

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Winter

January 2021



Hello!





Hello and welcome to the first club newsletter for 2021.

It's a different one than those of previous years but the year didn't exactly start off with a "big bang" due to the necessary and continuing Coronavirus restrictions. The annual editorial columns on the club Christmas Relay, New Year's Day Dip and Awards Evening are therefore understandably missing.

As I prefer to have some routine, I went for my annual dip on at Stokes Bay on New Year's Day. It was a very quick one this year and it took me a good few hours since waking up to convince myself it's going to happen ... Finally getting to GAFIRS just after midday, there were a few families around, the lifeboats were prepared and in place just in case and the water was beautifully clear. Somehow the sea felt a lot colder without the usual crowds on the beach. My verdict: Going into the sea during Winter is definitely more fun when doing it with a friend! Social medial posts and STRAVA confirm that a few of you braved the sea on 01/01/2021 as well. I'm certain you also found it an exhilarating kick off to the year.

A new year is usually marked by new goals and resolutions. Fresh out of a difficult 2020, with no clear indication of when life would return to some semblance of normality as we used to know it before the start of the COVID-19 pandemic, it may have been difficult for some of us to set optimistic goals for this year. For the past few years, my new year's goals usually revolve around losing a bit of weight and run more regular. Yes, I knew that doing the second will result in the first but having all the tools is no guarantee that one will use them! Somehow, over the past few years I fell into the thought pattern that I'm not running good enough (DO-OH! as if I was ever WINNING races before 😊).

Just after Christmas 2020, I casually mentioned to a friend that my intention was to run every other day in January. To back up this "accountability" I also logged a reminder in my diary that I am going to run my age in miles (...it's not THAT many anyway! ...). The plan was to go for a run straight after work for at least 3 miles. I'm sure quite a few of you (not the youngsters or the super fit obviously!) have experienced that walking (fairly slowly) an average of 3.5 to 4 miles during a work shift then going for a run straight away, is not easy on the legs. Both my Achilles complained bitterly for the first mile or so, but after 20 minutes they mostly kept quiet. I don't know whether it was the fact that I told another person about the goal, or the knowledge that I can run ...erm... more than 45 miles in one month, as I've done this before, but joy of joy, I managed to run almost every other day (I went cycling the non-running days and noted I actually ran a few more miles than what I wrote in the diary.) It was a welcome reminder that the mind is a powerful thing. It's not that complicated really: if you decide changing something about yourself or your circumstances would make you happier or healthier, focus on achieving that without overthinking it first. Specifically, in our current time, I think it's vital that we shift the negativity about our circumstances and ourselves. Instead, we should try and use the power of any negative thoughts to fuel positive goals, whether those are physical, mental or lifestyle related. My experience is that few things make me feel more positive than exercise.

That's why I think the challenges arranged by the chairman and club captains are so popular. Not only did these help to keep us motivated as runners, but it also kept the feeling of belonging to the club spirit alive. This is one way to ensure the longevity of Gosport Road Runners. Vice-Captain David Whitting reports on the most recent Club Captains' Challenge a bit further in this edition. I for one certainly hope there will be similar "club events" over the next month. Personally, I also think we as club members should get more involved with suggestions, ideas and photos instead of leaving it all to the club committee. It is OUR club after all.



Dave Kirby's regular column is always an uplifting constant, and I'm confident you will again enjoy his contribution this month.

You can view the results from the virtual club time trial for January. If you were a member of the club 10 years ago, and ran the time trial in January 2011, you have the opportunity to see whether or not life's wear and tear has been kind to you.

That's all from me this time. I hope the new month brings you and your loved ones only health and happiness.

Miranda





"Did you know? "

He ran a Marathon in all 196 countries of the world. Raised £250,000 for prostate cancer research to date. Took 674 days to carry out the mission. Lost count of what he spent personally and what the support cost.

Nick Butter, 31- ex "city" finance worker is the name. You have probably never heard of him hadn't his adventures and misadventures read like James Bond, Indiana Jones and one of the boys from the "regiment" at Hereford, all rolled in to one.



His book "Running The World" is selling well and the proceeds all go to the fund.

