

# Club Newsletter



# GOSPORT

≡≡≡ Road Runners ≡≡≡



## Editor's Note

*By Tom Reader, GRR Newsletter Editor*

It's been a very busy few weeks for the club, and with most events and races covered in some way or another in this newsletter, it's a bit of a 'bumper' issue: Sorry for the delay - the 'December / January' issue got renamed to the 'Winter' issue a few days ago...

We're thinking about moving to a 'smaller newsletter, more often' format from now on - let us know what you think to the idea of a slimmed down monthly newsletter.

A big thanks to Lisa Jakins for helping gather articles for this issue, and to all members who contributed! Please keep the articles coming.

See you out there!

*Tom*

## **Sue says...**

*By Sue Barrett, GRR Chairperson*

### Greetings

January has been a great month for running. Supporting at the Stubbington 10k was a fine way to spend an hour on a wet and windy Sunday morning. Fortunately myself and fellow supporter Kerry found a nice bus stop to shelter in. It was lovely to see team yellow out in force and our shouts of encouragement seemed to be well received (I think so at least).

Chawton House cross county was another great event to watch, the Hampshire XC league is 5 miles and free so what's not to like? I urge anyone who wants to give it a go to do so, not only are you getting to run up hills you are also supporting the club, and it's important that continues.

It's good to see so many members taking part in the Hampshire Road Race Series. These races are a great introduction to road running with a variety of distances to try - all dates can be found on the club website.

Two important dates for your diary, 17 March is our annual awards night. If you recall that last year the rules on qualifying for club standard awards changed, meaning that even if you already earned an award in a previous year you can qualify again in the same age group. Details of the qualifying times/distances can be found on the club website and noticeboard. If you think you've qualified then let the results recorder know ASAP as the awards are being ordered / engraved very very soon.

12 April is the club AGM and as already announced I intend to stand down as your chair on this date. A new chair will be required from that date, so anyone who is interested in stepping up please get in touch and I'm happy to go over what the role entails.

Happy running all.

*Sue*





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# Club News

A huge amount has happened since the last newsletter, a lot of which is covered elsewhere in these pages. Here's a round-up of what else has been happening:

## Great GRR Results at Stubbington 10k

There was a huge GRR turnout for the first run of the Stubbington 10k's 'new route' - well done to all who ran, but especially to Nikki Moxham who won her age category, and to Jenny Shilling and Jackie Tombs who (after an initial mix-up with the results) came 2nd and 3rd respectively in their age categories.

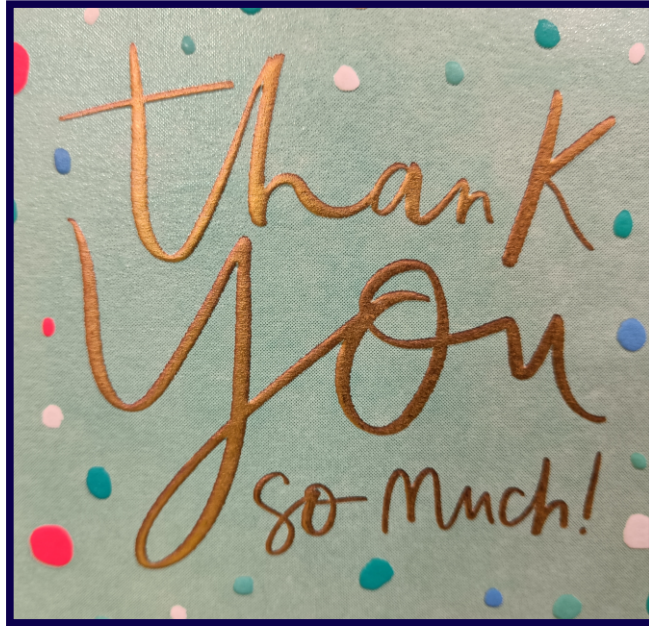
## New Year's Day Swim

Batman, Mario and a Nun running into the sea in the middle of winter can only mean one thing: New Year's Day and a contingent from GRR joined the 'refreshing' morning swim at GAFIRS - they managed to get their photo taken before hypothermia fully set in. Well done people, and I'm - ahem - really sorry I couldn't join you this time.





## Message From Dave Kirby's Family



We received this card from Val Kirby, with the following message:

*"To the committee and members of Gosport Road Runners,  
Many thanks for your kind donation in Dave's name, to the Myeloma Charity.*

*He was very proud to be your President for the past few years.*

*Kind regards,*

*Val Kirby and family"*

## Coming Soon: Treasure Hunt

**When?** 19th Feb, 10:00am

**How Far?** Approx 4 miles

**Where?** Starts/ends at Cherque Way car park

**How?** Teams of 4-6

**What?** There will be clues, mud, and possibly a prize...

Please see facebook, or talk to Mark Jakins for details!



## Headtorch Runs

Mark Jakins has kindly taken over organising and leading the 'headtorch runs' (previously led by Brian Fisher) on alternate Friday evenings. Usually based in the Alver Valley, on occasion due to the recent weather these have gone further afield into the surrounding area, as this rather epic photo shows. Thanks for organising these runs, Mark - the perfect start to the weekend. Check facebook for details of the next run.





## Mulled Wine Run and Raffle Draw

On a dark evening soon before Christmas, we held our 'mulled wine and fancy dress' evening: The photo is on the front page of this newsletter, but let's try to zoom in for a closer look at some of that fancy dress:



After the running and photo-taking were done, we got down to the main business of the day: eating mince pies and drinking mulled wine, at the Alverbridge Nursery who kindly put us up for the evening.

Mark Jakins then drew the raffle: Congratulations to Ben Worsfold, who won a voucher worth £100 to spend at Alexandra Sport, and thanks to Mark for organising this and recording activities throughout the year.

The raffle runs again this year - a ticket for each event (SCCL, HRRL) members run in club colours, also for supporting at SCCL, running or marshalling at GRR Time Trials, and for helping out at the Gosport Half Marathon (see facebook for exact details!)

## Beginners' Group

We already have lots of people signing up to the next Beginners' "Couch to 5K" Group, which starts on 7th Feb, and costs just £10 for the entire course. Please tell your friends about us - and note that the group is also open (and free of charge) to existing club members who might want to do the course.

Finally, if anyone is thinking about becoming a Run Leader, this group would be a perfect training platform - please talk to Karen Harding or Karen Morby for more details.

# Bourne Woods Cross Country

Mark Jakins

The previous day's weather forecast for the 2nd Cross Country at Bourne woods seemed to be correct as we woke up to the sound of rain patting against the windows. After picking up Cathy and Karen, we drove through various wetness levels but when we got to the carpark, apart from a bit of drizzle in the air, it wasn't too bad.

We met up with the rest of our Clubmates, and after setting up our shelters and the obligatory loo visits, the runners gathered on the start line and the race got away on time.

The start of the race had been slightly adjusted to deal with a bottleneck of a gate that had affected previous runs but there was still a small section just after we got going, where we had to walk as people filtered through the narrow gap.

Despite the rain, the course itself wasn't too bad. A few puddles that you could either choose to circumnavigate or just barrel through. I've always been a more of a 'barreller'.

A few relatively steep ups and downs but it's a really nice course through some stunning woodland. Soft enough under foot to be gentle on your legs without being so soft that it saps your energy.

On finishing, we were cheered over the line by those who had already finished and were then offered the choice of Brownies or Muffins by our amazing Captain. Obviously, the most obvious choice was both.

It was a really nice way to spend a Sunday morning. And much recommended to anyone who has been considering giving it a go.





# Victory 5

Lisa Jakins



Sunday 4 Dec saw the 5th race of the HRRL 2022/2023 season at Lakeside Business Park in Portsmouth.

Like last year, that weekend was the first true feel of winter and luckily the large car park near the start was very useful so we could keep warm in our cars. That said, there was lots of runners wandering around, getting their race numbers and warming up.

It was wonderful to see lots of Gosport Road Runners at this event. However, trying to get us all into one place at the same time for a team photo was another matter!

It was so cold that poor Nikki Moxham in her vest and shorts looked freezing, so of course, being the great team mates that we are, a few of us stood around her to give gave her a big bear hug and few more joined and more after that, we ended up looking like a big swiss roll! Hopefully we managed to warm Nikki up a little bit too in the process!

Soon we were getting ready to start and this meant our 2 wonderful supporters, Sue Barrett and Lynne Franklin ended up with all our coats, dryrobes and hoodies. They ended up looking like Joey out of Friends "could I be wearing any more clothes?!" (If you know, you know!)

Once we got going, it's so surprising how quickly you warm up. As if Sue and Lynne didn't have enough clothing to look after, as we saw them cheering us on at the side of the road, our hats, gloves, sleeves and jackets rained on them!





The actual race itself was enjoyable, although not particularly exciting scenery as it's a couple of laps of the car park, through an underpass and along the main road. But very flat and you had the opportunity to almost cross paths with the runners at other paces, so it was nice to be able to cheer on your team mates.

As one by one, the yellows crossed the finish line, with all our team mates cheering us all across, there was a real buzz and sense of achievement. I really think you get a real kick from completing a race in such cold weather but also soon discovered that (pending the nervous wait for official chip time), a lot of us got 5 mile PBs!

We went off to find Sue and Lynne, but actually managed to spot the coat mountain first, which somehow they had managed to carry between the two of them from their previous spot to near the finish line. A huge thank you to Sue and Lynne, Phil Shilling, Mick Kearney for supporting and also to Mike and Marie Bowers for taking lots of lovely photos, it couldn't have been easy standing around in that cold weather!!





# Portsmouth Coastal Marathon

**December 2022**  
**Aidan Morby**

I've never run a marathon before and one of the questions I was often asked is what made me decide to do a marathon. There wasn't any one particular reason, I had been running really well and one morning just woke up feeling extremely motivated. Deciding whether to sign up for a marathon had been in the back of mind for a while and it was something on my bucket list so I just decided to go for it.

This is where my journey began, I never knew that this specific day though would be within a couple of months!!

I signed up to the Portsmouth Coastal Marathon. I'd heard lots of stories and experiences from other runners about this marathon and it's nearby, in my home town. So at least I wouldn't be worrying about travelling and accommodation on top of everything else I was trying to think about and plan for! I'd seen the event advertised a lot, so it was easy to put my name down.

The most difficult part of the preparation process was knowing what training plan to follow. Being in the unknown about Marathons and having no experience I decided to get advice and tips from fellow running friends from Gosport Road Runners. Although the advice I was given may have been different to others advice I still took it on and then tried to tie it altogether so it was all in place for my suitability when running.



