

GOSPORT

Road Runners



NEWSLETTER



Winter

January 2020



Ben Jarvis is back with the “getting to know a new club member” section of the newsletter. It’s been a while, and I’m pleased to see the return of it.

Steve Wood brings us his final contribution as the results recorder. Thank you, Steve for all your hard work during 2019. It was fun working alongside you. A very warm welcome to Julie Conway.

A big part of this month's edition is dedicated to the Annual Awards night. Once again, congratulations to each one of you. I had a great party. Even the husband said it was the first one he actually enjoyed - that is definitely thanks to the other people round our table!

Have you ever wondered what exactly the club awards are about? Steve Wood explains all that in detail . Please read his very informative contribution towards the end of the newsletter. I have added a spreadsheet with the qualifying times for your ease of reference.

I would like to thank everybody who take photos at races and post those to the club's FB page. It was a difficult task selecting photos for this month's edition as there were so many great ones , and I did view them all! If you think a photo is particularly good for whatever reason, please send this to me by email / message . It's always fun to get a few surprise photos which were not posted on social media before being published here.

The regular HRRL and SCCL league information are included as well as the current price list for the club kit.

That's about it from me this time. Love your running in February.

Miranda



Every year after the race itself, we, the committee, immediately start thinking about the next race. Before we start submitting paperwork to the local authority and UK Athletics, we have a 'wash up' meeting that acts as a review of the race. We look at what went well, what we could have done better and how we can adjust our plans for the next year to further improve.

We had our 'wash up' meeting shortly after the race in November and we each took a turn of giving our own feedback, feedback from the runners, you as Gosport Road Runners and that of the local community. All feedback is noted and discussed.

We felt it would be a great idea to keep all you Gosport Road Runners in the loop during the year, between races, so you all know the key actions taken each month to ensure a successful event the following year.

In the recent 'wash up' meeting we thanked Angie from Alexandra Sports for their generous sponsorship and support this year. Angie confirmed they were more than happy with how the day went and thanked us for the opportunity to attend. Positive feedback was received from a resident in Salterns Lane, congratulating the club on their clear up after the event in his particular road. Not one scrap of rubbish was left – well done everyone who helped make that happen!! We received very positive feedback about the water cartons. Everyone spoken to about them loved them. There was lots of positive feedback from the runners about the medal. However, it was agreed that if the medal for the 2020 race is of the same weight then some adjustments would need to be made to the way they were hung the day before the race. There were a few requests made for additional signage or a change of signage around the course and this is quite normal, each year we make a few adjustments or replace signage. There was a discussion on the possibility of pacers next year – this is still very much just an idea at the moment and will be discussed in more detail later in the year. The race has a limit of 2000 runners (this is the maximum the council will allow to take part due to the course route and H&S), 1693 runners started and there were 1668 finishers. The virtual race was also discussed and agreed upon.

We are also beginning our sponsorship campaign for the 2020 race and with packages starting from just £50, if you or anyone you know would like more information on the packages available, please email: sponsorship@gosporthalfmarathon.org.

At the next meeting, committee members will be confirming if they are happy to continue for another year. Some members have already stated they would like to have less responsibility and take a step back. If you feel you would like to support the race in any way over the next year please email the committee on info@gosporthalfmarathon.org and let us know.

Thank you all for your continuing support in the Gosport Half Marathon.

The Committee

Dear Members,

Many thanks to all who volunteered to support our 2019 Half Marathon, your time and contribution is entirely down you for the year on year success of the event. The planning for this years' event is currently underway and the first submissions to UK Athletics and Gosport Borough Council to hold the event are scheduled for early next month.

A brief description of the roles highlighted below:

After several years of sterling service to the event, several key members of the race organisation are stepping down from their roles, giving the opportunity for others to be an integral part of our brilliant event.

Being part of the race organisation is rewarding and exciting, it is on occasions hard work, but the committee are very supportive, and we have a lot of laughs as we problem solve our way through the year. Its hard work on race weekend and in the run up but you have your fellow GRRs at your back and the feedback and successes of those taking part in our race make it worth every minute.

To this end I am seeking volunteers to fill these vitally important roles. Namely:

- Two Section leaders - the people that look after an area of the course and the marshals
- One Main Carpark Leader - greeting our runners, taking the money and looking after the safety and logistics of the car-parking
- Course Manager and Logistics - a key organisational role, part of the committee and the person in charge of everything course related from road closures to toilets!
- Deputy Course Manager and Logistics - the support person to above, also part of the committee

The aim is to have these positions filled by the end of February to ensure the integrity of the race and enable volunteers to be trained and supported fully in the roles.

Section Leader:

Ownership and management of their section of the course, ensuring the following:

- Marshals allocated to the section fully briefed and in position by allocated time on race day.
- Responsible for all signage and mile markers for their section of the course- Pre and post- Race
- The Safety of their section of the course on race day- Respond to any incidents and issues
- Ensure their section of the course is cleared of all debris and litter post-race.

In terms of commitment, it will involve attending up to three Section Leaders meeting from May up until November. These are chaired by the Chief Marshal and the aim is to keep up to date with race planning any course changes and to articulate and resolve any issues. These meeting are usually one hour and held in the Rugby Club on a club night. In addition, you will be required to collect your signage from the Gosport Half Marathon Store in Fort Blockhouse at a time to be agreed by mutual agreement.

The two weeks leading up the race will involve approx. 2 hrs week, plus the commitment for the race weekend.

Carpark Leader

Responsible for leading a team of approx. 8-10 Volunteers managing the main Browndown carpark on race day.

Course Manager and Logistics

This is a Race Committee position, working closely with the race director and Chief Marshal, responsible for the overall race route and logistical aspects of the Gosport Half Marathon. Attends Safety Advisory Group meetings and Monthly Committee Meetings. Full commitment over Race weekend.

Deputy Course Manager and logistics

Supports Course Manager in above Tasks- Full commitment two weekends prior to race and involves driving vehicles supporting logistics team.

If you are interested in any of these roles, or any questions please contact me on 07713187128 or ken.eaden@btinternet.com

Please be assured you will not be left on your own, the outgoing incumbents will be on hand to advise throughout the whole planning process.

These are crucial roles that must be filled by the end of February and are of paramount important to the ensure the race runs smoothly. I urge you to give serious consideration to undertaking one of these roles.

The Gosport Half Marathon is one of the flagships races of the running calendar and we're rightly really proud of it - it doesn't get to be so brilliant without lots of planning and organising but the reward of nearly 2000 happy runners, £10k donated to lots of small local charities that might not otherwise get the funding they need and have that first pint at the post Race Reception! makes it all worth it.

Many thanks for your support

Ken Eaden

Gosport Half Marathon Chief Marshal



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.

All details are on the form, but it is imperative that you return the completed form by **29/02/2020**.

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.



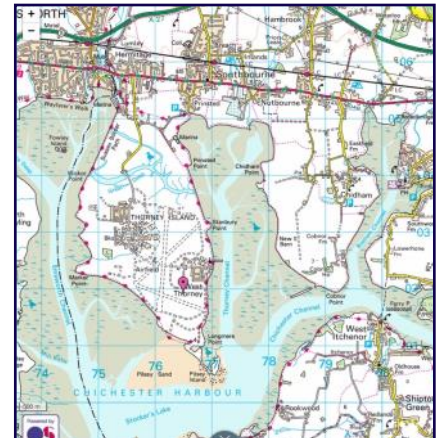


Thorney Island or The Chidham Peninsula?

If you are looking for somewhere new to train, like off road, nothing too difficult, and not too far to travel, Thorney and Chidham are worth a visit.

The first Is officially 8.5 and the latter 5 miles long. You can extend these by several miles depending on where you park. Thorney is easily extended to a good ten miles by parking(for free) just outside Emsworth.

Thorney Island is 90% military and is currently occupied by the Royal Artillery. Its history is RAF and all hangars and runways are still in situ. Being MOD owned you pass through controlled gates either end of the run/walk. No problem you press the button and cameras keep a record. Underfoot is easy going with one or two areas which need watching depending on the time of year. Longmere point down to St.Nicholas Church is such an area, muddy in winter or after heavy rain. For naturalists/birdwatchers/walkers, Thorney is a dream.....not bad for runners either!



Other points of interest and certainly worth a visit, is the church at West Thorney. A CWGC site, amongst the locals are aircrew burials dating back to the 2nd.World War. As you pass Marker Point there are several SAS memorials. Pause for a while and reflect.

You will often see groups of military personnel out running on Thorney, and there is a racing history, as Fiona and Mickey can testify. In July 2001 there was a half-marathon. In 02 and 03 a ten miler, and in March 2004, 5 miles. Events in the area are organised by Emsworth Runners, and there appears to be quite a few (events that is).

Be aware there are no facilities open to the public on the island but being intrepid GRR runners that should not pose a problem! Be aware and stay on the coastal path!

In 2001 I was walking the Chidham Peninsula with my wife when we bumped into a lady sporting a very large, outsize map of the area. It turned out she worked for Chichester council and had been sent out to prove (walk) the footpath. AH! How do you get a job like that?

We had just got over an outbreak of foot and mouth disease and the path had been closed for some considerable time. It is routine to make sure everything is well before considered safe and reopened to the public. We had a chat and she said she would leave me a copy of her map on our car under the windscreen wipers. She duly did and I still have it. Can't stop thinking about that job down through the years though!

Chidham is MOD free so easier to move around and mix different routes. If parking on the peninsular, the car park is tiny and holds just six cars. There is a pub which has some good beer and not bad grub either when I last looked.

Running or walking, worth a visit.....Don't forget your Avon soft skin spray!! ☺

One for the “wrinkley” section of the club.



(Sir)Peter Snell died just before Christmas. Little known outside his native New Zealand, at the Rome Olympics in 1960 he came storming out of nowhere to take gold in the 800metres.Four years later in Tokyo he repeated the exercise and to add some more sparkle he won the 1500metres title as well.

Amongst his other achievements he had a 3min 54.1sec. for the mile, part of a N.Z. team to set a 4x1 mile relay record, and New Zealand's Sports Champion of the 20th Century. Oddly, he worked a while for Rothmans?

Memories came flooding back when reading "All our Yesterdays " in the papers over Christmas. Lillian Board is someone you will never have heard of. She died on Boxing Day 1970 at the "impossibly" early age of 22. I couldn't believe it! Shocked me at the time, being relatively young myself I thought this just isn't right! You live forever when young.....right???! She won Silver in the 400 metres at the Mexico Olympics and Gold the following year for the 800 metres at the Europeans in Athens.



.....and she was gorgeous!

Dave





Southampton 10k came and went, I picked up second place and a new shiny trophy. My training had paid off and now was to try and train to run 26 miles in less than a week. That was until I got the news from my brother that he was having to pull out of the race... ohh great! So now this person who hasn't ran more than a 15mile run all year, is going to run a marathon in 5 days, with 4 weeks' notice, ALONE!

At that point I made the decision to just rest my legs and go with the flow, what's the worst that could happen right?

On the day of the race I was feeling pretty good, I was well rested and I had consumed a lot of calories the day before. I arrived an hour early as I like to settle myself beforehand and listen to some Motown.

I brought with me a few gels as the race instructions said it was providing them on completion of each lap. Good news for me, at least I could run without a load of sachets in my pockets! I did my usual warm up routine and headed for the start line. No game plan and out of my depth "*what on earth am I doing here?*" Is all I could think. 11 laps of Goodwood racetrack!



I took up my position, second row from the front and decided that I'm just going to run and hope for the best, as long as I beat my previous time then I'll be happy. The whistle went, I started my watch and boom, off I go. Well kind of - I was cut up on the bloody start line!

"B*****d" I thought, you're already on the front line there's no need to run sideways onto me! now running in a mood I wanted to catch him up and take him, I don't know why, but that would make me feel better! I did almost instantly and then kept that momentum going up until my watch beeped ..."*1 mile - 5min 57secs*" oh for god's sake."

This literally couldn't get any worse could it? (Except for still having to run a further 25miles) I had to try and compose myself. This was not the start I wanted and I needed to get my head right. I slightly dropped my pace as I was feeling good with my speed, but knew I needed to reserve energy.

First lap completed and was happy to see the sight of the water station, I noticed there wasn't any gels so I went for the cup and on my way for lap 2, I was thinking that they must bring them out once the other races start. Not to worry, I was now well settled and was running comfortably keeping my pace around 6.20 minute miles.

Completion of lap 2, and the 20mile race had just started, as I pasted the water station there still wasn't any gels. I had only brought 3 with me and realised I was now going to have to ration them. I needed to have one now or I knew I would start to flake, so another one at lap 6 and lap 9, and hopefully they will bring the gels out soon!

Lap 3 and 4 completed and the half marathon was now underway, with more people on the track I started noticing that I wasn't running the race line, I was constantly having to weave in and out of the runners but my legs were feeling great and I had really settled into the race, I was in 4th place and still comfortable.

End of lap 5 and start of lap 6, quick glug of water and onto my second gel pack. I had now succumbed to the fact that there was not going to be any gels. Half-way round my watch buzzed me again. "Half Mara - 1hr 22mins" holy beach balls! That's the fastest I've ever ran a half and I was pacing myself! I remember telling myself *"don't get cocky, there's still a bloody load of laps to go, Just dig deep and keep going"*

By the time I finished lap 6 the wind had picked up, it was only a slight increase but on the open stretch my legs felt the change. That little bit more effort needed messed with my head, there is also a slight incline at about 3/4 around the lap, I decided that I would attack the head wind on the 1st quarter, recover 2nd, attack the incline on the 3rd, recover 4th. And do that for the final 5 laps... what a mistake.



Laps 7 and 8 was the turning point for me, I had past 15 miles which was the furthest I had ran all year, my legs were starting to hurt and all I kept thinking about was the bloody incline coming up, the constant turning on the track had also started to hurt my ankle, with no music or anyone to talk to I couldn't take my mind off it. I dropped pace slightly to try and sort my head out but then something happened which hadn't happened all day, I was overtaken.

No, I couldn't have that, I had been pushing this body round and I had more fight in me than that... except I didn't, I had tried to increase my speed to stick with my now nemesis, but my legs just couldn't do anymore. Mentally this was the toughest moment of the race for me, I had to submit to the fact that I just couldn't give any more than what I was giving, my body was hurting and tired and I still had 3 more b*****d laps to go.

As I came up to lap 9 I was very close to calling it, I didn't want to do anymore and I kept thinking *"why didn't I just do the bloody 20mile, I'd be finishing soon!"*. The runners of the 10k had now started their race and for me this was the best thing that could have happened. Up until that point I had been running all alone. Well, there was thousands of other runners, but I hadn't seen another GRR or I hadn't spoken to anyone else the whole time. And then I saw Julie Garrett, she gave me a little wave and a smile and I... well... I must have done something that resembled a wave in some kind of way. But inside that really helped me sort my head out. Just finish the bloody thing! Its only 3 more laps. So I had my final Gel and grabbed some water and started lap 9.

9 and 10 where very much the same, grunting and groaning, saying out loud *"errgghh not the Hill again!"* with the 10k runners looking at me like I had truly lost it. They were tough and slower laps, with more and more runners now overtaking me, but in all honesty at that point I just wanted the race to end, I didn't care about what position I came or what time I got. My ankle was killing me, my legs where sore and well, everything was hurting. And as I approached the end of lap 10, entering the final lap I could hear my wife and children in the crowd calling me on. Chanting and screaming.



Seeing them gave me that final bit of confidence, I looked at the clock as I started lap 11 and I had about 20 minutes to run 4km to break the 3hour mark. Any other day I wouldn't have bat an eye lid, but Holy Mary was I worried.

Thankfully they had finally brought out some fruit so grabbed a banana and gave it a quick nibble whilst fighting the headwind (which at this point felt like I was running against a hurricane because I was so tired) I then passed the 25 Mile mark, I had said out loud "*only 1 more mile!*" the runners around had overheard, they gave me cheers and praise

which also helped me dig deep. At this point my pace was around 7.30 minute miles and what now felt like a constant sprint. One more time over what might as well have been Kilimanjaro and the final push home. As I turned the final corner, I could see the clock I had 3 minutes left to run what felt like another damn lap!

I ran as fast as my legs would allow me too, gritting my teeth and trying my best to ignore the pain. As I crossed the finish line, I quickly grabbed my medal and headed for the water, my legs had turned to jelly and I ended up stumbling into the table. I was really struggling to hold my weight and when I saw my wife I pretty much collapsed into her. After a very brief hug I had to lay down, I was feeling dizzy and sick. Laying there I remember thinking "*never again!*" Which I'm sure everyone has said after running a marathon, it wasn't easy, I've done some tough races and runs but that was really out of my comfort zone.



I had finished 14th overall, 6th in my age category with a time of 2 hours 58minutes 21 seconds. I broke my PB by almost an hour and I made it into the sub 3-hour marathon club.

Danny





Robert Hylands 48. Married to Rebecca 4 kids 2 grand kids garage workshop manager by day, GRR LIRF, paddle sport instructor and chairman of Chichester Canoe Club. Started running in July 2015, why ? Overweight and knew I had to be fitter to be a paddle sport instructor, did C25k in 5 weeks couldn't even run across the road before that !

I think January 2017 the same day as Geoff O'Flannagan

I had been running a while and wanted to join a club. Looked at GRR a few times and took the plunge to see what it was about. Joined that night.



No I was already running over 5k when I joined .

Local and had a few friends as members

Sept Summer Series, 2015

In my time of running I have a few would not miss races but I think my favourite is Great South, it's local, it's huge with an amazing atmosphere and 10miles of superb support .

What is your favourite distance to run and why?



I prefer the longer distances as speed is not my forte. The feeling of completing a marathon still fills me with such a sense of achievement it has to be my favourite.

Do you have a favourite Medal or T-shirt?

Remembrance Day marathon 2019 I don't know how that can be beaten

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

To be honest I don't mind either, nothing nicer than a wet muddy XC run but longer distances I'd prefer road.

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

Depends on the distance but with all races. Early night no alcohol the night before, up early, breakfast about 2-3 hours before the start, 1/2 litre of sports drink and coffee always coffee. Always get there early and get moving before the start to warm up

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

Always walk about a bit after not just stop, stretch out and Chill out in the hot tub when home.

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

I enjoy both, I love to enter races (I know I won't win one) it's all about the bling right. But I also enjoy a chatty run with mates, combine the 2 and it's a win win for me

If you could choose 1 type of run training what would you do? (intervals, tempo, LSR etc.)

I think it's a loop run. You can make that what you want and every one is different



What's your #1 Bucket list race ?

Got to be London, so difficult to get in though isn't it. Maybe one day for us both Ben 😊

Who inspires you the most ?

No one in particular but I guess people like me who just do their best with no expectations in return.

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

Paddle sport. As an instructor what else! lol

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

Steak and chips with peppercorn sauce

What would be your superpower?

Ohh that's tough. I think it would be like John Coffey from The Green Mile and be able to undo bad things.

Favourite movie?

Flash Gordon or The great Escape both favourites

What is your dream job?

Full time free lance outdoor instructor

Beer, Cider or spirit?

Beer



Best holiday destination?

Menorca. Love it there small beaches and quiet

Most embarrassing sporting moment

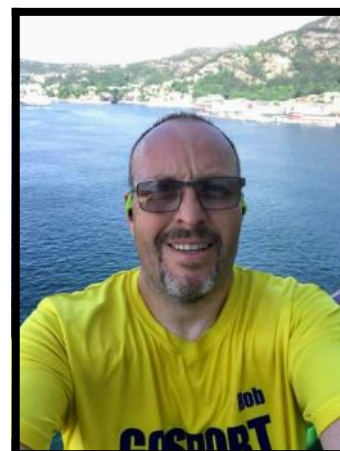
Trying to teach jumping on a moving paddle board and failing 3 times

AND FINALLY!!!!!!

Favourite cake?????

More savoury than cake. But go to is a Sticky toffee pudding.

Rob



Paul Williams Portsmouth Coastal Marathon was the highlight. Setting myself a target for 2020 is my target at the moment.

Stephen Crook My favourite moment(s) was being there for the individual triumphs of the Gosport Ladies in Valencia

My best performance was Boston

My goal for 2020 is to get fit in order to hit at least one pb in 2021, my 60th year.

What was your favourite/ best running achievement of 2019?
And what is your main target

Rachel Claire Apart from joining GRR . I can't say I've achieved anything running wise. However I'm hopeful that the new year will see my back/hip pain disappear and I'll get back out there and not only run but attend sessions at club

Lynne Franklin *Great South Run 2019 will always be my most memorable. The run didn't make it special but the people that ran with me did. Those friends had more belief in me than I did and they helped me achieve my goal. My target is to let my guard down, embrace friendships at club and enjoy running with others. I lack confidence and feel socially awkward in large groups so I tend to run solo or rely on Mark . My goal is to try and not obsess over time and distance but to enjoy other's company for 2020.*

Brian Fisher Hmm, the Berlin Half Marathon was rather special, but I think running the Great South Run with my daughter was the favourite. Overall it **wasn't a good** year with illness, injury and bereavement, only 600 miles on the clock. Next year? Maybe a foreign Half, but otherwise just to get back running with all my GRR buddies.

Sophie Hurlo I'm planning of challenging myself and doing 100 miles a month in 2020.

Marie Bowers Cyprus Wine Run, in fact the whole Cyprus experience was great. 2020 Great South Run again?

Michael Bowers *For once I am in agreement with my wife! Doesn't happen very often as some of you will know, but she still beat me, daren't let it be otherwise.*

Matt Lawes *It's a combined weightloss/running target but I started the year about 111kg and unable to complete a 5km run in less than 30 mins and I've managed to get down to 90kg if you don't take the last week into account and 5km down to 21.28 !*

Rebecca Hylands Joining the club was my highlight as I always thought I couldn't run. Losing weight and doing Great South 5k gave me the confidence to do it. 2020 I have signed up for Brighton 10k and Great South 10 miles - bring on goal weight too!

John Gobbi So it wasn't running, but being part of that awesome Browndown parking crew at the GHM. It was a blast, had a lot of fun that day and loved being one of the many faces of GRR helping, supporting and talking to runners post race. In 2020, my goal is settling that unfinished business in Bristol come September. My advice to everyone is don't do gardening in flip flops a week before a big race and drop a heavy plant pot on your foot! Estimated time to grow a new bigtoe nail 18 months! Happy 2020 All

HRRL FIXTURE LIST 2019-2020

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 CROSS COUNTRY SUNDAY MARCH 1st 2020 - 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.





Venue	Date
Alice Holt	09/02/2020



Club Name: Gosport Road Runners		
Men		
Name	Position	
1. MIKE NEWMAN	17	
2. GAVIN BOOME	146	
3. ALAN BURGESS	167	
4. DEAN CUNY	266	
5. MIKE BARKER	268	
Total:		
6. BRIAN FISHER	269	
STEVE CAUTE	278	
Ladies		
Name	Position	
1. HONOR HENDER	139	
2. STEVE CAUTE	141	
3. KAREN MORBY	145	
Total:		
GILL THOMAS	153	
NICKY FENMORE	158	
KERATIAWIN HALL	166	
MIRANDA CARRON	175	
SUE BARRETT	179	
JULIE CUNY	200	

RACE RESULTS



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

RACE RESULTS



PAGE 31





A wide-angle photograph of a vast, flat, open field, likely a park or a large lawn, covered in a layer of frost or snow. The foreground is filled with low-lying, frost-covered vegetation. In the middle ground, several bare trees are scattered across the horizon. The sky is a clear, pale blue, and the overall scene is bright and open.



26/01/2020	Bayside Tri Clun - GOTRI Aquathon		
Position	Name	Time	Comments
1	Daniel Roiz de Sa	00:17:31	
19	Carol Collins	00:30:15	



[illegible]

As it is the start of a new year, and following on from another successful Awards Evening, I thought it would be an ideal opportunity to remind members what the awards are all about. First of all, the awards are not all about winning races or celebrating the fastest runners, we present several awards, in the spirit of GRR that reward members for their efforts on or off the racetrack.

In order to get race times recorded, **race results links** (not your individual results) should be sent to Results@gosportroadrunners.org.uk, so that they can be collated and added to the results database, these are then used to work out winners at the awards evening. Results are forwarded to Miranda twice a month for incorporation in the newsletter, if you notice any issues with them, please email the results coordinator and let them know what's wrong, it is easily corrected. Most race results can be filtered by club name and this is the easiest way for the results coordinator to pull everyone out in one go, although this isn't infallible and without knowing every member's name it would be impossible to get it 100% right. If you notice your results aren't in the newsletter article, they won't be in the results database.

Currently we record all distances, although only 5 mile, 10K, 10 Mile, Half and full Marathons count towards club awards and trophies. We also record 5K (Time Trials), but not Park runs, due to the time and effort that would take, however if you achieve a 5K PB, or run your first 5K, let the results coordinator know as this gives runners a chance to see how they are progressing, and allows the club to celebrate anyone getting a PB. If there isn't a place for your club name on any race entry, we won't know who has competed when the results are published, in these cases when sending the link, if you know anyone else who ran please add that to the email as this will be of great assistance. We appreciate that last minute changes take place for various reasons, in most races, this isn't too much of an issue, however with HRRL races this does have an impact on the points awarded to clubs, and also reflects badly on the club if unofficial swaps take place after the swap date has passed. It can also lead to both runners being banned from future events. If you run as someone else, please let me know so that the correct results are recorded. Finally, if you know someone who has got a PB, run their first race at a particular distance or accomplished something special, let results coordinator know and it can be added to the newsletter results.

Awards Evening is the culmination of the years events and celebrates all that is great about Gosport Road Runners. It is also a great way to meet club members socially, have a laugh, swap race stories and find out who has accomplished what without any lycra in sight!!

Age Category Winners

The age category is based on the age that you are reach in any year each year, and runs from 1st January to 31st December. A female who is 45 this year, regardless of what date, moves into the Veteran 45 group and any times gained since 1st Jan count toward the Female Vet 45 club standard award. Senior Female runners are those aged 18-34 whilst Senior Male runners are those based 18-39, after that you become a Veteran and the age groups go up in 10 year intervals.

We currently award trophies for each Male and Female fastest in their age category, for the following distances:

Marathon – ANY certified Marathon qualifies for this award as there are no HRRL marathons .

Half Marathon – ANY certified Half Marathon qualifies for this award as there are only 2 HRRL Half marathons planned for 2020. This is a change from last year when there were 3 HRRL Half Marathons.

10 Mile awarded for the following Hampshire Road Race League races, Ryde, Salisbury, Alton

10K awarded for the following Hampshire Road Race League races, Stubbington, Netley, Alresford & Lordshill

GRR Perpetual Trophies

The following perpetual trophies available to all Club members and cover both running AND non-running achievements

George Watson Memorial Award

George was a former member of GRR who sadly passed away in 2014. The trophy is presented to the winning Christmas Relay team made up of runners selected at random, where fun and fancy dress is definitely the name of the game.

Glenys Smith Shield - Best Female Novice

Glenys Smith was a member who moved to Scotland and donated this award. It recognises the female novice who has shown the greatest improvement in their first year at GRR, incorporating timed improvements and increased distances and terrain. As the name implies new GRR members who come from another club or who have recent running experience are ineligible for this award.

Presidents Shield – Best Male Novice

To recognise the male novice who has shown the greatest improvement in their first year at GRR, incorporating timed improvements and increased distances and terrain. As the name implies new GRR members who come from another club or who have recent running experience are ineligible for this award.

Brenda Wiltshire 10K Memorial Plate

Awarded in memory of a long-standing club member and is presented to the male and female winners of the club 10K Time Trial.

Fastest Male and Female Senior trophy

Awarded to the runners who have completed at least one event in 4 or more varying distances.

Fastest Male and Female Veteran Trophy

Is awarded to the overall fastest male and female veterans (any Veteran Category) who have completed at least one event in 4 or more varying distances.

Gosport Road Runners Most Improved Female Runner Award

As runners become more experienced, we look at % improvement at each distance run against their previous year's results. If someone has an improvement at every distance versus another who has a 15% improvement but only at 5k we lean towards the broader spectrum.

Ron Crane Plate Most Improved Male Runner Award

Ron Crane, an Australian army officer who joined the club in 1984 whilst on secondment to Plessey. As runners become more experienced, we look at % improvement at each distance run against their previous year's results. If someone has an improvement at every distance versus another who has a 15% improvement but only at 5K we lean towards the broader spectrum.

Presidents Shield Best Veteran

Compares the performance of each runner against each other as it was felt those of us past our primes should still have an award to challenge for. This is awarded for what they have achieved in the previous year more than for their speed in an individual race(s)

Hugh Pritchard Cup – Male and Female

Awarded in memory of Club Founder Hugh Pritchard who organised the first Gosport marathon and was himself a good marathon runner. This is awarded when a member sets a new club marathon record.

The Chairman's Good Egg

Dedicated to Sheila Bradley and awarded to the person who has gone the extra mile in supporting the club and its members.

Giles Awards – Male and Female

In memory of our previous chairman. Giles was very encouraging to everyone, irrespective of their ability. These awards go to the Male and Female member who has achieved their best effort and represented the true Gosport Road Runner team spirit.

Club standard awards

The club standard award scheme is aimed at giving runners achievable target times based on age categories, for set distances and are available at Bronze, Silver, Gold. This year we have also added a Platinum award to give previous Gold standard winners something to challenge them. You must achieve the target time in 4 of the 5 set distances (which includes either a 10 Km or 5 mile time) in a calendar year to qualify for that award. If you believe that you have qualified for a club standard award, (details are on the website using the following link

<http://gosportroadrunners.org.uk/racing/> and selecting Ladies/Men's awards), please email

Results@gosportroadrunners.org.uk with your results, these will be checked and your award will be confirmed. As with all results this is not made public until Awards Evening, unless excitement gets the better of you 😊

Steve

The qualifying times and distances are as follows:-

LADIES' QUALIFYING					
BRONZE					
	SENIOR	VET 35	VET 45	VET 55	VET 65
5 Km	25:00:00	26:30:00	27:30:00	28:30:00	29:45:00
5 Mile	41:00:00	43:30:00	45:10:00	46:50:00	48:30:00
10 Km	51:00:00	54:00:00	56:00:00	58:00:00	62:50:00
10 Mile	01:25:00	01:30:00	01:33:20	01:36:40	01:40:00
1/2 Marathon	01:57:30	02:05:00	02:10:00	02:15:00	02:25:00
Marathon	04:05:00	04:20:00	04:30:00	04:40:00	05:15:00
SILVER					
	SENIOR	VET 35	VET 45	VET 55	VET 65
5 Km	23:30	24:30:00	25:30:00	26:30:00	28:30:00
5 Mile	38:30:00	40:10:00	41:50:00	43:30:00	45:23:00
10 Km	48:00:00	50:00:00	52:00:00	54:00:00	58:30:00
10 Mile	01:20:00	01:23:20	01:26:40	01:30:00	01:33:45
1/2 Marathon	01:50:00	01:55:00	02:00:00	02:05:00	02:21:00
Marathon	03:50:00	04:00:00	04:10:00	04:20:00	05:00:00
GOLD					
	SENIOR	VET 35	VET 45	VET 55	VET 65
5 Km	20:30	21:30	22:00	24:30:00	26:30:00
5 Mile	33:30:00	35:10:00	36:50:00	40:10:00	43:10:00
10 Km	42:00:00	44:00:00	46:00:00	50:00:00	55:00:00
10 Mile	01:10:00	01:13:20	01:16:40	01:23:20	01:29:20
1/2 Marathon	01:35:00	01:40:00	01:45:00	01:55:00	02:15:00
Marathon	03:20:00	03:30:00	03:40:00	04:00:00	04:40:00
PLATINUM					
	SENIOR	VET 35	VET 45	VET 55	VET 65
5 Km	19:00	20:00	21:30	23:00	26:00:00
5 Mile	32:30:00	34:10:00	35:50:00	39:10:00	42:10:00
10 Km	41:00:00	43:00:00	45:00:00	49:00:00	54:00:00
10 Mile	01:08:00	01:11:20	01:14:40	01:21:20	01:27:20
1/2 Marathon	01:32:00	01:37:00	01:42:00	01:52:00	02:12:00
Marathon	03:15:00	03:25:00	03:35:00	03:55:00	04:35:00

MEN'S QUALIFYING TIMES					
BRONZE					
	SENIOR	VET 40	VET 50	VET 60	VET 70
5 Km	22:00	23:30	24:30:00	25:30:00	27:00:00
5 Mile	36:00:00	38:30:00	40:00:00	41:50:00	44:10:00
10 Km	45:00:00	48:00:00	50:00:00	52:00:00	55:20:00
10 Mile	01:15:00	01:20:00	01:23:00	01:26:40	01:31:20
1/2 Marathon	01:42:30	01:50:00	01:55:00	02:00:00	02:07:30
Marathon	03:35:00	03:50:00	04:00:00	04:10:00	04:28:00
SILVER					
	SENIOR	VET 40	VET 50	VET 60	VET 70
5 Km	20:30	21:30	22:30	23:30	25:00:00
5 Mile	33:33:00	35:10:00	36:50:00	38:30:00	43:00:00
10 Km	42:00:00	44:00:00	46:00:00	48:00:00	51:00:00
10 Mile	01:10:00	01:13:20	01:16:40	01:20:00	01:29:00
1/2 Marathon	01:35:00	01:40:00	01:45:00	01:50:00	02:00:00
Marathon	03:20:00	03:30:00	03:40:00	03:50:00	04:15:00
GOLD					
	SENIOR	VET 40	VET 50	VET 60	VET 70
5 Km	17:30	18:30	19:30	20:30	22:30
5 Mile	28:30:00	30:10:00	31:50:00	33:30:00	39:45:00
10 Km	36:00:00	38:00:00	40:00:00	42:00:00	46:00:00
10 Mile	01:00:00	01:03:20	01:06:40	01:10:00	01:22:30
1/2 Marathon	01:20:00	01:25:00	01:30:00	01:35:00	01:49:00
Marathon	02:50:00	03:00:00	03:10:00	03:20:00	03:58:00
PLATINUM					
	SENIOR	V40	V50	V60	V70
5 Km	17:00	18:00	19:00	20:00	22:00
5 Mile	27:30:00	29:10:00	30:50:00	32:30:00	38:45:00
10 Km	35:00:00	37:00:00	39:00:00	41:00:00	45:00:00
10 Mile	58:00:00	01:01:20	01:04:40	01:08:00	01:20:30
1/2 MARATHON	01:17:00	01:22:00	01:27:00	01:32:00	01:46:00
MARATHON	02:45:00	02:55:00	03:05:00	03:15:00	03:53:00



Fastest marathon runners in each age group HRRL do not have a marathon category and therefore this is awarded for ANY certified Marathon. The Age Category winners are:

F/Sen	Caroline Musto	04:55	Venice
M/Sen	Ben Toye	02:33	London
F/Vet	Julia Roiz De Sa	03:58	London
M/Vet	Mark Highland	03:14	Southampton
F/Vet 45	Anna Clodfelter	03:56	Abingdon
M/Vet 50	Steve Crook	03:15	Boston
F/Vet 55	Debbie Humphreys	05:14	Valencia
M/Vet 60	Mike Barker	06:09	QE Spring
F/Vet 65	Jackie Tombs	04:29	Valencia

Caroline Musto



Anna Clodfelter



Debbie Humphreys



PAGE 46

This is awarded to the runners who have run the fastest 10 miles at one of the Hampshire Road Race League events which were Alton, Hayling, Ryde or Salisbury. The Age Category winners are:

M/Sen	Danny Millar	01:04	Alton
M/Vet	Kevin Busch	01:13	Hayling Island
F/Sen	Caroline Musto	01:26	Salisbury
M/Vet 50	Chris Buxton	01:05	Alton
F/Vet	Amy Smalley	01:18	Hayling Island
M/Vet 60	Brian Fisher	01:25	Salisbury
F/Vet 45	Nikki Moxham	01:03	Salisbury
F/Vet 55	Fiona Tomlinson	01:32	Salisbury
F/Vet 65	Jenny Shilling	01:23	Salisbury
M/Vet 70	Mike Kearney	01:38	Salisbury



Danny Millar



Kevin Busch



Caroline Musto



Amy Smalley



Fiona Tomlinson



Jenny Shilling

Fastest 10K runners in each age group awarded to the runners who have run the fastest 10K at one of the Hampshire Road Race league events which were Stubbington, Eastleigh, Netley Or Lordshill. The Age Category winners are:

F/Sen	Caroline Musto	00:46	Stubbington
M/Sen	Ben Toye	00:33	Lordshill
F/Vet	Amy Smalley	00:46	Lordshill
M/Vet	Kevin Busch	00:44	Lordshill
F/Vet 45	Nikki Moxham	00:39	Stubbington
M/Vet 50	Chris Buxton	00:37	Stubbington
F/Vet 55	Fiona Tomlinson	00:55	Netley
M/Vet 60	John Barrett	00:51	Lordshill
F/Vet 65	Jenny Shilling	00:51	Lordshill
M/Vet 70	Mike Kearney	00:58	Stubbington
M/Vet 60	John Barrett	00:51	Lordshill
F/Vet 65	Jenny Shilling	00:51	Lordshill
M/Vet 70	Mike Kearney	00:58	Stubbington



Caroline Musto



Amy Smalley



Kevin Busch



Fiona Tomlinson



Jenny Shilling

George Watson Memorial Award is awarded to the winning Christmas Relay team made up of runners selected at random, where fun is definitely the name of the game.

This year's winners of the George Watson Memorial trophy are Amy Smalley, Kevin Busch, Andy Brown and Jackie Tombs



In memory of our previous chairman. Giles was very encouraging to everyone, irrespective of their ability. These awards go to the Male and Female member who has achieved their best effort and represented the Gosport Road Runner team spirit.

The female winner this year is a great advert to GRR. Since joining the club through a beginner's course and attending club nights on a regular basis, she has gone on to become a LiRF, helping running groups and encouraging everyone, especially the less experienced runners. She is always willing to help out, whether doing warm up or cool down, running or generally discussing running matters with other club members. She always has a smile on her face, an asset to the club and has all the qualities that Giles would have loved in any of our members.

This year's Female Giles award goes to Karen Harding

The Giles male award goes to a man who, in his time was a talented distance runner, running many marathons and achieved many honours. Now, dare we say it, his days of serious running have, sadly passed, however his continued commitment to the club means still gives much more back to GRR than he ever took from it. He has been responsible for a huge amount of organisation and work behind the scenes of which we can only imagine. With an eye for detail, meticulous in his management of people and a desire to get everything right, has led on many occasions, to an extremely successful outcome. Writing this, it has been hard to extol his virtues and still keep his identity secret as there is a lot more that could be said. Finally, one of the reasons that the Gosport Half Marathon has been such a huge success is in no small part, due to this man working tirelessly behind the scenes.

This year's Giles Male Award goes to Gary Francis



[illegible]

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

This cup is awarded when a member sets a new club marathon record. Despite the male record only being set last year at an astonishing pace, it is with huge pleasure to announce that Ben Toye has yet again smashed his previous record. He beat his previous record by nearly 6 minutes, with a jaw dropping time of 2 hours 33 minutes 53 seconds, at the London Marathon. That's a blistering pace of 5 minutes 52 seconds per mile for 26.2 miles!!!

What's your secret!!! We wish all the best on your recovery and hope to see you smashing your records again soon

This year's Hugh Pritchard cup goes to Ben Towe



This year the winner has improved over all 5 main race categories. With an impressive improvement of 11% for 2 of his races and an average improvement of over 7%, he fully deserves this award. Over the next few months we may well see him out again looking as though he's trying to further improve his results, however it may also be just to get a bit of peace and quiet!!