Whilst all this was going on, he met Kevin Webber -55- at the "Marathon des Sables" in 2016, another runner raising money for the same charity. Recently another challenge for Kevin was when COVID-19 reared its ugly head, and threatened to scupper everything! He persevered and trained in his back garden.

Kevin flew to Marathon in Greece to be with Nick when he crossed the finishing line on his last Marathon.



Think I might suggest the book as a birthday present to someone (like me) ?

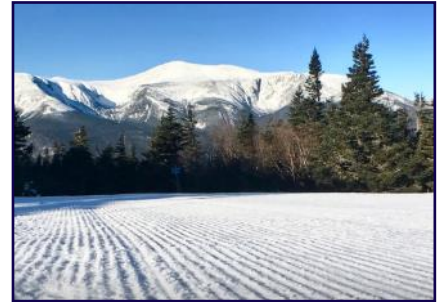
Ed's note: In March 2017 Dr Dan Roiz de Sa, a current member of the club ran the Marathon des Sables footrace across the Sahara whilst supporting the first Double Amputee to finish this race.





"Flashbacks"

Many years ago, on holiday in New Hampshire at a winter resort called "Wildcat Mountain". Stood inside the visitor centre watching a raging blizzard when a runner went by in shorts and singlet accompanied by two dogs. Turns out he was running the Appalachian trail. Crazy! Wonder if he survived.



Closer to home. A beautiful summers evening after a very hot day. That evening's run took us through Lee- on-the- Solent golf course. Winding along a well-worn footpath, the person in front of me launched himself into a horse trough. As you do!

There was a brief silence whilst everyone who was within contact took in what they were seeing. Then eruptions as he spluttered to the surface. One way of cooling off!



Another cold one! Finishing a long Sunday morning run. Coming along Tanners Lane. Looked at my two companions, they had icicles hanging from their Woolly hats. Turned out I did as well. We all survived!



A Tuesday night run just abreast of Kingfisher caravan park. Roughly where the finish is for our present-day half marathon. My companion decided to collide with a lamppost There was a sickening crack as she made contact. I thought she had broken her neck. A passing paramedic rendered first aid and an ambulance carted her off to the QA for overnight observation. Apart from being very sore for several days, she was fine!

Stay Safe

Dave







So here we are again, another lockdown and with the current guidance no running in large groups. It is what it is so let's make the most of it with our club challenges!!

Most recently we had you guys vs the captains, with the twist that meant that we our runs were worth 10 miles for every 1! (It definitely felt like I had run much further than I did after all the turkey I ate.....). The calculations were done after a bit of research into the previous challenges and doing some quick maths.

Anyway the week got off to a good start with the captains putting in a solid effort of 195 miles with the ladies gaining 57 miles and the gents hitting 73 miles.

Day 2 saw the captains manage 35 miles... (Not me, it was raining) ☺ The ladies did a smashing job with 91 miles and the boys with a solid 44.

It was great to see so many of you involved, it certainly helps to get me out for a run I wouldn't have otherwise done! Let's skip a few days and get to the final results:

Team Captains with a solid Total of 970.9 Miles

Gents Total 423.32 Miles (which included some additional points for a dress wearing David Croft) ☺

Ladies Total 762.54 Miles. Cracking effort over 100 miles a day from the ladies.



Well Done to all that took part, Hope you're enjoying the challenges and getting out for a bit of fun, If any of you have any future challenge ideas please give us a message, happy to consider and implement some more exercise related fun!!!

Keep Safe, Keep Running and hope to see everyone again soon!!

VC David Whiting





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Newsletter Photos

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk



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NEWSLETTER



Winter

February 2021



Hello!





Hello !

We've closed the gate on February and are already steadily marching into the new month. Maybe it's just me, but the shortest month of the year felt short indeed. And cold. There were a few days where I thought Spring is definitely here, only to feel freezing cold an hour later. It reminds me of watching a movie like Game of Thrones where you think it's the end after each episode, but it just carries on. And on. (I've watched only 3 episodes of the first series, and might therefore be biased, apologies).