Marathon Day - The big day arrived, excitement and anxiety built on the drive pre-event. The weather was miserable - it was raining, freezing cold and windy in places.

Due to the low temperatures I decided to change my race plan at the start line. I decided to start off quick so I could warm up faster. The terrain was completely different to which I was used to within my training runs which made it slightly difficult for myself however, I did manage to include some variation into my training which was relevant to the course.

Now I have the experience of a marathon under my belt, what did I learn or would I do anything differently? I learnt that I should maintain a sensible pace for the entirety of the marathon distance. This is because it is a long way to cover at a pace which is too fast.



Another thing I would do differently was the timings of using the energy bars and gels throughout the course. This was because I had my first source at mile 15. I had ignored the water and energy stops. I then followed it up with an energy gel, however due to the cold climate I was unable to rip the energy gel due to frozen fingers. So, I decided to give up. A couple of miles later I had nothing left to give and felt defeated.

Fortunately one of the ladies at the next refreshment stall helped me open it meanwhile I consumed some energy.

Once I crossed the finish line, I had a couple of seconds of relief and success but then realism struck upon me and I just needed to get warm as soon as possible. I slowly managed to shuffle with help from my mum to the massage room. My hip was hurting and I had given everything on the run. I needed a foil blanket 3 other blankets, a coat, a hot chocolate and some hand warmers to get back to body temperature.

So, what's next for me? Although I have a few other things lined up for now in my life, I do want to experience a second marathon and build on what I learnt from Portsmouth Coastal.

This is because I would love to have a second attempt at the event but somewhere different. I would ideally want it to be in more neutral conditions because a marathon in the depths of winter was not the cleverest of ideas. I would love to have the chance to participate in the London Marathon because that is a huge event which I have enjoyed watching over the last couple of years and hoping that one of those runners would be me one day.

I also want to participate in loads of events because I enjoy making my family proud. This would top the list for me and nothing would have a chance of beating it whatsoever.



**Aidan Morby**

542

Marathon

Gender : Male

Category : 18-29

Status : Finished

Club : Gosport Road Runners

Add To Favourites

**Finish Time**
**04:01:55**

OVERALL

CATEGORY

183/533

17/42

GENDER

164/380

EDITOR'S NOTE: Aidan has recently joined the Navy, and is currently away undertaking his Basic Training at HMS Raleigh. Best of luck, Aidan, from all of us at GRR, and come back and see us as soon as you get a chance!



# Eden Project parkrun

**New Year's Eve 2022  
Mike and Marie Bowers**

"We are nearly set up. It's dry at the moment but rain is on its way." - so said their Facebook page at 08.30.

Well we can confidently say it didn't rain (at least by Lee-on-the-Solent standards) as we came in only slightly damp!

But what a super scenic course, and it can only be even better in the summer months when the plants are in bloom.

The course starts by the 'Banana' coach and car parks, which was a bit puzzling until we realised all the car parks are named after fruit! This one has the group meeting place, a good choice for the Run Director's briefing, as it's covered. The start was easy to find as we were directed into the nearest car park when we arrived.

The course is via a downhill gradient into the quarry crater followed by a clearly marked circuit inside the crater in the vicinity of the domes which has to be completed 3 times. Boring you might think, but not with those views!

It is very undulating and quite steep in places with hairpin bends and which is in sharp contrast to our normal Lee parkrun. The course is on solid paths throughout, and is quite narrow in places but it is well marked and marshalled by friendly Cornish "Piskies" (aka marshals).

There are good toilet facilities at the start and finish and an excellent cafe at the finish, the Eden Kitchen, for breakfast baps and drinks etc.

A few brave runners were pushing buggies but no dogs are allowed to run. Dogs were allowed with spectators though.

As a bonus, making this run a must, runners and any attached spectators can remain in the site with free access to the biomes etc for as long as it's open. Parking is free and abundant very near the start. Just Do It - it is real good fun despite the 4 hour drive from Gosport. The weather is about as predictable as ours so take waterproofs, as any seasoned visitor to Cornwall would recommend. Unfortunately we couldn't avail ourselves of the free entry as we were en route to friends for lunch but it is on the list for a repeat visit allowing more time.



Eden Project parkrun

## Some other Christmas parkruns...



Steve and Fiona in Wolverhampton



Tom and Honor in Whittlesey

# Stubbington 10k

January 2023  
Jo Yorke



Well the new Stubbington 10k route..... There was lots of talk before hand.... Would it work? Was there enough roads closed? Would we like it as much as the old route? I already had my own thoughts. However there was only one way to find out , and that was to run it.

So run it we did!!!!!!

So, on the Sunday morning, we all knew that the weather was most likely not going to be on our side , this led to many discussions with my running buddies and important decisions to be made, such as.....Vests? t shirts ? Shorts? crops ? etc etc you get my drift?

Anyway, me and gav headed off bright and early to get a good parking space. There was plenty of available spaces and we found one quickly, just a short walk from the race hq, which was fab.

At this point the rain was holding off and it was actually quite warm, I was rather pleased with my decision to wear shorts !!!!!

Bag drop was back to normal, bags could be dropped quickly with no waiting around and it was all really well organised. We dropped our bags and headed over to the tennis courts for our club photo. Then it was time for one last nervous wee, then off we all went to the start.



I will say at this point the sky was getting very dark and small drops of rain had started to fall..... The start was a little hectic and no one really knew where to stand, then the rain came !!!!! 321 and we were off.

As we headed out of Stubbington and along the Daedalus perimeter the rain stopped and the skies got a bit brighter. The pavements were pretty narrow, and at times quite congested but we all managed to plod along quite safely. Just before we turned into the airport Sue and Kerry were a welcome sight, I definitely needed a shout out at that point as the wind was so strong and really took your breath away.

Coming out of the Airport we turned right then left onto Salterns Road which is where the unexpected hill popped up, which was a nice surprise NOT!!!!!! But just the other side was the 5k water stop. I stopped for a drink, which was actually a big mistake, as after that my breathing was all over the place for a while. I managed to take some deep breaths, and slowed my pace for a while, and things soon got back on track. Going past the Osborne View there was plenty of support too and this really helped. Thank you Steve and Sylvie for the shout outs, and anyone else I missed.

After a while we looped back on ourselves and eventually joined the old route for the last few km that would take us back to the village. I was flagging slightly at this point, and my hair was driving me crazy (must find a better running hairstyle for next race !!!!!!!) I knew at this point it wasn't too far to the finish now and I started to push for home, luckily Gav shouted to me that there was an extra loop around the shops before the finish, thank goodness he did.

I eventually crossed the finish line in a time of 56.49 which I was really happy with, especially with the windy and wet conditions. There was a nice wooden medal and mug at the finish for us, and plenty of water.

Looking back I did really enjoy this race and the new route (even if the photos say different). I'll definitely be back to run again next year.

If you didn't run this year, maybe give it a whirl.

You never know the sun may just shine too !!!!!!!



# Lord Wandsworth Cross Country

Gill Thomas

Race 3 of the Southern Cross Country League series was at Lord Wandsworth College, a school campus set in the glorious Surrey countryside. As usual the course was lovely, muddy, fun and, for added interest, a bit icy.

I can't deny it was a chilly one and we were all immensely grateful to Mark Jakins who had spirited out of nowhere a real stand-up tent in which we huddled like penguins before the race.

336 competitors from 23 clubs turned on this inhospitable morning and the race got off to a good start. There was a talk beforehand from a representative from Hart Road Runners who were hosting the race, but nobody could hear what they said. I expect they were congratulating Gosport Road Runners for turning out such a stylish and professional team.



The run was a bit dodgy in places with the icy conditions but mainly a surprisingly refreshing and satisfying way to spend a Sunday morning.

We needed 4 men and 4 ladies to make up the two teams required for an entry into the league table and were lucky to have Steve, Mike, Tom and Mark in the men's team and Kerry, Honor, Cathy and Shirley for the ladies. Fiona, Kate, Zoë and I completed the GRR contingent. . Somebody has to bring up the rear and I took this position for GRR - slow but sure and happy to be cheered in by my supportive team mates.

Wandsworth College was a very nice location as we saw whilst driving around and around trying to leave - we must remember how to get to the exit road next year.

Cross country is for everyone who likes running, mud, countryside, team-spirit and cake. There are 2 dates to go this season, why not come and give one a try!

Next dates : 26th Feb Alice Holt, 5th March Fareham

# Holyrood parkrun

Steve Calder

Whenever I go back up North, to visit my family, I try to fit in a parkrun and luckily there are quite a few different ones close to my home town. While I was back up this Christmas I saw that a new parkrun had been set up in Holyrood Park close to the centre of Edinburgh so I thought I would give it a try. I arrived early to ensure that I would be able to get a parking space in the Holyrood car park which luckily is free over the weekend, but there were actually quite a few spaces. The park itself is just at the bottom of the Royal Mile so if you are staying in the city then it might be easier to walk or run.

The setting is quite spectacular with Arthur's Seat towering over the meeting point and a pretty lake full of birds near the start. One of the swans tried to join the throng and take part but was escorted off with it not being on a short lead. The course itself is certainly quite a challenge, as it starts with a steep climb up for a whole mile but you are treated to some lovely views over South Edinburgh when it finally stops going up. Most of the road is closed for the run so you only have to watch out for cyclists as it winds around and back down the other side until you are asked to tackle a gentle incline to reach the finish.

Overall I think it is a great parkrun, a challenging route in stunning surroundings and it is ideal for visitors to Edinburgh which was demonstrated by the mix of people taking part.





# Club Handicap

Tom Reader

The last few weeks of 2022 saw a number of club events, including the Club Handicap.

The idea was to all predict our finish times (for either 5k or 10k), and these times were then adjusted by the organisers. We set off individually, in varying degrees of fancy dress, at times calculated to mean that - in theory - we should all finish at the same time. The winners would be the runners who ran closest to their predicted times. The final catch was: No watches! No way to know how fast or slow we were running, and no asking passers-by what time it was.



Being completely unable to pace myself, I knew this was going to be difficult for me, but this surely must be the first event where I've come nearly last by running 10k almost 5 minutes *TOO FAST*.

The winners were Jo Yorke and Dale Poulter - well done to both!

The final part of the proceedings was the draw for the Club place in the TCS London Marathon, which went to Nick Boorn - congratulations Nick!



Thanks to everyone involved in putting this event on, especially Paul Street who did most of the organisation and 'did the numbers' for us. Thanks also to Sylvie and Steve Cawte, who provided the most amazing chilli (for the purposes of writing this article I felt I had to try both meat and veggie options, and can report both were delicious. Apologies for not leaving any leftovers for later in the day...) And finally thanks to the Diving Museum, who once again provided the venue for us.