Having fought off competition from Dan Roiz De Sa and Dave Whiting, [this year's Most Improved Male Runner Award goes to Richard Law](#)



This year's Award goes to Phil Shilling for being such an all-round Good Egg



This member has taken on a challenge that is certainly not HALF hearted and is now well on her way to her target. She has now completed 29 half marathons in 2019 and is well on her way to 100 target

This year's Presidents Shield best Veteran goes to Zoe Windsor



[illegible]

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

This male came back to GRR after 25 years and with his happy go lucky nature fitted straight in. Although a novice he came very close to winning a club Silver standard award in 2019 with some very impressive times, I'm sure it will happen this year. He ran several races this year over varying distances as well as taking part in the GRR Cross-Country. Hopefully he won't take another 25 year running break and we will see him back in more races and events this year.

This year's best male novice award goes to Gavin Booker



[illegible]

This year's best female novice award goes to Joanne Gevaux-Ross



Brenda Wiltshire 10K Memorial Plate – In memory of long-standing club member Brenda Wiltshire and is awarded to the male and female winners of the club 10k Time Trial

The winners are

Ladies Winner is Nikki Moxham time 00:38:54

Men's Winner Danny Millar 00:37:50



Ben Toye



Fastest male and female veteran Trophy Is awarded to the overall fastest male and female veteran runners who have completed the qualifying number of events over 4 or more varying distances

The winners are

Nikki Moxham

Mike Newnham



Club standard Bronze award

For runners achieving bronze times in 4 or more distances in their age group category. Bronze is a challenging target which to achieve requires hard training and dedication – a huge well done to all who have worked so hard to get their Bronze award times

The winners are:

Adam Crook

Angie Claridge

Dean Conway

Lynne Franklin

Lynne Lemmis

Nicky Finnemore



Adam Crook



Angie Claridge



Dean Conway



Lynne Lemmis



Lynne Franklin



Nicky Finnemore

Club standard Silver award

For runners achieving silver times in 4 or more distances in their age group category. Silver awards are even more of a challenge to achieve and which require more hard training and dedication – a huge well done to all who have worked so hard to achieve their silver award.

The winners are:

Amy Smalley
Caroline Musto
Claire Tallack-Gamble
Danny Millar
Kevin Busch
Mike Newnham



Amy Smalley



Caroline Musto



Claire Tallack-Gamble



Danny Millar



Kevin Busch



Mike Newnham







GRR printed Ronhill vest	£22
GRR vest with your name printed	£24
GRR printed AWD tech t-shirt	£12
GRR tech t-shirt with your name printed	£14
GRR printed softshell jacket	£40
GRR jacket with your name embroidered	£44
GRR printed hoodie	£22
GRR hoodie with your name embroidered	£24
GRR reflective TRAINING tech t-shirt	
Short sleeve (Flouro yellow/navy blue)	£15
Long sleeve (Flouro yellow/navy blue)	£20
GRR Polo shirt with embroidered logo	£15
with name (navy or yellow)	
GRR Beanie	£6
GRR Beanie with pop pop	£7
GRR Deluxe beanie	£8
GRR Hugh mascot printed onto any clothing	£3
GRR Hugh mascot embroidered onto any clothing	£6

All official GRR branded kit available to order from Print and Sew Station Ltd.
Proud to support local independent business.

Print and Sew Station Ltd
65 Stoke Road
Gosport Hants
PO12 1LS

02392 432737

Email: sales@printandsewstation.com

Opening Hours

Monday	0900-1700
Tuesday	0900-1700
Wednesday	0900-1300
Thursday	0900-1800
Friday	0900-1700
Saturday	0900-1300
Sunday	CLOSED

GRR Website

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

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



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

GRR and Social Media



The Club's Facebook members' page currently has 259 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/1930144613918/>

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

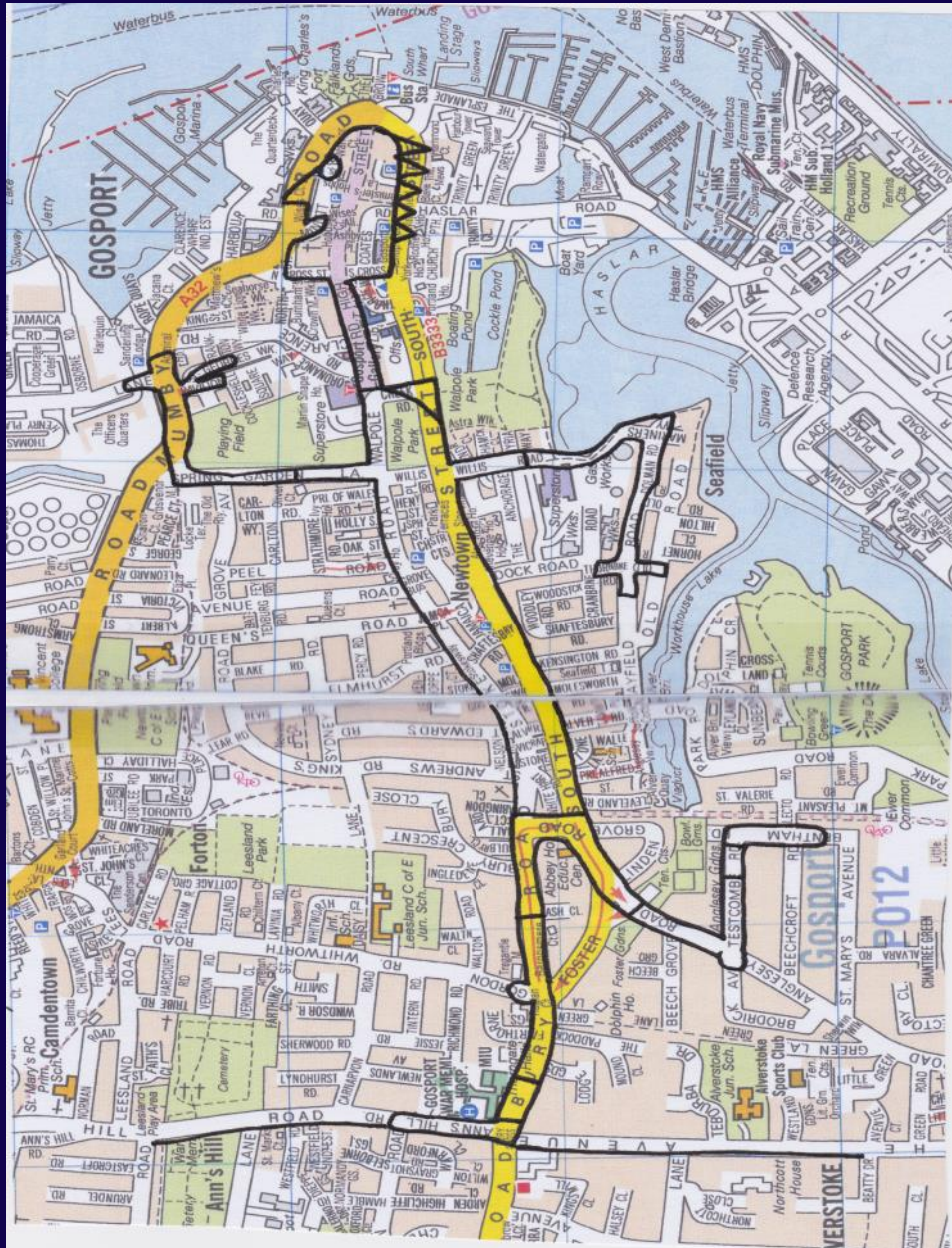
Email them to me at

newsletter@gosportroadrunners.org.uk



GOSPORT

Road Runners



NEWSLETTER



Winter

February 2020



CONTENTS

4 – Editor’s Note : Miranda Carrick

5 - Thank you , Captain Sue

6– Welcome Captain Karen

7 to 9 - Gosport Half Marathon 2020 and beyond: Dave Kitching

10 - Gosport Half Marathon Committee notes: Lizzie Elshaw

11 & 12 –In Passing...: Dave Kirby

13 to 15– My MK marathon training diary: Colin Middleton

16 –GRR Strava Group: Mark Jakins

17 - HRRL : next events

18 - GRR Cross Country event, Alver Valley: Mike Barker

19 - SCC League

20 to 31 - Results section : Julie Conway

32 to 36 - Club Awards

37 - GRR Club vest on tour

38 - Any other business

4 – Editor’s Note : Miranda Carrick

5 - Thank you , Captain Sue

6– Welcome Captain Karen

7 to 9 - Gosport Half Marathon 2020 and beyond: Dave Kitching

10 - Gosport Half Marathon Committee notes: Lizzie Elshaw

11 & 12 –In Passing...: Dave Kirby

13 to 15– My MK marathon training diary: Colin Middleton

16 –GRR Strava Group: Mark Jakins

17 - HRRL : next events

18 - GRR Cross Country event, Alver Valley: Mike Barker

19 - SCC League

20 to 31 - Results section : Julie Conway

32 to 36 - Club Awards

37 - GRR Club vest on tour

38 - Any other business

PAGE 02



We're blowing out of February. Literally!

I know that nothing is more tedious than complaining about the weather, but seriously, what's with the storms' takeover? I recently read in a fitness article that your brain's job is to keep you alive for today. Today only. Not tomorrow. Just today. I'm not a doctor but I imagine there is some truth in that. Nevertheless, my thought was that this gives a whole new meaning to "making the most of every moment". Another article stated that every time you make an excuse, your mind (brain) will find ways to come up with more excuses. Why is that? Because it's safe. Ah! I know that scenario very well: I need to do a longish run; look out of the window – that wind is going to blow me back to South Africa!... and my occasional running buddy is unable to join me... so it's a quick guilt trip and a spin class instead.

I know that when we want to be successful at something, we must stick to it and that means running on your own if you have to. On aggregate, I'm quite disciplined in sticking to a varied exercise regime and I enjoy following a structured training plan. However, when it comes to doing a solo long run in adverse weather conditions, I erm...think again. It must be the weather! Bring on Spring.

Sue Barrett has stepped down as Ladies' Captain after 7 years. She has been a great motivator who threw herself into all aspects of the club from the day she joined. I have always admired her leadership qualities and her willingness to give advice and assistance with training. I'm certain she will continue to do so as Vice Chairman. You have been a fantastic Ladies' Captain, thank you Sue. Welcome to our new Ladies Captain, Karen Vicky Morby who already showed she is absolutely worthy of this position.

In 2017 Dave Kitching had a very bright idea in an idle moment and he mapped out a route of a Gosport Road Runner. The route is about 12 km – long enough to be considered an LSR. I thought it's rather brilliant, therefore it's this month's cover "model". I'd like to try the route soon.

Lizzie Elshaw gives us an update from the Gosport Half Marathon Race Committee and Dave Kitching extends an invitation to get involved with the organisation of the 2020 event.

Did you ever wonder what another GRR member's marathon real life training diary looks like? Colin Middleton will be sharing his training log for the Milton Keynes marathon with us. He's off to a good start and I'm looking forward to reading about his journey in the next few editions.

Dave Kirby is passing us a few more interesting facts and observations. As always, I truly enjoy reading his column.

For the first time, Julie Conway brings us the results. Well done to each of you who participated in races during this month and thank you Julie for compiling the stats.

It was a short month therefore I'm keeping things short here. Till next time, happy running.

Miranda



As a club we came together on 25/02/2020 to say a huge thanks and well done to Sue Barrett who has, after 7 years, stepped down as Ladies Captain. Our Club President, Eileen, made a short but poignant speech which highlighted Sue's contribution during her time in post.

We presented Sue with an inscribed Silver Plate along with flowers in appreciation. She remains a member of the GRR Committee and I am so very happy to have her by my side as Vice Chair.

I am sure members will join me in thanking Sue for a job extremely well done.

Geoff



It is with great pleasure that I welcome Karen Vicki Morby to the role of GRR Ladies Captain; I really am looking forward to working alongside her over the coming years.

I am sure members will join me in welcoming our new Ladies Captain; she's going to be awesome!

Geoff



2: Children's FUN RUN organiser.

This post is currently held by Louise Milson. As the name suggest the role is to organise and run the supporting Children's FUN RUN on the day of the GHM.

3: IT Support for the GHM.

This post is currently held by Brian Fisher. As the name suggests this person needs to be knowledgable of IT. They will need to work with Full On Sport FOS. They manage the entries to the race, the number swaps (when required, the waiting list of entries when the race is full, the timing of the race on the event day and the management of the results after the event.

4: Race Director.

This post is currently held by myself – Dave Kitching. The Race Director is the public face of the event. They chair the Race Committee fulfilling tasks as they are needed. Present the prizes after the event to the winners, lead the after event helpers party, lead the Charity Presentation in April, represent the GHM on the GRRS club committee. Give the GHM direction and status.

All are important roles.

All other roles are done by members happy to continue.

If you are interested in becoming involved in the work of the GHM Race Committee please do make contact with me or any other member of the Race Committee.

I hope that you see this invitation as a real opportunity to give something back to the great running club to which you belong and an opportunity to actively work within a great team for the GHM in the future. I look forward to welcoming you to a Race Committee meeting soon.

Our next meetings are held at the Rugby Club and tentatively scheduled for (all Thursdays at 7.00):

March 19th

April 22nd (WEDNESDAY) our annual Charity Presentation

April 23rd

May 21st

June 18th

July 23rd

August 20th

September 17th

October 22nd

November 5th

November 19th

The half marathon committee continues to meet every month. This month the committee have been busy putting in the work required in the early stages of the organisation for the race to go ahead in November.

Since our last update

- Bay House School has been secured as the venue for this year's race (this resulted in the race date being put back a week as the school couldn't commit to the date we originally wanted)
- Documents have been submitted to the councils SAG committee. SAG is the Safety Advisory Group. The group is made up of representatives from the Local Authority, emergency services etc and provides a forum for discussing and advising on public safety at events.
- The race licence has been applied for and been issued.
- The committee have started to organise the Charity Awards Night where those successful with their application for grants will attend and receive their cheques. This event is held every April and is for the race sponsors to also attend.
- The new sponsorship packages are being finalised and potential 2020 race sponsors will be contacted shortly.

The race committee continues to look for new members to help with succession planning, if you would like to know about the various roles needing support, please speak to a committee member.

The Race Committee





Races we have loved....."The Sultan 10."

The beauty about this one was....it was on home ground, flat , fast and well organised.

I well remember standing in the cinema at HMS Sultan and looking up at a big screen of the course and listening to the race director (a CPO PTI in this case) give his briefing as if we were off to form a "battle group" !

Gathering under the Northern footbridge across Military Road (the Southern one wasn't there then) at what always seemed to be a stampede start, the field quickly strung out by the time we were at Fort Brockhurst. Over Rowner arch and the long run out to Stubbington, sharp left and down to the seafront at Lee. Western and Eastern Parade, Portsmouth Road into Stokes Bay, Jellicoe Avenue, Privett Road, Military Road and left into the first gate by the selection board centre in Sultan.

There was always a big field as the Navy used it for their championships and local clubs were always well represented.

The race survived for 10 years ish from the mid- eighties to the mid- nineties.

Several things killed it, "ealth & safety" and the incumbent race director being drafted, which his relief found a hard act to follow.....

One you must read : re-released by his family a year after his death, "Four Million Footsteps", Bruce Tulloh's epic run across America in 1969.

One of his idiosyncrasies was to run barefoot (not all the time)

Defeated by the heat in Rome in '60 and again by illness at Tokyo in '64 he happened to be reading The Guinness Book Of Records when he hit on the idea of crossing America.

Training was minimal, backing even worse, they drank warm bitter lemon and tonic the whole 65 days of the record crossing, most food was supplied by locals. No massages, no physio and most of the time no shower and a back-up caravan at night, with a beer before turning in. Pan Am flew him, Addidas supplied the shoes and British Leyland supplied two cars to tow the caravan.

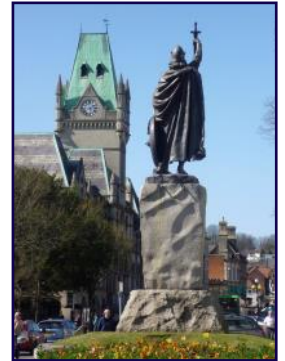
It is easy now in an era of ultra-marathons to underestimate the enormity of what Bruce achieved. Sponsorship rare and endurance records even rarer. His longest run ever, before setting out in L A was 23 miles. He was the holder of the European 5,000 metres gold in 1962.

Bruce had twin daughters and in 1987 I saw them at the start of the Pewsey Half Marathon, although very talented they didn't pursue their father's ambitions.



How about this! In 1984, at the Winchester 10 (miles), a member of 2 Para emerged from the bowels of the town hall- where the changing rooms were situated- to find no one in sight. "Who Dares wins" springs to mind.

Not to be outdone he set off and caught the field. You can guess the restHE WON IT!...You couldn't make it up. HONEST!.....I was there...



I was reading a report about Adidas Ultraboost 20, a trainer which sells for £159.95

Do people really pay that for running shoes?!!!

Not long after I read another report where someone, who was either deranged or lying, paid £8,000 for a pair of trainers.....yes £8,000!.....words failed me!

Whatever happened to Hi-Tec's at £20.....then that was the early eighties I suppose.....

What about these Nike Fly trainers? If they are available for everyone, what's the problem? First impressions say just extra cushioning and another ploy to get your money! Interesting to hear club members comments.



Before you run a club time trial -especially in the winter months- you might want to complete your preparations at home. An "illustrious" club member spent almost the whole of February's trial locked in the loo on the sea front. After various phone calls, hammering, shouting and other interventions he managed release himself!

Several solutions spring to mind: Take a mate to stand outside, leave the door unlocked and whistle loudly, tell someone to send a search party if not back in ten minutes! There is always a bush on the common if all else fails.....



Did I detect an early panic? Coronavirus with the Olympics five months away! There ain't no plan B!

Dave



[illegible]

Every year I enter the London Marathon Ballot. I have run it once before, but I didn't get a chance to train enough, and I didn't enjoy the day like I feel I should have. I have unfinished business with this race.

Anyway, I didn't get in. 2020's entry was a little different though, as I'd convinced my sister Clair to enter too. She's also a runner, has done races up to half marathon, but has never done the full one.

She also didn't get in!

The rest of the 2019 went by, but the marathon idea lingered. I have a love/hate relationship with running. I started in 2012 with the Gosport Half as my first proper race. Since then I've done loads of races, including 6 Marathons, and 2 Ultras. I'm not a beginner, but I need a goal to train, otherwise I'm just too lazy to bother. And even after telling my wife I would never do another marathon; the idea still doesn't go away.

Around Autumn 2019, Clair and I were talking, and she too had been thinking about doing one anyway. She'd built up the idea of doing London so much, that now she felt she needed to scratch that itch. We chose the Milton Keynes Marathon on the 3rd May. Its more central to where we both live, and we both liked the look of it. Plus, I've heard good things about it, so we signed up.

I have worked out my own training plan, this is all loosely based on the 16-week Bupa training plan I followed for my first Marathon in 2013, but I've modified it to suit me, and my specific circumstances and experience.

Like millions of other people, I have a family with school aged kids and the school run, a dog to walk, and a job with a commute, so fitting in the running around all that - plus being a terrible grump when I'm tired was looking like a challenge. I need my rest!

I work in Whiteley, so it's far enough away to be affected by traffic, but not too far that I can't cycle or occasionally run to work. We also have good facilities at work with showers and lockers. My training plan was based on 5 days a week, 3 running and 2 cycle commuting, and 2 solid days' rest, but as you'll see, that changes slightly.

It Begins...

Week 1 - 13th-19th January

Week 1 started on the 13th January. The day after the Stubbington 10k. Therefore my training plan started with me being able to happily run 6 miles.

Mon. Rest day

Tues. I was due to cycle to work (19-mile round trip) today. But we had a visitor by the name of Storm Brendan. I didn't fancy the resistance training on my bike, so I ran with the dog early in the morning, then drove to work. An easy 3.25 miles.

Wed. I braved the weather today and cycled to work. 19 miles.

Thur. Ran with the dog again, 4.35 miles this time.

Fri. Cycled to work again today, 19 miles.

Sat. Rest day.

Sun. I went out and did an easy 6. My first long run of this training plan.

Comments. Week 1 went well, the storm messed things up a bit, but I managed to do everything on my plan, just in a slightly different order. Total 51 miles covered.

Week 2 - 20th-26th January

Mon. Rest day

Tues. I cycled in today, a good cycle, and it's always nice to avoid the traffic. 19 miles.

Wed. I didn't need to do the school run today, so once I'd walked the dog, I drove to work nice and early, and went for a run from there. This meant I ran, avoided the traffic, and parked easily. Win-Win. 5.4 miles.

Thur. Cycled today again. I am really tired though. Long hours at work, and the new training is taking its toll on me. 19 miles.

Fri. Off Friday (I get every other Friday off work), so I had a lie in, and took the dog for a long walk instead.

Sat. Rest day.

Sun. I met up with a friend, and we went for a long run. She wanted to do 10, and I wanted to do 8, so we had a route that suited us both. The run went well, and I was feeling good, so I carried on a little bit, and did 9 miles.

Comments. Week 2 went well, but I am getting tired. I've decided to drop the easy 3-5 miler on the Friday and have an extra rest day. The running feels great at the moment. Total 52 miles covered.

Week 3 - 27th Jan-2nd Feb

Mon. Rest day

Tues. I'm getting into a routine now and cycled in. 19 miles.

Wed. Same with last Wednesday, walked the dog, drove to work and ran from there. 4 miles.

Thur. More cycling. Burning calories and saving a few ££s in petrol. 19 miles.

Fri. Rest day.

Sat. Met up with my friend again, we both had a 10 miler in mind, and again it was a great run. Good steady pace, and the weather was really on our side. 10 miles.

Sun. Rest day. I can feel a cold coming on. The kids have had it, and I can feel the coughing coming.

Comments. Week 3 was good; I think the extra rest day is helping. However, I can feel a cold coming on, so I'm hoping I can dose up and avoid it. Total 52 miles covered.



[illegible]

Week 4 – 3rd – 9th February

Mon. They are saying Storm Ciara is coming later in the week, so I'm changing plans again as I think I'm going to miss some cycling. Cycled today instead. 19 miles.

Tues. I had to work from home today. Rest day, and the cold is getting worse.

Wed. The cold has well and truly hit. Chesty cough, aching muscles, and so tired. Sick Day.

Thur. Urgh!! Someone paint a red **X** on the front door...Another sick day.

Fri. Off Friday again, but I'm in no position to do any exercise. Another rest day.

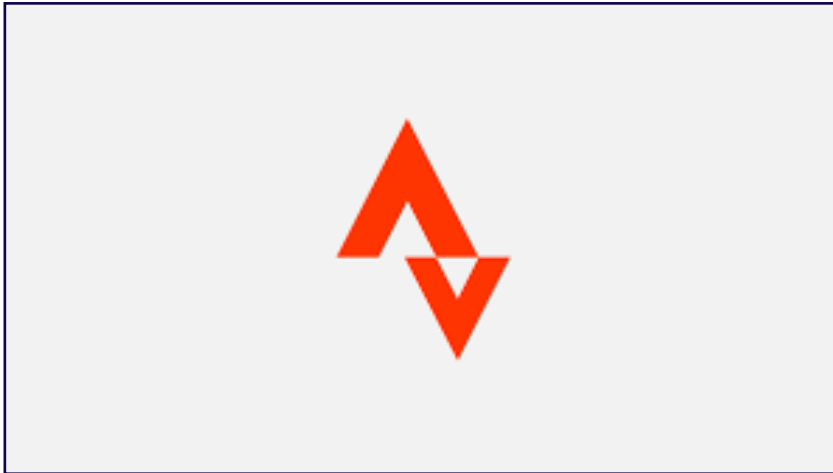
Sat. I was meant to be running another 10 miles today, but I'm constantly trying to keep my lungs inside my chest. Storm Ciara has well and truly hit now.

Sun. Rest day.

Comments. What a washout Week 4 has been. I've loved the extra rest, but I don't feel rested. This cough is hanging around like a bad smell. Total 19 miles covered.

And so ends the first 4 weeks of my MK Marathon training plan. I hope it's not been too boring. I'm hoping the next 4 weeks are more eventful than the last 1. I feel my running is going really well, I feel good, and my legs feel good. I really do think the cycling is helping, and I am actually looking forward to running at the moment. Thanks for reading Part 1.

Colin



Recently, I noticed that a growing number of non-club members were joining the Gosport Road Runners Strava group.

It is a fairly generic name for a group and is open for anyone to join. It is also administered solely by an ex- member.

So, with the committee's approval, I have set up a new group that is purely for current members of our club.

Strava is much more than just a place to store our runs and going forward, we should be able to use more of Strava's features to our advantage.

If you use Strava, please follow this link

<https://www.strava.com/clubs/GRRmembers>

and request to join. I'll approve it straight away and hopefully we can use Strava to more of its potential and have some fun.

Mark Jakins

HRRL FIXTURE LIST 2019-2020

If you are interested , the current League Summary, can be viewed here:

https://hrri.z33.web.core.windows.net/2020/HRRL19-20/lg_index.htm

Salisbury 10 mile	29/03/2020
Alton 10 mile	03/05/2020
Netley 10k	17/05/2020
Alresford 10k	21/06/2020
Lordshill 10k	14/06/2020



TROPHY FOR WINNING LADY AND MAN, REFRESHMENTS AT FINISH.





Venue	Date
Alice Holt	01/03/2020

COUNTY
RUNNING

RACE RESULTS



Please email your results to Julie Conway at:
results@gosportroadrunners.org.uk

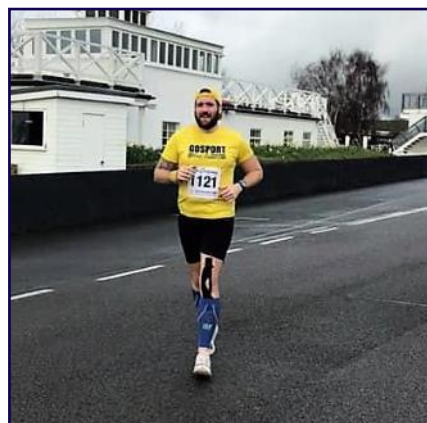
RACE RESULTS



02/02/2020	Ryde 10 Mile	
Position	Name	Time
134	BUSCH, Kevin	01:16:37
165	LLEWELLYN, Gavin	01:19:28
282	DOWLING, Gillian	01:28:15
352	KITCHING, David	01:35:57
360	SHILLING, Jenny	01:36:39
367	TOMLINSON, Fiona	01:37:23
375	TORRENS, Lee	01:37:59
377	GRAHAM, Sam	01:38:01
419	MORBY, Karen	01:43:19
437	CARTER, Kim	01:46:28



02/02/2020	Chichester 10k	
Position	Name	Time
805	Mark Watson	00:51:23
1384	Adam Mundell	01:07:06



A man with a beard is wearing a black and yellow jacket. He has a medal around his neck and a lanyard that says 'Bournemouth Council'. The medal features a crest with a shield and a crown. The lanyard also has 'Bournemouth Council' written on it. The man is standing outdoors on a grassy area.

08/02/2020	Chichester Harbour 5k	
Position	Name	Time
2	Danny Millar	00:23:20
22	Hayley Spartshott	00:37:04
32	Rebecca Hylands	00:48:19
40	Robert Hylands	01:03:22



08/02/2020	Chichester Harbour 12.9k	
Position	Name	Time
36	Louise Belben	01:33:26

08/02/2020	Chichester Harbour 15k	
Position	Name	Time
1	Ben Jarvis	01:04:51
17	Lee Rhodes	01:15:25
45	Su Baldock	01:23:02
46	Stuart Wood	01:23:04
57	Richard Pelley	01:25:57
132	Chris Sparshott	01:37:50
141	Lee Torrens	01:38:44
159	Mark Jakins	01:41:09
218	Tonia Morrell	01:47:56
228	Cathy Harman	01:49:09
322	Charles Cope	02:19:54
323	Sally Cope	02:19:57



09/02/2020	Phoenix Running Half-Marathon	
Position	Name	Time
	Robert Hylands	02:27:19



12/02/2020	Fizz and Chips 10k		
Position	Name	Time	Comments
55	Amanda Morby	00:59:35:31	PB

23/02/2020	The Terminator	
Position	Name	Time
19	Mike Newnham	01:37:51

23/02/2020	Winchester 10k	
Position	Name	Time
104	Dale Poulter	00:45:48
209	Nico Rosser	00:47:24
252	Kevin Busch	00:48:23
337	Ian Pugh	00:49:24
379	Amy Smalley	00:49:48
607	Chris Sparshott	00:51:16
717	Gill Dowling	00:53:15
827	Lee Torrens	00:54:16
841	Charles Cope	00:54:36
1140	Tonia Morrell	00:59:16
1235	Geoff O'Flanagan	00:59:56
1285	Catherine Harman	01:01:44
1310	Gillian Thomas	01:02:21
1638	Sally Cope	01:12:20
1657	Rory Fall	01:13:12
1698	Rebecca Hylands	01:17:50
1699	Robert Hylands	01:17:52



PAGE 33

Fastest half marathon runners in each age group. This is awarded to the runners who have run the fastest half marathon at one of the Hampshire Road Race League events which were: Solent, Gosport Helper's Half & Fleet. The Age Category winners are:

F/Sen	Caroline Musto	01:51	Helpers Half
M/Sen	Ben Toye	01:12	Fleet Half
F/Vet	Kathryn Wealthy	01:51	Helpers Half
M/Vet	Simon Rowe	01:32	Helpers Half
F/Vet 45	Gillian Dowling	01:42	Fleet Half
M/Vet 50	Steve Crook	01:38	Helpers Half
F/Vet 55	Fiona Tomlinson	02:04	Fleet Half
M/Vet 60	John Barrett	01:58	Solent Half
F/Vet 65	Jenny Shilling	01:55	Fleet Half



Kathryn Wealthy

This is awarded to the runners who have run the fastest 10 miles at one of the Hampshire Road Race League events which were Alton, Hayling, Ryde or Salisbury. The Age Category winners are:

M/Sen	Danny Millar	01:04	Alton
M/Vet	Kevin Busch	01:13	Hayling Island
F/Sen	Caroline Musto	01:26	Salisbury
M/Vet 50	Chris Buxton	01:05	Alton
F/Vet	Amy Smalley	01:18	Hayling Island
M/Vet 60	Brian Fisher	01:25	Salisbury
F/Vet 45	Nikki Moxham	01:03	Salisbury
F/Vet 55	Fiona Tomlinson	01:32	Salisbury
F/Vet 65	Jenny Shilling	01:23	Salisbury
M/Vet 70	Mike Kearney	01:38	Salisbury



Brian Fisher



Mike Kearney

A photograph of two men standing indoors. The man on the left is older, with grey hair, wearing a bright yellow long-sleeved shirt and black shorts. He is holding a small trophy. The man on the right is younger, with a beard and glasses, wearing a blue short-sleeved shirt with 'GOSPORT Rugby Football Club' printed on it, black shorts, and a black long-sleeved shirt underneath. He is also holding the trophy. In the background, there is a large wooden board titled 'GOSPORT & FAIR PLAY RUGBY FOOTBALL CLUB' which lists names and dates. A red flag is visible on the left wall, and a blue and white flag is on the right wall.

PAGE 36

Jackie Tombs tuning up
the training in Egypt

GRR Website

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

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



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

GRR and Social Media



The Club's Facebook members' page currently has 259 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/1930144613918/>

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk

[illegible]

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Spring

March 2020

Cover photo: Keeping the distance. Kevin Busch and Amy Smalley storming through the Alver Valley at the club's cross country event on 01/03/2020





[illegible]

What a difference a month makes! It feels like a mad world at the moment, doesn't it?

Only 30 days ago I was walking in New York city, feeling excited by every single sight. I wanted to visit the Big Apple since my dad brought me a pair of classic proper USA black-leather-boot-and-red-wheels roller skates and a neon green Walkman, from his work trip to NYC. Today walking to ASDA to do a small weekly shop made me feel a bit edgy... every year come April, I get hay fever. This means I might have to sneeze occasionally when walking out in the sunshine. It's here where the mind games started...Would I be allowed inside the store if I had to sneeze whilst standing in the queue outside? Surely the security guard will remember this incident when I have to return next week? I now wear a buff whenever I venture outside our yard – it's amazing to hide a silent hay fever sneeze, whilst serving as a mask.

Seriously though, Clan Carrick is playing the game and adhere to the Government's advice. To be honest, my own day-to-day life has not changed dramatically since we've been in lockdown. I've been working from home for the past 12 years and am quite used to spending most of the day inside with my own self as company. If anything, as travel claims consultant, my workload is heavier than ever - for now. However, I'm certain that it may be quite an adjustment for some people to work from home if this isn't something they usually do, specifically those with young easily excited children or bored teenagers around the house. Hang in there! One does not accidentally "execute" some of the thoughts that may come to mind at frustrating times like these. Trust me!

The mere word “social distancing” took me back to when I was working for a small insurance broker just outside Johannesburg in the mid-90’s. I think he really wanted to employ my CV more than me. As the months passed, we often had differences on how to handle those clients who expected that a weekly free lunch at their restaurant will equal preferential insurance premium rates. Eventually he told me I was told I’m anti-social (something I considered myself to be since I was very young anyway) so I promptly went back to working for a large insurance company. Being a small quiet part of a big group suited me better, and I realised this past month, it still does. I have definitely become a more social anti-social person , and I now find there are some days when I miss the social interaction with people outside my house; people whose names I might not even know, but who I regularly see at gym for example. Some of you might know, conversations with me can be a bit touch-and-go, but yeah, I miss those “*you talk this way, and I’ll talk that and in the end we had a very nice chat about something I’m not sure I had the right gist of but I’m happy*” moments at the running club.

Thankfully we have social media! Club members like Mark Jakins and Sophie Hurlo have stepped up on Facebook with creative ideas to keep the club motivation up and running. Many of you have joined the “challenge” set by Mark with a name spelling run (no, I haven’t done it). Sophie’s virtual club runs (on your own, mainly for ladies) are very popular (yes, I’ve done a few of those!). Our charismatic club chairman is a beacon though! His motivating message and key updates throughout the past month, has kept the GRR spirit alive and well. With him at the helm, our club will remain one of the pillars in the local (and running) community.

So, what does your newsletter have in store for you this time? We start off with our regular column from Dave Kirby. This is again packed with interesting titbits.

Colin Middleton is sharing the second part of his MK Marathon running journal with us. His training has been going well as he was very consistent. Read it for yourself. I'm sure there are quite a few of us who share his disappointment that races we have been training for had to be cancelled, but the training that was done up until 13/03/2020, should be a great incentive to remain physically active at home for the foreseeable future.

Nick Carter takes us to Cyprus for the races that never was. In true GRR community spirit, the group improvised to get the most fun out of the situation. Join them a bit further down the pages.

I am very grateful to Dave, Colin, Nick and Steve for their excellent contributions. Without this there would not have been a newsletter this time. Thank you!

Unfortunately, I have not received any race results this month, therefore this edition does not include the results section. I have however been invited to share the phenomenal Sailor Steve's blog of his wintry run in Chamonix early February 2020. I've read it a few times, then closed my eyes to experience the scenery (I am blessed with a vivid imagination) ...it was beautiful!

I've included a few photos which were taken at the club's cross-country event and the last race in the Southern Cross-Country League at Alice Holt.

That just about wraps it up. May I wish you a very healthy April 2020. Keep active, keep your distance, keep safe but keep in (digital) touch with friends and family. At these times, a simple “Howzit going?” message can brighten our days.

Miranda



Races we have loved.....Totton half marathon, affectionately known as the "Totton Trots".

Held twice a year in Spring and Autumn over a distance of 13.2 miles. I know!.....but if they can change the distance of the marathon to accommodate the Royal Family, why not Totton? To be honest I don't have a clue why it was 13.2 and not 13.1. I suspect it was something to do with convenience and safety.

It was an early to mid-eighties event and was staged by the founders of Totton running club -circa 1984- it eventually gave way to a 10km event.

A few members of the club took part regularly. For most of us we were just getting our new running careers going after giving up football and rugby. In some cases a resumption of running after the first flush of youth and middle aged angst!

Start and finish was Totton and Eling community centre with a lovely anti clockwise course out to the New Forest. In the days before computers were de rigueur, entry was by a bit of paper called an entry form. In this instance it was crudely handwritten! I never found out if it was produced on a Gestetner machine (remember those!?) or people 'snuck' it into work and printed a couple of hundred on the company printer. As if?... It was always the same format, just that the date had been changed for each new race. Entry fee was £1.50p, very cheap by modern day standards, but no goody bags then!

An old fashioned "milk top " type medal was issued to all finishers. Didn't matter really, it was just a good event.



Around Christmas time I had the misfortune of succumbing to a respiratory type bug that was doing the rounds. Carried on for a month hoping it would go away but eventually gave in and saw the doctor. What was heartening - and I quote from his comments- "we would normally had this conversation four weeks ago and you would have felt ten times worse, because you are fit you are still on your feet ".....Keep running folks!



Did you know?

A club lady won the Slough ladies marathon in the eighties.

Another member (Alasdair Ewing) won the Winchester marathon in '85 (By 6 min 32 secs in a time of 2:36:58) and then went on to win the half marathon at Winchester twice in the same decade. He also went on to win several other local races..... (See: Hugh Pritchard and Mick Welstead's history of Gosport Road Runners.)



There are currently ten members of this club. You can't join, only leave! Rather surprisingly there are no lady members. They are called "The Ever Presents". Formed in 1996 to recognise the 42 originals to run all of the first 15 London Marathon races.

Illness, injury and death has whittled them down to just ten. All are guaranteed entry ever since.

Louise Blizzard,44 was going to line up with them on 26/04/2020, holding the ladies record with 25.....



Saw Roger Black on question of sport recently- he didn't look any different from all those years ago when the club made him an honorary member.



There is a tradition (origins unknown) for staff, including MP's to race across Westminster bridge at 12 noon within the chimes of Big Ben.

On 14th April 1934 - at 12 noon- Florence Ilott, aged 19 a tea lady in the Commons was the first to achieve it. Apparently, she had time to spare. She "lived in" and on her first night she cried incessantly because of the noise of the ringing. The other girls said you will get used to it, and she did.

Next time you are having a day out in "the smoke" take your trainers and have a go.
You can reward yourself (if successful) with a beer or three and a relaxing lunch.
Interestingly Big Ben (Elizabeth Tower) didn't look any different that day than it does currently.....



What an inspiration our club chairman, Geoff O'Flanagan has proved by his support and leadership style over these difficult times. I think everyone has been impressed by his personality that has come out in his emails and just chatting to him. In my position as President elect I have told him, "with tongue in cheek", that there is no way in the future he can step down, you have a job for life my son!

Dave





It with regret to inform you that that Brian Russell passed away on 13/03/2020, aged 78.

Brian was a member of Gosport Road Runners during the eighties and into the early nineties. He competed over various distances and like most of us, his times were average, but he was always there. A good club runner!

In late 1991 the club faced a constitutional crisis and Brian stepped up to the mark. He filled the job of Chairman for a short period until we "got sorted out"

Brian was one of the original founders of the hovercraft museum at Lee-on-Solent and until recently could be seen with a stall at the Saturday market in Gosport.

Our sincere condolences to his family.



MK Marathon Diary – Weeks 5-8

As I mentioned in Part 1, we have a dog. Not just any dog, but a dog who LOVES exercise. This is great as it means we walk A LOT! It's also not so great as it means we walk A LOT!

A large percentage of our week is taken up walking Cali. I do the morning walk on weekdays, Karen does the evening walk on weekdays, and we both walk her at the weekends. Cali will do about 5 miles per weekday, and about 5-7 miles per weekend day.

This takes up a huge amount of our time. Along with the kids, and running, and that unfortunate time sink called work.

I will run with Cali. I don't choose to all the time as she's not a huge fan of running on the lead. She will happily run off-lead while I run somewhere like Alver Valley but running the streets with her on a lead has never been her favourite thing to do. Therefore, I'll often walk her first before sorting my run out afterwards.

I also try to walk at lunchtime. A 1.8-mile wander around the business park gets me out of the office, and keeps my legs moving.

Because of all this walking, I estimate I probably do about 20-30 miles per week on top of any running or cycling.

I don't go to the gym; I don't do other exercise. I should do, but I simply don't have time to fit more in.