We're still in Lockdown 3, and most of us have adjusted to the restrictions by now. As we know, some of these restrictions will be lifted in a phased format over the next few months. We have a whole year's celebrations to catch up on after that! Did you know, in the Folklore year February is a month of packed with days of celebration – The Celtic Feast of Imbolc; Candlemas Day; Jedburgh's Ball Game (Legend has it the first game was played by Scottish soldiers after a local battle, with an Englishman's head); Cradle Rocking Ceremony; The Feast of St Blaize; Valentine's Day... and these are just a few before the middle of the month, not even counting birthdays! Thankfully, we had running to keep us entertained the past month.

From what I have read on social media, the announcement of the phased return to life as we knew it before March 2020, has not been met with overwhelming excitement by everybody. That's totally understandable and we need to respect different opinions. Not everybody is ready and eager to jump on flight to wherever they can book the quickest, rush to buy concert tickets or join club nights once those start again. This photo which was taken by our ladies' VC during a run around the Alverstoke Art Trail in February, sums the situation up for me. From our safe home, we put our feelers out and gauge the development of the situation but will only join the sea of people once we're totally comfortable with it. Some of us will be quite happy to continue with social distancing measures for a while still, even once most of these restrictions are lifted by the government. That's perfectly OK, you know. You just be you.



February hasn't been too bad on the running weather front, has it? A few gloriously sunny, albeit freezing at times, days resulted in many of us taking part in the club captains' challenges. Karen Harding brings us a round up of these a little further on.

Nick Carter has kindly provided us with a copy of an article he wrote for the local magazine. Here you'll have the privilege to meet Jackie Tombs from a social distanced position. Thank you, Nick for the excellent introduction to a phenomenal woman.

I found Dave Kirby's regular column rather interesting this time. It might have something to do with the photos (hahahahaha!!) but I think it's definitely the different topics he covered. I'm certain you will enjoy this part of the newsletter as much as the previous issues. Thank you, Dave!

The results from the virtual time trail can be viewed in the usual place. Thanks to Paul Street for compiling this. He was really on the ball this month!



As we're approaching a slightly different path for life after a year of COVID-19 restrictions, and I was planning to visit my family in South Africa during February, let me take you there with few road signs. Note that these are ACTUAL road signs, and I have actually seen a few of them. I hope you enjoy the journey !☺



We start our journey with cow racing on the road from Carolina to Machadodorp in Mpumalanga. (My mother grew up on a farm in this area...without cow racing)

Are you a "One tequila, two tequila, three tequila, floor" type of person? There's a sign in Lydenburg to warn drivers about you !



The road is going to get bumpy in the Eastern Cape.



And we've finally reached Cape Town!





Still in Cape Town!, where your car will be fine even if your parking is not.



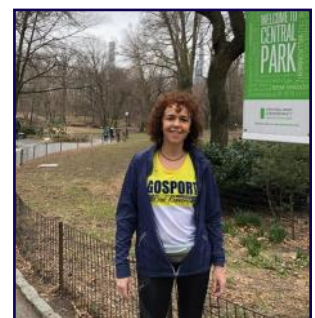
Don't believe this sign! There is hope in Hermanus...and whales, and my cousin's bakery, AND a lovely Greek restaurant too. Ouzo , anyone?



We best not end our journey downhill whilst game viewing in Kwa-Zulu Natal!

That's it from me this time. Stay safe and run happy.

Miranda





"Did you see ". "The Montane Cheviot Mountain Goat"

No, not a new exotic species as I first thought, with visions of sizzling roast mutton with loads of spuds, but an ultra-race in Northumberland national park.

My attention was drawn to a news report on BBC television news on 1st February.

If you listen to BBC 1 XTRA you will probably have heard/know of one of their presenters called Reece Parkinson. It turns out he was training for this event when he was diagnosed with type 1 Diabetes. The report focused on how much harder it will be to train and get ready for this event in his present condition.



Like a lot of these things, the race percolated over time and for one of the founder/organisers it was a lifetime dream. There had been several events which led up to the main event, the last being "The Ingram Trail Ultra Run".