# Results

## December 2022 Time Trial

Pos.	Name	Time		Pos.	Name	Time
1	Luke Willis	17:58		14	Fi Wood	28:35
2	Chris Buxton	18:43		15	Lisa Jakins	29:00
3	Adam Crook	20:03		16	Melissa Tyrrell	29:20
4	Mark Brown	23:35		17	Cath Harman	29:31
5	Su Baldock	23:39		18	Maisie Elshaw	29:39
6	Mark Jakins	25:07		19	Karen Morby	29:41
7	Steve Wood	25:54		20	Jackie Brady	29:59
8	Ethan Barrett	26:28		21	Sara New	30:01
9	Steve Calder	26:32		22	Deborah Birch	30:36
10	Tom Reader	27:46		23	Mike Stares	30:46
11	Jo Yorke	27:59		24	David Baker	31:11
12	Ray Williams	28:14		25	Rebecca Scott	38:08
13	Ken Eaden	28:29		26	Kim Carter	38:09

Starter/Timer:- Sue Barrett. Back-up timer:- Steve Cawte. Recorder:- Roz Weaver. Numbers:- Sid Smith. Marshals:- Mike Bowers, Gav Booker and Dave Croft.  
Thanks to Kim Carter for tail running tonight.

## January 2023 Time Trial

Pos.	Name	Time	Pos.	Name	Time
1	Nikki Moxham	20:28	12	Karen Morby	29:35
2	Ben Wales	22:37	13	Sara New	29:44
3	Gav Llewellyn	23:41	14	Mike Kearney	30:12
4	Kathryn Wealthy	24:22	15	Jackie Brady	30:39
5	Su Baldock	24:23	16	David baker	30:49
6	Austin Hill	25:29	17	Maisie Elshaw	32:31
7	Steve Calder	25:48	18	Lisa Jakins	32:34
8	Ethan Barrett	27:07	19	Deborah Birch	32:56
9	Adam Bassett	27:50	20	Mike Stares	33:29
10	Anton Bradley	27:51	21	Kirsten Bradley	34:10
11	Tonia Morrell	29:34	22	Kim Carter	37:47

Finish /Starting Crew:- Paul Street, Sue Barrett, Steve Cawte and Gary Francis. Marshals:- Roz Weaver, Karen Harding and Dave Croft.  
Tailrunner:- Kim Carter

# Dates for your Diary

## Club Events

Tue 07 Feb	7:00pm	Club 5k Time Trial	Pebbles Car Park
Sun 19 Feb	10:00am	Treasure Hunt	Alver Country Park
Sun 12 Mar	9:00am	Out-of-Town Run	Stansted Forest
Fri 17 Mar	7:00pm	Club Awards Night	Clubhouse

## HRRL 22/23

Sun 26 Mar 2023	Salisbury 10 mile
Sun 14 May 2023	Alton 10 mile
Sun 21 May 2023	Netley 10K
Sun 18 June 2023	Alresford 10K
Sun 02 July 2023	Lordshill 10K

## SCCL 22/23

Sun 26 Feb 2023	Alice Holt <b>NOTE NEW DATE</b> Farnham Runners
Sun 05 Mar 2023	Swanmore Fareham Running Club

## Some Other Events...

Sat 25 Feb 2023	Itchen Valley Country parkrun's 3rd Birthday (...cake...)
Sun 26 Feb 2023	Pewsey Terminator "12 mile multi-terrain"
Sun 19 Mar 2023	Eastleigh 10k
Sat 29 Apr 2023	GRR Lee-on-the-Solent 'parkrun Takeover'
Mon 29 May 2023	(Bank Hol) Newbury 10k
Sun 25 Jun 2023	Exbury 10k



# And Finally...



We're not entirely sure what sort of warm-up was taking place in the bus-stop just before the Club Handicap...

# GRR Online...

## 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 bookmarks list:

<https://gosportroadrunners.org.uk/>

## Social Media

The Club's Facebook members' page is very active, and is the main place where Club members share stories, race experiences, photos, arrange out-of-Club meetings, etc. Search Facebook for 'Gosport Road Runners Members page' or follow this link to see what's going on:

<https://www.facebook.com/groups/1930144613918921>

We are also on Twitter: <https://twitter.com/gosportrr>

...and Instagram: <https://instagram.com/gosportroadrunners>

## GRR Newsletter

If you have anything that you would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photos that you have taken of Club runners/events, interesting articles that you have come across, funny stories - basically anything that you would find of interest or think other Club Members will enjoy reading!

Please continue to help make this an interesting read and don't leave it all to Lisa and Tom! It's OUR Club and OUR newsletter.

You can send comments, articles, and any content to us either via Facebook, or by email to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)

# Club Newsletter



## Editor's Note

*Tom Reader - GRR Newsletter Editor*

Well, the plan to get the newsletter out at the beginning of March didn't quite work out, to no-one's surprise. My excuse (apart from mumbling about the DTP software - problem now solved) is that just when I'm about to publish, another event comes along shortly followed by another article someone's written - which is not a bad problem to have! The club is busy and active, so the newsletter has a lot to cover as you'll see.

Thanks to everyone who's contributed articles and photos this month.

Spring seems to be here at last (no it doesn't - yes it does - it keeps changing) - so hopefully see you out there in the sun soon!

**Tom**



Just a few of the words in this issue...



## **Sue Says...**

*Sue Barrett - GRR Chairperson*

Greetings

What an amazing few weeks we've had. Big thanks to **Mark Jakins** for the treasure hunt, we thoroughly enjoyed roaming around the Alver Valley looking for clues.

We had a great take up for the beginners' course and they all look like they are loving the experience.

The cross country league season has been a great one and I would encourage anyone who wants to give it a go to do so when the league commences again in the autumn.

The Friday head torch runs have been well enjoyed as have the organised off road Sunday runs.

And most recently, the awards night was much enjoyed by everyone as usual - congratulations to everyone who got an award, and thank you very much to the organisers.

Everything that the club puts on only happens because people are willing to step up and make things happen: thank you to everyone who continues to contribute their time and energy for this.

As already announced I'm stepping down as your chair at the AGM on 12 April. There is no sinister or otherwise untoward reason for this. The bottom line is due to my dodgy knee and work/family I just cannot give the club the attention and commitment it deserves.

It's been a blast, I'm not going anywhere and will continue to run whenever I can with the club when my dodgy knee allows .

I'm curious to see if anyone actually reads the bits I write (I know I'd skip over them if I was you) so just going to throw in a random word to see if anyone notices - jellyfish.

Safe running all

*Sue*

# **Contents**

...there's a lot this month!

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# Club News

It's been another very busy couple of months since the last newsletter - here's a round-up of some of what's been happening:

## New Club T-Shirt

We have a new t-shirt which was recently approved by the committee. It's a mirror image of our club T-shirt in blue with the yellow Gosport Road Runners logo.

This is NOT a racing top, which is clearly defined in the constitution. This is simply another option of clothing to wear, when not formally representing the club, such as at club nights, out training, parkrun etc. These can be ordered from Print & Sew.



## Club Success in Portland

**Mike Newnham** and **Gavin Booker** both raced in Portland in the Half Marathon and Marathon respectively. Mike won his race, and Gavin came 4th in his age category. Congratulations to both! See later in this issue for Gavin's write-up of his run.

## 250th parkrun for Marie Bowers

Congratulations to **Marie Bowers** who completed her 250th parkrun a couple of weekends ago - an amazing achievement. Marie has also volunteered at 60 parkruns. Well done, Marie!



# She's Got a Ticket to Ryde

Lisa Jakins



A week before Xmas, I ran the Portsmouth Coastal Half Marathon. Afterwards, a certain Ladies Captain told me if I can do the Coastal, I can do Ryde 10.

I'd heard lots of stories about Ryde, mainly about the hills. I wasn't sure if I could manage it but had promised myself that I was going to try new runs and visit new places. I'm ashamed to say it but I've lived on the South Coast for nearly 30 years, but have only visited the Isle of Wight once (I actually only found out it was the Isle of Wight but didn't know it, I thought for almost 20 years it was France! What can I say? I was young, played hockey for the Royal Navy and there was a lot of alcohol involved!)

So, as far as I was concerned, this was my first (sober) visit to the Isle of Wight.

It was a glorious, sunny day. The air was crisp and the wind was cold but for February, we got very lucky with the weather. I honestly don't think I could have coped with wind and rain on this route! A group of 8 of us excitedly met at the Gosport Ferry and quickly crossed to the Isle of Wight ferry.



That's where all the runners were queueing and I had a mixture of butterflies in my stomach and nerves too. I really wasn't feeling confident. I hadn't run 10 miles since the Coastal, although we had done a few hills sessions in the run up the race. As it turns out, I don't think you need to run 10 miles, it's the hills sessions that are the important part of the training (yes, it's that hilly!).

There were a few hills I'd been warned about: I was told everybody walks up them but from what I saw, everyone in front of me was doing their best to run up them. Although by the last hill at around 9 miles, everyone I saw was walking by that point. It really was beautiful though, a mixture of town running, a bit of beach and coastal, through a caravan park and lovely villages and countryside. It really was a great tourist promotion for how stunning the Isle of Wight is.

It was tough: the first 4 miles seemed to be the worst. It's as much a mental game as a physical one. Strangely (apart from the final mile), I felt like mile 5 onwards, went by very quickly. I just tried to keep myself distracted by the scenery, feeling grateful that it was beautiful weather and having a bit of banter with the other runners. I have to say that although this race was on 10 miles of open roads, the motorists were also very considerate.



The final ½ mile was all downhill which was a blessing as I pretty much just threw myself down it, overtaking a few runners in the process. Unfortunately, there was a group of runners at the bottom of the hill who had finished but were there supporting their team mates to the finish – and I pretty much took them out like a set of skittles! Whoops – sorry! Luckily they laughed about it and pointed around the sharp bend to where the finish line was and I got through it.



I proudly took my medal and got a much-needed drink. Most of the other GRRs had finished and had some amazing times. I was just grateful that I had completed it in one piece.

It felt like we didn't have that much time so we headed back to the bag drop, grabbed our stuff and walked back to catch our ferry. I am sure the walk back to the ferry was double the distance it was compared to that morning!

We shared race stories on the ferry home and Mike Barker gave out some much-needed sweets!

It really was a stunning day with the best people and it all ran so smoothly, a big thank you to Fi Tomlinson (Wood) for organising the ferry tickets. If it's one you are thinking of for next year, I would highly recommend it!