My training plan has now changed to drop the Friday easy run. It allows me an extra day's rest, plus with the off-Friday every fortnight, it allows me some flexibility to plan my long run on any weekend day to suit me best.

Week 5 - 10th-16th February

The first 4 weeks started so well. I was happy and confident that my plan was working, and I honestly hadn't felt that good with my running for a long time. Then the winter cold hit me.

It was a heavy chest cold, so rather than make myself worse, I made the decision to rest, dose up, and get over it. Week 5 begins after 7 enforced rest days.

Mon. Rest day anyway but enforced as well.

Tues. I should be cycling to work today, but the weather is not great, and I am still feeling a bit ropey. Another rest day.

Wed. Today I decided to cycle to work. Karen even told me she'd come and pick me up at the end of the day if the cycle into work was awful. However, the commute was good, and I feel good. I spent the morning coughing, but it soon sorted itself out. 19 miles.

Thur. I took my running kit to work with me today. I planned to do an gentle 3 miler at the end of the day. Usually If I leave work before 6pm, I sit in loads of traffic getting out of Whiteley, so I planned to finish at 5:30pm, and go for a run. It worked, I had a good run, my legs and chest felt good, and I didn't get held up driving home. 3.1 miles.

Fri. Rest day today, already planned a long run tomorrow morning. Another Storm...this time called Dennis is on the way tomorrow!

Sat. Met up with Kerry this morning to do 10 miles. My original plan said 12 miles today, but I don't want to push myself too hard. Storm Dennis is here, no rain yet, but plenty of wind. We started well, but I felt tired. Heavy legs, and a bit of coughing, plus some heavy gusts of wind made it hard work. We diverted away from the sea front and cut the run short a little. I am still really pleased I got out though, and we did a decent distance. 8.5 miles.

Sun. Another rest day, but today feels well earned.

Comments. This week has been much better. I have been getting over this cold, but I'm desperately trying to be sensible and not push myself too hard. Some miles are better than no miles, but the fact I'm still down on mileage doesn't bother me. I'm looking forward to getting back into a normal routine next week.

Total 30.6 miles covered.

Week 6 - 17th-23rd February

Really hoping to get back on track this week. The chesty cough has still been lingering, but it's much better. The weather is still rubbish, so we'll see what happens with that.

Mon. Rest day.

Tues. Cycled to work today. Very windy ride in, so it felt like hard work. The morning ride was nothing compared to the ride home though. It rained, it rained so much that I couldn't get any wetter, I couldn't see where I was going, and I'm thankful for the fact I always make sure I'm very well lit up when I cycle at night. 19 miles.

Wed. This morning's plan was to get up early and walk the dog. Then I'd go for a run, and head into work once I was ready. However, 15 minutes before my alarm went off, I was called on the work on-call phone. After logging into work, and sorting that, I had to walk the dog, but by then, my running motivation was all gone. Self-imposed rest day.

Thur. It still very windy, so I decided against cycling to work, and went for a morning run instead. 5 miles.

Fri. Rest day.

Sat. Long run today. The weather was awful, it was windy, and it rained when I didn't expect it to, so I didn't wear the right gear. I had 12 miles on my plan, but I wasn't sure I could do that. I went out though, and I made myself do 8, then 10, then finally I added enough on the end to make it up to 12. I'm really pleased I did it, and now I feel back on track. 12 miles.

Sun. Rest day.

Comments. I'm happy with this week, I feel like I've pushed past a mental barrier by getting up to 12 miles. The weather has been rubbish, week after week of rubbish. It makes it so hard to stick to the plan, and to stay motivated. There are 10 weeks left until race day. I always said that if I did another marathon, then I'd try to train well for it. Its hard work though.

Total 36 miles covered.

Thur. Karen is still ill, so she's home again. Cali is much better now though, so that's one good thing. Decided to do another short morning run, and drive to work. 3.3 miles.

Fri. Rest day.

Sat. No Kerry to run with today as she's working, so I decided to just get up and get out early. I wasn't feeling the love for it, but the weather was on my side, and the long run needed to be done. I had 16 down in my plan, but I was doubtful about doing the full distance. I chose a somewhat boring out and back, but it was very easy to mentally work out what I had run, and what I had left. I am very happy that I managed the full 16, but the last 2 miles were hard work. 16 Miles.

Sun. A well-earned rest day.

Comments. Well it's been one of those weeks, and yet again my training plan has gone out the window. I'm pleased I've made sure I did something though, and even if it's not quite as I expected, its coming along nicely. Cali is now fully recovered from her bout of sickness, and Karen is almost there.

Total 41.6 miles covered.

That's 8 weeks done now, halfway to the Marathon, and the only real concern on my mind is if they postpone it until the Autumn. The first marathon in years I actually train for properly, and it might not even happen. Let's hope the panic dies down, and we still get to run.

Thanks for reading.

Coming next is part 3...Well it should be, but as we all know things are a little bit up in the air now.

Week 9 – 9th – 15th Mar

With everything happening in the news, it seems unlikely now that the MK Marathon will take place when scheduled. For now, I will continue training until told otherwise.

Mon. Rest Day.

Tues. I cycled to work today, it was a good ride in, weather was nice, and not too windy. However, when I was unlocking my bike, I noticed a broken spoke on my rear wheel. Bummer. I managed to tape it up to another spoke and rode home. But for now, the bike is off the road until I can get it sorted. 19 miles.

Wed. Working from home today as we have a new sofa being delivered, I ran with the dog in the morning. Nice and easy 3.3 miles.

Thur. Still no working bike, so I took the dog down to Stokes Bay, and ran with her off-lead. 3.6 miles.

Fri. Rest day.

Sat. Met up with Kerry, had a good run, even if we did get soaking wet at one point. I'd always planned on this week being a little shorter, as I'd run 16 last week, and have 18 planned for next week. 10 Miles.

Sun. A good rest day.

Comments. I don't think MK is going to happen now until the Autumn. They've released a statement saying they are still on, but this weekend London has been cancelled. Once London went, the others all started falling one by one. Still no word from MK, and I'm going to keep training to an extent. Mentally though, I've already written off the run this May. I don't think I'm going to put myself through 18 miles next week ☹

Total 35.9 miles covered

And there it ends. Milton Keynes have now officially cancelled the race in May 2020 and have postponed it until September

Colin





The build up to this annual GosVegas and GRR running holiday was like no other.

The initial excitement morphed into concern that because of COVID-19 it may be cancelled and in its latter stages, full blown panic that those who had dared to make the trip would find themselves stranded on foreign shores...albeit pleasant ones.

In fact, I think that the decision by the Cypriot authorities to cancel the weekend's events was probably taken whilst some of us were mid flight. Certainly, it wasn't too long after our arrival that the news was broken. To be fair, everyone, not just in our group but the wider running community, seemed to completely see the bigger picture and most sympathy went to the event organisers who we know well by now and have become friends.

Fortunately, the sun came out, the bars were open and the staff in our hotel, Dionysos Central (who have also become friends) couldn't do enough to soften the blow.

In typically stoic fashion, we set about organising an ad hoc 10K which was well attended given that large groups were rightly being discouraged. We had two lovely guys from Ireland Adam and Manus (his Dad) join us plus Phil Prophet of Fareham Crusaders. Sophie Hurlo found herself in the presence of the owner of Flanci Activewear whose shorts she happened to be wearing. Thus, Nicky and her husband Alf joined the gang. OK, so it wasn't the event that we went for but great fun nonetheless and in true Gosport style, new friendships were formed - plus a club special 15% discount. Thanks Sophie.



The run was followed by team break-fast at Tea For Two who by now knew that their tourist season was over before it started. They looked after us and helped us all make the most of a bad job. Worse was to come but fortunately, Lisa Jakins had a dream on the Saturday evening that flights home had been cancelled. She woke Mark early and asked him to check the EasyJet app and true enough...no scheduled flights home. Thank goodness for WhatsApp as we all set about buying new and earlier flights home. Almost all of us as poor old Angie Claridge and Jackie Tombs missed the last seats and had to make their own way to Larnaca so were unable to travel home with the rest of us.

By now, the authorities were closing the shops but allowing the bars to remain open until we flew home. With nothing else to do, we made the best of what we had and put some money into the local economy, finding in the process that we have Gosport Road Runners that can sing, dance and play guitar. We even have in Andy Brown, a dance choreographer. Who knew eh Andy?

So, whilst it wasn't the run or holiday that we expected, I think that I can speak for us all in saying that it was still great fun and I definitely will be back (hopefully) in 2021 to finish the holiday.

Nick





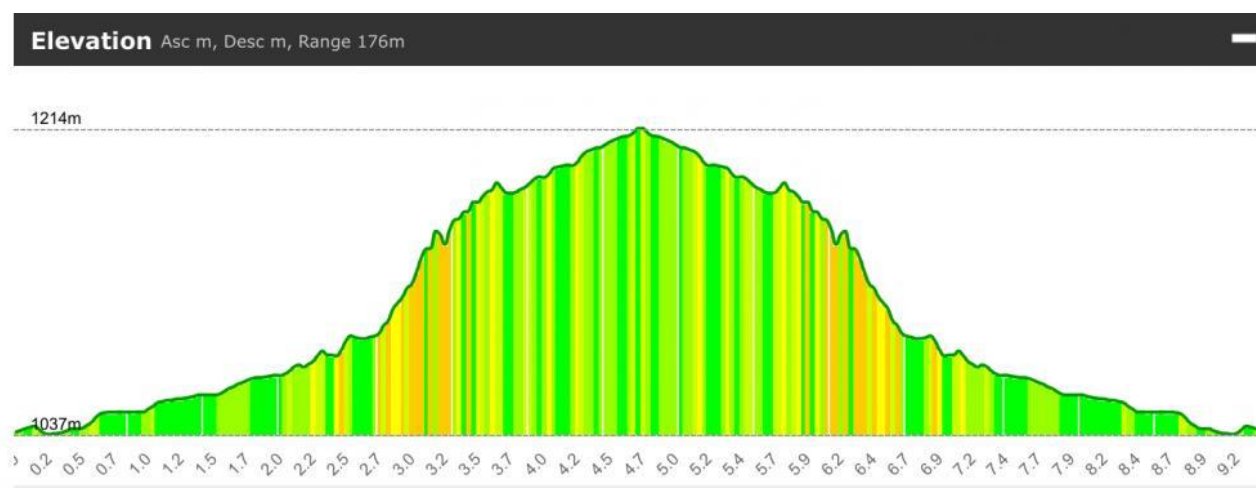
This is a little picture blog about one of my favourite running routes.

My first attempts at running on icy trails didn't go too well. Normal trail shoes just don't give confidence or grip on ice and after several frustrating attempts and one impressive 30m slide, backwards, down a gentle incline, I thought I was beaten. Demoralised, I returned home defeated, forlorn. "It just isn't going to happen" I whinged to Claire, "I just can't ***** run on these trails."

Days later Claire bought me a pair of Salomon SpeedSpikes for my birthday. Although the tungsten studs/spikes are only 2-3mm long they changed everything. The wonderful world of running in icy and snowy conditions opened up before me. I haven't looked, or slid, backwards since.

The terrain is tough by any standards. Flat sections become glassy, black, sheet ice; snow becomes rutted and uneven, hard-packed ice, and then there are the 'hills'. Whether an incline is simply strewn with rocks and loose stones or covered in snow and/or ice, the slopes are challenging and frequent. You have a choice: either slow right down and relax, in order to control heart rate and breathing, to a "run forever" pace that you could (in your dreams) sustain 'forever' or, just accept that your runs are only going to last twenty minutes. Maximum.

This is a guided tour of one of my favourite trails which includes a short but gnarly section that I call "The Waterfall" because of how it looks when it is covered in compacted snow and glassy ice. I love the challenge of all of the trails out here and this is one of the best. I've probably run up and down The Waterfall about a hundred times over the years. I've failed to run up it twice: once in deep powder snow, when I just couldn't pick my feet up high enough to maintain even the slowest running cadence, and once when I didn't have spikes and the ice made it impossible for me to negotiate the slope. For me the enjoyment of this entire run is defined by how well I cover this short but steep uphill section.



The profile of this 'out and back' run rises from 1037m in Chamonix to a maximum elevation of 1214m in the hamlet of Les Chosalets, on the edge of Argentière, 4.7 miles up the valley. At just under 9.5 miles long in total, this route can take me anything up to two hours to complete, depending on weather and underfoot conditions. For comparison, 10 miles on flat roads would normally take me around 75 minutes.

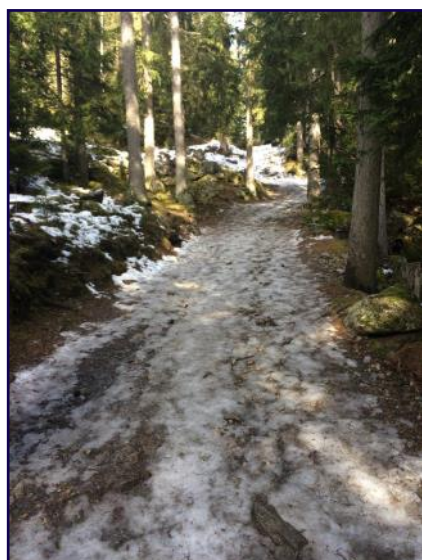
NB. The photos that I've included here were all taken on the "Waterfall" route but during several different runs. I particularly like running whilst the snow is falling but the pics don't come out so well.



A photograph of a snowy forest path. The path is covered in deep snow with visible tracks. On the left, there are large, snow-laden evergreen trees. On the right, there are bare, snow-covered branches. In the distance, a small wooden cabin or hut is visible through the trees. The overall scene is a serene winter landscape.

[illegible]

The slope becomes a full-on challenge now and is a reminder that you shouldn't be working at even your "comfortably hard" effort level yet. If you're not running "supereasy" you'd better change down now, because "The Waterfall" is not far away and there's not much time left to adjust. If you haven't got your breathing under control and you're not running really comfortably as you hit the proper steep stuff, you're not going to make it without walking. There's nothing wrong with that of course, but it's not the objective that I've set myself for this run: practicing the discipline of 'superslow' pacing required to complete a tough route without stopping.



It's my way of simulating and practicing delaying that familiar, predictable but awful stage of a race when things get really hard. For the next 400m or so it's going to be 'one foot in front of the other,' keep the arms swinging, breathe, don't panic, this too shall pass. Eventually.



As always, pics really don't do justice to angles but trust me, "The Waterfall" is steep.

The next mile or so also contains six or seven significant but shorter inclines, interspersed by dips, so the overall effect feels manageable after what has gone before.



A black and white photograph of a snowy forest path. The path is covered in a thick layer of snow, and the trees on either side are heavily laden with snow, creating a serene winter scene.

A photograph of a snowy forest path. The path is covered in deep snow, with a small stream or ditch running alongside it. The trees are bare and heavily laden with snow, creating a serene winter scene.

The homeward leg feels relatively “easy” and it’s natural, and comfortable, to speed up on the downward slopes, always aiming to land ‘full-footed’ to get maximum grip from the studded soles.

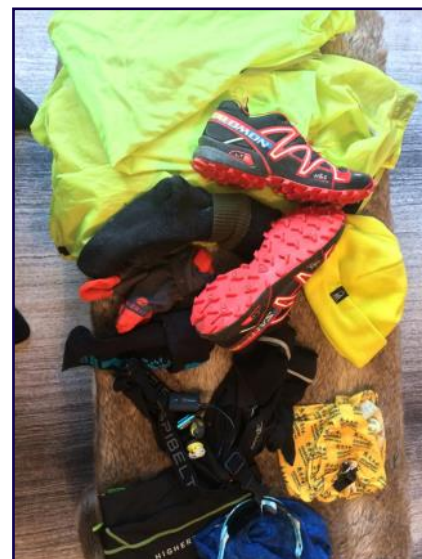


Running in fresh powder snow is tiring, and without waterproof socks you soon get wet feet and calves, which rapidly become both bitterly cold and painful. I use 'Sealskinz' socks to avoid this.

Back on the flatter ground, coffee is now just ten minutes away. The last section back alongside the River Arve is punctuated by two access roads which are perfectly placed to run it as a fartlek, providing the opportunity to put in a final couple of “efforts” and finish feeling strong and satisfyingly exhausted. The running log isn’t very impressive: 9.4 miles, one hour and forty five minutes, averaging 11.10 minute miles. Not much to show for such a memorable run.

The kit:

Once winter conditions kick-in the temperature is unlikely to get above +5°C and will often fall to -10°C in the early morning, so layering up is essential. Running tights (I know, I wasn't keen at first either !) comfy running socks + waterproof socks, long sleeves, light outer jacket, buff, gloves and hat are all vital if you want to be comfortable, and could prove life-savers if you have to stop in a remote area (maybe to help someone else?) for more than a few minutes.



Steve

<https://www.fetcheveryone.com/blog/69539>

HRRL FIXTURE LIST 2019-2020

If you are interested , the current League Summary, can be viewed here:

https://hrri.z33.web.core.windows.net/2020/HRRL19-20/lg_index.htm

Salisbury 10 mile	cancelled
Alton 10 mile	cancelled
Netley 10k	cancelled
Alresford 10k	21/06/2020
Lordshill 10k	14/06/2020



GOSPORT GOSPORT





Alice Holt - Southern Cross Country League Results

Club Name: _____ 1st March 2020

Gosport Road Runners

TEAM MANAGERS: Please record **ALL** your runners on this results sheet in **position order** with their full names. They count and will have an effect on scores even if not in the top 3 men or 3 women. If you run out of space please use the other side. Please try to write clearly, which can be hard in the wet!

Please return the place numbers in the envelope with this results sheet.

YOUR MENS Results:

Runner name	Position
1 MIKE NEWTON	12
2 BEN JARVIS	19
3 GARY BAKER	113
4 ALAN BURGESS	154
5 DEAN CONNELL	166
Sub total	
444	

6 BRIAN FISHER	210
7 ROBY FALCH	217
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

YOUR WOMENS Results:

Runner name	Position
1 NICKY BUNNHEAD	78
2 KIMMY PEARCE	111
3 KIMMY BAKER	114
Sub total	
115	

4 KATE SWANWICK	115
5 GILL THOMAS	116
6 JULIE CONNOR	144
7 SUE PARKER	145
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	





Lee Rhodes still winning in
Ottawa, Ontario



Miranda Carrick sporting the club vest in Central Park, NYC



Mission accomplished: GRR conquering Cyprus

GRR Website

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

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



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

GRR and Social Media



The Club's Facebook members' page currently has 259 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/1930144613918/>

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk



GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Spring

April 2020

[illegible]

CONTENTS

- 5 & 6 - Editor's Note : Miranda Carrick**
- 7 - COVID-19 Lockdown Motivation: Ben Jarvis**
- 8 & 9 - Locked Down Ladies: Sophie Hurlo**
- 10 - The Lockdown Challenge: Ladies**
- 11 - The Lockdown Challenge: Lads**
- 12 & 13 - In Passing...: Dave Kirby**
- 14 to 17 - Question Corner : Ben Jarvis**
- 18 to 23 - An interview with...: Ben Jarvis**
- 24 - GRR 2020 Virtual Memorial Run photos**
- 25 - Any other business**

Cover photo: Susan Barker pausing a moment to reflect during her virtual GRR Memorial run on 28/04/ 2020. I like the soulful feeling of this photo (ed.)







Hello and welcome to another lockdown newsletter.

It seems most of us have adapted quite successfully to the necessary lifestyle restrictions imposed by the Government, following the COVID-19 pandemic. In these uncertain times we had no choice really, other than to adapt to our changing circumstances and make the best out of the situation - it literally is a matter of adapt or die. Thankfully, I'm still in the fortunate position of having a full-time job which fills most of the day every week, so I didn't have to make any major adjustments to pre-lockdown life. A lot of people had to learn how to cope with increased family responsibilities at home whilst still juggling their job and own well-being. Just last week I read on a South African blog that we *"learn more in crisis than in comfort. The world is going through a period of crisis, but whether we look at it as a crisis or as an opportunity to reshape our thinking, depends on us."* This makes absolute sense! Speaking from what I've seen on the social media platforms through April, there are a number of club members who have used this crisis situation as an opportunity to motivate and inspire me, knowingly or not.

Some club members put all their energy into creating a home of creativity, education, and fun for their young families. I'm sure it hasn't been easy for them to keep this up every day, but this crisis period may well turn out to be some of their happiest childhood memories as result of the box town they built in their spare room. Other members, including our club committee, continued to take the lead in motivating others with invitations to participate in informal daily challenges from the comfort of their own homes. Seeing the photo collage at the end of each day's challenge reinforced the sense of friendship and connectedness despite isolation. As social beings we enjoy being part of a group, and these "challenges" gave even the introverts amongst us an opportunity to join a group without being social – a winning recipe for improved mental health, in my opinion. Check out a few photos from one of the challenges later, and I'm sure you'll agree with me. I think, as members, our affinity with the club has become stronger as a result of these creative opportunities to get involved and continue to do running, whilst apart.

So, what motivated you to keep running, or exercising, through the past month? Ben Jarvis asked a few people from different sport backgrounds and their comments are included a bit further in this edition. It's obvious that the lockdown situation has reshaped our thinking about exercise. It seems to me that people are exercising more than ever before. For some that's because they have more time to do this now that they work from home; others have taken up some form of exercise to divert boredom; most seem to exercise more in order to ward off "chunkiness" ; then there are those for whom things have not really changed and continued their previous exercise regime. Whatever motivates you to keep active, is your choice. My personal motivation is really quite simple: you either do it or you don't, but you'll feel a whole lot better about many things if you do.

Sophie Hurlo, the “founder” and frontrunner of the ladies’ challenges, shares her motivation with us in a colourful article. I thoroughly enjoyed taking part, even though it was obvious I had to meet with my hairbrush more often or not stand against the wind when taking a photo. Thank you for your contribution, Sophie.

Dave Kirby again delights us with his regular monthly column. He recently underwent an operation and I want to take the opportunity here to wish him a speedy and successful recovery.

You have the opportunity to meet one of our fastest club members in Ben Jarvis' Question Corner. I always do find this column quite interesting. Thank you, Ben.

If you have some time spare and want to learn more about the club's history, Steve Wood pointed me to the following link from the club website where you can find the first 10 years' history of the club. You will definitely find some motivation in the race times from some of the founder members. You may even spot yourself there : <http://www.gosportroadrunners.org.uk/wp-content/uploads/2018/02/GRR-History-1st-10-Years-copy-Mac.pdf>

As a club, we have honoured the annual Memorial Run on 28/04/2020 with a Virtual club run. Those of us who were able to, ran/walked in our club shirt at some point during the day in remembrance and with thanks to club members who are no longer with us. With this year being so different and uncertain, club members also used the opportunity as a heart-felt remembrance to friends and family who have passed on. I've included the photos which were taken from the 2020 GRR Virtual Memorial Run.

The best is left for last! It's not who you are, but who you know, which can get all sorts of wonderful things done. Ben Jarvis managed to interview an elite GB Olympic Athlete. How unbelievably privileged are we to meet her, virtually of course as it is still 2020! I'm giving nothing further away here. You'll need to read this part of the newsletter for yourself.

If you can, Zoom in to one of Geoff's meetings. I popped in to one for a few minutes a couple of weeks ago, fully knowing that it's not really a good stage for my deaf ears, but I just wanted to see some familiar faces. It was quite fun, and I'm grateful to Sophie for outlining the key points of the conversation, via a typed message.

That's it from me. I'll see you next time. Till then, stay healthy.

Miranda





Motivation to train: I just simply love running, this man needs no motivation!

Any different currently: if you mean in terms of motivation no not really. I am coming back from my injury so at the moment I guess I'm just motivated to get back out there and when this coronavirus crisis has passed, I can look forward to racing again.

What motivates me? I've never lost my motivation, because what I do is my lifestyle more than just getting fit for A race of the session. Current situation messed up with short term objectives, but everyone should also have long term goals and dreams to chase. I have to change my annual training plan periodization as all early season races been cancelled.

Normally having races booked in the diary is my main motivation to train, without races booked I can get a little lazy and it gets easy to miss a run here, a bike ride there, before you know it you're hardly doing anything. With so many races cancelled my motivation to training is purely personal fitness and wellbeing. I'm lucky, I enjoy running, I enjoy running by myself and I enjoy the isolation and me time (don't get me wrong, I love the social aspect of running and being part of the club but I'm equally happy by myself). I'll continue to do that for as long as we're able to. Aim is to try and do some form of exercise every day and have set a couple of challenges to help keep things interesting

My motivations to train are to have and to maintain my body composition, mobility, strength and work capacity. The changes recently have been outdoor running which I enjoy, stretching at home and obviously less weight training however, I don't feel like that is dramatically bad.

Vanity. Don't want to be an embarrassing fat Grandad. Currently got broken legs (knee) so enjoying my home gym and cycling around the DoD like a lunatic.

I just love exercising, but I'm almost more motivated now I don't 'have' to train for something. The fact that I'm limiting it to 1hr outside without intensity has taken all pressure away and it's purely for enjoyment. Which is how it should be anyway! I've gone back to basics for why I run in the first place.

I'm also cross training a lot more now. Running is still up to 5 x a week, but biking (Zwift) is x 3 and strength is about 3-4.

Motivation - fun, mental health (relaxing, freedom, thinking time) Not really! I ran a marathon on Saturday so now I'm just chilling

Keeping fit and staying healthy has always been a high priority for me. In this period of lockdown and the strange time we are living in it is also relieves the boredom and breaks up the monotony of Working from Home (WFH). As a member of the Armed Forces working in a large group has always been the daily routine, so the social isolation that WFH brings is strange. Maintaining fitness is the motivation that enables me to continue to function both mentally and physically.

I train to feel confident in my body & lessen the chances of future health problems. It also improves my mental wellbeing. This hasn't changed in lockdown! Although I can't do everything I wish, I am still motivated to maintain a base level of fitness & strength.

I'm definitely finding that my daily run helps break the day up and means I can still enjoy the sunshine. Beautiful time of year to be out on the trails too.

I'm actually probably running more than I would otherwise be at the moment. Want to take advantage of the trails! Oh and I'm snacking and drinking beer more than normal too, so running is helping make sure I don't leave Lockdown double my current size

When the government closed our beloved club (along with all the other clubs in the country), a few of the ladies thought it would be a good idea to stay in touch especially for keeping each other motivated and to just chew the fat without spamming up the GRR members page.

So, the ladies broke away from the men knowing we all have similar abilities and motivation-ish.

To begin with there was a lot of chit chat but after almost a week of sitting on my couch in lockdown alone and not doing much else, I thought I'd suggest a virtual run.

The idea was based around Thursday club night. Start at 7pm until about 8pm, all running around the same time with the opportunity to call each other and chat hands free.

Some of us managed it including managed to chat. Everyone though, even the ones that went at different times, said it was good to have a bit of encouragement especially when I'd suggested everyone send a selfie whilst out running or once they'd finished. Once the run was done and I had collected all the pictures, I merged them all together into a collage. 16 glorious smiling faces all blended together to make one "group run together".



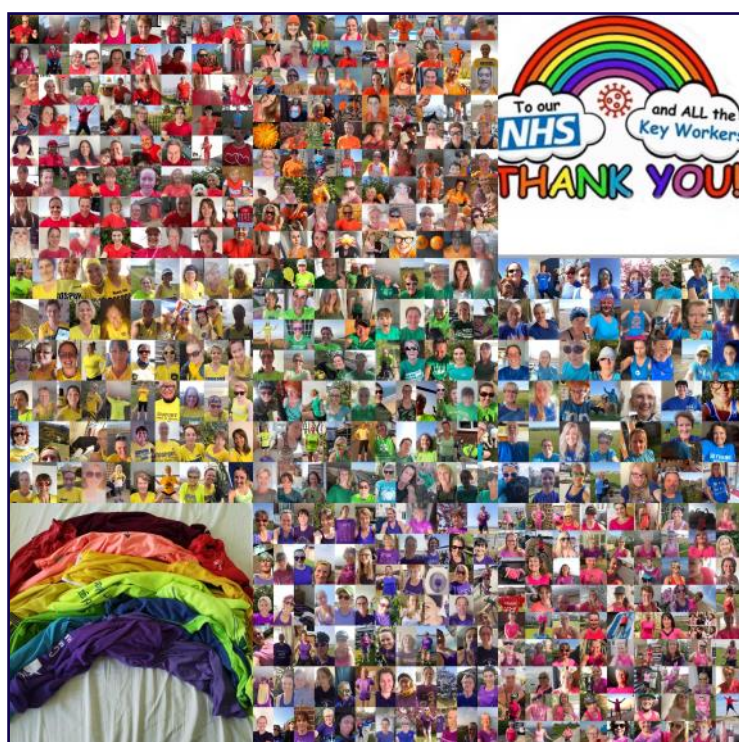
Once the first one had been done, others were enthusiastic for there to be more. I then arranged a daily run and each day the number of photos was more and more. Even the group has since grown in numbers, not just including ladies of Gosport Road Runners, but also other local running clubs such as Stubbington Green Runners and Fareham Crusaders Running Club and even the odd person from different corners of the UK.

The second week of lockdown I thought it might be nice to have a proper theme and after asking the group for suggestions I decided we should attempt to make a rainbow in respect of our NHS and key workers. Each day we would go out running in different colours of the rainbow, starting with blue for the NHS, and each day the collages were bigger and more vibrant. The final day I put each colour together to make one big collage.

WOW!!! Never have I been filled with so much pride for being part of this wonderful group and being able to create this stunning piece.

[illegible]

Sophie





Races we have loved....."The Fareham 10 miles and 10k"

Both local, flat and fast going, it was quite easy for those of us that live near the top end of the patch to run there . The 10 miler started in Longfield Avenue and winded it's way East to turn left in to Mays Lane, down Stubbington Lane, Marine Parade West, Richmond & Court Roads as far as Gosport Road, Eric Road, right in to Mays Lane, right into Longfield Avenue, left into St. Michaels Grove, with a half loop finish around Cams Alders stadium. The event was very popular and regularly attracted fields of a thousand plus. A "milk bottle top medal" as was the "custom" then - went to all finishers.

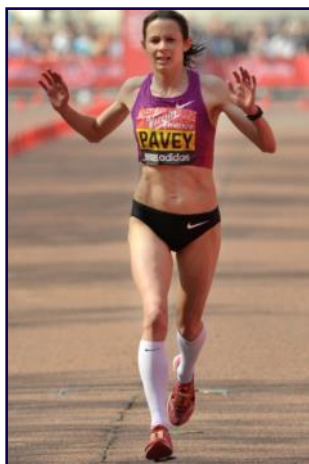


Sponsors included Hartridges soft drinks and Lucketts travel.

I can't tell you much about the Easter 10k because I seem to be the only one in the club to survive it, and no one else can remember a thing about it!

It did start and finish in Longfield Avenue. For many years there was a mark on the kerbside to signify the event. Some club members took part in at least nine "Fareham 10's" and its demise seems to be c1993.

Nothing is forever and Fareham AC - to whom the race belonged- started to metamorphose in in the Winter of 86/87 and operated as Fareham Atlanta until 1988. Mergers occurred in '89 and '93, eventually being swallowed up to become City of Portsmouth AC. In the meantime Stubbington Green Runners had been formed - 1985- and residents that didn't want to become part of the "Pompey Family" joined the local club.



I was reading an interesting snippet about Jo Pavey and the cancellation of the Olympics until next Summer. I'm sure she will forgive me when I say that time is not on her side. This is her 6th. Olympics and she will be 48 in 2021. Nevertheless, she says she will be in Tokyo be it "on a wing and a prayer".



Fifty seems to be the new Twenty in running, especially for ladies.

Just been reading about a lady who completed the Atacama crossing when she was 51 and has got even faster since. It seems she specialises in ultra-distances and is tackling the Four Deserts Grand Slam this year.



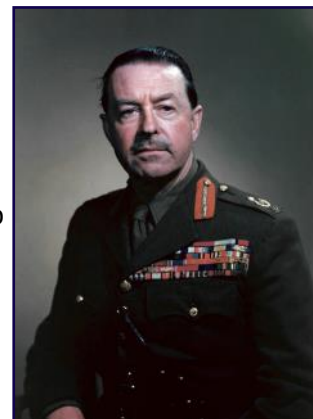
Her training is very demanding to say the least, rising at 3:30 in the morning she hops on the treadmill. She trains nine times a week, for 2 hours at a time, and eats one meal a day. I don't know anyone who would put up with that for long!

We have our own ladies in the club to admire. Both Jenny and Jackie run for England Masters in their age group.



One of my heroes is Field Marshall Alexander and I read this article about him recently. At Easter 1914 he ran "The Irish Mile" and won quite effortlessly. Despite some extensive research I can find nothing about this event at all. Maybe someone in the club might have more luck?

On the Western front in November that year he was seriously injured in the thigh and invalided home. With great determination he walked and ran 64 miles in a day-to prove his fitness, Inspiration indeed.....By February 1915 he was back in the fray. Wounded twice more he survived all the major "horrors", but that's another story.....



Dave





Who are you? Tell us a bit about you

I am Ben Toye. I used to be an overweight computer gaming geek wasting my days away playing anything from Pokemon to World Rally Championships. I then had a dabble with skateboarding before taking up football. This led to me pursuing this new found love of sport to complete a degree in Sports Coaching Science with lots of amazing adventures along the way. At the end of Uni I joined the British Army

When did you Join Gosport Road Runners

I joined GRR when I got posted to Gosport in 2017 to a very small regiment with barely enough people for a 5 a side football team! This is when I really started getting into running

What first made you come to the club?

To be honest, I initially came along to GRR because they were the closest club to me.

Why did you decide to join Gosport Road Runners?

More than anything my motivation was to be part of a friendly social group, I have never been that fussed about being part of an elitist club or even to improve my running

What was your first race?

My first race as a GRR was the Summer 5k series, although I had done a few before and my first ever race was Silverstone half marathon.

What is your favourite race or event and why?

I can honestly say I don't have a favourite race, it's so tough. can honestly say I don't have a favourite race, it's so tough.

I love the Gosport 5k's because of the amazing support. I loved London marathon because of the atmosphere. I could go on and on

What is your favourite distance to run and why?

I enjoy any races from 1500m to marathons. I do shorter races May to July time where 10k is my favourite and during the rest of the year half marathons are my favourite. Anything under 10k hurts the whole race, anything over a half requires so much preparation.

Do you have a favourite Medal or T-shirt?

My two favourite medal are my Nairobi half marathon from Kenya and Mongol race medal from South Sudan, just because they're so unique. I also really like my podium trophies from Oakley 20 miler and Devizes half marathon. They are both glass and are absolutely stunning.

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

Road all the way, it's so much easier to get into a rhythm



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

forget about the world and enjoy the moment. Pre race routine for me starts 2 days out with complete rest. The day before I will do a short shake out with a few intervals at race pace. Then fuel! I always make sure my kit is ready the night before and on the day of a race I eat 3 to 4 hours before. Then it's all about making the start line in a positive state of mind after a quick visit to the portaloo!

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

Generally after a race I cool down and stretch off properly. I normally feel really good and I like to eat a healthy salad to try and keep that "clean feeling", I'm not a big fan of junk food after. I also love a protein bar and shake if I need something quickly.

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

Racing without a doubt. Don't get me wrong, I love a nice chilled chatty run but the buzz and adrenaline of a race is unbeatable.

If you could choose 1 type of run training what would you do? (intervals, tempo, LSR etc.)

For training runs my favourite is a nice, easy long run getting lost in my mind!

[illegible]

What's your #1 Bucket list race ?

#1 bucket list race - Paphos Marathon because of all the GRR links, it would be incredible to go out there with everyone.

Who inspires you the most ?

It's so hard to pick individuals out. But, people like Lee Torrens who really wants to enjoy his running above all else. People like Hayley Sparshot who get up at stupid o'clock and really puts the miles in. People like Sue Barrett who have had more mental strength than I could ever dream of having to come back from serious set backs. They have all inspired me in different aspects of my running journey.



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

There are other sports apart from running!? Hmm. I could live the life of a professional footballer I suppose.

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

An all you can eat breakfast and I would stay there for the rest of my life, I hope that's not cheating

What would be your superpower?

My selfish superpower would be to be able to click my fingers and be able to sleep, I have terrible insomnia. My selfless superpower would be miraculous healing power!

Favourite movie?

My favourite movie is Toy Story 1,2,3,4 haha

What is your dream job?

My dream job I honestly have no idea. I guess I have a bucket list of jobs though. Sports coach and armed forces I've done. I'm now transitioning into health care in the Army. I want to teach when I leave the Army and then work as a part time postman when I retire!

Beer, Cider or spirit?

I don't drink anymore but my favourite drink is funky flavoured cider like Brothers toffee apple

[illegible]

**GOSPORT ROAD RUNNERS, ARE
YOU READY TO MEET A
PROFESSIONAL ATHLETE???**



Eilish McColgan , Olympic athlete from Scotland

Representing Team GB at two Olympic Games. European Silver Medalist over 5,000m and European Indoor Bronze over 3,000m



What would you say the hardest thing for you throughout lockdown has been so far?

If I'm totally honest... lockdown hasn't really changed my life massively. I always train and run alone and maybe get to see my family and friends around once or twice a year - so social distancing isn't difficult for me to practice! I spend all my time with my boyfriend, Michael so nothing has really changed in that sense. The only issue has been that we are currently abroad on a training camp and the gyms have closed. At home this wouldn't be an issue as I've invested in buying home gym equipment and a treadmill but out in America we've had to buy a cheap mountain bike, a turbo and cheap gym equipment from the local Walmart! Quarantining is practically how all professional distance runners live so I feel like we were made for moments like this!

Have you changed your plans for the season of racing? if so how have you done this?

I now have no races planned so it has been a little strange. No Olympics, no Europeans and so everything is really up in the air as to if we will be able to race at all this season. I've tried not to dwell on it too much and continued training as usual. No fitness or training runs are ever wasted - every mile clocked will help me further down the line and make me into a stronger athlete for next year too.

What is your aim without knowing about any races coming up?

To keep consistently healthy and to become stronger. I'm adding in a lot more extra miles than I've done previously and working on my endurance.

What is your next target, and what is your ultimate target?

Olympics 2021.



As you have no races, what is your focus for training?

Just to keep moving forward. Keep making progress and keep working hard because no effort is ever wasted and no one ever regrets going for a run!

How are you maintaining motivation throughout the lockdown period?

I'm currently abroad on a training camp so it's been quite easy to continue on as normal and get into a good routine. The only place we ever see anyone else is at the supermarket so we feel safe at the moment and doing everything we can to stay healthy. Staying healthy and making sure we stay at home as much as possible is our main priority right now.



If you could give one piece of advice to everyone throughout lockdown what would it be?

That all the training you log now will benefit you in the future. It never goes to waste.

Are you doing anything different or new for training during lockdown that you wouldn't normally do?

We have included some different sessions to my training programme to see how I react to them. It's a great time to implement changes and see what works and what doesn't!



1. Who are you? Tell us a bit about you

Professional athlete and Team GB Olympian who loves to travel the world and run in circles.

2. What was your first running club and what age did you join?

Dundee Hawkhill Harriers. I think I was around 12 when I joined.

3. What made you first go to a running club?

My PE teacher entered me into a local county race and I loved it. So I begged my parents to take me to the local club and let me join in!

4. Did you do any other sports before running?

Everything. Swimming, tennis, badminton, golf, horse riding, hockey, netball. I loved all sport!



[illegible]

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

I stretch and foam roll most evenings. During hard training camps, I ice bath quite frequently and always have one the night before I race.

13. if you could race against a person in particular, anyone..... who would it be and why?

I loved watching Haile Gebrselassie run when I was growing up. He looked so elegant and almost floated across the track so it would be between him and Grete Waitz. Grete was a close family friend but I never really knew of how great an athlete she was until she passed. I'd love to run with her in her peak.



14. If you could choose 1 type of run training what would you do? (Intervals, chatty run, tempo etc)

Intervals on the track. I love the hard, fast sessions!