It would seem "The Goat" was first held in 2016. It is 55 miles long, in the Winter, dark, cold, wet, mountainous, and usually thoroughly miserable. Front runners finish in 12 to 13 hours. For any member who comes from or knows the area the event starts and finishes in Ingram village.....Any takers?



BBC 1 news on 5th Feb, " Dr. Runs 5km' s after 13-hour shifts."

Dr. Howard Stringer a paediatrician at Aintree hospital, Liverpool, runs 5km after his 13- hour stints of duty. Inspired by Liverpool legend "Speedo Mick" who runs in blue, Dr. Stringer decided to light up the "Red Side" of the city and run in Red Speedo's. I hasten to add he has on hat and gloves and trainers. A sight for sore eyes!

His chosen charity is CALM (Campaign Against Living Miserably) . I'm all for that!

To date he has raised £4,000 but I am sure this will rise by the we go to print. Watch this space.....



Ed's note: For some reason Liverpool Docks suddenly doesn't seem like a bad place for a run! 😊



"Records"

A Norwegian, Jonas Felde Sevaldud has broken the world record for running a half marathon barefoot in the snow!

It seems his feet were cut to ribbons on ice particles.

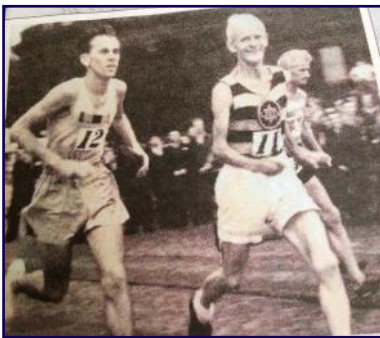
Some people will do anything to get in "The Guinness Book Of Records"?

Ed. Note : *If you're interested , Jonas is on YouTube under the name Sevald and shared a video of his record breaking attempt. He ran the 21.1km in a looped course in a time of 01:44:58. The previous record for the fastest barefoot running half marathon on snow or ice was 02:16:34. Sevald says he started barefoot running after reading Born to Run. Before reading this book, he had been struggling to find the motivation to train during the pandemic, but the idea of minimalistic running inspired him to ditch his shoes and try hitting the road barefoot. "But I live in Norway," he says, "and Norway [in] winter time is really not the best place to be running barefoot. But I'm not going to let that stop me."*



"Parbold Hill Race", cross country 7 miles long, situated in Ormskirk, Lancashire. **Dennis Adelsberg** has run all 51 events since its inception in 1970.

All the more remarkable when you hear Dennis is 90. It is as its name implies a hilly course and it took him 3 hours this year. Although not an official event because of COVID restrictions, he ran the course anyway. The money Dennis raises every year goes to Cancer research. His favourite tippie on the course is tea with 6 sugars! OH! and he cuts the toes out of his shoes for extra comfort! Looking at them there is a few miles in the tank there!



Dennis started running competitively at the age of 7 years old. Here is a photo of him running with his father, during a race in the 1940's.

Stay Safe

Dave





Keep on running



Jackie Tombs

The last few articles have been an opportunity to shine the spotlight on local people who have inspired others by their sporting journey. This month's article is no different. Allow me to introduce Jackie Tombs who some may remember from her many years as one half of a very successful local opticians.

As with the others whose talents we have showcased, Jackie is as humble as they come. In fact, I'm not convinced that she truly recognises the significance of her achievements. I asked Jackie to describe how she came to enjoy running and summarise her journey. These are her words...

'Why did I join Gosport Road Runners (GRR's) and the 545 RunClub?

I had recently retired and had just lost my lovely, amazing Mum who I cared for daily, so I had some free time for the first time since forever.

I had run and jogged casually on my own for about 10 years. I had thought about joining a running club but was shy about just turning up, not knowing anyone, being the oldest and the slowest...

Then in January 2018, I decided to run the Stubbington 10K for charity with my son. I was amazed by how much support GRR's gave not only to their own runners but to every runner. They were noisy, smiley and just seemed to love everything about running. I went home and emailed the 'yellows', was told to turn up any Tuesday or Thursday and the rest is history!