*Lisa Jakins*





# Portland Coastal Marathon 2023

Gavin Booker

Portland coastal marathon is organised by 'Bustinskin Events' who organise quite a few different events in the Dorset area. I decided on entering this race after a friend mentioned it to me a few months ago. It is quite a challenging race at approx. 27 miles and an elevation 2354 feet with over half of the course on trail paths. Keen to try my hand at various challenges I decided to give this one a go.

About a month prior to the race I decided to vary my training and add a bit of elevation to my weekend long runs. Queen Elizabeth Country Park seemed a good place to go and also fitted in with the type of terrain that would greet me on race day. I worked my way up to 19 miles and achieved the same amount of elevation that I would encounter on race day. Due to the nature of the race it is important to read the pre race briefing as this stated everything that is required to be carried on race day - if the items are not carried a Disqualification could be issued. Items to be carried included:-

- Drinks container, 500ml or greater.
- Windproof Jacket.
- Head covering
- Mobile phone, charged, left on full volume.
- Foil Blanket.
- Whistle
- Small First Aid Kit.

I had practised carrying all the kit and managed to fit everything into my camelback and pockets on my running shorts.

Another item of note was that there would be very limited signage and marshalling on the course, so self-navigation would be required, and a map would be provided to help with this.

Race day was the 12th of February, there were a few races on the day. The Marathon started at 08.45, Half Marathon at 0900, and a 10K shortly after. The start was in the Hanger at the National sailing centre in Portland.



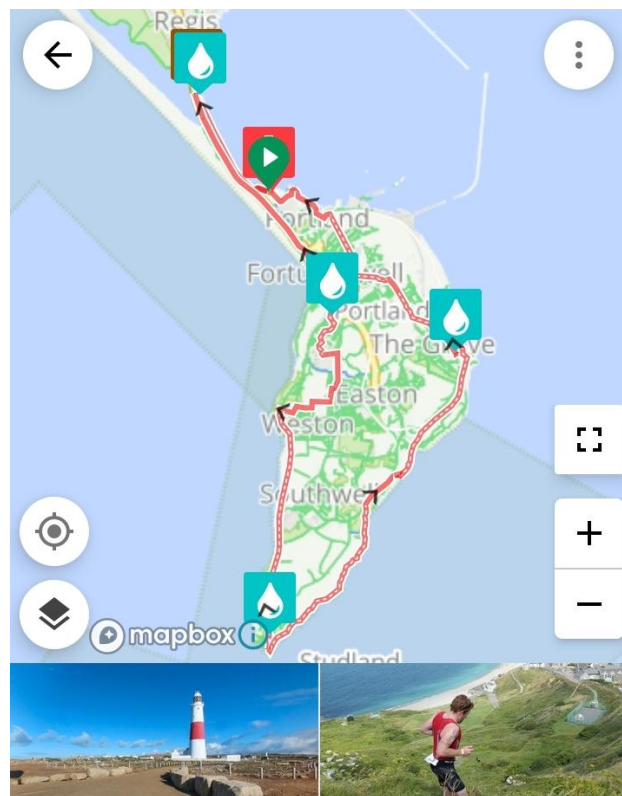
There was a simple and well organised number and map collection, good facilities for the amount of competitors, and a pre-race briefing in a nice dry environment. The weather was dry, with a gentle breeze and approx. 8 degrees. I decided on my trail shoes, long compression socks, shorts, long sleeve shirt, GRR running vest, hat and camelback. I was good to go.

There were just over 70 competitors in the marathon and the number was restricted to this amount. The trails were quite narrow in some areas with no room for overtaking and so this may have been the reason.

The course is an out and back route following the Portland section of the South West coastal path, sea on the left on the way out, sea on the right on the return. A few points of interest on the way included Portland lighthouse, prison, lighthouse, quarries, mud, cliffs and steep stairways.

After a mile the first big challenge of the day was the aptly named 'Heart attack hill', depending on what you prefer this marathon course consisted of 4 steep climbs as opposed to lots of gentle climbs, I found it possible to run the first hill but due to a mixture of terrain, steepness and fatigue managed just a walk and run up the others.

After running the perimeter of Portland you return to the entry point of the island, continue along the breakwater for approximately 1 mile, back to the sailing centre which was the halfway checkpoint and then back along the breakwater to start the return leg. It was just after the turn point I spotted a familiar face and gave Mike Newnham of GRR an encouraging cheer as he was leading the ½ Marathon and soon to finish in first place. I continued on my way and showed slightly less enthusiasm for the climbs at 17 and 23 miles. In total I covered 27.45 miles, with an elevation of 2,247 feet. My time was 4.32.51 which gave me 4th place in my age group and so quite a good day.

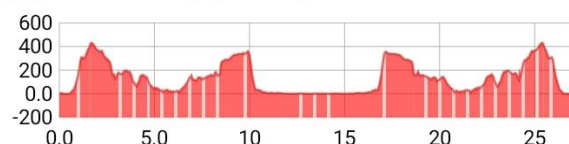


### Portland Coastal Marathon - Self Navigated

Updated 26 May 2022 17:49 by BustinSkin Events

**27.0** mi **2,354** ft **0:00** est. time ⬆️

■ 37% Paved ■ 63% Unpaved



A few thoughts about the race, I managed 3 short wrong turns which cost me a little time and so I had to wait for other competitors to point me in the right direction, so a good knowledge of the map and area would be beneficial.

I ran out of fluid with about 2 miles to go and so make sure you have enough fluids and protein to get you through the race as marshall and aid stations are very limited.

It is a tough race and so good preparation is needed. If you decide on doing the Portland coastal then I feel a good idea would be to do the Portsmouth coastal marathon and carry on with the training and add a few hills, and then you will be prepared for this race.

The cut off is 6 hours, although they didn't seem to enforce it this year, so bear this in mind if you enter.

Make sure you have trail shoes and some good, but compactable clothing for changes in the weather.

*Gavin Booker*





# St. David's Day

Karen Harding

1st March was St David's Day and the second race in the Patron Saints Series organised by Believe and Achieve, a local Race Event Company, often raising funds for local charities and in this case, the money raised was going to Rowans Hospice and Portsmouth Hospitals Charity.

You had the choice of a 5K or 10K run, starting at Bayside Cabin. (Myself and Ange chose 5K).

Numbers collected and a quick chat with fellow runners, before heading to the start for a quick briefing, it was there that I spotted a Welsh Dragon and Daffodil (fab costumes)

6.45pm and we were off along the prom and I was VERY thankful for my headtorch - it was dark, really dark! Once we reached GAFIRS, we headed down Lifeboat Lane, then left along Stokes Bay Road until we reached the turn around point at Pebbles carpark and then back the way we came. The great thing about an out and back route is passing the other runners and the giving/receiving of encouragement.

Once over the finish line, we received our goody bags, medal and a can of beer or glass of wine (small bottle we could take home).



The things I loved about this event were...supporting a local company and charities, I knew the route, it was a small event (about 50 people) and you are able to do the race virtually if you can't make race day. I wasn't well for the St Andrews Day race and ran a week later and still received my medal.

*Karen Harding*

# Malta Half Marathon - Take Two

(Half Marathon Number 117)

Zoe Windsor

I first did the Malta half marathon back in 2018 when a few of us from the running club came out. I somehow managed to get food poisoning (first time ever!) so I always felt I missed out as I had to stay in the hotel room for some of the stay.

I had some leave to take from work and decided to try this race again. I decided to stay in Sliema as that's where the race starts and finishes. I arrived on Friday and decided to collect my race number that day, different days and times for international runners. The race offered a marathon, a half marathon and an endathon (walking half marathon).



Sunday was an early start - I had to be on the coach by 7am! I missed breakfast at the hotel, they did offer to make me a sandwich, but I could not face cheese, ham, and tomato early in the morning so settled on some porridge bars that I had bought with me. I got on the coach at 06:50 and it left straight away. We were then at the start by 07:10. Although they provided a bag drop I didn't fancy this so I had taken an old t-shirt with me to throw away.

Race started at 08:15, I set my watch and then my headphones would not connect! I decided to just play the music on my phone in the end. We set off from the old capital called Mdina and straight away it was downhill, there is a drop of 200 metres from start to finish. The sun then came out and it started to get hot. All of this race is on road, including bypasses, main roads and running through small towns. I was surprised at some of the hills in the race - the route had been slightly changed this year, and the hill at miles 9.5 and 11 was unexpected!

Along the route there were 15 bands playing, along with scouts handing out water and sponges and even a scout group playing the bagpipes. An Italian woman had managed to attach herself to me up until mile 9, running only a step behind me - I thought I was her pacer for a time but managed to shake her off.



Coming towards the end of the race you can see Valletta, then you have to run round Sliema seafront to the end. I could see the blue gantry in sight, however it was not the actual end, there were about 4 gantries to run through, the 4th being the end! Overall it was a well organised race - the last time it happened was 2020.

Race completed, I did it 11 minutes quicker than my time before, time 2:29:38: although I am not as fast as I used to be, I am just enjoying the journey.

Bulgaria is where my next foreign race is later in the year.

*Zoe Windsor*





# A Treasure Hunt

David Croft

**Team name:** The Comeback Kids

**Team:** Sue Barrett, Kirsten Bradley,  
Brian Fisher, Mike Barker &  
Dave Croft

**Why name:** Brian recovered from shoulder injury, Kirsten recovered from surgery, Sue needs knee surgery, Dave recovering from Hip surgery and Mike just because he is a Kid.



I have 120 apps on my phone, some of which I use on a regular basis, others occasionally and some hardly/never, amongst the latter is

What3words, so when I saw that we would need this for the club Treasure hunt, I decided I had better get some prior practice in. Therefore, I spent a good part of Saturday morning of the 18th Feb. playing around with it at home and noted the time and difficulty of typing in three words correctly with my fat fingers and thinking, "this isn't going to be easy".

So, when on the morning of the 19th Feb, we assembled under blue sky at the Cherque Way car park and met up with all the other teams, I was feeling a bit unsure about the prospects. Even after Mark had given us a brief overview of the event and App prior to our team start, I still felt slightly nervous. Then Brian took charge and just spoke the required three words into his phone and waved it around a bit in a figure of eight and suddenly we had a destination and arrow pointing to our first clue (IT'S ALWAYS GOOD TO HAVE A BRIAN IN YOUR TEAM). Striding off (does Brian stride??) we followed the start of the club x/country route towards the first clue, hardly getting at all muddy (how?). At one point Brian indicated that we were within metres of the clue, so we all milled about looking for it, without instant success, then just as I was beginning to feel we had failed at the first hurdle, a shout "here it is" (Brian again).