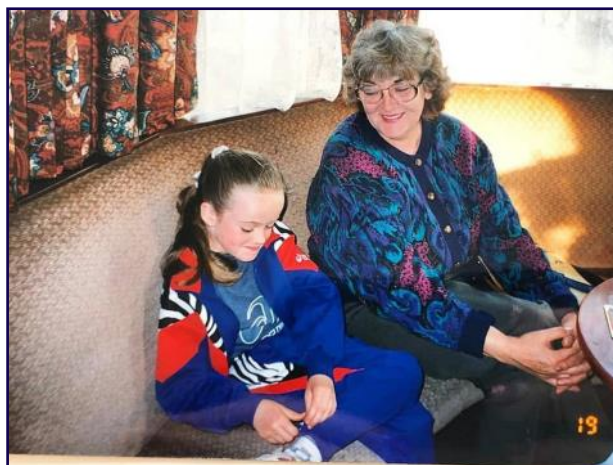
15. What's your #1 Bucket list race and why?

London Marathon. I've watched it for years and so I'm looking forward to doing it in the future!

OKAY!! Now for some fun questions.....

1. Who inspires you the most and why?

My mum is my biggest inspiration. I know first hand how hard she worked to become a World Champion. Hard working, strong and clean. Not a lot of athletes can say they reached the pinnacle of their sport doing it 100% the right way.



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

Tennis! Love watching it and I'd be a lot better off financially too!

[illegible]



GRR Website

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

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



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

GRR and Social Media



The Club's Facebook members' page currently has 259 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/1930144613918/>

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk



GOSPORT

Road Runners

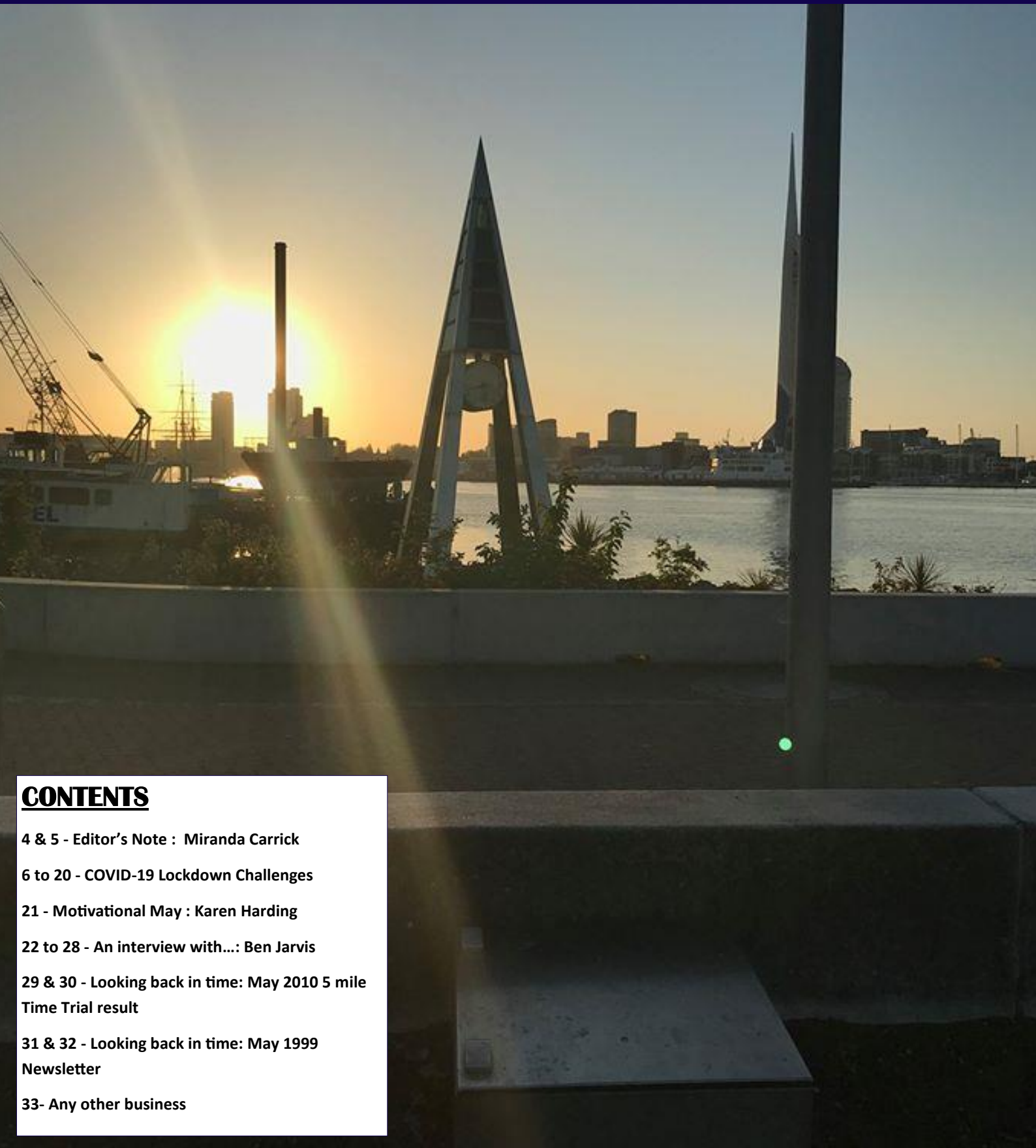


NEWSLETTER



Spring

May 2020



PAGE 02



May for Miranda was a “close but no banana” month. I didn’t achieve all the running goals I set for myself and this was a huge disappointment. With the benefit of hindsight, being unrealistic about the time I would have available for running when setting my target, whilst work was at a peak, was really not a clever move! Moving on. The most important thing I’m taking from May is that running remains to be a privilege which is accessible to all. As such, here is my attempt at an acrostic poem, which is also the mantra which kept me going when I felt I can’t :

Invigorating as I'd like it to be,

**Coincidentally, as a cloak in
Averting feelings of
Negativity.**

Running regularly becomes an Utilitarian Necessity.

I really miss Mr Kirby's regular column, don't you? A very speedy and successful recovery, Dave!

May the new month be exceptionally good to all of you.

Miranda



Challenges



*A time for reflection during the C-19 Lockdown
2020. Some Acrostic thoughts on running, the
GRRs and life.*

Ali

DETERMINATION

D: Digging deep
E: Excited
T: Tormented
E: Enthusiastic
R: Rehabilitation
M: Miles
I: Injuries
N: New challenges
A: Athletic
T: Transformation
I: Intervals
O: Obsession
N: New friends

Dave

FiveK

F: Frantic
I: Invigorating
V: Vibrant
E: Energetic but
K: Knackering

Ange

PB

P: Peeing in
B: Bushes

Jackie

Fun

F: Fabulous
U: Underwear – chaffing
N: Needed

Karen

Rewarding

R: Rewarding
E: Energetic
W: Well-being
A: Amazing
R: Realistic
D: Determined
I: Inviting
N: New friends
G: GRRRRreat

Geoff

Freedom

F: Fun
R: Right
E: Energy
E: Endorphins
D: Determination
O: Outside
M: My time

Jackie

Mental Health

M: Motivation
E: Energetic
N: Needed
T: Time Trials
A: Achievement
L: Luck
H: Hills
E: Easy
A: ABS
L: Loopy
T: Transform
H: Hard work

Stehanie

Mind

M: Miles
I: Incline
N: Needed
D: Determined

Jo

Calm

C: Chatty
A: Achieve
L: Love

Kim

Tourettes

T: Trotting
O: Ouchie
U: Undulating
R: Reluctant
E: Energising
T: Tippy toes
T: Therapy
E: Endorphins
S: Social

Lynne

Life Changes

L: Live
I: Inhale
F: Freedom
E: Ends
C: Craving
H: Habit
A: Addiction
N: Nicotine
G: Give up
E: Exercise – Running
S: Smoke free (16 months!)

Jackie

Exhilaration

E: Entertaining
X: Xanthic
H: Heavenly
I: Illuminating
L: Lovable
A: Addictive
R: Rewarding
A: Amazing
T: Tantalising
I: Invigorating
N: Nurturing
G: Glorious

Xanthic means yellow

Liz

Shielding

S: Sunshine
H: Healthy
I: Isolated
E: Energetic
L: Lost
D: Delivering
I: Invigorating
N: Negative
G: Glorious

Marie

Happiness (with GRR)

H: Healthy and
A: Active and
P: Popular and
P: Philanthropic and
I: Inclusive
N: Normal and
E: Exciting and
S: Satisfying and
S: Stress busting

Ben

Captain

C: Community
A: Admiration
P: Performance
T: Togetherness
A: Achievement
I: Inter club competition
N: Never give up

Dave

ACROSTIC

A: Another
C: Challenge
R: Running
O: Organised
S: So
T: The
I: Individual members can
C: Contribute

Thank you EVERYONE that contributed their thoughts and ideas to this little challenge. I think that, together, you say much about our love for running, life and also about our fabulous club – the Gosport Road Runners.

Dave K.



11 May 2020: In what I believe to be a first for humanity, I have just climbed and descended 19 flights of stairs in a row while holding a block of Cheddar cheese. It can only mean one thing - the GRR Chairman's C19 Ultra Challenge has been accepted 😊

I wonder what adventures await me and my dairy-based friend tomorrow?

12 May 2020: Chairman's C19 Challenge day 2: 19 minutes of Joe Wicks with my block of cheese.

Do I look like Mr Bond yet??



13 May 2020: "Tom Reader and His Giant Block of Cheese - adventure was never far away..."

After two days of house-based antics, the Cheddar was keen to experience the wider world outside our 4 walls. So, I took it for a 19- minute run. It particularly enjoyed the beach, and the boats in the harbour. Coincidentally, 19 is also the number of double-takes I got while on the route, and especially while taking the photos.



[illegible]

14 May 2020: Today's episode of our heart-warming tale of the unlikely friendship between an ordinary man and a block of Cheddar cheese. After the 19 minute run yesterday, the cheese knew it wanted to see more of the outside world, but it found the pace of the run a little - slow. So I took it on a 19K bike ride. Mr. Cheesy was excited to learn that he's considerably bigger than an aircraft carrier, as this photo clearly proves.

15 May 2020: A simple one today: I only had a 19-second 'lunchbreak', so the Big Cheese and I did 19 jumps on the trampoline - happy times; we could've carried on all day. We felt like we could touch the sky - despite how it looks on the video - and it gave the neighbours something to talk about.

But now I'm going to try something much riskier. This evening, I have been invited to an online-Zoom-virtual-beer-festival-thing. 19 (small) cans of beer are chilled and ready. But I've decided to bring my new friend the block of Cheddar with me, to keep me company. And I know where there's a knife, some bread, and some pickle.

Will my willpower hold out? Or will I suddenly decide that 3,000 calories' worth of cheese sounds like a perfectly sensible meal? Tune in tomorrow to find out if Mr. Cheese survives the evening.



16 May 2020: After surviving last night's virtual beer festival, and to celebrate not caving in and eating the whole 700g in one beer-induced frenzy like last time, today Cheesy McCheeseface and I went for a 1.9 mile walk in the fresh air (with C&L as part of their virtual marathon challenges), and I drank 1.9L of water. While hunting for snacks, we then found 19 other C-initialed food items for a family photo with Mr. Cheese. He's now safely back in the fridge ready for tomorrow.



16/05/2020

Mr. Cheese with his 19 C-based friends:

- Chicken gravy granules
- Celebrations
- Caster sugar
- Creme fraiche
- Crumpets
- Chilli
- Cumin
- Cinnamon
- Coriander
- Cloves
- Cucumber
- Chocolate
- Chicken
- Celeriac
- Carrot
- Crisps
- Clementine
- Cola bottles
- Copper House gin

17 May 2020: Final day - part 1. This is the 'official' sporting activity for today. 19 star-jumps with Mr. Cheese. I had also done 19 sit ups, at very considerable pain and effort, at the end of which Honor helpfully said, "Well, you're not gonna win with those. Try star jumps instead". But now, on the final day of our adventures together, Mr. Cheese wanted one last bike ride before - well, before the end. So we're off. Can anyone guess where we're going?



17 May 2020 : An emotional morning. I've grown really quite attached to this block of Cheddar during our many adventures this week, and understandably Claire Elizabeth Crook feels the same way about her cauliflower.

So there was only one possible end to the story.

After Claire had done her challenge this morning, I rode 19 miles (with Mr. Cheesy as always) and burned exactly 1,090 calories, to go and collect her much-loved cauli. The cauliflower and the cheese were together at last! (Social distanced of course). On returning home, the cauliflower was divided into 19 florets, and the cheese was turned into a 1,900 piece jigsaw puzzle - high-in-saturated-fats fun for all the family!

Cheese was made into sauce, combined with the cauliflower and baked at 190C for 19 minutes. Claire and I are now very proud to present the GRR Chairman's C19 Challenge Cauliflower Cheese.



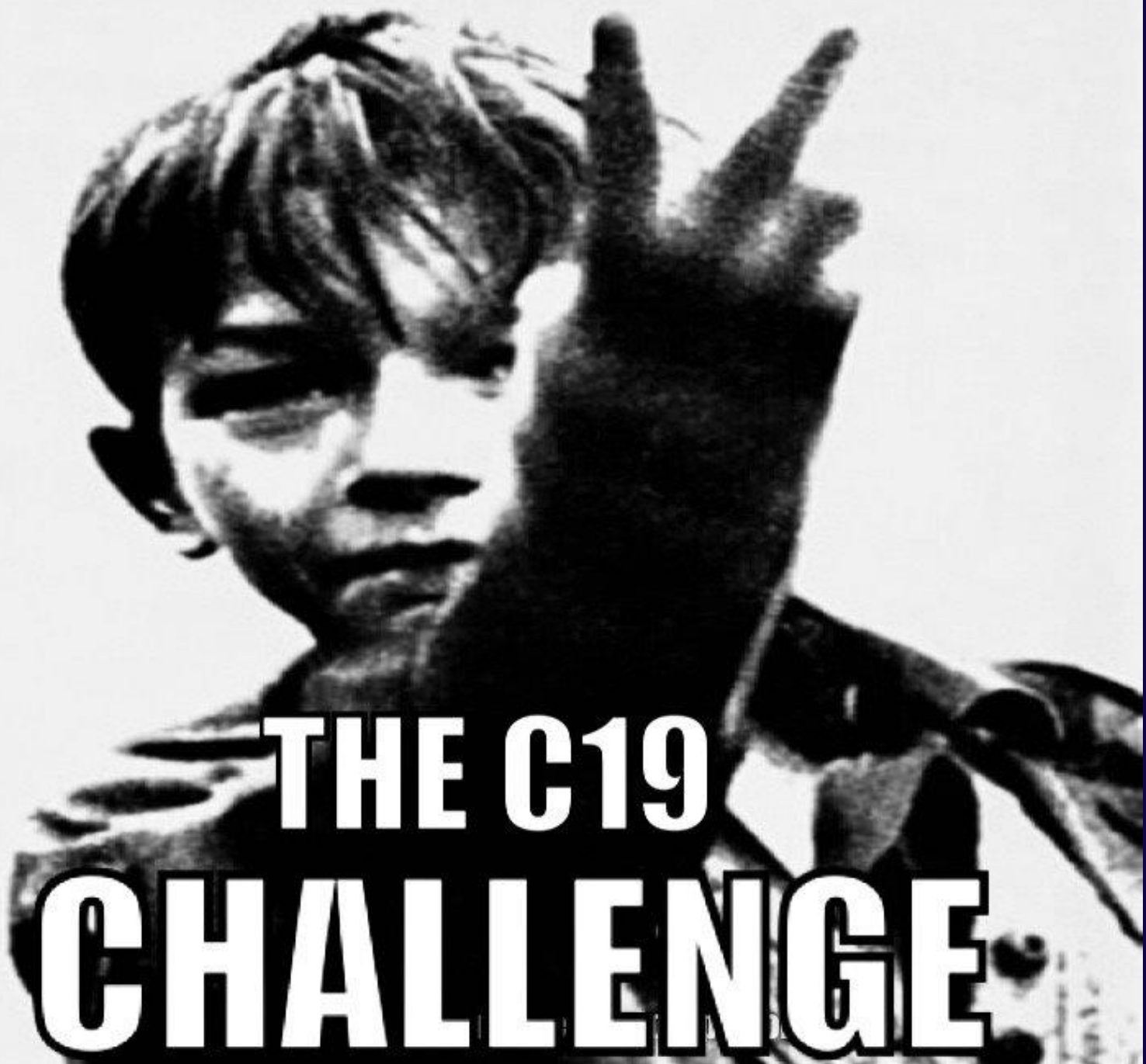
A 1,900 piece cheese jigsaw !

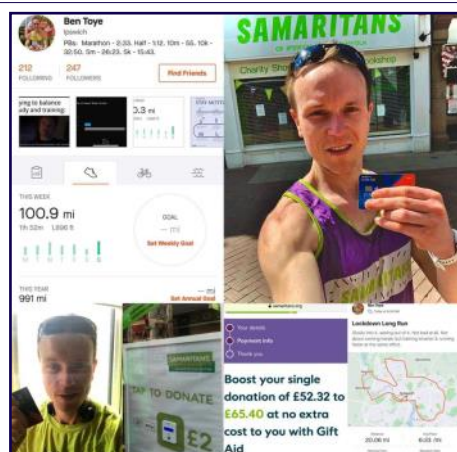


19 cauliflower florets.



All's well that ends well!



[illegible]

Chairman's C19 Challenge Complete.

My effort wasn't very imaginative but I completed a century of miles carrying a clubcard credit card, using it to contribute to charity. Finishing with a lockdown long run today, slowly into it and easing out of it .

Original plan was to use the Samaritans contactless point daily that I used to use in more normal times when I'm town, but it has been removed. So I donated online, £1.19 for Monday and increased it £1.19 everyday. £33.32 total and I fined myself £19 for a crappy run on Thursday, £52.32 total! At least one run a day ending in .19 and total miles for the year 991.

Happy to be bottom of the leader board Geoff O'Flanagan, or classed as disqualified for not providing daily updates J (as long as there's a wooden spoon, engraved! 😊😊)



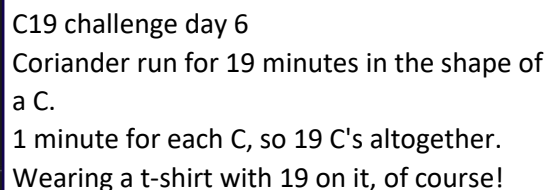
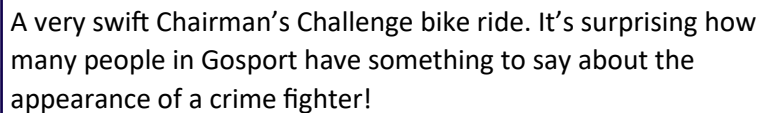
Covid 19 Challenge! 9.11 mile run chasing after that block of cheese with my box of crackers! Crackers were upset as they did not find their favourite topping!! Just got to find the chutney now and I'll be a happy girl 🥰



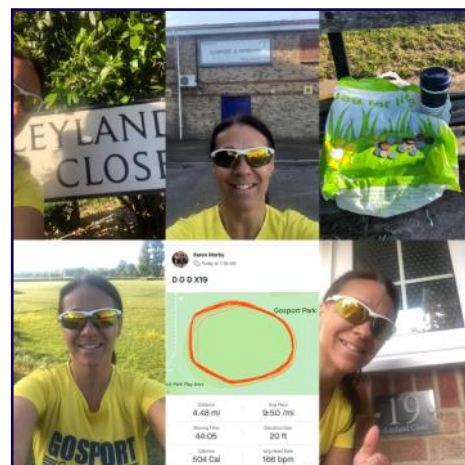
Claire Crook & the cauliflower

Mr Cauli enjoyed the rest but made my plank even harder to do this morning... could only do 1.9secs so still needing lots of practise 😊 😊😊 I guess holding my breath whilst barking photography orders at Stephen Crook didn't help either!



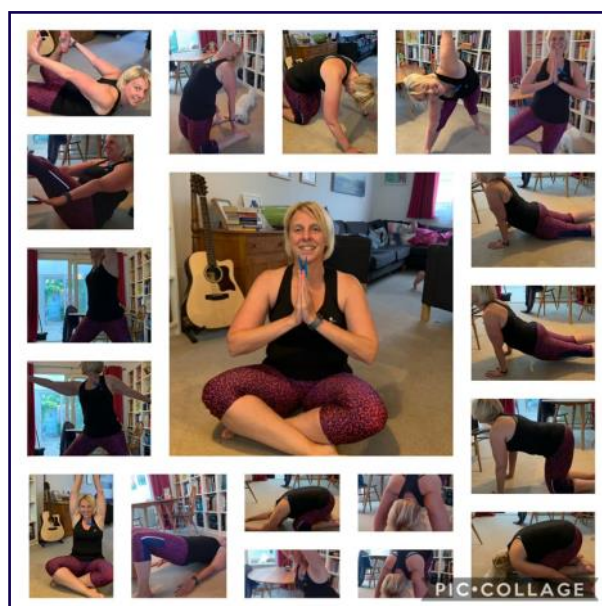


Left the CLOSE I live in, went to CLUB, with a CARRIER bag, a CUP, and 19 COINS. Wearing CLUB COLOURS COMPLETED 19 laps of the dell of doom and then returned home to number 19



Chairman's challenge of a carefully crafted cruise of 11.8 miles or converted 19km with captain cauliflower (I know he's a carrot but he's in disguise)

Day 3 CV19 challenge - 19 different yoga poses with my clothespeg....







It got to the end of April and I had seriously lost my mojo! I missed going to club, I missed Parkrun, I just missed running with my friends and just couldn't be bothered to go out on my own. I knew I had to do something about it, otherwise I would quickly lose my fitness.

You may have read in last month's newsletter about the Facebook pages Lush Ladies/Lovable Lads that run a bit, groups set up to give us some support. They are fab pages and really do give people the boost that is needed. Sophie would set the ladies a daily challenge, I always like to take part but realised I was doing so either on my bike or whilst walking the dog. I NEEDED to get running again!

Sophie set a challenge for the month of May, which was to run a marathon! Not in one go but throughout the month, perfect! Challenge accepted. (It was also raising funds for the NHS Charities).



I'd also seen that people were signing up for the Believe and Achieve May Madness Mayhem challenge for the NHS Charities, either to run a marathon or cycle 100 miles, so I also signed up for the cycle challenge.

In addition to these challenges, I was determined to take part in more than just one Pilates session a week. By the end of week one, (with the help of LLTRAB daily challenges and the Chairman's challenges) I had completed 3 Pilates sessions, 3 runs and 3 bike rides! I was already halfway there with the marathon challenge. It continued with 3 sessions of each over the next 4 weeks and I absolutely smashed my challenges! I well and truly had my mojo back!

On 20th May, I also completed my fourth challenge (and probably the one I'm most proud of) by running 13.1 miles and completing the Virtual Gosport Half Marathon and got my hands on that amazing medal!

If you are struggling with motivation, maybe set yourself a challenge, it certainly worked for me but do remember that it's YOUR personal challenge and you are not competing against what other people are capable of doing! I've set my June challenge, something a little different.... watch this space ! ☺

Karen



Gemma Steel is a British long-distance runner who competes in road running and cross country running competitions. She was the 2014 gold medallist at the European Cross Country Championships. She has represented Great Britain internationally in cross country, road and track events. She has won at three of the Great Run series events: the Great Ireland Run, Great Birmingham Run and Great Yorkshire Run. She has also won the Bristol Half Marathon and placed seventh at the 2012 IAAF World Half Marathon Championships. (www.Wikipedia.org)



What would you say the hardest thing for you throughout lockdown has been so far?

The uncertainty and the fact that I don't know when I'll see my nieces and family again. Luckily I have a good support system at home but the fact that I am a professional athlete and rely on my race winnings to pay my rent is tough because I don't know when my next race will be..

Have you changed your plans for the season of racing? if so how have you done this?

I haven't really had a race plan for this year. I've just been going from race to race and see what happens. My plan was just to see if I could build back into things and get stronger again after suffering last year with losing my mum and to enjoy my running again...I had won the Midlands cross country championships and was lucky to win the Chester 10k which still went ahead a week before we were locked down despite 3, 000 in the race so I felt lucky to take part in that not knowing how serious restrictions would get 2 weeks later... It will give me a chance to reset and appreciate my running again. Every run I do now I feel more grateful to be doing rather than it being just my job...I would just like to be back on the GB team again which is something that I took for granted a little bit with qualifying for the last 10 years. Now I realise there is no room for complacency, and it will test everyone's dedication as we are all in the same boat with training on our own which I am used to anyway...

How my season has changed

I had a few races lined up for this season including the Antrim coast half marathon in March and the Headway Jersey 10k on June 22nd where I was scheduled to be doing a Q &A, tour of the island, workshops and group runs with the competitors as well as the race. I'm not sure if this will happen now or not as I heard airports might reopen near this date but I'm not optimistic at the moment... ☹️ This race was one I've been looking forward to since last year as it was cancelled due to a low budget so its doubtful that it will go ahead at all...I am just taking it one day at a time at the moment and hoping for the best.. I've been through a tough year last year with losing my mum so it's my chance to lose the time to heal from that and hopefully build a base and enjoy my running to rebuild my mental and physical health back up again. Running is the perfect sport to reflect and put things into perspective, relieve anxiety and stress which we are lucky to have access to during this uncertain time. As long as I can still go for a run things will be ok and I can see a light at the end of the tunnel...

If you could give one piece of advice to everyone throughout lockdown what would it be?

Try and get as involved as you can in the virtual races such as the virtual rainbow run which I have completed myself. I'm also going to enter the "Great solo run" on Monday which will last for a month and I will log all of my miles together. This will also help with my motivation as I love my medals obvs so will aim to get one of these unique ones as well. I'm sure there are quite a few runners who appreciate a bit of race bling as much as I do !

I think it's also important to stick to a routine i.e.: the more time on our hands is the perfect time to work on your core strength, flexibility and things that we usually neglect while unable to fit those in during a working week. I have a fitness instructor from the Hermitage called Lori Power who puts us through our paces via FB so this helps so feel keep me on my toes as she knows if I'm there so there's no hiding! I'd also recommend reaching out to fellow runners and Facebook is great for this. It's a godsend during these times.

Are you doing anything different or new for training during lockdown that you wouldn't normally do?

During lockdown I've been running on the grass a lot more than I usually do round the back of our allotment and it's great for strengthening my ankles and Achilles which is a vulnerable area for me. I've also done a couple of sessions round there to make it tougher for myself. I've also been challenging myself to doing laps of our allotment to raise funds for the NHS which has also been a source of motivation to help our deserving staff. It's been tough mentally, but I've seen it through and raised over £300 so far all to a worthy cause. This in itself is rewarding enough but I'm looking forward to getting my 4 medals for completing the 5k,10k, half marathon and full marathon soon as they fit together as a jigsaw. I'd recommend anyone to get involved! VirtualRainbowrun.com

Who are you? Tell us a bit about you

I am Gemma Steel, former European cross-country champion, and GB international. I began life as a sprinter long jumper and joined Charnwood at age 9...I was a late starter in the sport and caught the long distance running bug at 19 when I joined Hermitage Harriers and went from being a club runner to a GB international within 4 years. During 8 years I reduced my 10k time from 40 mins to 31.26 and my half marathon time from 1.23- 68.13 which stand as 3rd and 4th on the British all-time list currently. I am best known for my cross country credential but also for road running in the 'Great Run series' finishing 2nd twice in the GNR and winning the GSR and potentially having the record for the most podium places in the Great Runs by an elite athlete.



If you did, what made you decide to change to running?

To feel a sense of belonging and become more sociable. I joined Hermitage harriers whose punch line was 'We are a drinking club with a running problem!' They were a great sociable group of people with a love of running and I met my ex-partner Lee there. He encouraged me to enter races and that's when I caught the running bug!

What was your first race?

The Thringstone 4 mile. The next village near where I live in Whitwick. An unusual distance but just right for me at the time! It went up a dump's hill and along the mad mile. I think I was about a 7 minute miler at the time back in the day!

What is your favourite race or event and why?

Too many to choose from! One that stands out though is the Great Ireland Run! I just loved the atmosphere and with it being around Easter time. It was one of my first major wins in the Great Run series and I just loved to go back and win there. I had a winning streak going there and had a great run of 3 wins! My last being for England which was special. I felt at home on the course and it holds a special place in my heart.

What is your favourite distance to run and why?

I love 10k. It's just an ideal distance for me and I have had the most success at this distance on the road. It is also one that you can run more often and it's popular among runners because of this.

Do you have a favourite Medal or T-shirt?

My Commonwealth Bronze medal which I won in the Commonwealth half marathon running for England! It's about 3kg in weight and is so big and chunky! In fact, we got them in boxes rather than round our necks probably due to the weight! I also won it when I least expected it as I nearly didn't race due to anxiety and 3 hours sleep the night before so it's very sentimental and one I treasure the most.



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

Love the trails as it's a mixture of road, grass, and gravel. I like it because it gives me the variety and makes me more versatile as an athlete. Strengthens your ankles more and it's harder work and you have to have good balance and co-ordination and all round fitness boost.



[illegible]

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

The night before I like to line my clothes up, fold them neatly and put my number on my top, race chip on shoes etc ... I also do my nails to match and my hair done into French braids if possible (I usually get one of my team mates to do this as I need to learn to do it myself !) then I'll have a coffee an hour before the start which helps me feel race ready.



If you could race against a person in particular, anyone..... who would it be and why?

One person I'd love to race against is Paula Radcliffe. She is my all-time hero and I have already and I had the honour of beating her in the Bupa London 10k back in 2011. It was one of the highlights of my career.

If you could choose 1 type of run training what would you do? (Intervals, chatty run, tempo etc)

Interval session. I love my 3-minute reps and my 400's on the grass. I seem to get a lot of benefits from these and can really get some speed going. They really seem to get me fit and show me where I am at in terms of my fitness

What's your #1 Bucket list race and why?

Always wanted to do the Rock and Roll Las Vegas half marathon. It falls on my birthday Nov 12th and I always said I wanted to do it one year...maybe I'll have to wait for my 40th at this rate though ☹️

Who inspires you the most and why?

Paula Radcliffe without a doubt was the reason I became inspired to become a distance runner. I actually started off as a sprinter but watching her run with so much guts and determination just blew me away and it had such an impact on me that I decided I wanted to follow in her footsteps one day...She is also such a modest and lovely person and as great a person as she is an athlete.



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

If I wasn't a runner I'd definitely be a dancer! I've often thought once I retire I will give it a go! I especially love Latin. I have a flair for salsa dancing in particular but have a soft spot for ballroom as well as I love the elegance, the ball gowns, the glitz and the glamour. I am a romantic girly girl at heart despite my love of the mud!

[illegible]

Tips for lockdown.

#1 Don't put too much pressure on yourself at this time to stick to a schedule. Make the most of the freedom to put in extra 'easy days' of running to recover between sessions. Your body and mind will thank you for it..

#2 Make the most of the extra time on your hands to incorporate core exercises and a few weights, yoga into your routine. It's not all about running. News the time to work on your weak areas and make no excuses!

3# Running is also as much mental as it is physical. During lockdown it will be a test of and self-motivation for most and only those with good mental strength use this time to come out stronger. Adversity and setbacks are an opportunity to rise above and beyond what we thought was possible.

4# Stay positive- Its easy to say and it sounds cliché but every cloud does have a silver lining. Weather that is learning a new skill, working on your fitness, writing a book, raising money for charity, competing a running challenge. Alternatively it can be a time to reflect and reset. For me it's a chance to heal and look at the crossroads for my career ,looking at the chapter ahead when we come out the other side.

5# Gratitude is the key to everything. Every morning wake up and appreciate the fresh air that has been so much cleaner since there have been less cars on the road and how nature is healing itself. Running is a great way to connect with the earth and nature.



I have noted a few of the participants are still club members in 2020. Out of curiosity, how does your current 5mile time compare to what you've achieved 10 years ago?

Miranda

	5mile Time Trial		
Position	Name	Time	Comments
1	Paul Thurle	00:31:01	PB
2	Colin Gardener	00:31:36	
3	Tim Durrant	00:32:56	
4	Ian Adolpho-Pugh	00:33:00	1st 5m
5	Richard Oakes	00:33:08	1st 5m
6	Jayson Grygiel	00:33:54	PB
7	David Shilling	00:34:00	PB
8	Andrew Sorenson	00:34:35	1st 5m
9	Jason Lyons	00:35:49	1st 5m
10	Karen Williams	00:35:53	1st lady
11	Pete Hewitt	00:36:00	1st 5m
12	Phil Bead	00:37:36	
13	Dave Croft	00:38:27	
14	Mike Kearney	00:38:44	
15	Mike Barker	00:39:03	PB
16	Mike Battersby	00:39:55	1st 5m
17	Jenny Shilling	00:40:13	
18	Tracy Bale	00:40:35	
19	Kellee Read	00:42:31	
20	Sam Devine	00:42:33	1st 5m
21	Rob Hale	00:42:38	
22	Keith Elshaw	00:43:30	PB
23	Steve Moltini	00:44:58	

5mile Time Trial			
Position	Name	Time	Comments
24	Nikki Edgar	00:45:12	
25	Amanda Simpson	00:45:17	1st 5m
26	Nadia Leckie	00:45:25	1st 5m
27	Deborah Birch	00:45:54	
28	Ian Buzzard	00:46:08	
29	Sam Brierly	00:46:13	PB
30	Jo McBride	00:46:21	PB
31	Paula Meeds	00:46:59	1st 5m
32	Terry Ash	00:47:00	
33	Helena Young	00:47:59	1st 5m
34	Sue Barrett	00:48:12	PB
35	Janet Lindley	00:48:54	
36	Helen Godbold	00:49:22	
37	Kerry Irwin	00:49:41	
38	Sid Smith	00:49:41	
39	Emma Adolpho-Pugh	00:50:06	1st 5m
40	Nicola Colebourne	00:51:11	1st 5m
41	Kath King	00:51:21	
42	Alison Walker	00:52:21	1st 5m
43	Mary Ash	00:52:49	
44	Sheelagh Smithson	00:52:51	1st 5m
45	Len Keech	00:52:51	Tail runner

Here is your chance to experience and enjoy some of the finest and most dramatic coastal scenery that the British Isles has to offer. Mark Saturday 26 June down now as the date for a specially organised walk along the cliffs, coves and inlets of the spectacular Dorset coastline between the famous lighthouses of Portland Bill and Anvil Point via the picturesque Lulworth Cove. There will be something for everybody!

GRR Website

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

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



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

GRR and Social Media



The Club's Facebook members' page currently has 259 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/1930144613918/>

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk

[illegible]

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Summer

June 2020





Here we are at the end of another month of the COVID-19 lockdown. A slice of normality has finally returned to life, with the easing of more of the necessarily draconian lockdown restrictions which have been in force since 23 March 2020. We can now go running with a group of friends as often as we like, as long as the group is not too big and social distancing measures are adhered to. We can go to the pub for a post-run refreshment. We can have a haircut to lighten the load on the legs if nothing else! Despite the relaxed measures I think there would remain some controversy amongst people about the “should I stay or should I go” participation of running with a group. It’s your own choice to make, and only you need to be happy with the decision you’ve made.

Speaking about decisions, I thought the end of June would be an ideal time to reflect on the past three months and realised nothing major has changed. I have not lost a lot of weight. Fortunately, I have not gained any either! I have not embarked on a new fitness regime. I enjoyed the workouts I'd been doing before lockdown and was happy with the way these were working for me – why change something if it's not broken? Necessarily I had to change the way in which I did some of my training and was thankfully able to join a friend's Zoom group from May, and these have become my daily "high" during June. Sadly, my running mileage decreased. Significantly.

The month started off very promising. The June Miles4Mind calendar was printed off and stuck on my notice board – eye level where I see it every time I looked up from the laptop screen. My acrostic poem was etched into my mind, ready to be called upon when motivation flagged. Week one saw my weekly running goal achieved. Yasss!! However, it also saw me taking a nasty fall when running with a friend in Privett Park. Talking whilst running obviously does not work for me. I get distracted (easily) and don't see gaps in walkways whilst lipreading. I recommend you don't try this - it only results in badly bruised hands, an uncomfortable thumb injury, a scratched Garmin face and a shattered running confidence. As a woman of a certain age I can testify you fall harder when you are older. Successfully completing the Couch-2-5km program is my new goal.

Fortunately, I love to ride my bicycle, and with my work ever decreasing, I had a bit more time to cycle longer distances. A few personal cycling goals achieved unfortunately also resulted in a broken rib (why do cleats not unclip when you really need them to!?!)) and I'm convinced the aerobic exercise gods don't like me very much. Sea swimming is not seeing me without my tow float! So at the end of June I have run out of swear words in all the languages I know (English is not my first language!) but can't help to get the image out of my mind of how hilarious it must have looked when I was clutching air and not being able to find a handle to grab on!

I bring you some great news - Dave Kirby's column is back! I have missed his fine sense of humour and interesting bits of information on things we would not always notice. We're all happy to see you back, Dave. May you enjoy a continued and successful recovery.

Steve Crook not only runs fast, he also writes original, creative blogs. He kindly shared one of his most recent creations with us. I always find his newsletter contributions a real treat to read – it's intelligent , entertaining and immediately transports me to the incident he writes about. This one is no exception! Thank you, Captain Crook.

Sophie Hurlo has been a lockdown beacon for many ladies. As you would remember from previous newsletters, she has improvised fun mostly running related challenges throughout the lockdown period. June was no exceptions and her consistent effort in creating these challenges provided motivation to everyone who participated or followed from the couch. These challenges without a doubt not only kept the fitness engines of the “Lush Ladies who Run a bit” ticking over quite happily, but also contributed to our healthy mental. In June she has completed the P-24 challenge and she shares her experience with us. She truly is a remarkable woman! Thank you for this contribution, Sophie.

Like Sophie, Mark Jakins has worked hard through the past few months to keep club members motivated with challenges. A bit further in this edition recaps a few of these challenges. Thank you, Mark, for the time and effort you, and other members of the club committee, have put into bringing us these motivational moments. I for one enjoyed following it.

[illegible]

Dave Croft takes us back to the nineties with a copy of the June 1999 newsletter. Some the longer standing club members might well remember this one. Thank you for the stroll down memory lane, Dave.

That's just about all from me this time...just one last thought. If nothing else, the slower work pace of June and continued illness of my father abroad and very dear friend, reminded me that life is extremely fragile. We tend to take each day for granted, when we should in fact appreciate every opportunity to be alive and able to make decisions and choices to LIVE every single breath out of life. Even if one has to leave some skin and blood on the concrete or break a rib or two in an attempt to do so.

Till next time, take care.

Miranda



"Epidemics and one to forget."

It was the first week of February 1958. I was a boy seaman under training at what was then HMS St. Vincent. A cold grey and wet winters afternoon, ideal for the inter divisional cross country run.

It wasn't in the true sense cross country, more a tour of the environs of North East Gosport. Beggars can't be choosers! I had been selected for "Hawke Division team" and though not "Speedy Gonzales" I was seen to be pretty steady.

The race -which was in the 10k sort of region-started on the then parade ground ,winded its way through the establishment and came out to the North of Forton Creek, on to playing fields - no houses then - on what was to become Grove Road married quarters. The course followed roughly a line where Heritage way now is and then turned left in to Grove Road. Following on, it turned left in to Mill Lane and back in to St Vincent via "school gate entrance", finishing on the parade ground.

Halfway round I knew all was not well and all but collapsed at the finish. Next thing I knew I was turned in the sick bay. No longer there, the building stood in the North East corner of Forton playing field, opposite the main gate. I had Asian flu! As one of the earliest recipients it soon spread to everyone else. Training stopped and 500 odd boys found themselves turned in their dormitories. As people recovered, they tended the needs of the rest and life moved on.