I love being a GRR! The club is friendly, well run and caters for runners of all abilities. There is always someone ready to give you a lift, advice or just a smile when things don't go as planned. After joining the GRR's I went from being a casual jogger to representing England and running my first Marathon in not much over a year. I learnt how to reduce my

injury risks, how to add strength and conditioning and enjoyed Pilates to increase longevity. I also made some great friends.

Through Nick Carter (GRR Men's Club Captain at that time) I also got introduced to the 545 RunClub and The Breakfast Club. They meet at 5.45pm on Wednesdays, followed by a beer if you fancy one, or on a Sunday morning with breakfast after running. This is running for fun, really relaxing and for those who run just for the pure joy of it. We run, chat, put the world right and go home feeling so much better.

Covid-19 has been difficult for everyone. Being a runner has helped beyond all expectations to keep me sane. It's been great to just get out there at quiet times and run off some of that excess energy, to share runs on social media with others and take part in some ingenious games thought up by the GRR committee to keep us all in touch and supporting each other as much as possible.

Whilst Jackie has undoubtedly taken her running to a whole new level since joining a running club, she has enhanced the experience for those around her with her style, humour and determination.

These local legends are amongst us. Who is your hero or role model?

Reminder: Most runners are responsible and respectful of other runners and pedestrians. However, as a running community we need to remember that there are those for whom COVID presents considerable issues, physical and psychological. We can all share our roads, footpaths and open spaces safely if we're mindful of the needs of others.

Written by:
Nick Carter
(Absolute GosVegas Run Groups)



I'm not a great lover of February. The New Year normally starts well with the intention of kick starting the fitness regime after over indulging at Christmas, with many of us partaking in RED January. For me, having to go out day after day, running in the dark and rain takes it's toll and the enjoyment is lost. By the end of the month, I'm thankful to have a rest but the rest days become more frequent with no interest to go out and run during February. As March has began, we are starting to see brighter weather and longer days, which is helping my mojo for sure. With the prospect of the "Rule of six" and the return of club nights at the end of the month, (fingers crossed) the future certainly is looking brighter!

Challenges

The Captains thought we'd try something a little different with a Valentine's Challenge, asking the members to relate their running to Valentines Day in some way and we saw some GRreat Valentine's Strava Art and also some Valentine selfies.



Our next challenge was a race and we know this seems to go down well.

It was Ladies versus Gents in a race from Lands' End to John O'Groats, a total of 874 miles. The cut off time for each day was 9 o'clock and just before cut off there was just 0.03 of a mile difference between each team until Keith uploaded his run at the last minute, meaning the Gents were ahead at the end of day one.

The Ladies are a strong willed bunch and took to the pavements in force the next day and took a 40 mile lead by the end of day two. The Gents didn't manage to catch up with the Ladies as they travelled up the country and the Ladies managed to complete the End to End race by the end of day seven! Bravo Ladies 😊

I thoroughly enjoyed keeping score for this challenge, as I got to see the amazing mileage the members were completing each day, we had Marathons, 20 milers, half marathons and some awesome PBs along the way too. Well done to each and every one of you.

Hope to see you soon!

Karen Harding, Ladies VC



5km Virtual Time Trial						
Pos.	Name	Time		Pos.	Name	Time
1	Su Baldock	22:46		22	Tom Reader	29:33
2	Adam Crook	22:49		23	Maree O'rourke	30:06
3	Mark Jakins	23:30		24	Jenny Mackay	30:10
4	Julia Roiz de Sa	24:46		25	Brian Fisher	31:40
5	Lynne Franklin	25:40		26	Liz Redpath	31:52
6	Steve Calder	25:57		27	Sharon Clutton	31:52
7	Rob Hylands	26:24		28	Hayley Sparshott	32:09
8	Lexie Munro	26:53		29	Jeanette O'Neil	32:40
9	Fi Tomlinson	27:03		30	Jackie Brady	32:47
10	Tracy Slade	27:04		31	Daz Bale	32:50
11	David Whiting	27:09		32	Lorraine Down	32:51
12	Amy Whiting	27:10		33	Keith Elshaw	33:22
13	Charles Cope	27:15		34	Julie Garrett	33:29
14	Geoff O'Flanagan	28:00		35	Richard Smith	33:30
15	Kate Stubbings	28:10		36	Dave Croft	33:39
16	Karen Morby	28:38		37	Melanie Bagwell	36:25
17	Sarah Porter	28:40		38	Eileen Bartlett	41:40
18	Gill Dowling	29:00		39	Rebecca Hylands	47:05
19	Honor Reader	29:12		40	Ali Watson	54:27
20	Nick Boorn	29:19		41	Marie Bowers	57:20
21	Rebecca Scott	29:27		42	Michael Bowers	59:47