Mike took on the task of writing down the clues to the next point and noting the indicated letters, in other words, he was in charge of the pencil. Kirsten decided it would be a good idea to photograph each clue (something that proved very useful at the end). Sue took up (tail-end end Charlie/ spotter/spy of other teams) role. Brian remained in charge of the App.,

yours truly just tended to follow and tried to be a clue spotter, something I seemed not to excel in! This was the trend for most of our hunt.

Moving on to clue 2 we encountered our first significant mud and coming the other way, the **Sweaty Betty's** (I think), are they lost or are they out to deceive us? Neither, they just took a shortcut (too clever by half).

At clue 3 I got to see a part of Alver Valley that was completely new to me, with an overview of the Wildgrounds, a place I must visit one day.

Not sure about clue 4: I think it had something to do with a grid on the walkway/bridge, can only remember thinking, wouldn't it be a good idea to cover it up with leaves to fool following teams. **The evil streak in me breaking out.**

By the time we reached clue 5a, I had managed to add zero to the team success: my defence? Can't think of one! However clue 5b turned out to be a turning point as I was first to find it - at last I had made some contribution to the team and as a result did not have to go home totally deflated, small things keep me happy!

From now on we would occasionally see other teams and this is where Sue's specialities came into play, setting us off in the correct direction confidently.



Some clues were very sneakily hidden - the next one 6 or 6a was stuck on the inside of a two-sided park sign telling you to turn through 180 degrees, walk 15 yards, turn right at the fork in the path, head south for 30 yards, your clue is here... somewhere! Well, I managed to walk past this clue several times before someone else found it in the undergrowth.

Somehow, we got to Apple Dumpling bridge where I believe there are some ancient fortifications and after climbing to the top and searching around finally found clue 7 again sneakily hidden up a tree trunk.



By clue 8 I was gradually giving up the will to live, so cannot remember how we got to Clue 9 or clue 9a which instructed us to go to the rock on the hill (the Olympus Mons of Gosport). By the time we got to the rarefied air of the summit, we all appeared to be struggling to breath, however we did have the promised view of the Radar dish on the airfield (why else would you visit Gosport?). Even better, we could see other teams ahead of us heading for what surely must be the finish. Before this of course we had to find clue 9b hidden in a bush, where I managed to double my contribution to the team by finding the blue clue.



Brian then struck out (he definitely was not striding at this point) to a smallish gravel hill, which I remember being part of the x/country route, we then all followed him as he cut off the corner of the following field which turned out to be a bit soggy in places - I think if there had been any serious rain prior to this event I would not be writing this account.

Whether there was a clue 10, I cannot remember - I just think that by this time we all knew our way home, where there was coffee/tea and CAKES.

Then Kirsten came into her own as Mark casually mentioned “hope you noticed the colour of the clue letter???” we were able to use her photos to fill in the treasure hunt answers, and find they spelt “**muddy fun with friends**”

For some reason I will never understand, our team did not win. I must say however, having been a club member now for over 30 years and partaken in Out of Towns, Hashes, X/Country, chalk runs and other club events, this has to be one of the most innovative and enjoyable I have ever taken part in. SO VERY WELL DONE Mark and THANKS: I would definitely join in and would encourage others to partake should you decide to do it again.

*Dave Croft*

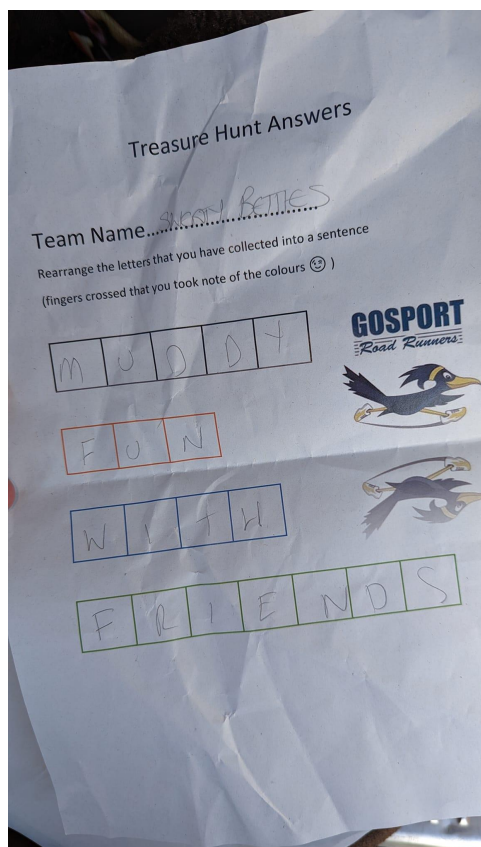




# A Treasure Hunt - From the Organiser

Mark Jakins

I've been thinking about setting up a Treasure Hunt event for a while. Two of my running passions are hash runs and trail running and, being over in the Alver Valley so often with my dogs, I've had plenty of time to think about a way to combine the 2.



The hardest bit was working out where to set the difficulty. I thought that either too easy or too hard and people would get fed up. I thought that 4 miles would make the run last about an hour which would be short enough to keep people's attention.

As it happened, the 4 miles, in some cases ended up being 6 miles, and took an average of an hour and a half, but as the teams reappeared, post run, in the carpark, there were plenty of smiles so I think I got away with it.

My biggest take away from this was that, considering I didn't compete in the event, I thoroughly enjoyed myself and people's thanks at the end made all the effort worthwhile.

The other thing was that, as a non committee member, I approached the committee with my idea, they were supportive, gave me a budget to work with and, I'm sure, enjoyed the opportunity to take part in a club event that they didn't have to think about.

We lean heavily on our committee and I'm sure that they're very appreciative of any offers to help.

If you've got any thoughts on events that us members might enjoy, why not give organising it a go? It's appreciated by all, plenty of help and support is available and everyone will think you're a hero ;o)

*Mark Jakins*

# Southern Cross Country League

Mike Barker



Sunday 5th March saw the end of this season's six Southern Cross-Country League races.

It was the first running event (road or off-road) that has been organised by Fareham Running Club since its inception and what a great event they put on. It took place on the private Holywell Estate in Swanmore. A tough course, well signposted and enthusiastically marshalled by their members. We were blessed with good weather and had our best club turnout of the season. It helps having a local race to boost our numbers which hasn't been the case with all the races this season.

These six events, held every year and organised by running clubs, take place between October and March in some of the most scenic parts of Hampshire. A few of the races are on private land not normally open to the public and are free to enter, with only a car parking charge (£4-£5).

It is worth mentioning the concept of the league, which is to provide the ordinary club member with the opportunity to participate in a series of multi-terrain events. The atmosphere is intended to be enjoyable and social without the outright cut and thrust associated with specialist cross-country leagues. They always start at 11am and are approximately five miles.





Personally, I've always found them to be pretty tough going but enjoyable. They are usually muddy and more often than not we start off feeling cold and then warm up after the first hill!

There are normally 350 - 450 runners from twenty-three clubs at every event. Seeing all the club banners indicating your gathering location is in itself an impressive sight.

Whatever club we belong to we are all like-minded, in that for an hour or so we wear our club vest with pride and try our individual best. We are appreciative of the marshals and express it when we pass them and we don't leave until every one of our runners has crossed the finish line.



If there was a prize for homemade cake, we would be untouchable and I'm sure we all go home feeling a sense of achievement for ourselves and for Gosport Road Runners.

Thank you to our Captains Honor and Gill.

*Mike Barker*

Editor's Note: We'll run a 'photo special' with a few more highlights from the SCCL series in a future issue.



# Whiteley parkrun

Stephen Cawte



Saturday March 25th was our first parkrun tourism and was at Whiteley, Segensworth.

A bit of a cold morning but at least it was not raining. What a fantastic turnout it was with the majority of our club runners not having run here before. The course was a little bit confusing at first but then we got the hang of it: 3 loops. **Adam Crook** was the first home for us, lapping us all. We all had club vests on so spotting us all was easy.

We cheered everyone home and the marshals were very welcoming. We then went into Starbucks for a coffee and cake and sat in the spring sunshine.

Our next venue is **Havant parkrun on April 15th**, I hope to see you there. Happy parkrunning!

*Steve Cawte*



# Club Awards Night

Lisa Jakins

The Gosport Road Runners annual Club Awards night was held on Friday 17 March. Coincidentally this was also St Patrick's Day, so this gave us an extra excuse for a drink or two!

The night was opened by a stunning rendition of World in Union from our compere for the evening, **Jennifer Parker-Lummis**, who did a marvellous job of announcing the award-winners.

Following the awards (all listed below), we all tucked into chicken or veg curry, rice and poppadom and then we had the famous club raffle! The prize table was amazing, probably the best one to date with prizes including vouchers for Alexandra Sport and afternoon tea. There was an interesting twist to the raffle this year! If your ticket was drawn, then you got to draw another ticket, which then corresponded to a prize on the table - double jeopardy!

Prizes were plentiful and it appeared that most people won a prize - it was quite funny listening to all the bartering on the tables and prize swapping (particularly on one table where a member who shall not be named was trying to exchange a set of exercise dice for an afternoon tea gift voucher!)



Would you swap this for some exercise dice?!

Then we had the disco by DJ Pete. It didn't take long before everyone was up and dancing the night away, with a few throwing some interesting 'shapes' on the dance floor!

It was a great night celebrating all that is Gosport Road Runners, many congratulations to all the awards winners!

Read on for the full awards listings...



## All the Awards...

**Club Standard Awards** are given to runners who achieve club standard over the distances in bronze, silver, gold and platinum categories. This year 4 GRRs earned their club standard in a variety of colours:

**Bronze Awards** were awarded to **Kate Stubbings** and **Aidan Morby**.



Aidan couldn't join us for the evening due to being away on Navy training, but in what is possibly a first for the club he was 'Facetimed' live to be congratulated on his award!



**Adam Crook** earned a **Silver Award**



Achieving a **Platinum Award** is amazing in anyone's book, but **Jackie Tombs** has managed to hit platinum standard 2 years in a row: congratulations on a brilliant effort!



## 5k Awards

These names won't come as a surprise to anyone reading this! Ladies' Winner is **Nikki Moxham**, and Mens' Winner is **Mike Newnham**.



## 5 Mile Awards

Awarded for the fastest 5 mile over a GRR time trial, these awards were presented to **Nikki Moxham** and **Luke Willis** - congratulations both.

## 10k Awards

Awarded for the fastest 10k over a GRR time trial, these awards were presented to **Su Baldock** and **Luke Willis**.



## Novice Award

Awarded to individuals who have shown great club spirit and furthered their running over the year. Female Novice was awarded to **Sara New**, who is keen to join in with all the club had to offer, a very modest lady and although recently injured is now back running.