To this day I haven't a clue what position I finished in! Buried in a dusty archive somewhere I suppose! I can be very precise about the date – 06/02/1958 - because whilst in the sick bay I heard on the radio of the plane crash in Munich that decimated the Manchester United football team.



Did you know that.....A member of the Royal Family had run the London Marathon?

Princess Beatrice took part in 2010, finishing in a time of 5:13:04. Kept very low key - for obvious reasons - she was in a team of 34 roped together. Organised by Richard Branson it was intended to break a record and raise money for charity. Kate, William and Harry wanted to take part in 2017, which was met with a very emphatic NO!



Did anyone see.....During the early days of our enforced confinement I happened to be watching a programme about Mexico on the tele.

The flora, fauna and scenery were stunning and then the narrator started to talk about a tribe of indigenous people.

To escape working in the mines for the Spanish - the Spaniards arrived In the sixteenth century - the tribes learnt to live in remote places which were very far apart and as a consequence they started to run to lessen the time frame. This in turn made them endurance athletes because of the high altitude and long distances involved. They live in a remote canyon in the centre of the country and part of their way of life is still running. Everyone runs, mum, dad, brothers, sisters, the lot. Regular races are held around the village of the 10k-ish variety. To run 200 miles or so seems quite normal and one of them has won several marathons. What was surprising they run in home-made sandals and in recent years the soles have been made of old tyres. Something in the construction has given them strong arches. Must get a pair.....

Dave



Having studied the splits from my first marathon and seen how much I had faded in the last 10K in Prague, my race plan for this one was to treat it as a long slow training run; stay “in the moment” whilst listening to my body and to “back off” at the slightest sense of forcing the pace. Running “easily,” whilst protecting my calf on the mixed terrain of the Pompey Coastal the previous December, had yielded a time not much slower than at Prague so I was keen to see how effective this plan might be now that I was fully fit.

The vicious wind made this plan easy to stick to, as it was obvious to me that the only way I could complete the sections into the wind without stopping, was to shorten my stride and slow down. It gave the course a structure that broke things down into manageable chunks rather than being just one 26.2 mile “elephant.”

It worked, because despite the brief and unplanned litter-pick late on, I knocked eight minutes off my Prague time and I finished in such good nick that within half an hour I was happy to drive home.

I learned a lot from that low-key, lonely marathon. Not least that to lose a second or two by putting a gel wrapper securely in a bin at the first attempt is a lot more efficient and less tiring than taking three shots at it.

As for pre-race hydration and nutrition, the learning continues.



Results 27/11/2016	
Name	Time
Adam Holland	02:54:59
Che Compton	02:57:19
Christy Maloney	03:03:18
Lee Rogers	03:06:49
Rob Demetriou	03:10:35
Tristan Steed	03:13:47
Sam Pearch	03:16:24
Stephen Crook	03:19:34



(Ed.: 116 runners completed this race. Steve was 8th !!)



Steve

"Click click click OH MY GOD! What have I done?" that was my first thought when I signed up to the Phoenix longest day virtual run. As soon as I've done it I put a post up on Facebook asking if anyone else was doing it knowing full well that I needed to run throughout the night and I'm not a fan of being on my own on the dark streets of anywhere, let alone when I'm struggling to move. A couple of people mentioned they'd thought about it, then this started a bit of a trend. More and more were signing up, so a chat group was formed. With everyone taking part and looking at the names I felt I was in with the big leagues and very much out of my depth.

Lockdown started when I was at my fittest this year having trained for Paphos marathon but a few months of being locked away and not much to work towards I couldn't help but feel I had maybe got a little bit more cuddly for this kind of event at least. I carried on and more people joined the chat having heard about it from the rest of us that had signed up. Pressure was seriously building now.

The week of the event came, and I hadn't done any preparation. Not unlike me as I'm very much a last-minute kind of person, but this time I really started to worry. There was talk of us meeting in the Bayside Cabin car park and setting up camp. Good, I like camping. Then talk of bacon rolls on a barbecue. Good I LOVE bacon! Then when people started to suggest things for the kit list I started to actually get myself sorted. Although, I still hadn't got my butt out the door for a run. Not worried, who trains for a mile? ... No Sophie, this is almost a marathon and it's going to be sleep deprived ... yeah yeah yeah, I'll be ok. One of our lovely GRR friends, Ange Elshaw, had signed up and seemed to be having the same doubts as me, so knowing she was going to be there made me feel so much calmer. We could keep each other going.

Race Day - 20 June 2020

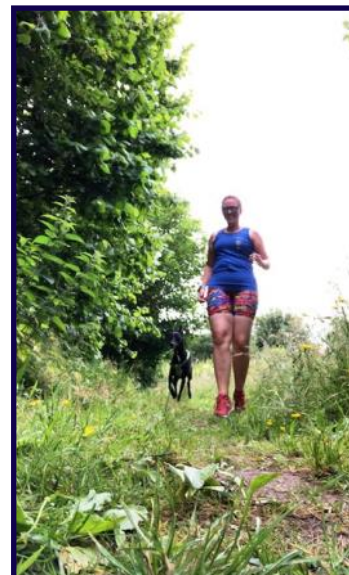
Alarm went off at 7am and that gave me enough time to get showered, dressed and have some cereal before heading out for mile 1. One of the lovely 545/TBC ladies, Liana Cripps, knocked at 07:55 to join me. What a sweetheart. This was a nice easy plod and I felt like this might actually be ok. Liana kept me calm (not that she knew that's what she was doing) and running with Perry was also my saving grace because he does like to water the trees around the area.

14 minutes and 4 seconds later it was done. Not my fastest mile but to be fair, I knew I wasn't going to be speeding through this day. Plus I didn't have long till the next one so straight back home to try and get some coffee down my neck.

Mile 2 and Liana was there again (and Perry of course), running with someone else definitely made it easier to get going. Another slow one but I knew this was right for me and my legs.

Mile 3 and I had another friend, Louise Bridge from Fareham Crusaders and 545/TBC, come over at the end of her morning run. So with her and Liana once again, the distance didn't seem that far at all.

Mile 4 and this was my first without human company. Perry was starting to get super confused by this point having been out every hour so far today. I decided this was his final one because he normally sleeps the day away and the weather was really starting to heat up. I let him loose for this mile and with the other dogs he definitely had enough exercise to last him till this evening. With the heat now too, this was definitely time for my second shower of the day.



A woman with blonde hair, wearing a bright yellow t-shirt and black leggings, is captured mid-jump in a joyful pose. She has her arms raised high and a wide smile on her face. She is standing on a grey gravel surface. In the background, there is a low concrete wall and a cloudy sky. The overall mood is one of happiness and freedom.

Mile 13 and 14 were both a slog but these were my final ones of running alone.

One more shower and change of kit and off down to Stokes Bay in time to start mile 15. It was so lovely to see other like-minded nut jobs. We lined up at the start of the Golden Mile, had a group selfie and out we went. WOW!!! Didn't plan for the wind that was fighting against us all the way up. The group carried on up to the 0.56 mile point, then turned round and came back. Another 1.1 in the bank.

We got back to the car fortress we'd created and Claire Tallack-Gamble got out the mini barbecue and treated us to a bacon roll each. PERFECT!!!!

By the time we finished we were starting to get ready to go again but now the group was completed because Kate Stubbings has arrived. The team at Stokes Bay Base Camp was now complete and the others that were running from their homes were checking in hourly via the group chat.

Mile 16 was up the Golden Mile again and it felt the wind was fighting against us again. Lovely on the way back though. Not sure the air was too legal down there with the plumes of green smoke around but we got through.

Midnight (mile 17) was the designated fancy dress mile. I opted for my dressing gown as did Ange. This was a good choice late in the night when it was used as a blanket in my car. The others sported their 118 outfits. The fact we were passed whilst running as a group up Gomer Lane by quite a few cars, gave us all a giggle. Then as we got to our turn around point a lady cycled up to us and asked if we were running the 24hrs. We answered and to our surprise it was Dawn Simpson, from 545/TBC. She invited us all round for a cuppa which the 118 girls took up, but me and Ange were starting to feel the miles now and just wanted to get back to the cars for a rest.



1am (mile 18) me and Ange, back in our regular running attire, decided to walk this bit. No shame just pain now. Out and back past the Kingfisher Park which we enjoyed so did the same for mile 19 with the others now they had returned.

[illegible]

Mile 20 after having a micro snooze, we headed out into the now rainy night. At this point I noticed Jane Cockayne had joined us crazy lot to show some support which was lovely. Me and Ange wearing our running jackets and hats now while the others had only just upgraded to 3/4 leggings for warmth. We all set off together again but the pain in my hips was starting to challenge me (This is a regular long distance pain of mine so don't go blaming my earlier jumps). Me and Ange did the mile at a fairly fast walking pace. We aimed to beat our previous times of the walked miles.

Mile 22 and the sun was starting to come up. Wasn't the glorious Summer Solstice I was expecting with the rain and clouds though. Me and Ange decided to bring out the run walking for this mile even just to dodge the rain a bit.

After an awkward change of clothes in my car to get into a dry set, we set out for mile 23 and we were all still going and still fairly upbeat. Me and Ange continued to run/walk this mile. Watching the others go and still looking so strong. I just kept wishing I felt that comfortable because they all looked so good.

The final sit in my car and even though I don't remember sleeping I must have because I dreamt every runner I knew had turned up to Stokes Bay to cheer us all in - EPIC!!!

THE FINAL MILE - Mile 24 we wanted to do this together. So we set off together through the woods, past the Alverbank Hotel and carried on through to the carved Totem Pole where we had to have a group photo. Then it was just time to take it home. Wearing my GRR top I had to do my best but this was tough.



As we came out the woods to Stokes Bay, the end was in sight so me and Ange ran it right in, definitely no sprint finish though. My dream didn't happen (no one had come down to cheer us in) but having each other there was enough.

Some final photos and socially distant hugs and that was it. We had completed a phenomenal event. One last jump and it's done!

When you sign up for a virtual race you don't expect anyone else to join you but I am so glad they did. If I didn't have the friends I've made through running in this area, I don't think I'd have managed a total of 26.66 miles.

Stand up and be counted ladies (GRR or not!):

Hayley Sparshot
Kate Stubbings
Claire Tallack-Gamble
Amanda Morby
Ange Elshaw
Claire Short
Lorna Trickett
Victoria Wilson
and Me.

Liana Cripps has completed her 24 hours on 28/06/2020. 1 week later than the rest of us.

Now where's our bling?!?!?!?



Sophie

At the end of March, once the fog of the initial shock of lockdown had started to clear and people were wondering how best to motivate themselves to keep running whilst keeping within the new rules, for reasons best known to her, Karen Harding suggested me to come up with a weekly challenge.

I could literally only think of one thing, the Street name challenge. The popularity of the challenge really took me by surprise, but I was really happy with the amount of people who took part, that said they wouldn't have run otherwise. From the initial 'spell your name' suggestion, it took on a life of its own and people spelt out the club name and messages to others, all through the medium of street signs.

As the enthusiasm inevitably started to fade, the new problem was trying to find a follow up that was equally accessible and fun.



We started the Strava art challenge, which was fun, but required a bit more planning from people and therefore was inevitably quieter compared to the chaos of the previous weeks.

In the following weeks, various fun challenges have been issued by other members. The standout for me was Geoff's C-19 challenge which was embraced by loads of members and we got to learn, amongst other things, the daily exploits of Tom and his Cheese and also marvelled at Ben's daily enthusiastic efforts. Interspersed with the more gentle challenges such as Dave Kitching's 'Running Acrostics' word game, its helped to keep us entertained both from a 'do-ers' and a 'watchers' point of view.



Mark

[illegible]

ARTICLE BY HUGH PRITCHARD

SPEEDY POWELL

I was sorry to discover recently that Anthony "Speedy" Powell, a former GRR, had died in London. He was a most unlikely runner, about 5ft 5in tall, never less than 15 stone and a diabetic. He started road running by accident when he was advised that as a submariner, 22 stone was unacceptable. He was called speedy because he was so slow in the engine room. He chose to slim by wearing plastic bin liners while running hour after hour around the HMS DOLPHIN sports field. Then some one suggested it would be less tiresome running on the roads - he did - and a little later he entered the London Marathon in 1981.

As part of his London training routine, he got a friend to drop him 26 miles away in Millbrook and then he ran back home - all this just one week before the marathon itself! He did a time of 3 hr 45 mins, which is a faster time than the club secretary ever managed at just half his weight.

A year later at the trim weight of 15 stone, he ran the Gosport Marathon in 3 hours 12 mins, pipping me, a mere 10 stone 7 lb out of the team prize (Can you really believe I was ever 10 stones)?

He later took up ultra running and I ran with him in three of his London to Brighton events, a distance of 54 miles. Training for this entailed doing some 30 and 40 milers, genuine miles these not the chopped off variety Mick Wellstead uses. His normal training schedule was to do 7 miles at lunchtime and 10 miles in the evenings at a steady 8.5 minute per mile pace.

In one year when I managed to run 3.06 for a Gosport Marathon, Speedy did 3.03, and he claimed ultra running was slowing him down. He later stated that he ran as fast as he could but simply didn't get tired and so just kept on going.

As a person, Speedy was something of a loner, quite other than casual transient submariners, with whom he had little in common, he had no known friends other than Bill Mills and myself. He undoubtedly appreciated the friendship and unquestioning acceptance of him at Gosport Road Runners and was very proud to wear our vest. Amongst the Ultra Running community, he was well respected, especially after he gained fame amongst them when he finished 10th (and thus in the prizes) following a 40 mile track race in Wales. No one thought such a big heavy chap could run 40 miles over rough terrain, never mind win a prize, which caused him to become a legend in the ultra running circuit. I was regularly asked about the big guy from Gosport.

After retiring from the Navy he went to look after his ailing mother in London and became an Underground train driver. But shifts, absence of "slow" runners in the local London Athletic clubs meant he ran little, and eventually returned to his 22 stone.

SUSTAINABLE JUNE IN GOSPORT



2 Km FUN RUN

FOR CHILDREN FROM 6 TO 16 YEARS OLD

ON
THURSDAY 24 JUNE 1999

**STARTING AT 7.00 pm IN WALPOLE PARK, ADJACENT TO
WALPOLE ROAD**

ROUTE: Circuit of Park and Boating Lake

Marshalls to ensure correct route followed and to assist with safety.

Certificates to all finishers

CLUB MEMBERS ARE ASKED TO GET YOUNG PEOPLE TO PARTICIPATE AND TO MARSHALL - YOUR HELP IS URGENTLY NEEDED & PLEASE WEAR YELLOW (T-SHIRTS AVAILABLE FROM THE CHAIRMAN - £2)

One of Mick Wellstead's off-road runs to follow

CHAIRMAN'S SOAP BOX

Short and sweet this month. Please help at the Fun Run if you can, as it keeps Gosport Road Runners in the public eye and could result in new members.

The Inn Off The Post suggest that the GRR apply for a Sports Council grant to put in a shower in the Gents Toilet. Do you think this is a good idea or not - please let me or a Committee member have your views.

GRR Website

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

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



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

GRR and Social Media



The Club's Facebook members' page currently has 259 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/1930144613918/>

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk



GOSPORT

≡≡≡ Road Runners ≡≡≡



NEWSLETTER



SUMMER

June/July 2016

CONTENTS

3-4 - BH5K

5 - A Beginners View

6-7 - Endure 24

8-9 - Giants Head Marathon

10 - Giles Rowan Ride

11-12 - South Downs Relay

13-14 - Richmond Park Half

15-26 - Results

27 - Any Other Business



Welcome to your Newsletter for June & July 2016

Welcome to this combined newsletter. We have loads of great articles from the last few months. August & September will also be in this combined format, but after then, it'll be back to monthly...its a nicer newsletter when its monthly.

Many Thanks to all who supplied articles for this edition, please keep sending them in throughout the summer.

Have a lovely summer, with lots of great events and races.

Colin

A couple of years ago, Caroline and Richard Oakes took part in the Brocken Hurst 5k. This isn't Brockenhurst in the New Forest, this is Brocken Hurst, the naturist site in Kent.

I remember at the time thinking that it would be a great laugh to do something like that, but I dismissed it as something I just didn't have the nerve to do.

Jump forward to March 2016, and Caroline posts an email on Facebook. She'd been contacted by the Naturist Foundation about doing the run again this year.

Immediately, I wanted to do this. There was little interest on Facebook at first, then after a while, Kirsten Maw, started trying to rally people to do it and I jumped in.

Eventually, there was 7 of us traveling down to Kent on a grey day in May.

It's a long way to go for a 5k race, but this was different. Angela Hurst knew someone who'd got us a mention on Wave 105, and we were all buzzing with excitement. We stopped at the services, and it was commented about how no-one else there knew that we'd all be running naked in an hour or so.

As we got close to the site, the nerves really started to set in. We were driving down the final road, and everyone in the car was giggling. We pulled in through the gates, and were in a small queue. Two fully clothed marshals were ticking names off as we drove in. We were waiting in the queue, when Lara laughs, and shouts “Oh My God, look in the car park!”. We look over to see a man wearing nothing but a marshal’s bib directing cars into the car park. Suddenly, it’s very real that in the next 5 minutes, we’d be getting naked.

As we parked, there were people undressing in the car park at their cars, and others walking up to the clubhouse.

We were in hysterics, we needed to make our way to the clubhouse to register. We did this dressed, but once we were registered, it was time to get it over with.

Some of us went into the changing rooms. My first thought was “why has the changing room got clear windows!”, then it dawned on me that the people in the changing room were in the same state of dress as the people walking past outside.

The time had come to finally get naked...and it wasn't that bad. Once the initial shock had gone, it almost seemed normal.

We left the changing rooms, and went to have our numbers written on with lipstick. I was number 99, and lipstick is a fantastic sunblock.





Why am I running? Well it started last October when I watched my daughter's boyfriend in the Great South Run and thought – I could do that and so it began.

My husband, Dean, decided he would start too and he found GRR. We turned up one dark night in early November and before we knew it were on a 3 mile run led by Sue Barrett. Well the next day I could barely walk. But, not being one to give up, did another run the following Tuesday.

After that I realised I needed to sort out a very painful knee before I could progress. So I had a couple of months in the gym and returned to the club in January to start the beginner's course. Under Sue's guidance I was progressing well until I pulled my hamstring at a parkrun. I was beginning to think that I was not meant to run! But access to a physio at work meant I could return in time for the last week and run a mile. Half a minute quicker than week 1!

Keith Elshaw asked if there was interest in an Improver's Course. I signed up along with a number of my fellow beginners. The aim was to get us to 10k, culminating with the Netley 10k. A niggly knee and a holiday meant a few missed sessions but I also completed my first time trial. I was undecided about the Netley 10k but decided to give it a go – after a bit of gentle persuasion from Keith!

I can't say it was easy and never expected to feel so nervous. But I finished, alongside some fellow beginners – Jackie Brady and Lorraine Down - 1hr 12 mins – good job the Olympic selection team weren't there! And am now the proud owner of a towel (?), a medal and 2 race t-shirts.

So, looking back on the last 6 months – if someone had told me in January that by June I would be able to run 5 miles in under an hour I wouldn't have believed them. I've made new friends, discovered a running community amongst people at work, lost half a stone and a dress size! What next? Still aiming to do the GSR although 10 miles seems a long way – bit more training to do between now and then and Parkrun in under 30 minutes. And keep on running...

Since writing this I ran in the Gosport Golden Mile and finished in just under 10 minutes – that's 2.5mins faster than my first ever timed mile back in January!

Julie





GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT

GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT

I decided to drive up to Endure24 on the Friday after work. It's located on the Wasing Estate near Reading. When I arrived, the other solo runners – Ange, Keith and Ben – were already set up as were most of the two GRR relay teams. I unpacked my car and headed for the catering tent – I had already eaten dinner but I got myself some pasta - any excuse to carb load!

The following morning, we were all ready to start. Waiting until 12pm is one of the hardest things about the weekend as all you want to do is get going. We managed to pass the time (by carb loading some more) and before we knew it, we were on the start line.

Before the weekend, I had been saying that I was hoping to run 8 laps (each lap is approximately 5 miles) but secretly I was hoping for 10. I haven't run much over the past year or so but in recent months, I had started to run more frequently again. I had completed a 100k walk last summer so I knew that even if I couldn't run, I should be able to keep on walking. My 'plan' was to run four laps, take a break, run three laps, go to bed, run two laps, take a break and then finally run one lap. But like all good plans – I knew that I might need to reassess things as the day when on.

I had been part of a relay team last year so I was fairly familiar with the route. I knew that there were three 'big' hills and that I would need to take it steady – running the flat sections and downhills and making sure that I followed 'Barratt' rules and walked up the hills.

I ran the first few laps with Ange. We took it easy and made sure that we stopped at all the water stations. After a couple of laps, I could already feel a blister starting to form so I stopped and attempted to cover it with a compeed plaster (not easy when your foot is hot and sweaty). Then I was back on my way again. It was great to see other GRR runners out on the course every time they went racing past!

After two more laps, I decided to stop to eat. I knew that it was going to be important that I fuelled well for the event and that I didn't become dehydrated. At this stage, it was 16:20 and finally beginning to cool down a bit. I grabbed some food from the catering tent and after eating, I managed to a quick 15-minute nap.

Feeling energised again, I set off. I was running alone this time although I found plenty of people to chat to on the course. It's always really interesting to find out what motivates someone to run long distances (many runners were looking to run 100 miles in the 24-hour period). I started to realise that the more laps I could do on Saturday the better and I began to doubt whether I would physically manage three laps the following day. So I reassessed my plan and decided to see if I could manage another 2 x two laps on Saturday evening which would leave me with just two laps to run on the Sunday morning. That made me feel better. I started to relax as it felt like the pressure was off.

On lap 7, Ange joined me again. We mainly walked this lap and it gave us the chance to enjoy the beautiful surroundings. It's surprising how much you miss when you're running on trail as I'm always too busy looking at the ground – trying to stay on my feet. It was starting to go dark and we had taken our head torches out with us. At the end of this lap, I took a quick break and once again I was out on the course on my own to run/walk my 8th and final lap of the day.

Cont....



GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT

GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT

I love running in the dark (although I am always a little bit nervous). The runners were far more spread out at this point and there were times when I ran for a couple of minutes without seeing anyone else. I was really beginning to ache at this point but I knew that I didn't have much longer left and I enjoyed counting down as I came to the kilometre markers out on the course. I crossed the line about 11:45 and I was more than happy to stop for the night.

I grabbed my shower bag and headed straight over for a hot shower. I knew that I desperately needed a shower, a massage and food before going to bed. The showers were amazing and it felt so good to be finally clean! I followed this by a 15-minute massage which was equally as amazing and that was followed by an equally amazing steak baguette. I finally fell into bed at about 01:00. I was cold, tired and exhausted with very achy legs but I also knew that I had run about 40 miles and only had 10 more to do in the morning to reach my goal.

The following morning, I woke up a little achy to say the least. I packed up my things so that I wouldn't need to stress about that after I'd been running. I finally made it back out onto the course after a false start. I was about to set off and realised that I had yet another blister which I'd missed. After covering it with yet another compeed plaster (I should have shares in the company), I was back on the course hoping to run/walk another couple of laps.

These laps passed fairly uneventfully. The solo runners who had kept going through the night were all looking very weary. I made it my job to chat to them as I passed them on my final two laps. I was aware that their moral could be low and I was feeling a little guilty that I had slept soundly for a good 6 hours!

I finally crossed the finish line at 10:45. There was still time for me to squeeze in another lap or two but I decided against it. I was happy that I had completed 10 laps injury free and this was my first attempt at anything like this.

Would I do it again? Yes!!!

Lucy Hudson



It started with an early start, 6ish I think it was, picking up a friend from Fareham crusaders.

I know taking a rival runner LOL, but she did used to be a teacher at my school and I do get on with Fareham.

So driving to somewhere in Dorset, can't remember where exactly, we got to the venue after finding the white star running flag, we parked up and found some other runners that we knew, consisting also of Eric and Lisa. nice and early arriving we got ourselves a bacon sandwich, our numbers, our kit and bags sorted.

We got our race instructions then waited around for the hooter.

28 miles of hills hills and a few more hills awaited us, not forgetting the marvellous views and scenery we would come across, as well as the animals I always search for to take selfies with.

The hooter goes and off we trot along a country road, past a small field then omg!! The first hill and it was a brutal one. It seemed to go on forever and to think this was the first of many. I look up to see some men dressed as hula girls, well this is going to be a good run.

Running through the first few fields I soon realised it was going to be a lot of scenery to admire.

Okay so station 1, of many.... what I saw was heaven, cake, biscuits, more cake, juice and water. Well I certainly helped myself to some goodies... but on with the run.

More trails and more scenery followed. Another rather big hill soon came upon us. This time there were several cows watching us and mooing, or maybe cheering, who knows, but anyway I got a picture with them and carried on trotting rather slowly up the hill.

Believe it or not there were also some very enjoyable downhills, these were good to an extent but the rocks and stones that you had to dodge weren't so nice.

Next milestone was a lady with a giant cardboard penis.... why? No idea... but all the runners were signing it so I joined in. Then off I went through a jungle, well it seemed like that anyway. More walking hills, more steep downhills and a few gravel tracks followed, my new backpack was doing great and the water was staying fairly cool.



Not totally sure what mile it was but there it was, the thing I came to see. The giant on the hill. Even though I thought it would be bigger it was great to see and glad I chose a marathon to see it.

Onto a small bit of road where I saw a sign for a wedding.... where was my invite??? Maybe they didn't want a smelly sweaty GRR to go?

Many chats to fellow runners followed with a few more drinks stations filled with cake, fruit, juice and anything else you could think of. All of a sudden we hit 20 miles.... that meant the LoveStation!!!

Now a LoveStation is filled with even more cake, biscuits, chocolate, sweets, coke, juice and all I've already said. but on a LoveStation there is also cider, bucks fizz and cranberry vodka!!! And yes before you all ask... I did drink all 3.

Down a few more hills, up a few more hills then a lady turns to me and says down here then turn the corner, you will see the finish. Well what can I say after 28miles I was a relieved man.

Across the finish line. Medal and t shirt collected, spinning willy medal!! Off to get a drink and more importantly an ice cream. Big queue but it was worth it. The ice creams were hugs, covered in sauce and with sprinkles and nuts you can't ask for more.

I waited and saw everybody else in then the drive home and rest day started...

Well what can I say about this race. Great route. Great organisation. Great weather, apart from one shower.... superb medal and t shirt and some friendly runners.... in all a great event and would recommend to anyone. Even though I have it as the hardest marathon I have done!!!

Ben Jarvis



Giles Rowans Ride

Sunday 2nd October 2016

In honour of Giles

Who loved his cycling as well as his running, Gosport Road Runners would like to invite you to take part in the Rowans Ride, in aid of the Rowans Hospice.

If you would like to enter, and for more information please see Sue Barrett, or visit the Rowans website

We would like people to enter as

Team Gosport Road Runners

We also ask that any money raised to be paid to GRR and then a collective cheque will be passed onto the Rowans.

Rowans Ride (formerly The Ruby Ride)

This year our legendary Rowans Ride, previously The Ruby Ride, is taking place on Sunday 2 October 2016, starting and finishing at Lakeside, North Harbour, Portsmouth. The Rowans Ride allows cyclists of all ages and abilities to take in the beautiful sceneries of Portsmouth, in a non-competitive environment.

Rowans Ride raises vital funds for local hospice care so we ask participants to try and raise as much sponsorship as they can.

The Routes

Leisure - For the more leisurely cyclist, enjoy taking a lap around the whole of Portsea Island and back to Lakeside North Harbour (approximately 18 miles).

Challenge - Going the extra miles with a challenging hill which takes in the panoramic views of Portsmouth, riders get the chance to ride past the Hospice in Purbrook and back to Lakeside North Harbour through Portchester (Approximately 30 miles).

Epic - The most challenging of our three routes and most suitable for the advanced cyclists, this epic cycle will take participants along the Challenge route, to then turn off to go up to Petersfield and back down through the Meon Valley, Wickham, and joining the route again in Portchester. Now that is Epic! (Approximately 65 miles).



I had a good start to my leg as it was mostly downhill, but soon the hills started emerging and I slowed down. I was overtaken a lot, but I tried not to let it bother me and just went at a pace I was comfortable with. Luckily, Fiona and Nick McBeath joined me for the last leg as they wanted to get some more miles in and it was really nice to have some company as I started flagging! My leg was very up and down, but the last mile and a half was all downhill. Unfortunately, my energy levels were quite low so I couldn't go for it down the hills. I was even sick at one point! I told myself off for not being more prepared and bringing a better snack to have before my leg began.

However, the miles flew past somehow (must have been the lovely views!) and soon we were running into Queen Elizabeth Country Park. Nick assured me that the finish was just around the corner, but I started to get tired and slow down again. All psychological though because as soon as the finish line came into view, I was able to up my pace again. I could hear the other GRR yelling words of encouragement to me which was a great help. I was very relieved as I crossed the line!

Everyone in the team received an excellent goody bag, a t shirt and a medal. We all had a picnic on the grass at the foot of Butser Hill and watched the amazing marathon runners coming in. The atmosphere was great and everyone had had a really good day.

I thoroughly recommend taking part in the South Downs Relay Marathon. It is a lovely local event and the atmosphere is very friendly. Here's hoping I don't get leg 3 next year!

Caroline Oakes



PAGE 13

[illegible]

One thing that did strike me running the multi lap course was that I pretty much ignored the mile markers (I found these quite confusing anyway - as we passed mile markers 10, 7 & 4 before we reached mile 1). On every other race I've run it's always been a case of counting down the miles but this one, it was obviously counting down the laps. Not sure if that helped me or not but other might prefer it?

Overall thoughts - would I do it again?

This is a relatively low key event organised by RunThrough – a small field, not too expensive and very well organised. I would say that the support, marshals and organisation were all pretty faultless.... I'd definitely run one of their events again (but maybe not this one!)

The race was chip timed, with the official results also detailing your time on each lap which I personally found quite interesting. Race photos were also free – they were posted in the ‘RunThrough’ Facebook page by the end of the day.

Included in the price you get a T Shirt (albeit a cotton generic 'RunThrough' T-shirt rather than a technical 'race specific' one), a Medal (which was quite cool 'if you are a girl'), free parking, a bag drop and plenty of water stations (every lap when you pass the start point). Quite good value for money I thought.

<u>Pos</u>	<u>Name</u>	<u>Chip Time</u>	<u>Lap 1</u>	<u>Lap 2</u>	<u>Lap 3</u>	<u>Lap 4</u>
231	Nick MacBeath	02:00:58	00:29:18	00:29:19	00:32:10	00:30:44



RunThrough offers a number of running events in London throughout the year. As well as Richmond, they run 5k, 10k & Half Marathons at Hyde Park, Greenwich Park, Wimbledon Common, Brixton and Clapham. Check out their webpage if you're interested in finding out more..... <http://www.runthrough.co.uk/>

Race Results from your Results Co-ordinator

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

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

Result of the Month

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

My result of the month for June goes to our new member Nikki Moxam for a stonking 39:54 time at the D-Day 10k. Nikki was 4th lady in and 1st in her age category. Welcome to GRR Nikki and Well Done.

My result of the month for July goes to Terry Arnott for shaving 10 seconds off his 10 mile PB at the New Forest 10 on the 10th July! Well Done.



parkrun

I am still collating parkrun times (for now at least) even though they do not now appear in the Newsletter.

Please make sure you have GRR in your parkrun profile so that I can find your times whenever and wherever you do a parkrun.



Thanks... *Brian Fisher*

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk

Club 5km Time Trial—7th June 2016

Well done to all the runners, and thank you to the volunteers, and people who came out to support.

Thanks...

Dave Croft

Pos.	Name	Time	Comment
1	Tom Barnard	17:58	Guest
2	Chris Buxton	18:29	
3	Thomas Bates	18:45	PB
4	Richard Oakes	18:53	
5	Nicky Moxham	18:55	1st Lady
6	Kev White	18:57	
7	Stephen Crook	19:44	PB
8	Bryn Whitehouse	20:12	PB
9	Mason White	21:06	
10	Simon Gregg	21:13	
11	Paul Williams	21:14	
12	Colin Gardner	21:31	
13	Daniel Thompson	22:24	PB
14	Kathryn Wealthy	22:25	1st Timer
15	Josh Belben	22:53	
16	Gill Dowling	23:29	
17	John Barratt	23:59	
18	Dave Croft	25:05	
19	Fiona Tomlinson	25:20	
20	Wes Clift	25:20	1st Timer
21	Rory Fall	26:34	
22	Laura Woodhams	25:39	PB
23	Nicola Colbourn	25:39	PB
24	Mike Barker	26:01	
25	Pete Lindley	26:02	
26	Lee Westwood	26:15	
27	Steve Wood	26:18	PB
28	Mike Stares	26:20	
29	Kirsten Maw	26:36	
30	Steve Silverlock	27:03	

Pos.	Name	Time	Comment
31	John Jeffs	27:45	
32	Kerry Arnott	28:05	
33	Debra Talbert	28:22	
34	Ann Marie Stables	28:22	
35	Sarah Newman	28:41	
36	Lorna Harper	28:42	1st Timer
37	Deborah Birch	28:46	
38	Caroline Oakes	28:57	
39	Pete Robinson	29:11	
40	Sheena Ball	29:48	Guest
41	Samantha Moore	29:59	
42	Lyn Jones	30:53	1st Timer
43	Viv Breen	30:55	1st Timer
44	Kayleigh Breen	32:06	PB
45	Sarah Williams	32:22	PB
46	Andy Hopkins	32:42	
47	Jo Hopkins	32:43	
48	Emma Mundy	32:56	
49	Vicky Walsh	32:58	PB
50	Nicky Finnemoore	32:58	1st Timer
51	Sue Barratt	32:58	
52	Vanessa Grant	33:00	1st Timer
53	Jackie Brady	33:41	PB
54	Karen Hoggarth	34:07	
55	Louise Millson	35:31	PB
56	Karen Middleton	35:32	
57	Sid Smith	35:33	
58	Lorraine Down	37:03	
59	Sarah Down	37:04	

Club 5m Time Trial—5th July 2016

Janet Lindley - Starter/Timer; Pete Lindley - Timer; Terry Weston - Numbers; Gary Francis - Recorder; Supporters/marshalls: Auz Gray, Miranda Carrick, Amber Schothorst, Lisa Hennen, Martyn Barnes, Sarah Bishop, Hayleigh Sparshott, Claire Tallack, Laura Colebourne, Nick Carter, Mick Kearney, Kevin White.

Thanks...