Timekeepers : The Runners



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Spring

March 2021



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Cover photo: The utterly awesome Hayley Sparshott after completing her 100th marathon! What an outstanding achievement .

This page: Club Nights are here again!



Hello!



Hello again!

Can you believe we're already racing towards the end of the first quarter of 2021!?

For most of us, life has been in autopilot for the past year. COVID-19 lockdown restrictions mainly kept us at home, where the surroundings are familiar, and our brains didn't get a lot of new information to write down. Time really flies when each day is blending into the other!

The past year reminds me of my morning train commute from Luton to work in Harrow during 2003: some days I got to work with no real memory of the details of the journey. Somehow, I never fell asleep during the journey. We had some form of restrictions in place since March 2020 and we missed many events and celebrations during the past year, but I don't think we have detailed memory of most days. We became overly comfortable in our own surroundings, which is not necessarily a bad thing, but personally I feel it's better to shake up the comfort zone now and again. Moving on!

Did you know, for many years, March, being the start of Spring was also the start of the New Year. Much of Europe used March as the start of the year and in Britain, 25th of March was the beginning of the New Year until 1752. Just think about it, if this were 1752, the lockdown lifting roadmap would have been a major New Year's celebration (fireworks optional but probably disallowed!). Like animals waking up from hibernation in March, we can finally look forward to post-lockdown "firsts" (...first club run, first weekend break, first meal in a pub garden, first hugs...). Whatever "first" we're looking forward to most, I think it's imperative that we make sure we live totally in that particular moment when it arrives.

Even the club newsletter is now facing a new phase! I thoroughly enjoyed the privilege of being newsletter editor since February 2017, but it's certainly time for a change. When I started this project, my goal was to ensure that the newsletter serves the purpose to entertain and communicate with club members. Every month (not to the exact date, as you may have noticed ☺☺☺) my aim was to ensure it embraces the friendly, focussed, and social image of our club. You may recall from my first edition, that I outlined the reasons for communicating with club members via a newsletter as follows:

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

With the help of each one of you who contributed with race reviews and articles, I think we have satisfied most of these criteria. I want to thank all the contributors and each one of you who actually read the newsletter and provided constructive comments/criticism every month.



My very special thanks go to our monthly contributor, the admirable Dave Kirby. With his wealth of information about the club and his years of running experience, I knew it was a good thing to approach him about writing a newsletter article on a club night way back in 2017! His fine sense of humour coupled with his keen interest and enthusiasm about running related news items, made his regular column a pleasure to read. He has not disappointed this month. Turn to his column and read it for yourself.

Club nights are now back, in full COVID compliant swing. Please do adhere to the arrangements which the Committee and run leaders have in place. It's there to keep us all safe and healthy. If you're feeling anxious about returning to the club (or other group sports activities) I've included some interesting information which Geoff added to the club's Facebook page.

The results for the Virtual Club Time Trial and the club captains' Easter Challenge have been included a little further. Don't forget about the April Challenge:

****You versus The Golden Mile****

The club captains are challenging us to beat our Golden Mile segment time. It's as simple as that! Whether you incorporate it into a long run, your April time trial effort, or you just run the mile, can you beat your time? You can post your segment, all your efforts or your PB trophy, one attempt or thirty, let's see how you get on. Please post proof of your result on the relevant Facebook announcement or send it to Karen Harding. I'm going to give this a go myself.

Not the Blockbuster edition I was hoping to go out with, but no news is usually good news?!

It has truly been an honour! All the best.