Male Novice was awarded to **Aidan Morby**, who came to the club at the age of 18 and has continued to grow in confidence as his distances increase. A lovely, polite lad who encourages others, this award is well deserved.



Aidan (on the phone screen!) 'collecting' his award!

**STOP PRESS** - Aidan had his passing out ceremony on the 30th March where he was presented with his awards by his proud family. Congratulations from us all at GRR!





## President's Shield - Best Veteran

This year's award goes to **Deborah Birch**, who is a constant club presence and always up for a bit of off-road. She is a great contributor to the club and gives her time as a coach freely.



## Good Egg Award



Awarded to someone who makes a great effort to support the club, this award is well deserved: **Mark Jakins** gives up his time to put on club runs: his treasure hunt was epic and very much appreciated, as are his Friday night head-torch runs.

## Giles Award

A brief history of this award: Giles Cowling was our much-beloved Chairman until he passed away far too soon in 2016. His wife Eileen continues to be part of the club as a life member. This award epitomises all that he was about: Fair play and being a 'trier'. Anyone who earns this award should be incredibly proud of themselves as by winning it they are representing all that the club and Giles was about.

Our first Giles Award goes to **Roz Weaver**: a lady who first came to the club short on confidence, but soon got into the swing of things. I like to think Giles would have appreciated the effort she puts in, in encouraging others and always happy to help out.

Our second Giles Award winner is **Mike Stares**. Mike has been a fixture at the club for a long time, but his enthusiasm never wavers. One thing you can guarantee at time trials is seeing him loop back and run in with the tail runner. Mike is a fantastic representation of all things GRR.





## Cross-Country Champions

Awarded to the male and female who have achieved the best average overall scores in the cross-country league: The Ladies' winner is **Kerry Irwin-Hall** and the Mens' winner is **Mike Newnham**.



## Cross-Country Series Champion

And finally, the awards for runners who have completed all 6 races in the Cross-Country Series - congratulations to **Kerry Irwin-Hall** and **Mike Barker**!





# Results - February Time Trial

February 5 Km Time Trial 2023						
Pos.	Name	Time	Pos.	Name	Time	
1	Chris Buxton	18:51	12	Fiona Tomlinson	29:13	
2	Nikki Moxham	19:07	13	Mick Kearney	30:01	
3	Richard Swift	22:58	14	Maisie Elshaw	30:14	
4	Ben Parker	23:39	15	Gill Thomas	30:38	
5	Steve Calder	24:47	16	Rebecca Scott	31:19	
6	Mark Jakins	24:55	17	Mike Stares	31:35	
7	Steve Wood	25:21	18	Cathy Harman	32:41	
8	Mike Barker	28:04	19	Steve Cawte	32:42	
9	Tom Reader	28:11	20	Rory Fall	39:35	
10	Tonia Morrell	28:48	21	Kim Carter	39:36	
11	Ray Williams	28:56				
Finish /Starting Crew:- Liz Redpath, Paul Street, Sue Barrett, and Gary Francis. Marshals:- Dave Croft, Gav Booker and Mike Bowers. Tailrunner:- Kim Carter						

# Results - March Time Trial

March 5 Km Time Trial 2023						
Pos.	Name	Time	Pos.	Name	Time	
1	Chris Buxton	18:31	19	Lisa Jakins	42:38	
2	Mark Brown	23:50	20	Danielle Binsham	42:59	
3	Mark Jakins	26:06	21	Kelly Fitzgerald	42:59	
4	Ray Williams	27:20	22	Jo Yorke	43:00	
5	Ken Eaden	28:28	23	Jody Quin	44:02	
6	Mike Barker	29:06	24	Pam Fisher	44:25	
7	David Baker	31:39	25	Danielle Paice	44:37	
8	Deborah Birch	32:11	26	Kat Harman	45:21	
9	Mike Stares	32:26	27	Andi O'Flanagan	45:21	
10	Becky Scott	34:18	28	Daniel Yearsley	45:28	
11	Caroline Delooze	34:18	29	Tracy Martin	46:01	
12	Sara New	35:08	30	Helena Purshouse	46:09	
13	Trevor McAllister	35:48	31	Andy Brown	46:10	
14	Michelle Hall	37:21	32	Hannah Merritt	49:40	
15	Kimberley Houting	37:22	33	Angie Elshaw	49:41	
16	Karen Morby	37:23	34	Ali Watson	50:48	
17	Rory Fall	38:38	35	Mel Bagwell	50:49	
18	Samantha Stanley	42:37	36	Karen Harding	50:50	
Finish /Starting Crew:- Paul Street, Steve Cawte and Gary Francis. Marshals:- Dave Croft and Tom Reader.						

## Dates for your Diary

### Club Events

Tuesday 4th April	Meet at 7:00pm for 7:15pm start	5km Time Trial	Pebbles Car Park
Wednesday 12 April	7:00pm	Club AGM	Rugby Club
Friday 14 April	7:00pm	GHM Charity Evening	Rugby Club
Saturday 15 April	9:00am	GRR 'tourism' to Havant parkrun	Staunton Country Park PO9 5HB
Saturday 29 April	9:00am	GRR Lee on the Solent parkrun 'takeover'	Lee on the Solent

### HRRL Events

Sunday 14 May	Alton 10 mile
Sunday 21 May	Netley 10k
Sunday 18 June	Alresford 10k
Sunday 2 July	Lordshill 10k

### Some Other Events...

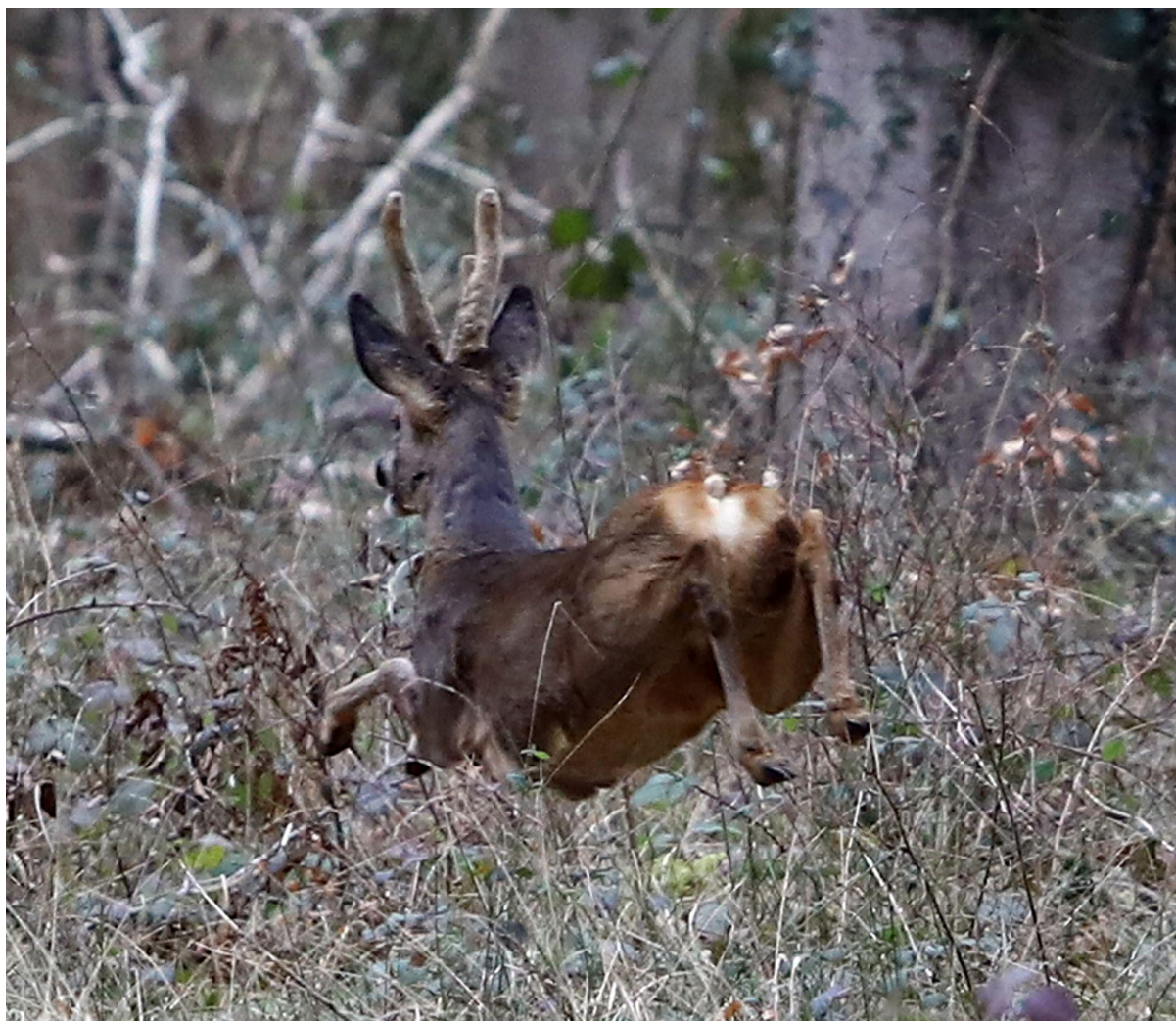
Monday 29 May (Bank holiday)	Newbury 10k
Sunday 29th June	Exbury 10k



## And Finally...

Brian Fisher was our 'official photographer' at the last couple of races in the Cross Country series, and always manages to get good photos of every GRR there - thanks, Brian.

He managed to capture this excellent picture of a deer that joined us for part of the course at the last SCCL race. We've calculated that if it had kept up this speed for the whole course, it would have finished just behind Mike Newnham...



As Lisa said, "we should've put a GRR T-shirt on it..."

# GRR Online...

## 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 bookmarks list:

<https://gosportroadrunners.org.uk/>

## Social Media

The Club's Facebook members' page is very active, and is the main place where Club members share stories, race experiences, photos, arrange out-of-Club meetings, etc. Search Facebook for 'Gosport Road Runners Members page' or follow this link to see what's going on:

Facebook: <https://www.facebook.com/groups/1930144613918921>

We are also on Twitter: <https://twitter.com/gosportrr>

...and Instagram: <https://instagram.com/gosportroadrunners>

## GRR Newsletter

If you have anything that you would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photos that you have taken of Club runners/events, interesting articles that you have come across, funny stories - basically anything that you would find of interest or think other Club Members will enjoy reading!

Please continue to help make this an interesting read and don't leave it all to Lisa and Tom! It's OUR Club and OUR newsletter.

