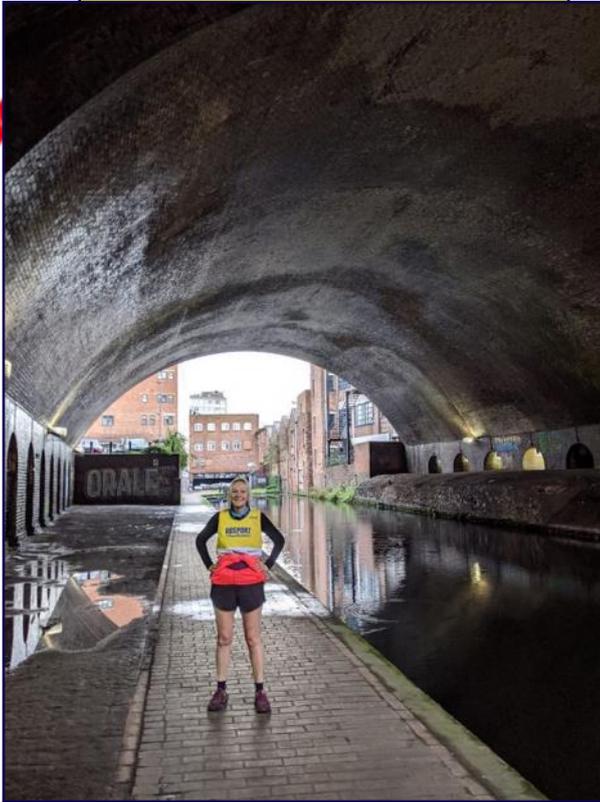
RACE RESULTS







Kerry Irwin-Hall running around the canals in Birmingham



Parkrun tourist Andy Brown in Coventry



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 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/>



Follow the Club on Instagram

[gosport road runners @gosportroadrunners](https://www.instagram.com/gosportroadrunners)

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