M





"Technological advances"

Technology advances are turning bog standard athletes into world beaters it seems! Nike and New Balance spikes are like springboards it's been claimed??? Enhancing performances out of all proportion to the effort that the wearer is putting in.....? Wonder what they could do for me?????....."not a lot" I hear!.....Stick to the beer then!



" Did you see"

The BBC's coverage of the Indoor Athletic Championships from Poland? We had a steady tally of medals with one or two impressive results. What was heartening was the steady conveyor of young girl runners, who you would never have heard of, but performed well, and it bodes well for the future of (Women's) British middle distance running.....we hope!



"Easy does it"

After the Zoom meeting the other evening it was obvious that some people had coped better with the lockdown than others. To try and pull on your trainers and step outside can be too much at times, motivation just isn't there for one reason or another. It is fine to have a plan if you are going to run an important event but don't beat yourself up over it if things don't work out as expected.

From a personal point of view : in the eighties our group were running a race every Sunday at one stage - admitted lots of ten milers but half and full marathons as well. We were working shifts with lots of nights. On non-race Sundays the long slow distance pre-run conversation went something like this: "well I suppose we had better run over the hill to get the mileage up a bit for next week's race"; response: "that might be a good idea!" There was very little formal planning in our training, "make it up as you go along" but it worked! See race times in the records!

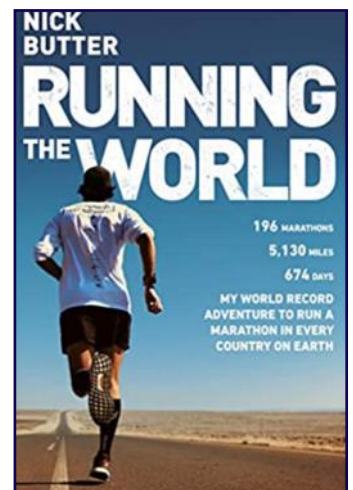
It dawned on Nick Butter (virtually on the start line) in "Running The World" that he had done no formal training. In fact, he had done nothing for four months because he had broken an ankle! Mind over matter?

The message is "Don't panic Mr Mannering" go for a walk to the pub and have a pint or thr...

Mark's book is an excellent read by the way.

Footnote: I carried out no formal warmup or warm-down in the last forty years. My warm-up was taking it easy in the first couple of miles of a run. Other colleagues adopted the same habits. "Don't panic....."

May be that accounts for the mess I am in now!?! Only Joking!

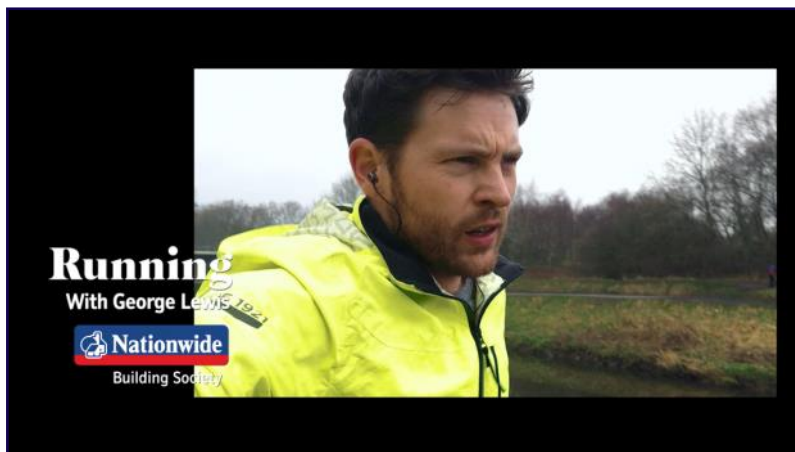




"Have you seen."

The "Nationwide" advert on tele. He doesn't like exercise (running) the best part is the Sauna and sitting in the sun afterwards.

All I could add to that is something cool in a glass.... yeaaaa,



"Porridge and Tears"again!

12th, Breakfast news. Mark Ormrod ex-Royal Marine, four zero Commando who lost both legs and his right arm in Afghan. in 07, attempting a 5k on a track in Tavistock.