You can send comments, articles, and any content to us either via Facebook, or by email to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



# Club Newsletter



## Editor's Note

*Tom Reader - GRR Newsletter Editor*

This month's cover photo being a "Ladies Only" can only mean one thing: Purbrook Ladies 5 has been and gone, and was a massive success again - there's a full report (including a picture you'll never be able to 'unsee') later in this issue.

Last month's issue was the Charity Night special edition, so there's quite a lot to catch up on since April - including the return of the results section! Let's get straight into it...

*Tom*



## Chairman's Corner

*Ken Eaden - Chairman GRR and Chief Marshal Gosport Half Marathon*

Hi all GRR,

Firstly, a massive well done to all those who have competed in various events the past few weeks, running conditions have been tough and I commend you all.

Club events to look forward to in the coming weeks; The Summer Relay, Clarendon Marathon Relay and the Fortieth Anniversary of GRR celebration. See the club website for details.

I would like to welcome Mark Brown to the committee. His role is co-ordinating club social events and awards in addition to supporting committee members as required.

Talking of awards in my last Chairman's I mentioned introducing an award to incentivise members to get fitter, stronger and faster. See details how it works later in this newsletter.

In my capacity as Chief Marshal for the Gosport Half Marathon. Planning for this year's event is well advanced and I am actively seeking volunteers to support the race. Membership numbers are down on previous years so manning the event becomes an even bigger challenge and I may have to reach out to external organisations that we would not normally associate with our event. Last year we managed to get the Police Cadet Force engaged, which proved successful. So your support is greatly appreciated.

Thank you to all who have volunteered so far.

There are several roles to fulfil ranging from Marshalling on the day to Goody bag packing and providing logistical support. Date for your diary 19 Nov 2023. As you have heard me say on numerous occasions the year on year success of the GHM is solely down to the membership support. If you would like to volunteer please follow the link below or contact me:

Email: [ken.eaden@btinternet.com](mailto:ken.eaden@btinternet.com)

Or Text / WhatsApp with your details: 07713 187128

Anyhow folks, that is all I have for now - enjoy the summer months and thank you for your supporting the Yellow Army.

All the Best

*Ken*

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# Club News

## Nikki Moxham



Lots of success for Nikki recently - having finished 1st Female (and 3rd overall) in Lee on the Solent parkrun a few weeks ago, the following day she also finished 2nd Female at the Netley 10k, but then went on to **win** the Purbrook Ladies.

Well done Nikki - doing GRR proud!

We should add that it was great to see a '1-2-3' for our local clubs at Purbrook: Kerry Riches of Fareham Running Club came second, and Amie Morgan of Stubbington Green Runners was third. See the full run report later in this newsletter.

## GRR Memorial Run

Over 60 runners turned out for our annual Memorial Run, to remember those GRR members who have gone before us. As always, it was a very moving sight to see the 'sea of yellow' running down the prom and gathering outside Bayside for a moment of reflection.

## SGR Time Trial

GRR were invited to the Stubbington Green Runners time trial, on a very warm evening a few weeks ago. Both prizes available on the evening were (of course!) won by GRR: most improved runner went to Lisa Jakins, and the spot prize went to Steve Calder. Thanks to SGR for hosting an excellent event, much enjoyed by all.



## GRR parkrun Takeover

Gosport Road Runners recently 'took over' Lee on the Solent parkrun for a morning, filling most of the technical roles, marshalling spots, and pacers. As well as a very successful and efficient event, we also had the best cake-stand at any parkrun on the entire south coast\*.

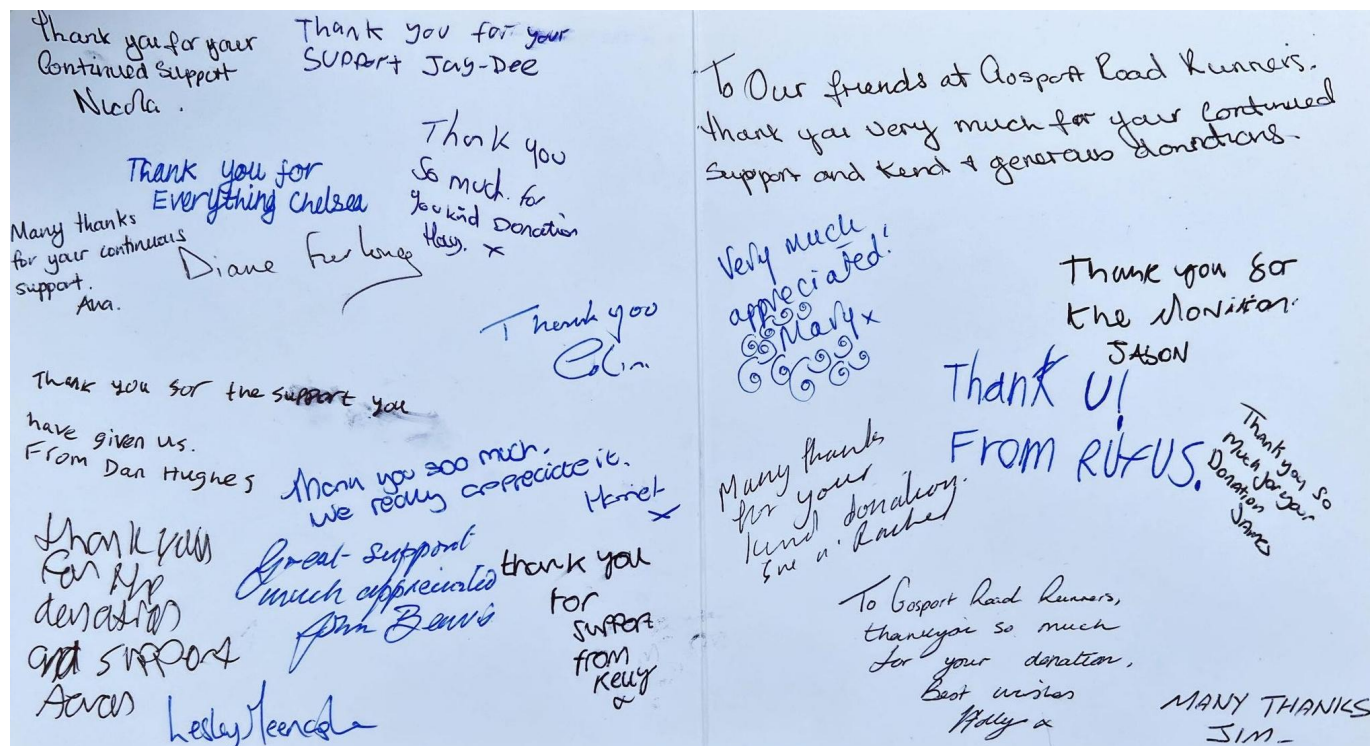
*\*In our humble opinion.*

Honor says: "Huge thanks for everyone's support on the day... proud to be a GRR".



## Thank You Messages

We have received some lovely 'thank you' messages from the charities supported by the Gosport Half Marathon, including this card from Level Up Gosport:



# Chairman's Virtual Gemstone Awards

Ken Eaden - Chairman GRR

## Aim of the Awards

The aim of these awards is to encourage and incentivise club members to become fitter, stronger and faster runners. The challenge is open to all members. The objective is to generate enthusiasm, camaraderie and friendly competition amongst members whilst maintaining the GRR all-inclusive Ethos.

They are not designed to supersede the Club Standard Awards and does not represent a lowering of Standards which remain sacrosanct. It is merely a pathway to achievement.

## How it Works

The awards are based on the Hierarchy of Gemstones, Diamond, Ruby and Emerald and takes the principle of virtual running. Members will set their own challenge and objectives by running an accumulative number of miles within a pre-set period.

Members will sign up for the challenge of their choice and submit their results on a regular basis, via their running apps. Although technology based it is recognised that there may be members may not have the technology to submit virtually. In this case runs can be submitted by any other media. On achievement they will receive the appropriate Diamond, Ruby or Emerald award.

- The awards are based on the honesty and integrity of people and should be pure running miles and not strolls down the shops or a weekend walk to accumulate the miles.
- Cognisant that injuries may be an hindrance a 1x 7-day extension is allowed - it is then incumbent on the participant to make up the loss. If the challenge is not recoverable then the time frame is re-set to commence again.
- Mileage cannot be rolled over into the next category on completion of the challenge. Members can progress to the next level from zero miles.

The standards are designed to be challenging but achievable.

### Standards:

<b>Emerald:</b>	200 Miles in 100 days: 2.0 miles / day, 14 miles / week
<b>Ruby:</b>	500 Miles in 150 days: 3.3 miles / day, 23.3 miles / week
<b>Diamond:</b>	1000 Miles in 250 days: 4 miles / day, 28 miles / week

# Bluebell Run

## A Tale of Bluebells, Mud and Maniacal Laughter

Biddy Russell



My mum used to reminisce about walks in bluebell woods that she'd experienced as a young girl - she was born in 1919 so we are talking pre WWII. Last year, having never been to a wood in bluebell season I persuaded Col to visit some woods miles away for a walk. It was spectacular. It rained that day too.

This year (having not been a GRR member when the bluebell run took place last year) I persuaded him to come on the legendary GRR bluebell run with me as a guest.

We collected Andi and discussed the weather forecast whilst driving though increasingly heavy rainfall and once we arrived at Lavey's Lane we joined the lovely group of enthusiastic(!) GRR members who were already a bit soggy.

Running up the hill and across some open ground I was soon convinced that bluebells might be in short supply but after we plunged into the woods, slid down a few declines and studiously avoided some very muddy puddles we were rewarded with views of beautiful carpets of bluebells among the trees. Mark had recce'd the route a couple of times in the last 2 weeks and had reported that the trail was drying out nicely. Since then I think we had only had rain on one day - and that was today. It was impossible to imagine how a few hours of rain could turn the route into such a quagmire (clay soil I expect).

Many of us began by taking Bambi steps around the mud and there were warning shouts from up ahead for roots, holes, brambles and more mud. As time progressed and feet got wet we stopped avoiding the deep mud and just plunged in.... It was the best thing ever. Progress was necessarily slow but the beauty of our surroundings coupled with the challenge of the terrain made this one of the maddest and most joyous events I've experienced for some time.





Under the trees the rain was evident but not so noticeable. As we regularly regrouped in small clearings it was obvious that the weather gods were having a field-day. Some ladies expressed regret that we'd not brought shampoo to take advantage of the rain and Lisa dealt with requests for drink, snacks and possibly full roast dinners that she might have secreted about her person.

Pulling off the trail for a quick wee I was told that I had time before the next group passed - then Mike came into sight so Andi distracted him from ahead and he ran right by without (hopefully) noticing me - such was the need to concentrate on your footing!