Dave Craft

Pos.	Name	Time	Comment	Pos.	Name	Time	Comment
1	Rob Byrne	35:58		31	Lyn Jones	63:37	1st Timer
2	Chris Buxton	39:36		32	Pete Robinson	64:04	
3	Tom Barnard	40:32	Guest	33	Caroline Oakes	64:18	
4	Richard Oakes	40:54		34	Kerry Arnott	64:19	
5	Terry Arnott	41:23		35	Ashley Crozier	66:47	1st Timer
6	Jayson Grygeil	41:45		36	Sarah Down	67:47	
7	Josh Belben	46:49	Guest PB	38	Kayleigh Breen	68:04	1st Timer
8	Kathryn Wealthy	47:04		39	Viv Breen	68:05	1st Timer
9	Simon Gregg	47:41	1st Timer	40	Johanna Ross	68:39	
10	Dan Roiz de Sa	48:05	1st Timer	41	Andrea Licandro	68:39	Guest
11	Martyn Law	48:10	Guest	42	Jo Hopkins	68:40	
12	Darren Eynon	48:23		43	Dave Kirby	75:20	
13	Gill Dowling	48:29		44	Debbie Humphries	80:23	1st Timer
14	Alan Burgess	49:13		45	Lee Westwood	80:23	
15	Tracey Wales	49:50					
16	Terry Moore	50:33					
17	James Heath	51:39					
18	Vicky Windsor	52:07	Guest				
19	Jane Cockayne	52:10	PB				
20	Mick Stares	54:28					
21	Fiona Tomlinson	54:42					
22	Nicky Finnemore	57:46	PB				
23	Rory Fall	59:33					
24	Ken Eaden	60:03					
25	John Jeffs	60:52					
26	David Wright	61:06					
27	Sheena Ball	61:13	1st Timer				
28	Ann Marie Stables	62:38	PB				
29	David Brace	62:39					
30	David Baker	63:02					

Cookieathon - 15/06/2016

Pos.	Name	Time	Comment
	Lisa Hennen	05:20:42	26.85 miles
	Eric MacGurk	05:29:53	26.85 miles

Fudgeathon - 16/06/2016

Pos.	Name	Time	Comment
	Lisa Hennen	05:57:13	26.85 miles
	Eric MacGurk	02:45:02	10.75 miles

South Downs Marathon - 18/06/2016

Pos.	Name	Time	Comment
37	Ben Jarvis	03:51:45	
135	Ray Bernice	04:27:53	
183	John Barrett	04:37:28	

South Downs Marathon - 18/06/2016

Team GRR

	Nikki White	Kevin White
	Karen Philips	Terry Arnott
	Total	03:44:09

Team Elites

	David Brace	Auz Gray
	Nick MacBeath	Pete Phillipson
	Total	03:53:45

Team Cheetas

	Caroline Oakes	Dave Croft
	Fiona Tomlinson	James Heath
	Total	03:44:09

GRR 2

	Sue Barrett	Lee Westwood
	Terry Moore	Adam Mundell
	Total	03:44:09



Gosport Golden Mile 5k - 19/06/2016

Pos.	Name	Time	Comment
4	Chris Buxton	00:18:36	
35	Gillian Dowling	00:23:24	
55	Julia Roiz De Sa	00:26:12	
56	Nicola White	00:26:35	
57	Kevin White	00:26:35	
60	Hayley Sparshott	00:26:45	
66	Steve Silverlock	00:27:42	
67	Catherine Stock	00:27:45	
72	Andrew Hopkins	00:28:07	
80	Sheena Ball	00:28:41	
81	Laura Woodhams	00:28:43	
89	Peter Robinson	00:29:56	
110	Michaela Ward	00:32:33	
120	Joanne Hopkins	00:34:47	
124	Wendy England	00:35:21	

Gosport Golden Mile Kids - 19/06/2016

Pos.	Name	Time	Comment
3	Eddie Smyth	00:05:53	
28	Theo Roiz De Sa	00:07:17	
37	Huw Bones	00:07:26	
42	Thomas-James Gunner	00:07:34	
43	Ryder Roiz De Sa	00:07:35	
52	Ethan Barrett	00:07:51	
96	Callum Stock	00:08:34	
98	Lily Stock	00:08:36	
103	Ruby Smyth	00:08:44	
113	Joel Windsor	00:09:06	
142	Robert Elshaw	00:09:30	
171	Alfie Gunner	00:09:55	
188	Edith Millson	00:10:12	
199	Dexter Roiz De Sa	00:10:23	
275	Amber Robinson	00:11:31	
277	Grace Robinson	00:11:35	
278	Callum Wan	00:11:39	
296	Faye Sparshott	00:12:21	
338	Ava White	00:16:54	

Gosport Golden Mile Senior - 19/06/2016

Pos.	Name	Time	Comment
12	Harry Carter	00:05:21	
20	Ben Jarvis	00:05:44	
25	Benjamin Wales	00:06:00	
31	Steve Crook	00:06:09	
52	Gillian Dowling	00:06:49	
56	Daniel Roiz De Sa	00:06:59	
60	Dean Conway	00:07:04	
62	Tracey Wales	00:07:05	
77	Lorna Harper	00:07:32	
78	Laura Woodhams	00:07:34	
85	Lara Durham-Dent	00:07:57	
88	Peter Robinson	00:08:09	
96	Mike Battersby	00:08:15	
100	Tracy Slade	00:08:20	
102	Dee Upshall	00:08:36	
106	Zoe Windsor	00:08:48	
105	Alison Mcmillan	00:08:48	
122	Samantha Moore	00:09:10	
131	Sharon Noble	00:09:31	
137	Julie Conway	00:09:49	
149	Mike Bowers	00:10:55	
151	Nicola Colebourne	00:11:03	
154	Marie Bowers	00:11:07	
169	Wendy England	00:12:41	

Gosport Golden Mile 5k Kids - 19/06/2016

Pos.	Name	Time	Comment
96	Leigh Hopkins	00:30:36	
119	Zoe Hopkins	00:34:40	

Fareham Solstice 10k - 19/06/2016

Pos.	Name	Time	Comment
67	Jane Cockayne	00:54:44	
68	Fiona Tomlinson	00:54:44	
112	Claire Tallack	01:01:07	
167	Gail Anderson	01:12:35	
174	Debbie Humphreys	01:16:59	

[illegible]

Midsummer Lavant 5 Mile - 13/07/2016

Pos.	Name	Time	Comment
228	Rory Fall	00:44:53	
247	Ros Clarke	00:45:39	

Gravel Hill 5 Mile - 16/07/2016

Pos.	Name	Time	Comment
68	Hayley Sparshott	00:49:00	
97	Colin Middleton	00:52:03	
144	Jane Cockayne	01:00:05	
145	Claire Tallack	01:00:05	
163	Laura Woodhams	01:03:53	

Dorset Invader Marathon - 16/07/2016

Pos.	Name	Time	Comment
36	Ben Jarvis	04:45:19	
112	Darren Eynon	05:20:51	

Emoji Run (laps) - 16/07/2016

Pos.	Name	Time	Comment
123	Jane Cockayne	05:14:27	27.6 miles 6 laps
135	Laura Woodhams	05:46:13	27.6 miles 6 laps
121	Claire Tallack	05:14:19	23.0 miles 5 laps
122	Mandy Grant	05:14:25	23.0 miles 5 laps
89	Auz Gray	03:30:34	18.4 miles 4 laps
52	Catherine Stock	02:43:07	13.8 miles 3 laps
53	Katrina Jurd	02:43:10	13.8 miles 3 laps
57	Sheena Ball	02:45:37	13.8 miles 3 laps
68	Ros Clarke	03:03:07	13.8 miles 3 laps
93	Susan Barker	03:43:15	13.8 miles 3 laps
94	Louise Millson	03:43:16	13.8 miles 3 laps
26	Christine Nation	02:01:32	9.2 miles 2 laps
42	Debbie Humphries	02:17:48	9.2 miles 2 laps

Chiltern Challenge Ultra 50k - 16/07/2016

Pos.	Name	Time	Comment
204	Lizzie Elshaw	09:51:58	
205	Neil Elshaw	09:52:00	

Great Newham London Run 10k - 16/07/2016

Pos.	Name	Time	Comment
419	Paul Williams	00:45:11	
4359	Lee Westwood	01:02:39	

Bayside Go-Tri - 16/07/2016

Pos.	Name	Time	Comment
6	Nick Carter	00:31:02	
8	Phill Moran	00:31:19	
9	Nick Macbeath	00:32:13	
10	Kim Carter	00:32:59	
12	Andrea Edwards	00:33:23	
16	Zoe Windsor	00:35:35	
18	Edward Anderson	00:35:46	
19	Rachel Gee	00:36:05	
20	Amber Schothorst	00:36:15	
23	Kate Smyth	00:37:17	
24	Joanne Hopkins	00:37:34	
25	Patricia Lapworth	00:37:48	
26	Johanna Ross	00:38:02	
27	Angela Hurst	00:39:04	
28	Jenner Moore	00:39:13	
30	Caroline Oakes	00:40:05	
31	Susan Barrett	00:40:36	
32	Jenny Scott	00:42:26	
34	Jackie Brady	00:43:28	
35	Kerry Irwin-Hall	00:44:51	

Bolton Ironman - 16/07/2016

Pos.	Name	Time	Comment
1296	Eric MacGurk	14:45:03	



Snowdonia Trail Marathon - 24/07/2016

Pos.	Name	Time	Comment
393	Lisa Hennen	08:08:23	

Thunder Run - 23-24/07/2016

Team	Laps	
Lazy Gits		
Kerry Arnott	1902	01:15:53
Sarah Down	1903	01:15:13
Mason White	1904	01:13:05
Kevin White	1905	00:47:36
Rikki Hatherley	1908	01:11:28
Terry Arnott	1901	00:47:15
Nicola White	1906	00:59:19
Kerry Arnott	1902	01:18:00
Sarah Down	1903	01:15:28
Mason White	1904	01:18:35
Kevin White	1905	00:48:29
Rikki Hatherley	1908	01:14:23
Terry Arnott	1901	01:03:22
Nicola White	1906	01:20:49
Kerry Arnott	1902	01:29:28
Sarah Down	1903	01:22:33
Mason White	1904	01:23:49
Kevin White	1905	00:54:11
Rikki Hatherley	1908	01:20:40
Terry Arnott	1901	00:55:11
Nicola White	1906	01:24:04
Total : 3 Laps Each - 132 Miles		

Portchester 10k - 24/07/2016

Pos.	Name	Time	Comment
66	Edward Anderson	NA	
114	Hayley Sparshott	NA	
141	Laura Woodhams	NA	
156	Jane Cockayne	NA	
168	Amber Schothorst	NA	
169	Nicky Colebourne	NA	
187	Claire Tallack	NA	
188	Tracey Slade	NA	
189	Fleur Giles	NA	
193	David Brace	NA	
254	Jenner Moore	NA	
269	Chris Nation	NA	
322	Gail Anderson	NA	
399	Mandy Grant	NA	

Lakeland 100 (105 miles) - 29-31/7/2016

Pos.	Name	Time	Comment
	Andy Clutton	39:32:08	

Thunder Run - 23-24/07/2016

Pos.	Name	Comment
7th	Ben Jarvis	16 laps - 101 miles



GRR Website

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

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



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

GRR and Social Media



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

Follow this link to see what's going on:

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

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Summer

July 2020

CONTENTS

- 4 & 5 - Editor's Note : Miranda Carrick**
- 6 & 7 - In Passing...: Dave Kirby**
- 8 & 9 - My Athlete Ancestor: Brian Fisher**
- 10 & 11 - Hedgehog Half Marathon: Zoe Windsor**
- 12 & 13 - Gosport Half Marathon 2020 : Dave Kitching**
- 14 - A postcard from France**
- 15 & 16 : Virtual Club Time Trail - 10k results**
- 17- Any other business**

Cover photo: Bonjour! Peter Stubbings heading for the beach in Royan, France.



[illegible]

It's Summertime and the weather is fine. Another month has flown by! I hope this edition of the club newsletter finds you well.

As result of the outbreak of the coronavirus pandemic, it would seem that virtual races are here to stay for the foreseeable future. These challenges are about racing yourself when the only limitation is you. It helps to keep you motivated and hit a fitness goal, whether your aim is to raise money for charity, add another medal to your hanger or something more personal. A few of you have completed a virtual race or two during the past few months and would be able to testify how motivating these races are – it’s fun, it’s cheap, it gets you fitter and lifts your mood. During the lockdown, even professional athletes competed in virtual races. I recently read that the IRONMAN Triathlon conducted a virtual racing series in April, where 11,000 athletes from 115 countries registered to compete from the comfort of their homes. The professional division included four men and four women who competed in the Ironman VR Pro Challenge. This consisted of a virtual IRONMAN 70.3 Boulder bike course using an indoor cycling system provided by an approved virtual cycling platform. The athletes raced against each other’s avatars for the best overall time. Before you reach for the keyboard to book a virtual race, be aware that as with all races, incidents happen. In this particular challenge three-time IRONMAN World Champion Mirinda Carfrae was in second place and performing well, until her husband accidentally tripped over the power cord to her cycling device, disconnecting her from the race. Rather applicably, she called him an “idiot” during her virtual press-conference 🤦🏻

Dave Kitching has exciting news about a virtual event you'll soon be able to enter. Keep your eyes peeled for his article a bit later in this edition.

Did you read about GB international ultra-runner Carla Molinaro's who has broken the women's record for Land's End to John O'Groats, running the length of Britain in just 12 days, 30 minutes, and 14 seconds. This solo challenge was a successful attempt in breaking the ladies Guinness World Record for running the length of Great Britain. She started the 874-mile journey on 16/07/2020 when she left Land's End in western Cornwall. She arrived at John O'Groats in the far north of Scotland on 28/07/2020. That's more than 70 breath-taking miles a day for 12 days. The previous world record of 12 days, 11 hours, 6 minutes and 7 seconds had been set by Sharon Gayter last year. You don't have to search much further than this if you're looking for motivation for your next crazy running goal!

Let's get to the newsletter in hand. Dave Kirby again shares a few interesting snippets of information with us. I'm so happy he is back in great form with his fine sense of humour. Thank you as always for your contribution, Mr Kirby!

Brian Fisher runs fast and there is a reason for it: running genes are flowing through his family tree. Please turn to his article about his athlete ancestor – it makes for fascinating reading! Thank you, Brian

You would remember Zoe Windsor 's awe-inspiring half marathon journey on her road towards the 100 Half Marathon Club. In this edition she shares her latest race experience with us. Thank you for this contribution Zoe, and good luck with the remaining half marathons..

Pete and Kate Stubbings are (or were) in France on a triathlon training camp. He shared a post with a few photos on the club's Facebook page and as nobody is really travelling at the moment, and I had a trip planned to France during July, I used his post in postcard format. I hope he doesn't mind!

Club nights are back on! Please ensure you're aware of the social distance guidelines and other arrangements which are applicable on these evenings. The relevant information is regularly circulated via social media platforms and email, but feel free to contact the club captains, one of the running leaders or a member of the club committee if you need more information about this.

That's all from me. May August bring you only health and good running vibes.

Miranda



"We can rebuild him; we have the technology"

"Hip Replacements"

In the 1970's there was a television series called "The Six Million Dollar Man". It featured an astronaut who had an horrific crash and various body parts were bionically replaced. Very entertaining programme which ran for half dozen series.

Seems routine now but if you had talked about routine hip replacements before 1970 people would have viewed you as being a bit weird. Now you can replace all manner of human body parts.

History does recall procedures going back into the late nineteenth century, but they were crude affairs and were viewed as some sort of witchcraft.



I can vouch for modern day hips. They really are as good as the blurb as long as you do as you are told. A comprehensive booklet of exercises is given to you when you go home. Follow it to the letter! No more running marathons but you can return to normal walking and keep fit that way, be it at a slower pace!



"One you might have missed and a new course to run."

A fell runner by the name of Kim Collinson, has just broken the record by running 78 Lake District peaks in 23 hours 45 minutes. A formidable challenge!

We live on a flat plain, but you can run hills if you want to put in a bit of an effort.

We used this course many times in the eighties but with the increase in traffic and possible new developments it should be approached with caution.

Run from home and ascend Down End Way on the Porchester Road. You can miss out chunks of the A32 by using the footpath alongside Fareham Creek. At the top of Portsdown Hill, run along until opposite the Museum/Fort and there is a track on the right which takes you down past the Crematorium to the main road. This track/road was always uneven so needs caution. Turn left at the bottom-by the garage - and after about half a mile you reach Station Road which leads into Hill Road, turn left which will take you up past Porchester Station. This is a steady climb and you need to take the right-hand fork after crossing the motorway. At the top you are at a crossroads. Sometimes on reaching here we had had enough and ran home using the grass verge.

For a more adventurous outing, turn right and eventually end up on down land opposite Fort Southwick, running down through here there are several footbridges over the M27 which takes you through the Paulsgrove estate leading you down to the main road. You can turn left which will take you to Southwick Hill Road where you can ascend the hill again passing the QA on your left. Alternatively turn right and run home. Quite a strenuous run in parts, it needs planning.

For an added extra, on the out run when you get to Cams Mill pub by the viaduct at Fareham, turn right. This will



give you a lovely run all the way to Portchester Castle along the coastal path. At the Castle turn left and run-down Castle Street where you end up at Station Road Portchester where you go straight up the hill.

All the best with this if you do the lot and take a bag meal! For older members don't forget your bus pass!

One for long distance walkers.

"Trail Walker Relay" from 21st September 2020, organised with the Queen's Gurkha Signals

No entry fee but they like teams to raise money. Could be a bit more involved than I first thought. Seems you make up your own 100km route. Be interesting to hear if any members attempt this: <https://www.gwt.org.uk/events-and-challenges/trailwalker-relay/>

The boys with the funny knives have just run 249 miles in 49 hours. I hasten to add, in shifts. Money they raised went to Salisbury hospital STARS appeal.



"Did you know "... Tokyo 64 was the last cinder track games. Bit different next year!!!

Dave



Vernon Morgan OBE

1904-1988

As some will know, I have been researching my family history for over 20 years. One of my distant cousins was an Olympic athlete and had an interesting life. Here's what I have found out about him.

Vernon Eversfield Morgan was born in Cheshire in 1904 to a wealthy family. Educated at Charterhouse School, he excelled at sport winning several Public Schools' athletics championships.

In 1923 he went up to Christchurch College Oxford where he won Blues in Athletics, Cross-country and Football. He won the 3-mile Oxford v. Cambridge race in 1925 and was on the Oxford X.C. team in 1924 and 25.








Morgan was invited to train for the 1924 Paris Olympics but decided against it, instead taking part in a football tour of the USA and Canada with the Corinthian F.C.

As he put it:

"At the age of 20 a visit to the U.S. and Canada was much more tempting than a trip across the English Channel! Moreover, I was hoping to 'have my cake and eat it' by taking the soccer tour in 1924 and the Olympic Games in 1928".

In fact, this he did, Morgan took part in the 3000m Steeplechase at the Amsterdam Olympics in 1928. Sadly he was eliminated in the first round.



Heat 3				
Rank ↕	Athlete ↕	Country ↕	Time ↕	Notes ↕
1	Toivo Loukola	 Finland	9:37.6	Q
2	Ove Andersen	 Finland		Q
3	Henri Dartigues	 France		Q
4	Jean-Gunnar Lindgren	 Sweden		
5	Vernon Morgan	 Great Britain		
6	Joe Blewitt	 Great Britain		
7	Jesse Montgomery	 United States		

In 1930 he took part in the inaugural Empire Games (now the Commonwealth Games) and won a bronze medal in the 3000m Steeplechase.

One of his proudest achievements was during a 1929 tour of South Africa with his club, Achilles. He set a record for the mile of 4 mins 16.4 seconds which stood for 8 years.

After university Morgan briefly worked as a Stockbroker, but in 1931 made a career change to journalism, later becoming Sports Editor of Reuters for over 30 years.

During his career he reported from more than 60 countries. In an age before TV, he was as well-known to newspaper readers as TV pundits are today.

In 1936 he reported at the infamous Berlin Olympics. Joseph Goebbels, Hitler's Reich minister for propaganda, made sure that Morgan and his team had the best press seats from which to report the expected success of German athletes. This turned sour when black American track and field athlete Jesse Owens won four gold medals, becoming the most outstandingly successful athlete at the games.

Hitler's fury with the American team had begun at the opening ceremony. As they paraded before him in the podium, Morgan reported that:

not only did the Americans not salute (which has been expected as it is not in accordance with American Regulations to dip Flag) but certain members of the team failed to doff their headgear...

Upon his retirement after the 1968 Mexico Games he was awarded the Olympic Diploma of Merit. In 1969 he was awarded an OBE for his services to sport.

In retirement Morgan continued his involvement with the Olympics. In 1972 he gave a presentation to the International Olympic Academy in Greece, on "*The Olympic Competitor, Society and the Mass Information Media*". In 1980 he gave a humorous address to the Academy recounting his own Olympic experiences both as competitor and journalist.

In 1981 Morgan was a consultant on the Oscar-winning movie "Chariots of Fire".

In his hand-written memoirs which I have seen, he credits himself with giving film Director David Puttenham the idea for the film during a shared taxi-ride. Morgan would have personally known the main characters portrayed in the film; Harold Abrahams and Eric Liddell, part of the British team in the Paris Olympics of 1924.

Vernon died at the age of 88 in 1992. An obituary in The Times made the following observation:

Morgan was a passionate devotee of the British Olympic Association and of the amateur code with which he had grown up. He deplored the rise of professionalism. At an IOC event in Varna, Bulgaria - his last formal appearance - he made a passionate speech condemning the increasing state sponsorship of athletes. Just weeks before his death in 1992 - and while watching television coverage of the World Athletics Championships - he was still to be found consulting the dictionary over the precise meaning of the word "amateur".

Although I never met Vernon Morgan, in 2011 I ran the Amsterdam Half Marathon which finished in the Olympic Stadium. It was nice to complete a lap of the stadium knowing that an ancestor had also run there.

Brian

Hedgehog Half Marathon, Betteshanger Kent

25th July 2020

With the restarting of races I wanted to make sure any I did in the near future would be counted towards my 100 half marathon goal. After checking this race would be I entered this Saxon Norman Viking event.

Betteshanger in Kent is quite far away, a three hour drive. As my holiday to Greece had been cancelled I decided to treat myself to a night away before the race to make travelling easier. On the Friday I had a leisurely drive along the motorways to a small village called Eastry, and stayed in The Five Bells, a 17th Century pub. The pub was lovely, in the morning the landlady made my breakfast and sat near me whilst I ate it and proceeded to tell me her life story.

We had very strict instructions for the race. Each person was allocated an arrival time with a total of 30 entrants only. This was part of the risk assessment and so people could not arrive before their slot. I parked and then found Travis who runs SVN events. At the start we were given our goody bags which were very generous. Once you were happy you just had to tell Travis when you were starting.



I had looked at the route beforehand and read the course information. If I ended up going over a style it meant I was lost. Betteshanger itself used to be a colliery, it was developed many years ago and now boasts cycling routes, ponds and wildlife and much more. The laps consisted on 4.37 miles so three laps for a half marathon. It is described a having a few slopes but I found it quite undulating, for all the downs there must be ups!



[illegible]

It was some sadness and regret that the GHM Race Committee decided on 16th July to cancel this year's event.

It was becoming clear that the Run Britain regulations with regard to Covid-19 compliance and the fact that Bayhouse School were very unsure if the school would be available again because of Covid-19, were severely testing our ability to promote the event with any degree of confidence.

If we had continued with our planning for the 2020 event, we would have incurred considerable expenses that we would not have been able to recover more should the Covid-19 situation deteriorated. In addition, we would have to commit the event to substantial addition work and expenditure.

So, we cancelled the Gosport Half Marathon 2020.

The planning for the Gosport Half Marathon 2021 to be held on Sunday 21st November 2021 will begin soon.

A request and reminder to you all. PLEASE do consider NOW making a contribution to the Race Committee. Your participation in the planning for the GHM21 and beyond is invited and would be greatly appreciated. Some of the current members of the Race Committee (some have served for a number of years) wish to step down and in doing so will create opportunities for others, YOU, to step up - PLEASE do consider this. Contact me if you need further information or detail.

A THANK YOU to the GRRs from the GHM Race Committee

As our event is now cancelled the Race Committee would like to say THANK YOU to the whole club for all the times that you have supported the GHM.

This is our initial thinking:

- 1: We want to promote an event exclusively for the whole club membership (as it will be at the time of the event).
- 2: There will be NO entry fee.
- 3: In the week of Sunday 15th November to Sunday 22nd November members are invited to complete a Half Marathon 13.1 miles.
- 4: On any course as a one-off run or as a team each running part of the distance or an individual running series of runs over the week that add up to the distance.
- 5: Evidence of the completed runs will be collated by Ben Jarvis (Strava, Garmin, TomTom or however you record your running etc).
- 6: The Race Committee will provide an exclusive and special medal for all GRR members that participate in the event.

It is the desire of the Race Committee to say THANK YOU to the GRRs for the support given in the past. It is an opportunity to bring the whole club together after a long year that has been difficult for us all. We hope that it will be a real celebration of our the GHM the GRRs and our love of running and the comradeship that it brings to us all. If it is possible (and who can predict that far into the future?) we hope to hold a special medal presentation for all the club members on an evening towards the end of November.

So, if no other events are available to enter this year there will be the Gosport Road Runners EXCLUSIVE Half Marathon for you in November. You have time now to train for this event.

Of course, things might change but this is our aspiration at this time in July - the Race Committee will keep you updated on our planning progresses.

Have a lovely August.

Regards

Dave

Race Director
GHM2020



Bon soir, just spending the day in Royan, our twin town.

Glad to tell you that we DO feature on the town nameplate, as many twin towns don't reciprocate and exist just on paper. Kate Stubbings and I are staying in La Rochelle and came down for the day not knowing what to expect. I'm so impressed, four sandy beaches, a marina and open markets with fresh produce, clothes and all the usual things you would expect. I've worn my Gosport Road Runners top all day and went into the Tourist information office to ask about local athletic associations and running clubs and was given the number of Mario Gaillot, the club's president... Who is possibly on holiday because he didn't answer.

Can't say we didn't try. Achhhh, next time. I'd definitely recommend a visit here, Royan would have been in this year's Tour de France, I'm not sure what's happening there, rescheduled or cancelled. Like a thousand other events, eh. I'll leave you with some pictures.

A bientôt, Pete out





GRR Website

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

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



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

GRR and Social Media



The Club's Facebook members' page currently has 259 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/1930144613918/>

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk



GOSPORT

≡≡≡ *Road Runners* ≡≡≡

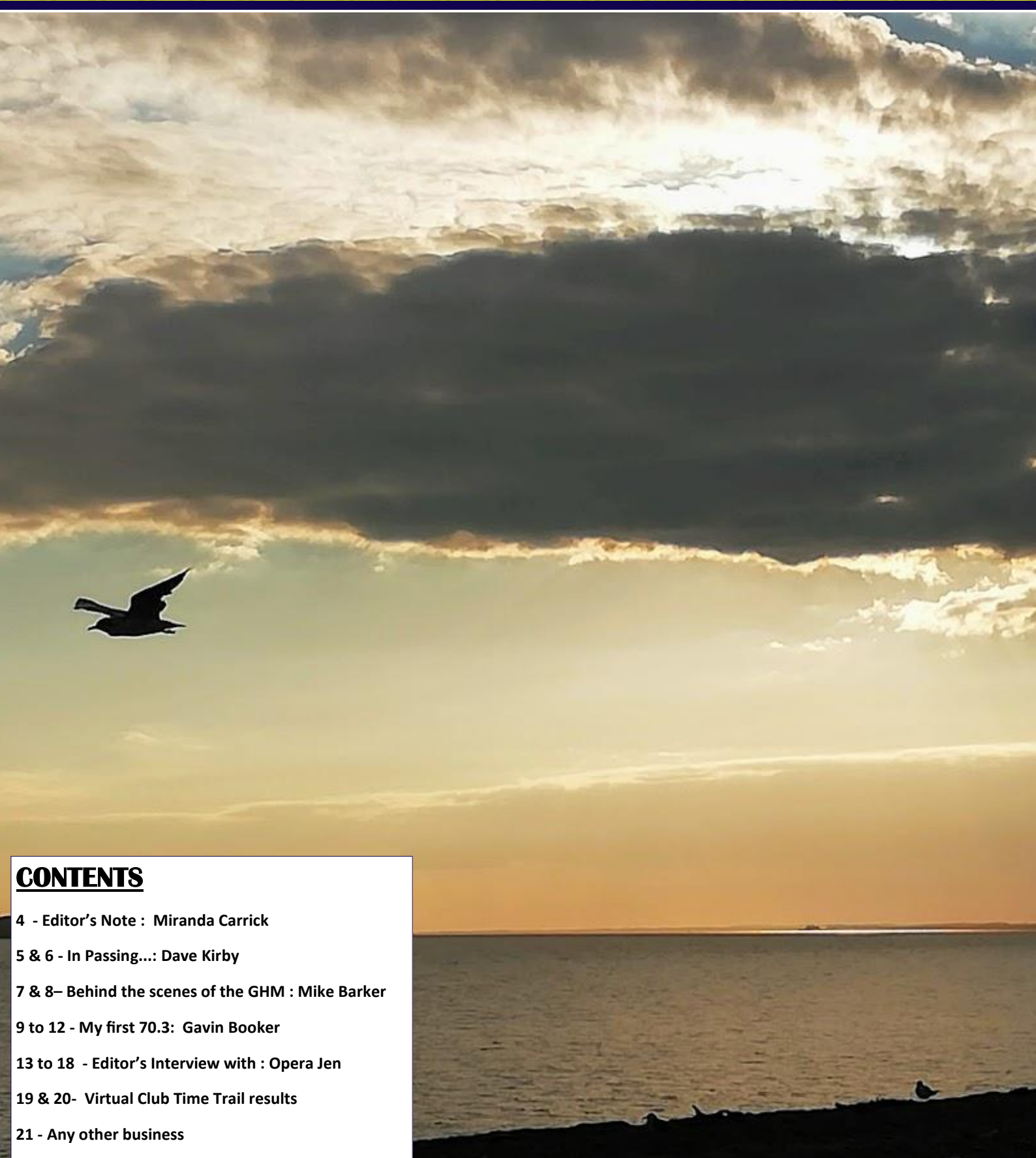


NEWSLETTER



Summer

August 2020





Interesting people have a profound effect on others. Some people just seem to have been born to be interesting. Speaking for myself, I have always enjoyed meeting and reading about people who seem to lead exciting lives and radiates energy in whatever they decide to do. This fascination must have kicked off when I started school. Due to internal boycotts, TV mainly featured “made in South Africa” programmes only. Daily broadcasts started around 18h00 with a religious devotion service of about 15 minutes, followed by a children’s program (in Afrikaans only), a soap opera (in English and Afrikaans), the news (for an hour) then a program with opera performances by South African singers. My parents weren’t very strict with our bedtime schedules, and we were therefore allowed to watch some of these late-night programmes (TV broadcasting finished at 23h00 into the early 1980’s). I could obviously not understand a word of the music (I could hear at that time, if you were wondering) but I thought those singers must be the most interesting and intelligent people, being able to sing in foreign languages whilst wearing beautiful clothes. I still think that opera singers are interesting people, which is why I asked local opera singer and a member of our club, Jennifer Parker-Lummis for an interview. She’s beautiful, has a great sense of humour and a naturally nice personality, she likes running and she has a passion for singing and life! That’s certainly ticking quite a number of the boxes of what makes a person interesting in my book. I’m excited to share this interview with you.

Keeping you in August company with this edition, Gavin Booker shares his phenomenal half-Ironman experience with us. What an admirable achievement! He achieved his goal through discipline, dedication, hard work and obviously a good dose of athletic talent. I'm certain you will be as impressed as what I was when you read his article. Congratulations Gavin and all success on your road to becoming a full Ironman.

As you know, it's often the people who work behind the scenes who have the most impact on the outcome of an event. The Gosport half marathon is one such event. Planning for next year starts almost immediately after the annual race is over. Michael Barker expertly guides us through the Gosport half marathon store. One does not always appreciate the magnitude of the signage required to make the event a success, but this article certainly puts this into perspective.

Our epic regular contributor Dave Kirby brings us another interesting snippet of news in the passing. It's so good to see he is recovering from his illness and is able to entertain and inform us with his column.

Club nights are back on! From what I have seen on the club's Facebook page, every member who attended to date is very happy about this. The club committee and running leaders are all working hard to ensure that the necessary social distancing measures are followed whilst providing efficient coaching sessions. I've started the C25K program recently and can't wait to get back to club nights. Hope to see you all there soon.

The past week we had an actual real live time trial! I was fortunate to help as a bike marshal at this event and it felt fantastic to see so many familiar faces. The next newsletter will feature the results and photos of the September time trial. In the meantime, you'll have to do with the results from the August virtual time trial.

All that's left is for me to wish you happy and healthy running till next time.

Miranda



Miranda wrote a piece in her last month's editorial about this. I nearly took it out but will not dwell too long on the event. "Record Breaking".

There seems to be no end to record breaking this year, despite all the restrictions. One of the biggest attractions seems to be between our two furthest points of land (not strictly true with deviations by the participants, but it makes a good story).

Carla Molinaro has just broken the record for running from Land's End to John O' Groats. The 874 miles took her 12 days, 30 minutes, 14 seconds. 10 hours faster than Sharon Gayter whose time was 12 days 11 hrs 6 min 7 sec in August 2019. Watch this space....



More records.

Andy Wilmot, 76 has just completed his 800th marathon. That's a total of 20,960 miles - some achievement.



An army Major-Chris Brannigan has just completed a 700 mile walk from Land's End to Edinburgh to raise funds to treat his daughter who has a very rare medical condition. He covered the entire distance barefoot!



Jack Whitehall has just finished a very amusing sporting series on TV.

One of the features that caught my eye was the "battle" between Steve Overt and Sebastian Coe in the late seventies, early eighties. Brought memories flooding back. They were a class act and couldn't be touched at one time. They won one another's events at the Moscow Olympics. Another story in the fascinating competition between the two. A young Steve Cram was just beginning to figure as well. What a wealth of talent we had in short distance and middle- distance running.

"Unfilled Dreams"

Dave Moorcroft former middle- and long-distance runner, was the holder of several records including the 5000 metres. His career spanned the late 70's and early 80's. He had a remarkable season in 1982 where he broke the 5,000 m World Record by 5.79 seconds (without the use of pace-making). His time of 13:00.41 set in Oslo stood for three years and remained a British record until 2010. He remains the last non-African to set a 5,000 m world record. In the 1982 running season, he set a personal record in most distances. In the same year he also won gold in the 1982 Commonwealth Games over 5,000 m, he broke the European and British 3,000 m record with a time of 7:32.79. This remained a British record until it was broken by Mo Farah in June 2016.

Illness struck at the wrong time and he missed Moscow in 1980. A groin strain laid him low in Los Angeles in 1984 and he trailed in last in the 5000 metres. Determined to finish, the stadium gave him a standing ovation.

He was the first Chief Executive of UK athletics after the break-up of the AAA's. This in turn went into administration weeks later to be replaced by UK Athletics, where he remained Chief Executive until 2007. In 2012 he became Director of Sport for *Join In*, a UK national multi-sport event to support local sports clubs and organisations in the UK to attract more volunteers.



"Derek Redmond."

British sprinter, holder of the 400- metre record and several Gold Medals. Blighted by injury at the Seoul Olympics in 1988 he subsequently underwent eight operations. It wasn't to be and in the 400-metre final in Barcelona in 1992 he broke down.

Famously the film of him crossing the finishing line with the help of his father has gone down in Olympic folklore.

Dave



As the Ministry of Defence gradually withdrew from Fort Blockhouse, buildings became vacant and Gosport Road Runners were given permission to have some of the spare storage space. There is no cost to the club for this facility; it is a goodwill gesture to a non-profit event that raises money for good causes.

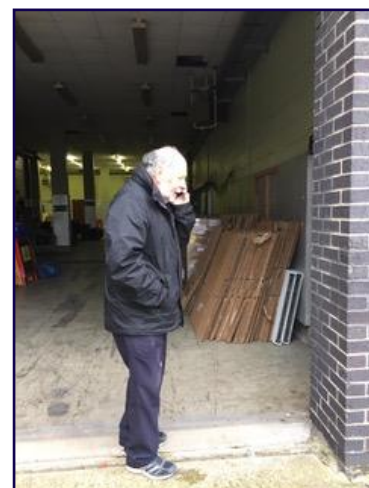
Over the race weekend the Logistics Team, Section Leaders and their marshals will display the three hundred and fifty-three signs that are in this store for the Gosport Half Marathon. The signs will be located on the race route, Browndown car park, children's Fun run and at Bay House School.



We have to thank Andy Clutton for using his years of experience in working with Gary Francis and the logistics team for producing a fifty-page master document that puts together all the course signage. It will name the sign; give the lamp post number if applicable, the orientation, a photo and additional information. This is amended each year and particularly when we have a route change as we did last year due to the new power pipeline being installed near the 'Shack' at Lee-on-the-Solent. This document is crucial in the setting up of the course; gaining the approval of the Gosport Council Safety Advisory Group and for our event risk assessment.

In February this year Steve Cawte, Rachel Gee and Mike Barker used this master document to put the Section Leaders' signage together so that it is ready for them to collect approximately a fortnight before race day. The Race Committee will give each Section Leader an extract from the master document listing the signage that they and their team are responsible for which averages out at twenty-five signs each. The remaining signage will be for the logistics team to display .

Very few people would know (and Gary Francis would never mention it) but when the route used to be in the town and then for the first few years on Daedalus Airfield he would make all of the route signage himself by hand using masking tape and clipboard and if we had wet weather on race day he would replace the damaged signs for the following year. Before we had section leaders, he would be responsible for erecting the signs the day before the race, checking they were still there at the crack of dawn on race day and then taking them down after the event. Fortunately, this has now changed but it used to involve so much work and commitment on his part and we have much to thank him for.



In addition to the signage, the store houses: marshal bibs, tentage, refreshment utensils, tools, Goodie bag boxes, the finish area equipment and acts as a collection point for 10,000 recyclable water cartons.



We used to beg and borrow cones and barriers for the route from the police and service establishments but now they are all hired which has freed up a lot of space in the store. It makes less work for the logistics team moving them from the store to the course and looks more professional as all the items are new and of a uniformed size.

I hope this information gives you an insight into a small part of the organisation that goes into the Gosport Half Marathon and for anyone thinking ‘ **how could I give something back to the club and the wider running community for organising all the events that I have taken part in throughout the year whilst leading a busy life with work/family commitments**’ then being a section leader at the Gosport Half Marathon may be for you. It’s just one weekend a year, immensely important to the event and something that I’m sure you will enjoy and find personally satisfying.

Mike



[illegible]

My first memory of a triathlon was in 1991. At the time I was working as an apprentice fitter/turner in Portsmouth dockyard and I remember seeing the preparations for the cycle part of the race that were being set up as it was going to pass through the dockyard.

Intrigued by this swim, bike and run race that was going to take place I decided that I would go over to Southsea on the Sunday and watch this new sport.

I was a bit naïve before going and remember thinking that the competitors must be some finely tuned, muscle toned super athletes who had travelled far and wide for this event, but it seemed I was wrong. There were of course some top athletes, but also many people of varying abilities. What a surprise it was to see 'Normal' people swim 1500 metres in the sea, cycle 40K and then run a 10K race.

There were not massive crowds and so I was able to watch the race unfold and was at the finish line to see an 18-year old called Spencer Smith, a British triathlete, win the race. I stayed and watched for quite some time and was impressed to see all the 'Normal' people cross the line. I was so impressed, I was going to have a go at this!

I began to do some training and actually attended GRR a few times back in 1991 when they used to meet at Privett Park cricket club. I brought a new bike (a Raleigh 'Banana') and also started doing a bit of swimming. I competed in a few running races, some Duathlons (run- bike- run races) at HMS Daedalus and finally took part in my first triathlon in 1993, the Bournemouth 'Fast twitch' race, a pool based swim and so not the full distance. I took part in 6 triathlons in 1993, all pool based.



Unfortunately there were quite a few distractions for me in the early 1990's. Being in my early 20's the priorities of mates, pubs, clubs, females and football were quite time consuming and so unfortunately the training began to suffer and ultimately stop. I moved overseas a few years later and that was the end of my first introduction to triathlons.

In June 2019, myself and my partner 'Jo' joined GRR. Jo had been a member of a running club in Bognor Regis but was now living with me in Gosport. She got me back into running and I enjoyed doing 'Park Runs' and so we thought we would join the club as we both had different abilities. Running was going quite well and a few races were entered.

I also decided that I might have another go at triathlons and so invested in a reasonable bike and again started a bit of training, I also entered the 'Bayside' Autumn Duathlon in 2019. Race preparation was ok and I had a reasonable race.

[illegible]

Early 2020 I decided I needed a goal to help motivate me to train and so we booked a holiday for November 2020 to visit my sister in Phuket Thailand. There is a triathlon held there, a 1900 metre swim, 50K bike and 12K run and so I decided that I would enter that!

Training went well, I joined Gosport leisure centre for swimming and started some swim lessons at Brune Park School. I also began doing some long cycle rides as well as running with the club.

Unfortunately 'Covid' appeared in March 2020 and turned everything upside down, Club nights stopped, the leisure centre closed and exercise was limited to once a day.

I began lockdown running 10K three times a week but decided I would add 1K a week to build up the distance until I got to a half marathon. After some time I also decided that on the days I wasn't running I would start cycling, these also started at shorter distance but gradually grew into longer distances, adding a few hills into the mix. A wetsuit was ordered and after restrictions were eased I started to venture down to Stokes Bay and Hardway to build on my swimming ability. Training was going well!

I decided that if any were available I would enter a triathlon in the UK but due to Covid there was always a risk of the event being cancelled. I messaged the men's captain Ben Jarvis asking if he knew of any events as I was aware that he was a triathlete . He told me that he was entered into a ½ Ironman in August and this was still going ahead.

A ½ Ironman is a bit of a step up from a triathlon, A total distance of 70.3 miles, 1.2-mile swim, 56- mile bike and 13.1- mile run. On the 10th of July I decided to enter, race day was the 16th of August - time to step up the training!

As well as the normal running, cycling and swimming I began to do some 'Brick sessions' at the weekend, A long bike ride followed by a run, I never achieved the full distance in training but felt all was going well. Swimming was always going to be the tricky part but the race was going to be in a lake and so not as challenging as an open water swim.

A week to go and no cancelation, all the event information was emailed through, this time including Covid/social distancing information. Training was stepped down and the pasta meals and race prep began.



We travelled up to Shropshire on the Saturday, I was pretty nervous as we were running a bit late. I dropped Jo off at the B&B and I went off to get the race pack and listen to the race briefing. Upon returning to the B&B Jo asked how the briefing went, oh dear, I forgot to go! Not to worry, ultimately I can just follow the person in front!

[illegible]

I gave my bike a last check, pumped the tyres, fixed the numbers and sorted out my kit, Tri-suit, wetsuit, goggles and swim cap, bike shoes, helmet, socks trainers, race number, water bottles x 3 protein bars, gels. Check. Check, check again. Once last evening meal of pasta and an early night before the big day.

My socially distanced start time was 8.57 and so I decided breakfast was needed at 7am so that it wouldn't affect my swim. We arrived in reasonable time and some athletes had already started as they were taking part in the full Ironman.

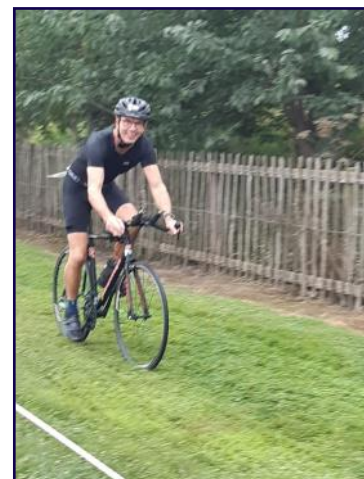
Nerves were starting to creep in as I went into the transition area to lay out my kit and rack my bike, all quite methodical in order of discipline time was drawing closer I donned my wetsuit and left the transition area for one last chat with Jo before the start. I was hoping for 6 hours for the race, 1 hour for the 1.2-mile swim, 3 hours for the 56- mile bike and 2 hours for the 13.1- mile run.

We were started individually every 5 seconds in our age groups to keep us socially distanced, I watched the line get shorter as I got closer to the lake and then I was in. I had never swam around a course and it was quite tricky to spot the buoys, water visibility was pretty poor and so trying to follow the person in front was difficult. It was 2 laps with a 20 metre run in between the laps. All went well and I left the lake and entered transition after 43 minutes.



Note to self, try and remember where your bike is, and once you remember where it is, go back and check a couple of times! The first transition did not go according to plan as I wasted some time searching for my bike. After eventually finding it I removed the wetsuit, dried my feet (an important lesson learned in training) and put on my socks, bike shoes and helmet , a good swig of protein filled water and some energy bar and off I went again, transition time 4min29sec.

The bike ride started well, a nice day with pretty good roads, not many hills and light traffic. Unfortunately, approximately half way through the first lap the heavens opened and the rain began to pour, at the time not very pleasant but on reflection it was far more bearable than the heat of the week before. There were aid stations on course every 14 miles but I managed ok as I have 2 water bottles on my bike and a little pouch to carry energy bars and gels and, as the weather was cool, my water bottles kept me going for the 56 miles. The support was great and Jo was stood in the rain to cheer me on at the turn of the first lap. I entered the second transition after a trouble-free bike ride in 2:50:32.