Opening shots showed him hitting the tarmac on a training run. My porridge nearly made a quick exit and my legs turned to jelly. He got up as casual as you like without a scratch! There is some sort of scientific issue between the composition of the blades and tarmac which I don't fully understand.

Stop watching breakfast news I hear you say! Good point!

As I write, he has raised over £100,000 for REORG Jiu Jitsu Foundation |The Royal Marines Charity.

For his next challenge Mark is going to swim to Drakes Island from Millbay, Plymouth.





"Can you outrun an Ambulance?"

The South Central Ambulance Service (SCAS) Charity is urging people to see if they can outrun an ambulance by completing a challenge to cover more miles than an emergency ambulance does in a shift. Interested? Details online ([Can you outrun an ambulance? | South Central Ambulance Service NHS Foundation Trust \(scas.nhs.uk\)](https://www.scas.nhs.uk))



"Blast from the past"

15th March 1890

The annual Winchester College Steeple Chase took place today. The course is from Oliver's Battery by a circuitous route to the garrison cricket ground at St. Cross, a distance of 2.5 miles. 100 competitors started but many fell out when the pace got too hot. It was won by a certain Lindsay. No time given.



Dave



As we prepare to return to club life, this may be helpful.

WHAT TO DO IF YOU FEEL NERVOUS ABOUT RETURNING TO SPORT AFTER LOCKDOWN

 @BELIEVEPHQ

BUILDING A RHYTHM

It will take a while to get back into a regular routine. Give yourself time and space to adapt to a new normal



ORGANISATION

Plan and prepare so you feel organised and ready to go back to sport and training



SLOW DOWN

Take things one step at a time. Try not to overwhelm yourself to get everything done at once



CONNECT

If you feel anxious speak to your coach or teammates and ask for some support



GOALS

Review any goals you set and agree on some new achievable targets with your coach



COPING

Identify times in the past where you have coped well with stress and think about how you can use those tools to help you now



NORMALISE

It is okay to feel anxious about going back to training. It is important that you try and normalise these feelings



THE ENVIRONMENT

Returning to sport will be different for many of us. Prepare ahead for these changes.



SELF CARE

Remember to keep looking after yourself by scheduling in some self care activities into your week







Easter Egg Challenge

Quick Easter fun, Boys Vs Girls, whoever does the most miles wins the prize! Only one run / walk per person per day.

The Easter results are in guys and girls, well done to all who took part.

The ladies smashed the miles in with a total of 530.74 vs the gents of approximately 529 miles 😊 (217.74) to be exact so my approximate was pretty good.

Our winners of the Easter eggs were Tom Reader and Lynne Lemmis!

Rob







<i>5km Virtual Time Trial</i>				
<i>Name</i>	<i>Time</i>		<i>Name</i>	<i>Time</i>
Adam Crook	21:54		Maree O'Rourke	28:39
Kathryn Wealthy	22:42		Charles Cope	29:22
Mark Jakins	23:17		Rebecca Scott	29:31
Su Baldock	23:35		Jo Yorke	29:37
Julia Roiz de Sa	23:50		Kellee Read	29:48
David Whiting	23:58		Jenny Mackay	30:13
Lynne Franklin	24:14		Keith Elshaw	30:33
Rob Hylands	24:38		Jackie Brady	30:41
Paul Dunstan	24:58		Liz Redpath	31:03
Tracy Slade	25:20		Sharon Clutton	31:03
Sarah Porter	25:20		Dave Kitching	31:13
Steve Calder	25:32		Daz Bale	32:15
Hayley Sparshott	26:42		Jeanette O'Neil	32:20
Karen Morby	26:52		Richard Smith	34:32
Geoff O'Flanagan	27:28		Dave Croft	34:46
Amy Whiting	27:29		Julie Conway	35:30
Ken Eaden	27:38		Melanie Bagwell	35:57
Kate Stubbings	27:54		Sue Barrett	36:55
Lynne Lemmis	28:13		Eileen Bartlett	40:14
Gill Dowling	28:26		Rebecca Hylands	44:48
Yvette Eastman	28:26		Marie Bowers	46:27
Joanne Gevaux-Ross	28:36		Michael Bowers	52:47

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