I managed to find my kit pretty quick this time, racked my bike and helmet, had a quick change of footwear and some more water and energy bar. It was time to start the final section of the ½ marathon, transition time was 2min16sec.

The run was 3 laps, approximately a 1/3rd of the course was through a park with the remainder on road. I am quite happy with my running and felt pretty good although, it is quite a strange feeling in your legs to run straight after cycling and takes a little time to get used to. The benefits of the run being 3 laps was great support from Jo and the many other spectators. There were a few members of a triathlon club from Gosport (E-Hub) of whom Ben Jarvis is a member and so Jo stood with Ben's partner Caroline and it was a great motivator to hear their voices every lap. Ben also passed me a couple of times on the run and encouraged me to take plenty of fluids which I did and which helped keep fatigue at bay.

I crossed the finish line with a half marathon time of 1:42:42. The final time of my first 70.3 was 5:22:59 which I was more than happy with. It was a great experience! And next, well obviously a full Ironman, we always need a challenge!

Gavin



A woman with blonde hair, wearing a blue strapless dress and a white cape, is singing and gesturing with her arms outstretched. She is smiling and looking upwards. The background is dark with some light rays.

I still carried on having voice lessons and I also wrote and produced 3 One woman shows 'it ain't over till the fat lady slims', 'Ooh! I know this one!' and 'Moi!' these were quite popular, and these early productions formed the basis of my Opera talk 'A light-hearted look at Opera' that I give to the WI. It wasn't until I had my first child that I finally had the confidence to try a bit of busking in Fareham and things seemed to snowball from there and I started singing for the Lord Mayor of Portsmouth, birthdays and funerals and more recently I have become a recommended speaker for the WI and I have started teaching voice too, a bit of a late bloomer at 41. I have never been a part of a professional Opera company, and I don't belong to a choir. I pretty much work for myself and produce my own skits. People seem to really enjoy what I do despite it being very niche. It is my mission to help people understand Opera and enjoy the laughter and the tears that it brings.

3. Are you also a songwriter? If so, when do your ideas come to you?

I have officially written and produced 1 song called 'Shot in the Dark' which is quite 'James Bond' in Style. Those who have bought my CD will have heard it. I have written another 2 songs, but they remain unfinished. One is called 'The psychopharmacologist' and the other 'sweet valentine' make of those what you will lol. My passion lies in writing funny, informative scripts and stories to narrate my performances. And there are many scripts!!

4. Playing any instrument?

I dabble at playing the piano and have an A level in it. I also played alto saxophone for a little while as a teenager ... I can play Baker Street!!

5. When (year) did you join GRR?

I joined in January 2016 in the new Beginner's club

6. What made you decide to join the club?

My friend Sarah Newman had started running and I always laughed at people who ran but I was struggling to lose any more weight at Slimming World. I had recently been diagnosed with a fatty liver and I was starting to worry that I wouldn't be able to keep up with my daughters and I just had this urge to run.... so I did!! I found it really hard but very enjoyable and it was great that it was something I could do on my own as well as at club and everyone was so lovely and encouraging that it was really hard not to get swept away with the ridiculous amount of positivity and energy that everyone has. I'm not your typical runner and I even feel accepted by the really elite runners of the club



7. Were you a regular runner before you joined the club? If not, what made you decide to take up running?

Absolutely not, I couldn't understand why anyone would want to run but one day I just wanted to try it. And it didn't cost very much..... until I started buying trainers ha ha. I have always been a keen dancer and as I was getting older, I desperately wanted to lose more weight. My Dad had recently died of Liver cancer and as I had just been diagnosed with a fatty liver it was a wake-up call. I didn't want to be 50 and struggling to climb the stairs. Although ironically one of Keith Elshaw's sessions will leave me struggling to climb the stairs.

8. As a performer, how much did your schedule change due to the outbreak of the coronavirus? How did you manage this (if possible)?

My last gig was a funeral the day before lockdown which consisted of 8 people all mourning at distance it was also the same day I got an email to say that I had passed my audition as a recommended singer for the WI which was very bittersweet. Then all my gigs for the next 6 months were pretty much cancelled overnight and then the next day I was furloughed from my part time job at dreams. It was a mixture of grief and relief to be honest I was thankful for the break and I always try to look on the bright side and I was thankful that I was still getting paid. I hadn't lost anything it was just on pause and so make the most of the time with my daughters. My husband is a key worker so he worked all through lockdown. Our financial loss was minimal compared to others and we are thankful that as a family we weren't affected health wise ...well apart from when my eldest woke with a temperature of 102 one morning and we all had to go and get tested at Tipner lorry park.... 4 of us in a Toyota Yaris sticking swabs up each other's noses with the windows shut.

9. How did the lockdown affect your running schedule? Did you run regularly during that time? What did you find most difficult about the lockdown (as club runner & singer)?

I carried on running throughout lock down, I usually run 3 times a week. I had bought a dog running belt and so was taking the dog for a run too. Exercise was what helped me keep my sanity and although I couldn't run with others I was always bumping (not literally) into other runners from club and there was comradery out there. I found the eating and lack of personal time very difficult during lockdown. Home schooling was hell on earth, and I spent so much time cooking with the kids that we were just eating everything we baked we tried Slimming World recipes, but they weren't very popular... lol. I started to look at other business avenues and set up songbird singing lessons and looked into contemporary voice and how to teach it safely, this has in turn improved my vocal skills and I put on quite a few live Facebook performances all very well received by GRR members ... thank you and Geoff even asked me to give a zoom performance for one of the weekly meetings to keep mine and others spirits up. I wanted to use this time I'd been given effectively so that I was ready for gigs when lockdown was lifted. I have recently also been booked by the WI to give zoom performances of my Opera talk which I'm quite delighted about but that has also thrown me another learning curve of sound engineering and using an interface. I went back to my part time job at Dreams at the beginning of July and found that incredibly tiring with all the extra cleaning and PPE. I tried to keep up the running but to no avail but getting back to club last week with Mrs B doing a run/walk was just what I needed. it's amazing how quickly your fitness levels drop. I found it quite hard work but I am thankful that I've had the club to come back to.

10. What is your favourite piece of music (to perform)? Why?

Oooh difficult one, there are so many ...I think it is 'the girl in 14G' by Tesori. it's a song that people have often never heard before and it's a real show off 'wow' song. It was written especially for my heroine Kristin Chenoweth.

11. What is your favourite running distance?

5km at the moment (nervous laughter) although back last year I would say that 5 miles is a good distance. It gives you an opportunity to properly get into the run and I feel a real sense of achievement afterward. 5 miles really sets you beyond the standard park run and I remember my first 5 miles with Karen Harding in November 2016 was an epic sense of achievement the fact that I could run that far and for that length of time without stopping



12. Most embarrassing moment during a performance/ on stage? And as a club runner?

As a club runner it was having to take a pee in a bush for the first time during the Hart 4 relay last August 2019. As I came out from behind the bush a guy ran past and said "don't worry love! We've all been there" I was mortified ...lol.

In a performance it was about 8 years ago when I was asked to sing the solo soprano part in Carl Orff's, Carmina Burana at Portsmouth Cathedral. Normally all the soloists sit on stage with the orchestra and choir but the conductor decided that soloists should wait backstage and come on one at a time. I went on to sing one of my solo's and thought we'd already gotten to the part where I then sing with the choir and remained on stage. (When performing a work, it's one of the few times as singers that we all get to have a copy of the music) the choir started singing something else I didn't want to start flicking through the book on stage to find where we were and I didn't really know what was supposed to happen next but it wasn't my part and so I just stood on stage like a lemon till the Baritone came on and sang his solo and at the end he just took me by the hand and led me off stage whilst trying to stifle a smirk.

13. Most commanding moment on stage / during performance?

Singing for the Lord Mayor of Portsmouth's inauguration in May 2019. I felt very privileged to be asked and got to sing the National Anthem with the Royal Marine Band at the end .

14. What is your favourite audience?

The shoppers of Fareham when I busk. They all come and speak to me and tell me how refreshing my repertoire is ...it's also where I get a lot of my bookings from ...This is Opera-Jen ..I picked her up off the high street. I'm thinking of calling it Pop-up-opera. I love the look on some peoples faces too when they can't believe what they are hearing and seeing.

15. ***Achievement you are most proud of as performer and as club runner (this could be completing a race or certain distance for example)?***

Running achievement is running the Great South Run. I still can't believe that I was running 8 miles in the run up to it. It was a very slow 10 miles on the day but despite that it was lovely to see all the GRR out supporting each other. I ran mostly on my own as I didn't want to hold anyone up. But Karen Harding went out of her way to do me a training schedule and supported me on my training runs.

As a singer, it's the fact that I gave the first operatic performance at the top of the Spinnaker tower in 2005.

16. ***What song do you really enjoy singing? Why?***

I love to sing a wide range of repertoire in particular big band songs and the bossa nova classic 'Quando quando quando' I love a good shoulder shimmy. My favourite opera aria to sing is 'Un Bel Di' from the Madame Butterfly by Puccini. I also loooovveee singing 'the ballad of Barry and Freda' by Victoria Wood.

17. ***What type of run do you enjoy most? (e.g. time, distance, intervals etc.)***

I really enjoy Mrs B's intervals as much as I moan my way through it as it keeps it interesting and passes the time quicker I can't say I'm a time trial fan but its good to do sometimes just to see how I'm doing and there's always a applause when you finish. As a singer I love a bit of applause. S and C with Kim is always great too if one is in the mood for a beasting

18. ***If a movie was made about you, who would be in it?***

My part would be played by Dawn French because my life is just made up of comedy errors. My husband would be played by The Rock Dwayne Johnson and I would fly around the world being accompanied by the Royal Marines Band . I would have personal trainer and there would be lots of training montages featuring Gosport Road runners .



19. ***Any other hobbies?***

I love to bake and cook and it's something my girls enjoy and are good at too so it's something we can all do together. Obviously, the best bit is licking the bowl .

[illegible]

A couple of weird questions (just because I'm curious...!)

Do you ever get hiccups/ burps while you are singing? (I read about this once)

I avoid fizzy drinks and eating before a gig precisely for this reason although I've become quite good at stifling a burp mid song. I can't say I've ever had hiccups during a song. I have sneezed mid song before but I just blessed myself and carried on. Singing whilst heavily pregnant is quite a weird sensation when you've got a baby kicking and wriggling along. I've also breast fed my eldest during a choir practise as she was challenging the choir to a scream off.

What does your own voice sound like to you? I would imagine that the focus in creating an efficient sound, specifically when singing opera at full volume, must pack a serious punch. Does it not “deafen” a singer for a moment?

As the singer I can only really hear the sound ricocheting around my skull. I don't particularly love the sound I make. I always think other singers sound better but then of course we are our own worst critics. When the sound comes past the vocal chords the mouth becomes the speaker, so I don't deafen myself it's a bit like standing behind the speaker. I can hear the sound but not as loud as the person directly in front of it. I would say that what the difficulty is the emotion generated by the song. It took me several attempts at getting past bar 36 of 'Vissi d'arte' from Tosca by Puccini without sobbing. I always get a translation for the song I'm singing if its in another language. Being a singer means wearing your heart on your sleeve.



Its quite hard to convey the emotion of the song without getting swept away with it, its like that scene from the film 'Philadelphia' where he describes what the singer is singing. The only thing you can do is sing it to the point that you de-sensitise yourself enough to relay the emotion without getting sucked in .

Can you break glass? (when singing obviously ...dropping it from worktop counter height is easy enough!



No! I can't! thank goodness or it'd cost me a fortune in glass bills at every gig. I think lots of experiments have been done to see if it's possible and I don't think it is unless its under laboratory conditions and the sound is focussed in a beam at a certain shape of wine glass. It's always good to make a joke of at gigs though .

Miranda



GRR Website

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

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



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

GRR and Social Media



The Club's Facebook members' page currently has 259 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/1930144613918/>

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk



GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



SUMMER

August/September 2016

CONTENTS

3 - Summer with St. Bryn

4 - Farleigh Wallop

5 - New Forest Marathon

6 - Gosport Summer Series

7-10 - South Coast Challenge

11-23 - Results

24 - Any Other Business



Welcome to your Newsletter for August & September 2016

Welcome to this combined newsletter. We have loads of great articles from the last couple of months. October will be back to monthly...its a nicer newsletter when its monthly.

Many Thanks to all who supplied articles for this edition, please keep sending them in.

Thanks for Reading

Colin

Its been a busy summer for Bryn. Sharing his time between, The Midlands, the South Coast, and the USA.

Here's some photos and results Bryn sent in to the newsletter.



Slurry Scurry 5k - 30-07-2016

Pos.	Name	Time	Comment
5	Bryn Whitehouse	00:21:18	

Da\$h 4 Ca\$h 5m - 13-08-2016

Pos.	Name	Time	Comment
18	Bryn Whitehouse	00:41:28	

Wolverhampton City Marathon - 04-09-2016

Pos.	Name	Time	Comment
77	Bryn Whitehouse	03:59:44	

After a short race brief and handing of birthday cake to a runner from Portsmouth, we set off. First 2 miles mainly down hill, along gravel, then trail, until we hit the first hill, half way up a lot of us were walking, then back down along some road with lovely fields and houses and back up to the next hill. A mixture of road, trail, fields saw us up and down hills, some you could not run either up or down, or maybe that was just me. Plenty of marshal's to make sure we didn't get lost, really friendly, sweets being given out and water at 7k. The countryside was absolutely stunning and although the race was not one for PB's and was very tough, it was really enjoyable. I will be back next year for sure, and hopefully a few more of Gosport Road Runners can come along.

Jackie Brady



We've enjoyed our best ever summer of racing at Stokes Bay with record entries for the Gosport Golden Mile and most recently, our 5K summer series.

This series seems to bring all our local running clubs together in friendly competition and it is made all the more special by the wonderful volunteer marshals.

This year has seen pretty much all weather conditions short of snow but our series finale was blessed with a gorgeous Gosport sunset and becalmed seafront. Perfect racing conditions and a massive sea of yellow shirts and vests descended on the start line. Some of these were new members to the club racing for their first time and they were joined by London Marathon winner and Commonwealth Bronze medallist Mike Gratton who arrived just in the nick of time and without a warm up managed a 21.40.

Pleasing for us is the sight of club vests from much further afield and a small team from Alton Runners attended all 5 races in the series. Similarly, our friends from Portsmouth and Southampton based clubs also joined ranks with Stubbington Green and Fareham Crusaders in making this a wonderful evening. Thanks to all who attended and either ran, marshalled, cycled or supported. You all made it a real 'family' affair and we hope that you can make one or all next summer.

Nick, Harry, Kim & Jess

The Carters





Race Results from your Results Co-ordinator

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

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

Result of the Month

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

My result of the Month for August is for Jane Cockayne who squeezed in under 2 hours at the (hilly) I.O.W half-marathon and was the first lady GRR in.

My result of the month for September is for Lorraine Down's PB in the 5th Gosport Summer Series race where she knocked a full two mins off her PB. Well done Lorraine!



New Members

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

Reminder

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

Thanks... *Brian Fisher*

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

newsletter@gosportroadrunners.org.uk

Club 5km Time Trial—August 2016

WHAT HAPPENED TO SUMMER?? Perhaps the only advantage to that weather on the night, was that drizzle helped to keep you cool and the wind mostly blew you along the esplanade. As always our thanks to our officials, in particular Kerry Irwin-Hall, who took on the recording job for the first time. The usual crew, Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers. Nice to see Mike Welsted Marshaling on the sea front, Hayley Sparshott taking photos and supporters, Karen Middleton and Kerry Arnott

Thanks...*Dave Croft*

Pos.	Name	Time	Comment
1	Rob Byrne	17:16	
2	Tom Barnard	17:30	Guest
3	Chris Buxton	18:30	
4	Terry Arnott	18:37	PB
5	Tom Bates	18:56	
6	Kev White	19:15	
7	Jamie Haynes	19:20	1st Timer
8	Dan Belben	19:23	
9	Ben Jarvis	20:27	
10	Josh Belben	20:48	
11	Paul Williams	20:58	
12	Colin Gardner	21:31	
13	Nick Carter	21:32	
14	Alan Burgess	21:57	
15	Ray Bernice	22:18	
16	Daniel Tompson	22:22	PB
17	Nick MacBeath	22:48	
18	Martyn Barnes	23:08	
19	Dean Conway	24:26	
20	Dave Croft	24:51	
21	Jane Cockayne	25:16	1st Lady
22	Tracy Slade	25:19	PB
23	Fiona Tomlinson	25:25	

Pos.	Name	Time	Comment
24	Terry Moore	25:35	
25	Lee Westwood	25:35	
26	Steve Silverlock	25:42	
27	Laura Woodhams	25:44	
28	Tony Peelo	25:51	Guest
29	Sarah Newman	25:56	PB
30	Mike Stares	26:09	
31	Mike Barker	26:23	
32	Colin Middleton	26:26	
33	Ashley Crozier	26:44	1st Timer
34	Dave Brace	26:49	
35	Fleur Giles	27:50	PB
36	Pete Lindley	27:57	
37	Adam Mundell	28:12	
38	Lara Durham-Dent	28:13	
39	Kim Carter	28:16	
40	Richard Smith	29:30	PB
41	Gayle Dudley	31:18	Guest
42	Dave Kirby	33:47	
43	Shona Rust	34:12	
44	Julie Conway	35:43	
45	Sid Smith	35:45	

Club 5m Time Trial—September 2016

That has to be the best marshaled Time Trial ever, someone on every corner and twist. Not only was there a 5 mile Trial but Capt. Keith organized a 5K event for the newbies. The weather was near perfect for runners, marshals and supporters, all in all a Brilliant evening and perhaps one of the best turnouts for club members ever. These events can not take place without our officials, so many thanks to, Liz Redpath - Starter, Janet Lindley - Timer, Denise Little - Backup Timer, Terry Weston - Numbers and Gary Francis - Recorder. Marshals and supporters, Louise Millson, James Woodhams, Pat Lapworth, James Heath, Ken Eaden, Pete Lindley, Eileen Cowling, Mike Welsted, Sarah Down, Tracy Wales, Angela Elshaw, Miranda Carrick, Jo Hopkins, Amber Schothorst, Dave Brace, Sharon Noble, Harley Sparshott and am sure I saw Karen Middleton + family in Anglesey road. In addition to all this there was Keith Elshaw and his 5K runners. Getting on for 90 odd Club members and family.

Thanks... *Dave Croft*

Pos.	Name	Time	Comment
1	Tom Barnard	30:32	
2	Chris Buxton	31:01	
3	Terry Arnott	31:46	
4	Dan Belben	31:53	PB
5	Jason Grygiel	32:16	
6	Colin Chambers	32:38	Guest
7	Alan Burgess	34:49	
8	Ben Jarvis	34:55	
9	Simon Gregg	34:56	1st Timer
10	Paul Williams	35:18	PB
11	Nick Carter	35:43	
12	Ian Pugh	36:02	
13	Josh Belben	36:14	Guest
14	Gill Dowling	36:26	PB
15	Nick McBeath	36:47	
16	Katherine Wealthy	37:11	
17	Dave Little	39:47	
18	John Barrett	40:45	
19	Dave Croft	40:55	
20	Brian Fisher	41:45	
21	Rachel Davies	41:55	
22	Mike Stares	42:10	
23	Darren Eynon	42:52	PB
24	Kirsten Maw	42:52	
25	David Kiching	42:53	1st Timer
26	Jane Cockayne	43:09	
27	Richard Oakes	43:27	
28	Rickie Hatherly	43:28	
29	Laura Durham-Dent	44:04	1st Timer
30	Mike Barker	44:48	

Pos.	Name	Time	Comment
31	Caroline Oakes	44:37	
32	Laura Woodhams	44:48	
33	Caroline McGuigan	44:50	1st Timer
34	Fleur Giles	45:10	PB
35	Catherine Stock	46:16	
36	Steve Silverlock	46:17	1st Timer
37	Steve Calder	46:17	1st Timer
38	Richard Pelley	46:35	Guest
39	Matt Jarvis	46:37	1st Timer
40	Camille Ainsworth	46:53	1st Timer
41	Nicky Finnemore	47:13	
42	Lizzie Elshaw	47:19	
43	Colin Middleton	47:19	
44	Melissa Pink	48:24	
45	Richard Smith	48:32	
46	David Baker	49:35	
47	Mike Kearney	50:27	
48	Debbie Atkinson	50:39	PB
49	Lorraine Down	53:21	PB
50	Linda Ball	53:24	1st Timer
51	Pete Robinson	53:49	
52	Sid Smith	54:01	
53	Liz Redpath	54:02	
54	Karen Morby	54:28	1st Timer
55	Nicky Hayward	54:34	1st Timer
56	Levi Hughes	54:35	
57	Jackie Bradie	54:58	PB
58	Terry Ash	54:59	
59	Kim Carter	55:00	

Catagory Position	# of Laps	Total Time	Team Name
24	12	0.170787037	The Oakleaf Oldies
Team No	LapNo	Lap Time	Team Member
14	1	00:19:04	Roiz de Sa Daniel
Category	2	00:20:08	Anderson Edward
Male	3	00:20:46	Pearce Andrew
Overall Position	4	00:21:25	Hamilton Iain
56	5	00:19:22	Roiz de Sa Daniel
Distance	6	00:20:58	Anderson Edward
48	7	00:21:11	Pearce Andrew
	8	00:21:23	Hamilton Iain
	9	00:18:35	Roiz de Sa Daniel
	10	00:20:15	Anderson Edward
	11	00:20:51	Pearce Andrew
	12	00:21:45	Hamilton Iain

PAGE 17

Catagory Position	# of Laps	Total Time	Team Name
47	11	04:19:04	Top Banana
Team No	LapNo	Lap Time	Team Member
21	1	00:19:44	Barnes Martyn
Category	2	00:24:51	Barrett Susan
Mixed	3	00:22:08	Phillips Karen
Overall Position	4	00:26:29	Lindley Janet
87	5	00:19:57	Barnes Martyn
Distance	6	00:24:50	Barrett Susan
44	7	00:23:25	Phillips Karen
	8	00:27:17	Lindley Janet
	9	00:21:49	Barnes Martyn
	10	00:24:11	Barrett Susan
	11	00:24:10	Phillips Karen



Race the Train-Rotary Challenge - 20/08/2016

Pos.	Name	Time	Comment
111	Ben Jarvis	01:46:40	Beat the Train!
131	Terry Arnott	01:48:17	Missed the Train by 25 secs!
241	Kevin White	01:57:06	
308	Paul Williams	02:01:35	
510	Tracey Wales	02:17:18	
509	Ben Wales	02:17:21	

Race the Train-Quarry Challenge - 20/08/2016

Pos.	Name	Time	Comment
238	Nicky White	01:13:08	
239	Kerry Arnott	01:13:08	
244	Lara Durham-Dent	01:13:49	

Bad Cow Marathon (Saturday) - 20/08/2016

Pos.	Name	Time	Comment
51	Lisa Hennen	04:28:44	

Bad Cow Marathon (Sunday) - 21/08/2016

Pos.	Name	Time	Comment
52	Lisa Hennen	05:02:12	

I.O.W. Half Marathon - 21/08/2016

Pos.	Name	Time	Comment
148	BARRETT, John	01:53:03	
193	COCKAYNE, Jane	01:59:23	
269	BRACE, David	02:11:02	
276	SCHOTHORST, Amber	02:13:55	
277	CARTER, Kim	02:13:57	
346	CLARKE, Ros	02:33:56	
351	PHILLIPSON, Peter	02:35:43	
360	BARRETT, Susan	02:39:31	
361	LAPWORTH, Patricia	02:39:31	
362	HUDSON, Lucy	02:39:32	

Ely Middle-Distance Tri - 21/08/2016

Pos.	Name	Time	Comment
167	David Wright	07:37:59	

South Coast Challenge 100k - 27/08/2016

Pos.	Name	Time	Comment
183	Angela Elshaw	22:35:47	
184	Becky Veal	22:35:52	
185	Lizzie Elshaw	22:36:06	

Maverick Long - 27/08/2016

Pos.	Name	Time	Comment
11	Tracey Wales	02:49:43	

Maverick Middle - 27/08/2016

Pos.	Name	Time	Comment
21	Jenner Moore	02:50:19	
24	Amber Schothorst	02:52:34	
25	Joanne Hopkins	02:52:36	

Maverick Short - 27/08/2016

Pos.	Name	Time	Comment
24	Eileen Cowling	01:34:44	
25	Janet Lindley	01:34:45	



Pos.	Name
1	Fiona Tomlinson
2	Tracy Johnstone Slade
3	Lara Durham-Dent
4	Kirsten Maw
5	Vanessa Grant
6	Jenny Shilling
7	Julia Bentley
8	Johanna Ross
9	Jane Cockayne
10	Mandy Grant
11	Jennifer Desmoulins
12	Sue Barrett
13	Lucy Hudson
14	Karen Phillips
15	Michaela Ward
16	Joanne Hopkins
17	Ann Marie Stables



Overton 5 Mile - 04/09/2016

Pos.	Name	Time	Comment
16	Rob Byrne	00:28:04	
70	Chris Buxton	00:31:02	
74	Terry Arnott	00:31:24	
93	Jayson Grygiel	00:32:09	
108	Nikki Moxham	00:32:53	
119	Ben Jarvis	00:33:29	
121	Kevin White	00:33:23	
165	Paul Williams	00:35:04	
184	Benjamin Wales	00:35:40	
198	Colin Gardner	00:35:59	
238	Tracey Wales	00:37:35	
254	Martyn Barnes	00:38:15	
321	John Barrett	00:40:34	
355	Jane Cockayne	00:42:49	
357	Jenny Shilling	00:43:17	
360	Hayley Sparshott	00:43:30	
361	Tracy Bale	00:43:30	
379	Lee Westwood	00:44:31	
388	Kerry Arnott	00:45:14	
390	Laura Woodhams	00:45:25	
393	Nicola Colebourne	00:45:32	
411	Fleur Giles	00:46:57	
418	Susan Barrett	00:47:53	
427	Zoe Windsor	00:48:56	
434	Rikki Hatherly	00:50:09	
435	Sarah Down	00:50:09	
450	Keith Elshaw	00:52:18	
462	Lorraine Down	00:55:33	

Wolverhampton Marathon - 04/09/2016

Pos.	Name	Time	Comment
76	Bryn Whitehouse	03:59:30	

Wolverhampton Half - 04/09/2016

Pos.	Name	Time	Comment
263	Ed Anderson	01:58:07	
291	Fiona Tomlinson	02:01:17	

Run the River 10k - 06/09/2016

Pos.	Name	Time	Comment
1452	Pippa White	01:04:21	

Kent Coyote Marathon - 18/09/2016

Pos.	Name	Time	Comment
70	Ben Jarvis	03:58:54	

Purbeck Half - 19/09/2016

Pos.	Name	Time	Comment
141	Ros Clarke	03:32:43	
178	Peter Phillipson	03:52:53	

Purbeck Marathon - 18/09/2016

Pos.	Name	Time	Comment
153	Darren Eynon	05:32:58	
154	Lisa Hennen	05:32:58	

Meon Valley Express Half - 18/09/2016

Pos.	Name	Time	Comment
15	Jane Cockayne	01:56:52	
38	Ed Anderson	02:00:33	
24	Julia Roiz de Sa	02:00:34	
33	Laura Woodhams	02:10:34	
36	Amber Schothorst	02:11:44	
44	David Brace	02:12:22	
40	Mandy Grant	02:13:11	
54	Lucy Hudson	02:26:22	
55	Claire Tallack	02:26:22	
57	Louise Harrowsmith	02:32:00	



Gosport Summer Series 5k - 13/09/2016

Pos.	Name	Time	Comment
3	Rob Byrne	00:16:56	
6	Tom Barnard	00:17:47	
10	Chris Buxton	00:18:38	
12	Ben Jarvis	00:18:54	
14	Terry Arnott	00:19:08	
15	Kevin White	00:19:15	
16	Dan Belben	00:19:18	
30	Paul Williams	00:20:58	
45	Gillian Dowling	00:22:15	
52	Tracey Wales	00:22:33	
55	Martin Barnes	00:22:58	
57	Kathryn Wealthy	00:23:13	
61	Reuben Shilling	00:24:07	Junior
62	Su Baldock	00:24:13	
63	Brian Fisher	00:24:24	
66	Darren Eynon	00:24:45	
73	Jane Cockayne	00:25:12	
75	Steve Calder	00:25:14	
76	Laura Woodhams	00:25:17	
77	Lisa Maria Hennen	00:25:24	
80	David Kitching	00:25:38	
81	Jenny Shilling	00:25:41	
82	Steve Squires	00:25:59	
83	Adam Mundell	00:26:02	
84	Steve Silverlock	00:26:08	
85	Caroline McGuigan	00:26:13	
87	Mandy Grant	00:26:23	
88	Lara Durham-Dent	00:26:28	
90	Matthew Jarvis	00:26:31	
93	Caroline Oakes	00:26:36	

Gosport Summer Series 5k - 13/09/2016

Pos.	Name	Time	Comment
99	Catherine Stock	00:27:07	
104	James Woodhams	00:27:44	Junior
110	Zoe Windsor	00:28:26	
115	Camille Ainsworth	00:28:55	
116	Vanessa Grant	00:28:55	
118	Ellen Williams	00:29:13	Junior
119	Richard Smith	00:29:16	
122	Hayley Baird	00:29:32	
125	Karen Morby	00:29:47	
124	Kieran Slade	00:29:47	Junior
126	Andrew Bryant	00:30:23	
127	Peter Robinson	00:30:36	
128	Hayley Sparshott	00:30:37	
134	Lorraine Down	00:31:15	
138	Andy Brown	00:31:43	
142	Debra Talbert	00:32:25	
143	Johanna Ross	00:32:25	
144	Tracy Moran	00:32:26	
145	Lorna Harper	00:32:31	
148	Andrea Edwards	00:33:17	
149	Nicky Hayward	00:33:17	
151	Lee Westwood	00:33:21	
157	Marie Bowers	00:35:41	
158	Mike Bowers	00:36:53	
160	Debbie Humphreys	00:37:49	
162	Karen Harding	00:38:23	
163	Ethan Barrett	00:38:24	Junior
164	Susan Barrett	00:38:25	
165	Catherine Rogers	00:39:05	
168	Debbie Plummer	00:44:44	



Meon Valley Express 10k - 18/09/2016

Pos.	Name	Time	Comment
11	Daniel Roiz de Sa	00:47:21	

London Duathlon - 18/09/2016

Pos.	Name	Time	Comment
	Paul Street	02:47:24	
	Ray Bernice	02:58:45	

Perform 5 - 25/09/2016

Pos.	Name	Time	Comment
4	Jane Cockayne	00:42:51	
219	Mandy Grant	00:43:33	
364	Karen Morby	00:49:34	
369	Michaela Ward	00:49:43	
495	Debra Humphreys	01:02:25	

Winchester Half - 25/09/2016

Pos.	Name	Time	Comment
345	Gill Dowling	01:49:20	
581	Fiona Tomlinson	01:59:19	
882	Colin Middleton	02:12:34	

Berlin Marathon - 25/09/2016

Pos.	Name	Time	Comment
9142	Paul Street	03:44:38	

Farleigh Wallop 10k - 25/09/2016

Pos.	Name	Time	Comment
	Jackie Brady	01:22:33	

Phoenix Night Race - 25/09/2016

Pos.	Name	Time	Comment
	Amber Schothorst	03:08:24	16.4 Miles
	Laura Woodhams	02:24:00	13.12 Miles
	David Brace	02:32:46	13.12 Miles
	Nicola Colebourne	02:34:23	13.12 Miles

Robin Hood Marathon - 25/09/2016

Pos.	Name	Time	Comment
956	Ray Bernice	04:58:22	

Robin Hood Half - 25/09/2016

Pos.	Name	Time	Comment
5203	Tania Bernice	02:25:10	



GRR Website

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

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



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

GRR and Social Media



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

Follow this link to see what's going on:

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

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

<http://twitter.com/gosportrr>



Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Autumn

September/ October 2020

4 & 5 - Editor's Note : Miranda Carrick

6 - In memory of Amber Schothorst: Miranda Carrick

7& 8 - In Passing...: Dave Kirby

9 - President's Acceptance speech : Dave Kirby

10 - GRR Virtual Club Half Marathon 2020: Ben Jarvis

11 - Snippets: Superb @ 70

12 - Snippets : Special Announcement

13 - Snippets : Dachshund Jog

14 - 2020 Virtual London Marathon

15 - Men's Captains

16 & 17 - Counting my way to marathon PB's : Jackie Tombs

18 to 24 - Race Results

25 - Update your Club Kit

26 - Any other business



Yes, I know it's been a while since the last club newsletter, but I hope this edition finds you healthy and well. To be honest, September has been a bit of a blink and I was quite happy to see the end of it. October is now almost a memory of glorious Autumn colours. Thankfully club nights are alive and seem to be thriving!

It's great to see (via social media) how well the committee, run leaders and, club members are managing and supporting these evenings by following the government's COVID-19 regulations. We need to remain vigilant and keep adhering to these regulations to ensure the future of our club.

I haven't yet motivated myself to attend a club night, but this is a personal choice (of laziness mostly!). I don't run as consistently as I would like to (and really should), but each time I do go out for a slog, there is a flutter of runner's high. It might only be a 30-minute jog around Elson Park, but I feel like an absolute winner when I manage to improve on the distance covered in that 30 minutes. To be honest, some days just getting to the end of that 30 minutes' jog has the same effect! You probably had that feeling many times for yourself - the elevated mood state after a run when exercise-induced endorphins start swimming around in your brain. It's definitely one of the many positive aspects of running, no matter at what speed you do it. The simple act of putting one foot in front of the other has a therapeutic value. I think more people than ever before have realised and experienced it themselves since March 2020. Data shows that there has been a huge rise in the popularity of running during the lockdown, with many people taking up the sport. One of the main motivators was to use the daily exercise allowance when gyms and leisure centres closed. Most people experienced that running is a cheap (before you buy all the smart gadgets and technical kit!) and convenient form of exercise. Notwithstanding the lockdown as a reason for taking up running, different people start running for different reasons - to improve health or lose weight, as examples. We often continue to run because we realised it also lifts our mood, increases our confidence, improves our health, expanded our social circle or simply because we enjoy it. Over the years I have often found that if I can't run (due to an injury) I really want to, but when there is no reason not to run, I don't do it. It's quite silly of me because I know running truly can be a miracle pill that unlocks benefits which I may not even be aware of until I've been running.

You can run a marathon or two every week to test and challenge your mental and physical limits; keep your legs ticking over with a 30 minute jog every other day; “start” running again for the nth time after an injury (or a bout of “can’t really be bothered”-ness). You can, if you prefer, get the interaction (we all like kudos!) and support of your running friends and the running community on social platforms like Strava and Instagram, whether you attend club nights or run on your own. To me, one fact remains: the benefits of running and the transformative power it can have on our mood, our physical and mental health, and our lives in the difficult and uncertain times we are living in at present, is really just a run away.

Dave Kirby is proof of the longevity which regular running can bring. His regular column is again peppered with his fine sense of humour and interesting information. You will also, no doubt, enjoy his delightful President's Acceptance speech.

You would by now be aware of the 2020 Virtual Club Half Marathon Challenge. Ben Jarvis has outlined this for us again. All you need to do is complete the half marathon distance between the dates stated in his article, submit the relevant proof of completion to him and you'll get your medal. Please do contact Ben if you have any questions about this.

We are extremely fortunate to have many outstanding, talented runners in our club. Without a doubt, one of the best is Jackie Tombs. Whenever I see her on her training runs, I'm in awe of her graceful and effortless running style and pace. She not only looks good when running, she's also fast! Turn to her article a bit further where she takes us on her journey to her marathon PB and prepared to be impressed as much as what I was! Thank you, Jackie, for sharing your experience towards this incredible achievement with us.

You also have the opportunity to read about two other awe-inspiring club members and are introduced to the new men's captains.

As part of the above-mentioned Snippets , I've included the results and a few photos from the 2020 Virtual London Marathon. Well done to the club members who completed this event despite rather challenging weather conditions on the day.

That wraps up this edition. May the month ahead be kind to you.

Happy running!



Miranda



It's impossible to forget someone who gave us so many great moments to remember. She will be forever remembered and loved. As a club , our most sincere condolences go to her partner David, her daughter Sybille and her family and friends.

A person wearing a bright yellow jacket, black beanie, and black leggings with white stripes is standing in a field of tall, dry grass. They are holding a small, bare branch in their right hand. The background shows a hilly landscape with more dry grass and a few trees under a cloudy sky.



"Maralinga" Field of thunders.

Maralinga is situated in a remote area of South West Australia. Deliberately chosen because of its isolation, it was a weapon testing ground in use between 1956 & 1963.

I was stationed there in 1962/63 and sports were an important part of life. Television and radio reception was only available after dark when the heat of the desert dissipated. No members of the opposite sex, although beer was in plentiful supply.

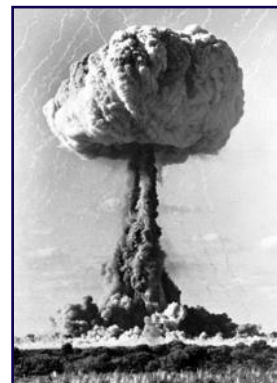
A few of us from the RN contingent took up a bit of jogging to help keep fit to play other sports. At the time running (jogging) was something athletes and boxers really did. Normal people mostly didn't do it, and when they did it was cause for concern!

Running shoes were invented in the 1920's and it wasn't until the '70's before running shoes (trainers) became fashionable or affordable to the general public.

So, there we were running round the base in our service issue gym shoes. It limited the time spent going to the pub and who knows what every night at that venue could have led to.

Road running up to the '60's was an unfashionable add on to the track.

These days everyone seems to be at it (running that is) in all manners of colourful and fancy rigs. If you don't see at least one or two people whilst out-whatever the weather, it is very unusual.



"The Daily Mile"

Reading about this event the other day I was surprised that it started in 2012.

An idea by a Scottish head teacher, was that for 15 minutes each day Nursery and Primary school pupils at their teachers choosing, would get some daily exercise. I do have a recollection of it but like other things I lost track of it and since the lock-down have forgotten about some things completely.

What I like about this as well is that other organisations are involved.

Who knows there might be a Coe, Ovett or Cram amongst them? Just enough to spark the flame???



"Mozzies"

Over the past couple of months with the very warm weather, Gosport Park has become a haven for mosquitoes. They breed in Workhouse and Stoke Creek and then invade the park to bite any unsuspecting Road Runners that happen to be around.

They are not interested in me, but one or two members looked very the much the worse for wear. Everyone has their own answer to deal with this problem, but I would like to draw your attention to the article I wrote "In Passing" Nov./Dec. 2019.

"Avon Skin So Soft Original" might help next Summer.

If only beer could do the trick!



"Snippets "

The New Forest Marathon went ahead despite a change of venue. Great organisation to sort that out. 300 odd back room people though.

Did you see the Santander Triathlon in Barcelona where a Spanish contender gave up his third place so a Brit who went wrong kept his place?

Dave



Have you ever woken in the morning and wonder what happened? I am not talking about the morning after a skinful. If you haven't yet, you will when you get older.

I was hoping to be stood in front of you all for this, with a guard and band playing "Hail to the chief"- in my dreams- but the present climate dictates otherwise.

Mr. Chairman, Committee, club members, fellow runners, friends. For those who don't know me, my name is Dave Kirby and I have been a member of Gosport Road Runners for 36 years. I can hear one or two sniggers from older members at the back but the truth is they have been here longer than me!

My new role as your President is largely ceremonial and I am glad about that because anything strenuous at the moment, and I might find myself on the next bus!

It was always my ambition to still be running on training nights when I reached 80. That unfortunately is not going to happen but when the weather is fair to middling, you will find me walking the park or adjacent roads. Roll on when the clubhouse reopens!

My parents' generation avoided talking about sex, illness and the like. If they did it was in whispers behind open hands. I don't operate like that and you can talk to me about anything. I've come to terms about my condition and if anyone has a similar problem come and talk. I talk about running as well! If I can't help I will know a man (or women) who will.

My sense of humour tends to be a bit black at times. Whenever I go to the crematorium, I always look on the notice board-just to make sure my name is not on there! A friend went to a funeral in the Summer and she had a look for me. I thought that was jolly decent! No offence intended and I apologise in advance for any misdemeanour.

Thank you for making me your next President and I will strive to be as active as I can.

Dave





This incredible man has just finished the Run to the Sea 50k ultra marathon in an amazing 7:01:09, a month after his 70th birthday.

It was a pleasure to run with Mike and share this achievement. Mike is a very private and understated gentleman and I believe he should be recognised for this great achievement.

Sylvia Cawte also ran with us just ducking under the 7hr mark (6:59:24)

Andy Clutton





Something a little special to announce.

It's not every day we get to celebrate something rather quite special but today is a time to say a huge, and I do mean huge, congratulations to one of our club members!

Hats doffed to Shirley Faichen who was made an MBE in the Queen's Birthday Honours list in recognition of her work within Children's Services.

On behalf of all within GRR well done Shirley MBE!

Geoff

Thank you to Charles Cope and Sally for suggesting and organising an alternative canine run because the Great South Run was sadly cancelled due to COVID-19.

Today (17/10/2020) we ran up and down our beautiful Golden Mile attracting a lot of attention and gaining many smiles. Our mission was a success. Tomorrow over a hundred of you would probably have been due to run the Great South Run - my cowbell is dust gathering and I am a bit sad that I won't get the chance to shake it at you this year. Stay safe, stay well, keep smiling and running.

Hayley



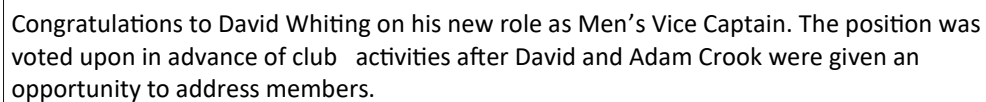
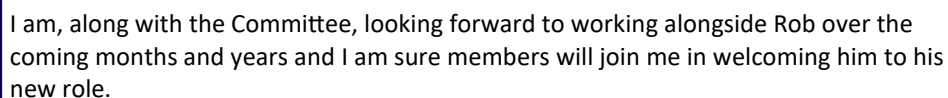
On Sunday 04/10/2020, despite Storm Alex's heavy rain and strong winds, more than 36,000 participants (www.virginmoneylondonmarathon.com) completed the first-ever virtual Virgin Money London Marathon. This was the 40th event of the annual marathon. Like so many other races in 2020, the race was postponed from 26/04/2020 due to the CODI-19 pandemic. Runners had 24 hours to complete their own socially distanced marathon.

Elite races were taking place on a closed-loop biosecure course in St James's Park, London. The elite men's race was won by Ethiopian Shura Kitata (02:05:41), and the elite women's race was won by Kenyan Brigid Kosgei (02:18:58).

Congratulations to our club runners who completed this historical event.

Place (Gender)	Place (Category)	Name	Category	Finish time
10339	2010	Boorn, Nicolas	40-44	05:12:24
13590	2608	Busch, Kevin	45-49	06:13:20
10791	685	Cope, Charles	55-59	05:19:33
13112	1723	Cope, Sally	50-54	07:31:14
1756	93	Crook, Stephen	55-59	03:26:47
12861	2695	Elshaw, Elizabeth	40-44	07:24:22
15674	3194	Harms, Caroline	45-49	08:57:34
14845	3065	Hurlo, Sophie	40-44	08:26:11
10138	1946	Hylands, Robert	45-49	05:09:05
3881	840	Lemmis, Lynne	40-44	04:45:08
15383	2916	Llewelly, Gavin	40-44	07:12:43
3888	843	Roiz de Sa, Julia	40-44	04:45:16
3716	795	Sparshott, Hayley	45-49	04:42:50
6812	1438	Stubbings, Kate	45-49	05:27:33
6663	1405	Tallack, Claire	45-49	05:25:37
2715	15	Tombs, Jackie	65-69	04:26:44



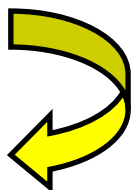


The stats: 26 members were in attendance of which 23 voted and 3 abstained.

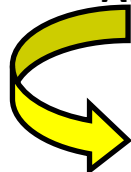
A man with a beard and sunglasses on his head is smiling at the camera. He is wearing a bright yellow t-shirt with "GOSPORT" in bold black letters and "Road Race" in a script font below it. He also wears grey athletic shorts and a white race bib with the number "249" in large black digits. The bib also features small logos for "GOSPORT" and "TRIATHLON". He is standing on a green grassy field. In the background, there is a large tan tent, other people, and a man in a blue tank top and black shorts. The overall atmosphere is that of a triathlon event.



Be



After



I never dreamt of running a marathon. I really struggled to understand why anyone would put themselves through the agony and the boredom of all those miles of training. Far too far, far too hard for me to contemplate at 67.

I had run a couple of half's for charity and at the end of each one my first thought was how does anyone carry on and repeat that all over again just to join the elite 1% of the population who can say 'I ran a marathon'! Why would anyone want to put themselves through that!

Then I went to a chat and a beer evening hosted by, amongst others, our renowned Stephen Crook. I can honestly say that evening changed my life. My thinking about the mammoth task of running 26.2 miles was all wrong! I was running every training run as hard as I could, giving each one 100% effort and getting injured.

Steve said I needed to slow everything down, really slow everything down. I needed to increase the distance in manageable, controlled amounts and most importantly become mentally prepared for the 115 or so hours, and 650 miles of training required to enjoyably run a marathon. I decided that if I was going to attempt this, my end goal was to try and run, not walk, the whole distance.

So, as many of you know, Steve is a great advocate of training slowly to race fast! You train 85% of the time at 15-20% slower than your race pace. The question for me was how to pass the hours trotting around the streets especially when tired, in the wind and the rain, when I don't run with music. It's what to think about once you have mentally written your shopping list and prioritised your tasks for the next few days.

I tried all the usual 'mantras' and they helped to a certain extent but were boring after a while. I ran to 'what to do with a drunken sailor' going through the alphabet of animals replacing the captains' daughter in hold. The rhythm was perfect but it got monotonous after 3 hours!

And then I started counting! I counted forwards initially to 1000, then backwards. Again a bit boring some of you might say, so I decided to make counting the numbers count!!

I was very aware that as I tired, my form went to pot. I leant too far forward so my glutes totally disengaged. My arms were crossing over way past the midline, my fists were clenched tight enough to take on Muhammad Ali, my chin was on my chest taking away a good chunk of my breathing capacity, and I look dejected as if I was not enjoying running one iota!

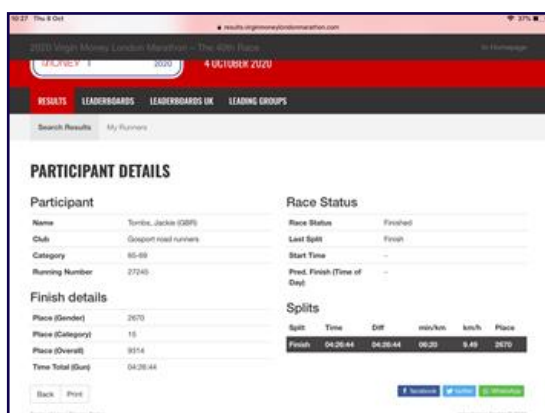
So, as I got into the longer training runs, I counted at the pace I wanted to be at to 1000. The counting really helped maintain a nice even pace. When I reached 1000 I counted backwards. On the countdown every time I reached a number ending in 80 (980, 880 etc.) I checked if my head chin/head was up and if it wasn't, I corrected it. Every time I reached a number ending in 50, I checked how far my arms were crossing the midline and adjusted and so on with any faults I felt in my form. Most importantly on every '20' I smiled and kept repeating the number until I grinned from ear to ear to remind myself how great it is to be out there running free and feeling good!

What I found was that as the miles mounted up, my form improved 😊 As I got to a number and did the checks I realised that my hands were actually relaxed, that I could squeeze my bum cheeks thus ensuring my glutes were firing, and that I was constantly looking ahead. The form faults were diminishing or absent completely! And I was enjoying the long miles, they just melted away as I ran more miles comfortably due to the improved form.

These days the counting really helps me to stay focused, especially towards the end of runs. It's a bit like how we always feel better once we reach the halfway point, or we tell ourselves it's just a Stubbington 10k or a parkrun to the finish. Counting produces lots of little goals, getting to each 100 for example, that makes reaching the end seem less far away.

The Virtual London Marathon was my third marathon. I don't need to remind anyone brave enough to complete it what the conditions were like on October 4th but I actually quite enjoyed it. I have no idea how many times I got to 1000 and back that day but during the tough bit, the 18-25 miles slog, the miles literally fell away. I felt good. I was so focused in my own little world of numbers that I missed one of the turns! Despite that I finished with a good PB.

Running a marathon may not have been one of my dreams or expectations when I joined GRR but I am really happy that, even if I never run another one, I have gone way beyond anything that I thought possible before deciding to turn up to that beer and chat!



PARTICIPANT DETAILS	
Participant	Race Status
Name: Tombs, Jackie (GRR)	Race Status: Finished
Club: Gosport Road Runners	Last Split: Fresh
Category: 55-59	Start Time: --
Running Number: 27245	Prod. Finish (Time of Day): --
Finish details	Splits
Place (Gender): 2670	Split: Time Diff min/km km/h Place
Place (Category): 15	Finish: 04:26:44 04:26:44 06:20 9.45 2670
Place (Overall): 9214	
Time Total (Split): 04:26:44	



Jackie



01/09/2020	5K Time Trial	
Position	Name	Time
1	Mike Newham	00:17:59
2	Adam Crook	00:20:25
3	Kev Busch	00:22:28
4	Kev White	00:23:04
5	Su Baldock	00:23:12
6	Dave Little	00:23:19
7	Colin Middleton	00:23:56
8	Ben Jarvis	00:24:28
9	Mark Millard	00:25:59
10	Martyn Barnes	00:26:53
11	Kerry Anne Sawyer	00:27:21
12	Steve Calder	00:27:45
13	Maree O'Rourke	00:25:55
14	Dodge Loxton	00:28:13
15	Rebecca Scott	00:29:42
16	Keith Elshaw	00:29:43
17	Jenny McKay	00:29:45
18	Brian Fisher	00:29:46
19	Jackie Brady	00:30:46
20	Neil Elshaw	00:31:43
21	Richard Smith	00:31:54
22	Dave Barker	00:33:34
23	Andy Brown	00:38:57
24	Liz Elshaw	00:38:58
24	Ange Elshaw	00:38:58
26	Kim Carter (Tail Runner)	00:39:13

Starter/Timer- Liz Redpath. Second Timer - Sue Barrett.

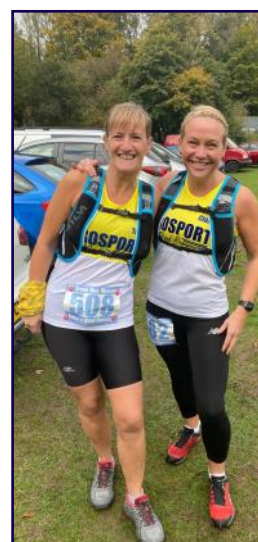
Results Recorder - Paul Street.

Marshals and supporters - Ken Eaden, Geoff O'Flanagan, Gill Dowling, Dave Croft, Julie Conway, Steve Crook, Miranda Carrick and Dave Kirby.



PAGE 21

17/10/2020	QE Spring Half Marathon			
Overall pos.	Cat. pos.	Gender pos.	Name	Finish time
3	2	3	Mike Newham	01:32:00
7	1	1	Kerry Arnott	01:34:43
86	26	60	Terry Arnott	02:16:42
148	7	89	Ken Eaden	02:38:49
151	26	62	Tracy Bale	02:39:28
152	27	63	Claire Tallack-Gamble	02:39:29
177	34	96	John Gobbi	02:55:40
178	38	82	Emma Noyce	02:55:44



PAGE 23



10/10/2020	Windsor Autumn Duathlon	
Pos.	Name	Finish time
29	Gavin Booker	02:18:36



Now the clocks have gone back and the nights are getting darker, there is no better time to get your reflective and hi viz training kit.

The GRR hi-viz training t-shirts are very effective when car headlights, torches or any lights shine on them (as you can see in the photo below, taken in pitch black with a camera and flash). You can order these in either navy or fluorescent yellow and either long or short sleeve - they are priced at £15 for the short sleeve and £20 for the long sleeve. Please contact Print and Sew directly to place your order. You can also see below the full kit list with prices and contact details.

Any questions, please ask me or any committee member.

Please get your orders in sooner rather than later.

Nick



GRR printed Bonhill vest	£22
GRR vest with your name printed	£24
GRR printed AWD tech t-shirt	£12
GRR tech t-shirt with your name printed	£14
GRR printed softshell Jacket	£40
GRR Jacket with your name embroidered	£44
GRR printed hoodie	£22
GRR hoodie with your name embroidered	£24
GRR reflective TRAINING tech t-shirt	
Short sleeve (Fluoro yellow/navy blue)	£15
Long sleeve (Fluoro yellow/navy blue)	£20
GRR Polo shirt with embroidered logo	£15
with name (navy or yellow)	
GRR Beanie	£6
GRR Beanie with pom pom	£7
GRR Deluxe beanie	£8
GRR Hugh mascot printed onto any clothing	£3
GRR Hugh mascot embroidered onto any clothing	£6

All official GRR branded kit available to order from Print and Sew Station Ltd.
Proud to support local independent business.

Print and Sew Station Ltd
65 Stoke Road
Gosport Hants
PO12 1LS

02392 432737

Email: sales@printandsewstation.com

Opening Hours
Monday 0900-1700
Tuesday 0900-1700
Wednesday 0900-1300
Thursday 0900-1800
Friday 0900-1700
Saturday 0900-1300
Sunday CLOSED

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



Autumn

November 2020



Gone is another month and another pandemic lockdown.

Please feel free to disagree with me, but my personal opinion of Lockdown #2.0 is that it was slightly chaotic. Lockdown #1.0 was unknown territory. We kept to the rules and regulations issued by the government. Most of us baked, lost weight, became fit, sort of excelled at home schooling or felt guilty about not doing any of the aforementioned. Like I mentioned in an earlier 2020 newsletter, it didn't affect me much as it was boomtime for my job in the travel insurance industry. Then boomtime stopped overnight. Thankfully in September 2020 I was fortunate to secure alternative employment at a large supermarket in Portsmouth. It feels great to work with a team of people again! Early start, active and busy, I'm even enjoying the commute...a definite win for me. With the announcement of the November lockdown, I was curious to see how the restrictions would affect the retail sector. For a town in lockdown, Portsmouth had far too much traffic and too many shoppers buying the shelves empty, to convince me that we were getting lockdown "right". I'm quite certain I wasn't the only one thinking this way.

Necessarily club nights had to end for the November lockdown. Despite this, our innovative club captains laid down a few challenges to keep us motivated and bonded as a team (socially distanced of course). These challenges proved to be highly popular and 98 club members took part in the first challenge. I've included a short article and a few photos of these challenges a bit further. Kudos to the captains and vice-captains for this brainchild! It certainly got me motivated to run more regular than what I did in previous months.

This month I had a virtual interview with a rather inspirational club runner. Runners who inspire me are bold, believe in themselves and are disciplined and consistent with their training. Hayley Sparshott ticks all these boxes and she also has amazing legs. I'm sure you will enjoy getting to know her a little better with me, and find out how and why she runs so many crazy miles in a week. Thank you, Hayley for agreeing to the interview. You are incredible!

Like most of 2020's events and plans, the annual club's Remembrance Day run had to take a different shape this year. Tom and Honor Reader take us running with them on this special day. Thank you both for sharing your experience with us.

Club President, Mr Dave Kirby reflects on a few interesting issues in his regular column. As always, his enjoyable contribution is highly appreciated.

With 2021 and a new membership year winking on the horizon, I think it's a good time to inject a fresh approach and new ideas to the newsletter. I will therefore be standing down as newsletter editor from March 2021. If you are interested in taking over from me, please let Geoff or one of the committee members know.

The Club is open for business again! The usual club night routine is operating but those who attend will need to adhere to COVID restrictions and maintain social distancing throughout the meet. As Geoff mentioned on the Facebook page, please do feel free to come along, run, walk, and talk with friends and support the club.

That's all from me this time. Happy running through December.

Miranda



"London Marathon."

I watched some of the London Marathon a few weeks ago, but I cannot get my head around reality events! Ok, maybe I am too old to accept changes.

I can appreciate what the organisers are trying to achieve, and this year's event was given a lot of coverage by the BBC. After several circuits of St. James Park - as beautiful as the park is - I found my attention wandering elsewhere.

Thousands of runners around the world took part and raised a lot of money for their chosen charities. Every credit to them but "London" Marathon???



Reigning London marathon champion and world record holder, Bridgid Kosgei, win this year's race in 2:18:58



And they're off making history. The first World Marathon Major since the beginning of the global pandemic .



Shura Kitata from Ethiopia won the men's race in 2:05:41

"October's club time trial."

A blustery night, not cold generally but a strong West wind which felt as if it had come straight off the Arctic ice cap.

Thought I would lend my support and shout encouragement as usual. Not a bit of it.

Officials short on the ground I was roped in to record names. If it had'nt been for Sue and Caroline I would have been stumped. Must make the effort in my tenure as President to learn people's names.

Settled on my stick and with the support of the lamppost and Sue providing a windbreak I managed to scrawl the finishers names. How I managed I'm not sure. No glasses, bad light and streaming eyes! Sue deciphered it all next morning, so all is well.

In another life I did do a reading and writing course.

29 finishers. Your club needs you!



"The Beachy Head Marathon"

I had a pleasant surprise this morning (26/10) when I opened my daily paper.

I read a daily column by Karol Sikora a cancer specialist of 40 odd years standing.

He had spent a very pleasant weekend in Eastbourne supporting his wife and son at the Beachy Head Marathon.

Memories came flooding back. I ran what was then called the "Seven Sisters Marathon "30 years ago. Undulating it was, almost on hands and knees negotiating the Birling Gap in gale force winds. Multi-terrain which kept you guessing but a great if exhausting day out.

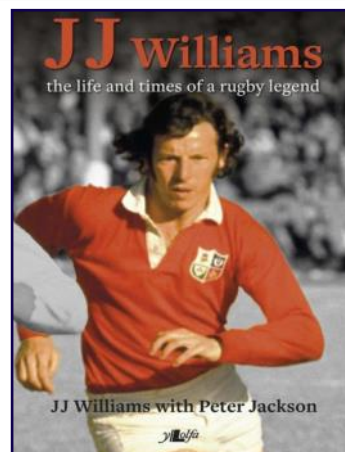
It was nice to read that despite COVID restrictions he found that the organisation was second to none!



"Did you know"

J. J. Williams the Welsh Rugby international has just died. He was really big time in the seventies.

What I didn't know (or even remember) he was a sprint international and represented Wales. He was part of the Welsh relay squad and took part in the Commonwealth games in Edinburgh.



"November's club time trial"

Disappointing in there was only 23 runners. A bright chilly evening with a westerly breeze which made marshalling a bit uncomfortable. Never the less I think all participants enjoyed themselves.

It is planned to have a December time trial, look forward to seeing you all.

Dave





Remembrance Sunday is normally a busy day for us - both children are in Scouts and would be 'on parade' in Stubbington, so it's usually a rush to get them ready (including getting them to iron their own uniforms - the only day of the year when we unearth our ironing board from behind the freezer and try to remember where we keep the iron). Then the usual routine is to walk there with them, and meet with the hundreds of other people around the memorial to pay our respects.

But this is 2020.

Ben Jarvis had kindly organised several routes for GRR members to run, either alone or with one other person. He had planned each of his routes to pass several of the memorials in and around Gosport, not least along Stokes Bay where many of the troops left for D-day. Thanks to Ben for planning the routes - in previous years we've enjoyed running with you and the group and laying crosses at some of the memorials. Hopefully we'll be able to run together next year.

This year, we decided to stay closer to home, and started our run at Stubbington Green where we would normally be at 11am. We ran early in the morning, to avoid any 'gatherings' that might form later on, so we were at the Stubbington memorial by 7:30am or so and had the village to ourselves - a moment of peace and a chance to reflect.

We then ran along the lovely quiet path that winds through Stubbington (which we only discovered earlier this year, while doing some of the GRR lockdown 'street-name challenges': every cloud...), then down to the sea-front, and to the memorial on the corner of Richmond Road. Again, a moment of silence, while reflecting on row upon row of names.

Next, along Richmond Road just a bit, to a small Remembrance Garden on the corner of King's Road.

Finally, onwards through Lee, and down to the memorial on the seafront. We all run past this so often - but so rarely make time to stop and think, and to thank those who made the ultimate sacrifice for our freedom.

Tom & Honor



Many of our club runners paid their respects on Remembrance Sunday (08/11/2020) by visiting the war memorials around the local area.





- Who is Hayley Sparshott?**

I am Hayley from Welwyn Garden City in Hertfordshire, I moved to Gosport 30 years ago. From a Customer Service Manager at Nationwide Building Society to teaching maths at Baycroft school but most importantly a mother to by 2 sons aged 27 and 25 and my daughter aged 9.

- When (year) did you join GRR?**

I joined GRR in 2016

- What made you decide to join the club?**

I looked at joining GRR then realised they wore yellow! I don't like yellow! So decided I wouldn't join a running club because there was no way I would EVER wear a yellow anything. I then met Rob Byrne on Twitter and did his virtual Gosport Marathon, he chatted with me and I ended up becoming a GRR. (I still do not like yellow!)



- Were you a regular runner before you joined the club? If not, what made you decide to take up running?**

I started running September 2014 for health reasons. I struggled every single step of the way. With pig-headed determination I made progress and was a regular runner before joining GRR.

- Best/ most memorable run ever?**

Best run was the first time I ran a whole mile without stopping!! BOOM! Most memorable run was the very first attempt to run when I managed to run between 2 lamp posts on the cycle track....without this run none of the others would have happened.

- What was your worst running experience?**

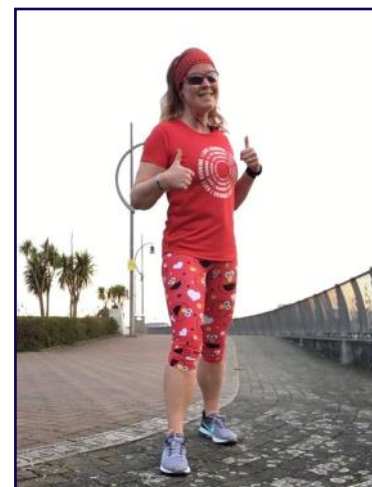
My bra strap coming undone less than 100 meters into the Great South Run - I ran the rest of the 9.9 miles hoping it wasn't too obvious.

- Three words that describe your running ...**

Consistent, steady, long



- **Your go-to running outfit is...** nothing specific but it's good if it matches
- **Quirky habit while running** - 'oh I wonder where that goes?'
- **Morning, midday, evening runner?** morning every time
- **You won't run outside when it's...** I will run in every weather condition regardless
- **Worst running injury—and how you got over it?**

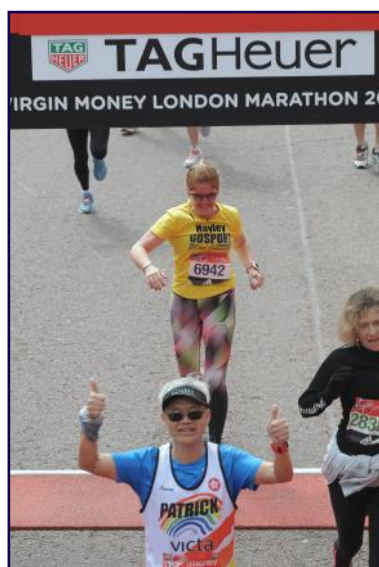


I have Frieburgs Disease when it gets bad I have to only run on soft surfaces.

- **You felt most like a badass mother runner when...**

I ran my first half marathon, the Gosport Half Marathon in 2015 the year the wind was so windy I got blown into the road along Lee seafront but I managed to go past runner after runner after runner all the way and got a PB 1:47 ish despite the evil wind!

- **Next race is ...** who knows? They all keep getting COVID cancelled =(



- **Potential running goal for 2021**

I am 50 in 2021 and hope to run my 100th marathon on my birthday.

- ***How many miles have you run per month since March 2020, following the COVID-19 restrictions? How does that compare with what you averaged during 2019 for the same period?***

I have run more miles this year than I have ever run before. Currently on 2700 miles and have completed 35 marathons/ultras so far this year (at time of writing could be a few more at time of reading) I 'only' ran 2000 miles in 2019 with 'only' 16 marathons/ultras.

- ***How, if in any way, did your running change since March 2020?***

Our country went into lockdown on my 49th birthday. 2020 made me realise you need to do what you can when you can so I have been running a marathon every week since 1st May - because I can, while I can.

- ***What are the top "3 little things" you do before and after any training run?***

Before - use the loo 3 times =) After - nothing specific

- ***What do you do to prevent injury?***

Run the first mile slowly it's my warm up, run the rest of the run 'well within my capability', I never push pace it breaks people. I don't run fast and do yoga

- ***What music do you listen to when running (if any)?***

Mainly heavy metal, punk, rock and Indie but I have to confess to a Mika track being on there too "everybody's gonna love today' - why not hey?

- ***Do you run "on feel" or do you stick to your smart watch for guidance on pace?***

I run on feel but I do wear a watch to keep track of my mileage on my trainers.



Why do you run so many crazy miles? What motivates you?

I run to keep my blood pressure in 'normal' range. I am motivated by the desire to see my daughter into her adult life.

- Any other sport & hobbies?**

Cycling, dog walking, listening to music and going to see bands play - once upon a time when we could.

- What is your favourite medal / race memento?**

I have so many all equally as important as the last. Every event is special for it's own reasons and the medal/memento is there to remind and bring back memories.



- How do you store your medals?**

All non marathon are in the kitchen on a wall rack , all marathon are in the lounge on cooling racks on the lounge door.





Lockdown 2.0 was resulted in an end to club meetings. Fortunately, the club captains and vice-captains arranged a new weekly challenge to keep us motivated. The first challenge was a virtual relay format where the club members were split into 4 groups or "houses" based on the first letter of your surname. The houses were named after the 4 car parks on the Gosport Half Marathon route:

A-F known as Browndown

G-M known as Elmore

N-S known as Monks Hill

T-Z known as Salterns



Those club members who wanted to participate, posted their runs on the club Facebook page or emailed Rob, and the information was collated each day. Every mile completed counted one point for the house. Even dog walks counted!

The total mileage covered was 2357.88 with 98 members taking part. Each team's mileage was divided by the number of team members, giving an average of :

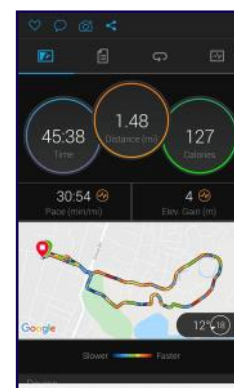
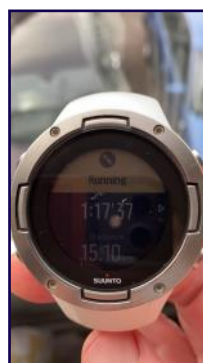
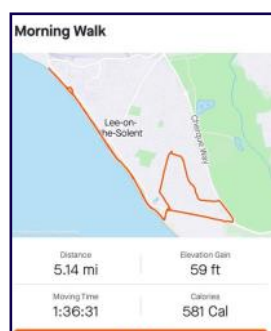
Browndown 13.15

Elmore 10.92

Monkshill 11.49

Salterns 12.60

There was a draw for a winner if each team . Steve Cawte, Donna Louise, Rick Smith and Lisa Young each won a deluxe GRR beanie hat.



The relay was very popular and a great success with a total of 2357.88 miles over the week!!.... incredible!!

Challenge 2 saw the teams being combined:

Team 1 Brownterns (98 People Browndown and Salterns)

Team 2 Monksmore (97 People Monks Hill and Elmore)

So how did it work :... Go out and run or walk, but this time it was points based . Run/walk efforts had to be posted daily, and the tally was adjusted accordingly. The points barometer was affected as follows:

1 point for each mile

5 points for 3.1 or 5k in a single session

10 points for a 10k or 6.2 miles

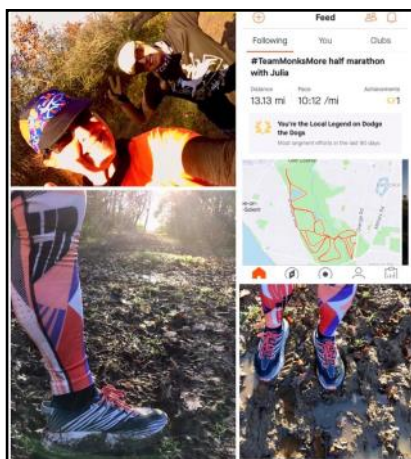
15 points for 10 miles

20 points for a half

50 points for a full



The twist..... by request XC counts for double points!! (If there's a pic of your muddy feet)



Final totals

Brownterns 967.41 miles = 1503 points

Monksmore 1038.29 miles = 1999 points.

A very well done to Monksmore !



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



Winter

December 2020

Happy New Year!

It's unlikely that anyone of us will soon forget the year 2020. It began on a hopeful note, as every new year does. When the year began, very few of us had heard of COVID-19. That soon changed and the pandemic was the completely overwhelming news story of the year. The effects of it effectively cancelled normal daily life as we knew it. A new "normal" was introduced and the word "unprecedented times" became a cliché.

Let's do a quick non-COVID19 related recap of 2020: Brexit was on again. "Megxit" happened when Harry and Meghan announced they're stepping down as senior royals. Storm Ciara made way for Storm Dennis, both leaving mass flooding, damage, and severe disruption in their wake. Boris Johnson became engaged and announced they were having baby (this happened on the on the same day the Home Office's top civil servant Sir Philip Rutnam resigned, accusing Home Secretary Priti Patel of bullying). Most organised sport and cultural events were cancelled, and spectator attendance became a memory of the past. 02/06/2020 dawned globally as "Black Out Tuesday" in response to the death of George Floyd in in the USA. This sparked anti-racism protests across the UK and in Bristol thousands of demonstrators took to the streets, toppled, and dumped a statue of slave trader Edward Colston in Bristol Harbour. Captain Sir Tom Moore was knighted after raising more than £32m for NHS charities by walking 100 laps of his garden. Joe Biden became the new USA president-elect. In one of Uttar Pradesh's largest government hospitals, a monkey attacked a lab technician, snatched vials containing blood samples from three coronavirus patients and escaped. Poland accidentally invaded Czech Republic. A star in a galaxy 75 million light years away, went missing. What a year indeed!

Throughout 2020 Club nights were on-again-off-again events. As I've tried to show in the 2020 newsletters, this did not stop the club spirit of sociability and friendship, even when socially distanced. The enthusiasm with which we supported the different lockdown challenges is evidence that we remain united and resolute as Gosport Road Runners. What a refreshing and positive thought to take into the uncertainty of the new year!

Club President, Mr Dave Kirby's comment about the club time trial, rings true. I was surprised (and a little shocked) about the number of participants. It's a shame, specifically as we don't know when we'll be able to have such an evening again. Thank you for your unfailing, interesting, and enjoyable contributions throughout the year, Mr Kirby. It has been very much appreciated.

One of my 2020 plans was to attempt a duathlon or two. This didn't happen for several reasons. I was therefore rather excited when Tom Reader offered to submit an article on his participation in the Thruxton Mass Attack Duathlon. It did not disappoint, and I'm sure you'll enjoy reading about it as much as what I did. Thank you, Tom, and congratulations on your 10km PB!

Keeping it in the Reader family, Honor Reader takes us with her on Sophie's Run, a 10km virtual event with a fantastic medal. Sophie is a 9-year-old girl local who has been diagnosed with anaplastic rhabdomyosarcoma, an extremely rare and aggressive type of cancer. Despite this, she wants to show the world that you can still smile and find the good in every day. Thank you Honor for sharing your experience of contributing in this way, towards such a heart breaking but wonderful cause.

And that's a wrap from me. I would like to take this opportunity to wish you and your special people a very happy and healthy 2021. May it be unforgettable in every way for all the right reasons.

Miranda



"Porridge and tears"

I expect a lot of you have been following Kevin Sinfield as he has been running 7 marathons in 7 days to raise £77,777 for MND and awareness of this debilitating disease.

I have been following it through and on his last morning as I had breakfast I watched the interview before he set off on his last run. There wasn't a dry eye in the house or the TV studio!

Kevin is the director of rugby and ex captain of Leeds Rhinos. His best mate, Rob Burrow, was struck down with Motor Neurone Disease which ended his career. At time of writing the fund had surpassed two million pounds!

Kevin ran all his marathons in under 4 hours.



"December's Time Trial"

A clear, chilly evening, ideal for running. Six runners and Twelve support staff. Nuff said!



"Blast From The Past"

If you are possession of a state pension, have a bus pass, and or a upper and lower set, you might just remember this lady. Laura Millward is her name, and she was married to Andy. Some years ago - more than I care to remember- they moved to Cornwall.

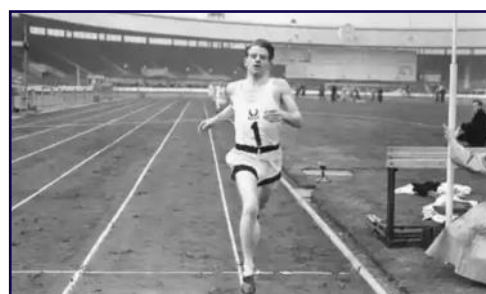
Have heard she has been awarded a BEM for services to her local community. The citation read for 30 years of voluntary work including sports clubs and park runs

She had a good schooling with GRR! Well done!



"Did You Know"

Chris Chataway was the first recipient of the BBC's sports personality of the year in 1954.



"One to watch: "Women's 800 metres Olympic Final"

Jemma Reekie going for 800 metre Gold in Tokyo this Summer.

She will join an elite band of British women if successful. This includes Kelly Holmes and Ann Packer who won hers last time round in Tokyo in 1964. Anyone remember that?









Dave



(11km run, 37km bike, 3km run)

Like all of us, most of my other planned events in 2020 were cancelled, but this one was available at fairly short notice and - in the gap between lockdowns - was 'on'. And I do love riding my bike. A few laps of running, then some cycling, and a bit more running, all on a race circuit (i.e. no traffic) - what could be better? Well, the weather forecast, for a start.

TODAY					
Now	10:00	11:00	12:00	13:00	14:00
					
Chance of precipitation					
90%	90%	90%	≥95%	90%	90%
Temperature (°C)					
8°	8°	8°	9°	9°	9°

Duathlon: Just like a Tri, but without getting wet, right?

The organisers - Challenging Events - were good at keeping us posted. During the 'virtual' event briefing on Zoom, the main questions centred around the monsoon-like conditions that were already taking place and due to continue all weekend. Rain was already causing problems including road closures, and the wind was due to get worse as things progressed.

But at the last minute, we got the go-ahead. Due to the underpass off the A303 being under a metre of water, we had to arrive at Thruxton by the alternate route ("Ignore the 'race circuit' sign, turn left into the Industrial Estate..."). Getting out of the car to go and register, I nearly got blown off my feet and was wet through by the time I got back to the car with my race pack. So with an hour to go including racking my bike, the usual "what clothes to wear?" question caused even more stress than usual.



View from the car while choosing clothing

With the wind and rain lashing the car, I gradually settled on fairly 'normal' (i.e. short) biking and running stuff, but with a thin waterproof biking 'shell' to go over my top. I'd be warm enough when I got going, as long as my core was dry. I took my bike to the transition area, then got changed in the car [apologies to the people in the campervan parked next door].

Then off to the start line. Starters were staggered due to Covid restrictions: 20 seconds between each starter, but after a short wait and a sarcastic "are we having fun yet?" to a fellow nervous-looking entrant, I got going.

I can't pace myself running. I knew straight away that I was struggling - everyone else on the course seemed to be overtaking me, and I found myself trying to keep up with people who were obviously much faster. After 1km, my watch buzzed with the helpful bold red message: "Performance condition: -3". I'm not exactly sure what that means, but I'm pretty certain the green, positive numbers are better. Thanks, Garmin. That aside, it quickly became apparent that the race track is on a slight slope, and of course the uphill part was also the into-wind section. Not too much of a problem for running (at least, at my sedate speed), but I remember thinking it was going to be a nightmare on the bike where the headwind really hits hard.

After running 3 laps, into the pit-lane for transition, and I was pleased to see mine wasn't the last bike there. I jumped on and sailed through the pit lane, thinking this would be the part where I would make up some ground.

I did overtake a few people - but I was still being overtaken most of the time - and made the most of the first lovely downhill, downwind sections to have something to eat and a few sips of drink while taking the apex of the corners. But when the first uphill, into-wind section hit, I nearly ground to halt. Repeat 10 times: Pass the pit lane, go like lightning (at least, it felt like it) on the downhill/downwind section, for an all-too-short minute or two - then spend an eternity grinding back uphill into the teeth of the gale.

Finally, into the pit lane, for the transition into the last run - just one 3km lap. I've never struggled so much to 'run' - I had cramp for a lot of it, and had to walk a few sections, and I knew there weren't many of us left out there. Finally passing one of the course photographers for the last time, I tried to make a joke: "That's me done - you can go home now", to which he replied with a deadpan, "No I can't, there's at least 3 people still behind you". Gee thanks, mate...

I finished and got my medal and goodie bag. I was so tired I walked all the way back to the car before realising I'd left my bike in transition.



Tom

I'd never done a virtual run until this year...first time for everything. But I've enjoyed the challenges set by the club, and other challenges set by virtual groups this year. My Lockdown runs / challenges started in April with running past street names spelling out "Berlin". This was where Tom and I should have been in early April, enjoying our run and first child free holiday for about 15 years!! I thought virtual running for me would "run its course", but my enjoyment of getting a medal outweighed my scepticism!

I achieved 5 medals, and then heard about another challenge for December - Sophie's 10k. Sophie is a local girl who attends the school I work at. She was in the class where I was based, when she was 5. To hear in September of her diagnosis of a very rare form of cancer, it was a no-brainer to join in the 10k in December.

The details followed...we were encouraged to dress up! Tom and I decided for a first day run in the dark. After a day's work at school, I decided on a trip to Whiteley first. After 2 hours stuck in traffic due to an accident on the M27, with an aborted trip, struggling to get out of my car, I can only describe my mood as "savage" and "not in the mood for running". Then had to calm down and consider that:

- Someone on the motorway was having a worse day than me, and
- Not running Sophie's 10k as planned was not in the spirit of the run...

This was not supposed to be easy!

Tom and I started our Sophie's 10k run after dropping Lucy off at Scouts with strict instructions not to come out of the car "dressed like that". We completed our 10k without having to explain ourselves too much to passers-by....



Within the 10 days of Sophie's 10k I also ran with a few others whilst they did theirs. I was privileged to run with a group of mums - one who'd never run outside before, let alone 10k!



I accidentally dropped myself into running with friends from school. They were going to run 10k around our school running track (42 laps), which I deemed “nuts” and “mind numbing” Cue my local 10k route for them, for which they needed a guide.

Sophie's 10k was an amazing event, where the whole community came together (not just runners). It was great to see Gosport Road Runners out there, some of whom I haven't seen for months. I don't think I have ever been tooted and cheered so much this year! It definitely lifted spirits. The medal designed by Sophie herself will be one I cherish.



Honor





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