At a later regrouping on a tarmac road we listened to the loud buzz of the electricity pylons as the raindrops landed on them (and us). We realised that someone was in trouble. Sue T had taken a tumble and hurt her wrist but was gamely striding on and resolved to avoid more trails and follow the road back to the start point. A group broke off to walk with her and we continued through the woods to meet them.

Everyone got wetter and muddier (Mrs B was photographed in typical pose) and I was overtaken by a fit of laughing. Andi joined in and we ran on through the woods laughing in the face of the weather and marvelling at how hard-core we were. We encountered what had been a decline on the outward leg but was now a mud slide but with willing hands to assist it presented far less of a challenge than it should have - except for the last helpful hand (Mark) who we didn't laugh at or film when he took 3 or 4 attempts to make it up unaided.

Before finally arriving back at the cars Mrs B related stories of last years bluebell run, where the heat had been a contender! The three of us changed into drier clothing and headed home.





We later heard that the road Sue T had taken was blocked by a locked gate and the fire brigade had to be called to cut the lock so that she could be released for delivery to QA for a check-up. At the time of writing I'm not sure what the outcome was - I hope it wasn't broken.

For me this was an epic event that I suspect GRR will have to go a long way to top. I was glad of my trail shoes, but so pleased that I hadn't looked at the weather and caved - it would have been so easy but where's the fun in that?

Biddy



*Robert Hylands did his own Bluebell run on the Isle of Wight, in similar-looking conditions...*

# Hampton Court Half Marathon

Steve and Fi Woods

Steve says:

Having marshalled at a Run Through event at Goodwood we were given a race of our choice and, having seen this event we decided that was the one for us, a great, historic venue and a mostly very scenic route ..... that was over 2 years ago, and following Covid and injury, jump forward to Sunday 26th March.

After a lovely, few sunny days wandering around Venice, sampling all their delights, (not the best prep) Hampton Court Half dawned for us, unfortunately, wet and windy. We arrived at the event "village" to be greeted by Henry VIII complete with ye olde umbrella! (and, compression socks by the look of it).



We made our way to the start line in small waves, which turned into a tidal wave, as everyone decided that they were wet enough and just wanted to get on with the race.

The first mile or two was along a gravel path full of waterlogged holes which led to a lot of people jumping out of the way to avoid the puddles, not realising that they were already covered in mud splashes already, quite an eventful mile anyway. This settled down and I decided I would try for a 2 hour target, having achieved it again 5-6 weeks earlier, but never officially. The rain had started to ease off by now, and conditions seemed better, albeit our shoes were soaking wet and uncomfortable.



All was going well apart from a few irate motorists who were fed up with the long delays getting out of side roads, and I was about a minute up at mile 10 (only a Parkrun left!!!!, NNNOOOOOO, I don't run 10 miles warm up before I go to PR) when suddenly a coughing fit scuppered my efforts: The dreaded chest infection I'd had for a few weeks clearly hadn't totally gone away.

Having got over that and lost a couple of minutes I dragged myself back up to my 9 minute mile target and knew I would really have to dig in hard to get back on track. Suddenly at 2 miles to go, we were onto grass, well it would have been, if it hadn't been churned up and turned into a quagmire. This was so strength sapping that I knew my 2 hours was out of the window, my head dropped and then the chest cough kicked in again and I was struggling to finish. Crossing the line was such an effort, but with the hundred or so people cheering me on, there was no way I was going to walk for those last few hundred yards. Finally, as I crossed the line, I was helped by a wonderful St John's Ambulance man into their tent to sit and recover and go through their tests. Meanwhile Fi was having her own little battle of doing the distance following injury for months last year.

*Fi says:*

I had the mindset that it was getting round today rather than any time. The first 6 miles was a steady 10 minute mile but Venice had definitely had its effects on the walking legs having walked 10 miles daily for 4 days... I slowed down from 9 miles and found the same frustration as Steve, with the awful 2 miles of churned up ruts and mud. Not good on weak ankles but finished in a time I'd rather not mention!!!! Great medal though and a lovely venue. Lessons to be learnt – do the race fresh then go on holiday when you reach your 60s!

Would we do it again? YES. In the dry/sunshine it's a wonderful event and we would both recommend you do this event. Fabulous medal (as they used to be).

You are also able to visit the garden after the race, but there was no way we could crawl around it let alone walk round it. Our suggestion, find a cheap BnB stroll round the FREE gardens the day before, they are FABULOUS. Alternatively go up really early on Saturday morning and run, gently, the original Park Run, Bushy Park, literally next door to Hampton Court, it's set in a lovely park, and see the deer. Also, plenty of free parking about half a mile away and you will also avoid the traffic congestion as people leave.

*[Editor's Note: If you're feeling brave, look out for the photo of Steve's shirt after this event, later in this issue]*



# Purbrook Ladies 5 Mile

## Fi Woods



*Fi being 'beeped' by our very own RoadRunner, Lynne, who certainly wins the prize for 'Best Club Mascot'*

Purbrook Ladies 5 mile is an annual 5 mile race, always run in one of the hottest months of the year, on what seems like the hilliest course nearby! But many of us ladies love it! The event is run by two ladies from Portsmouth Joggers, Rachel and Naouele. It fills up rapidly, this year it was full within an hour of being posted on a Saturday morning, a few months before the actual event, with only 350 places up for grabs.

It has its own Facebook page with updates on training sessions held by the club the month before on Wednesday evenings where everyone can join in. Unfortunately, I couldn't make any of these sessions but part of me wonders if this would take away the fact that every year I forget how tough the route is until I do it again!

We meet on the grounds of Purbrook Cricket Pavilion and gather together for the inaugural photo [see *this month's cover photo*] with someone always missing, having gone to the loo or any one of a number of excuses, herding & kittens always comes to mind, however, there are always plenty of photographers around with supporters coming along from our male contingency or families. It's always been a Ladies only race and it is refreshing to think that this hasn't been challenged or stopped through inequality or is it the men avoiding the hills! Yes of course, that's it!



There were 28 ladies' names on the race list from GRR. Great turnout with others coming to support too, a real GRR fun morning out,

We warm up as a tradition round the field with some non serious effort. We also had our own mascot this year Lynne Franklin dressed up in blue and yellow attire as our Road Runner with a beep beep sign. Thank you Lynne for making us smile and being asked "what is that?" by one of the Run Directors.

There is a briefing at 0915 and then we are led to the start point around the corner on the country lane. This year, for the first time it was chip timing. I didn't hear a claxon or start but we all set off fairly relaxed.... It was a humid morning and the road was sticky underfoot as if the tarmac was melting? I tried not to go out too fast. It's only 2 weeks since I started back running from having a repeat ankle niggle for 6 weeks. I did wear my ankle strap as per physio instructions!

I did go out too fast! The first two miles are slightly lumpy then at just before 2.5 miles the first long incline hits you. Then it's up n down n up n down repeat finishing with an up before turning into the bridle way road and Finish.





The Marshalls along the route are very friendly and supportive. A few cars passing but keeping on the left hand side of the route as a runner is fine. There is one water stop at 2.5 miles and a man with a hose at about 4 miles for the Pompey crowd. He didn't hose me down!

A big round of cheers for every runner at the finish, a bottle of water, goody bag, lovely medal and some sweeties. Super duper! I love the medal this year with a comical llama on! I knew I had seen llamas in one of the local fields previously but I didn't notice them today.

Every individual lady did the club proud. Nikki Moxham getting 1st lady with a great lead and Jenny Shilling getting 3rd place in the over 60 age group as there isn't an over 65 or over 70! Amazing! Well done both. Special mention to Ali Watson who ran with Roz and achieved the 5 mile distance. Lots of faces I hadn't seen in a while so it was a lovely occasion.



A thank you as always, to the Club supporters around the route, lovely to see familiar faces cheering you on with Sue B telling us we had a winner today!

When everyone is back through the finish, there is a presentation and there is ALWAYS cake available and refreshments. All donations going over to The Rowans Hospice straight after the event.

So without any more waffling I can say it was a wonderful morning, my slowest time ever for this event but do you know what, I don't mind! It is the taking part that counts. Purbrook Ladies Race is a winner every Year.

Happy running ladies..... Every single one of you.

FI Tomlinson aka Fi Wood nowadays!





## Results - June Time Trial

June 2023 5 Km Time Trial							
Pos.	Name	Time		Pos.	Name	Time	
1	Mike Newnham	17:33		21	Zoe Windsor	30:41	
2	Nikki Moxham	18:23		22	Maisie Elshaw	31:06	
3	Chris Buxton	18:48		23	Kirsten Bradley	31:09	
4	Luke Foley-Greaves	20:04		24	Ken Eaden	31:38	
5	Adam Crook	20:27		25	Mike Stares	32:12	
6	Dale Poulter	22:21		26	Donna Tatem	32:13	
7	Mark Brown	23:09		27	Richard Smith	32:47	
8	Adam Baines	24:12		28	David Baker	34:47	
9	Steve Blank	25:10		29	Biddy Russell	34:51	
10	Mark Jakins	25:29		30	Karen Harding	36:45	
11	Steve Wood	26:17		31	Andi O'Flanagan	37:13	
12	Jo York	27:23		32	Angie Elshaw	37:26	
13	Brooke Richardson	27:33		33	Rory Fall	41:38	
14	Colin Lambert	28:00		34	Pam Fisher	46:36	
15	Mike Barker	28:26		35	Roz Weaver	46:38	
16	Tom Reader	28:29		36	Ali Watson	52:59	
17	Sara New	29:00		37	Kim Carter	53:00	
18	Fiona Wood	29:21					
19	Rach Connell	30:08					
20	Lisa Jakins	30:23					
Timer:- Paul Street.Back-up timer:-Sue Barrett. Recorder:- Karen Morby & Gary Francis. Numbers:- Steve Cawte. Marshals & Supporters:- Gav Booker, Sid Smith, Dave Croft, Lynne Franklin, Deborah Birch, Jenny Shilling, Steve Calder, Tonia Morrell and Len Keech  Thanks to Kim Carter for tail running tonight.							



# Results

...LOTS of results...

4th June	<b>Romsey 5 Mile Beer Race</b>		Comment
Pos.	Name	Time	
N/A	Donna Tatem	00:56:39	
N/A	Kim Carter	00:59:40	

11th June	<b>Purbrook Ladies 5 Mile</b>		Comment
Pos.	Name	Time	
1	Nikki Moxham	00:31:12	1st Lady
33	Lynne Lemmis	00:42:27	
69	Jenny Shilling	00:47:16	3rd in age group
70	Jo Yorke	00:47:20	
75	Karen Morby	00:48:11	
93	Tracey Wales	00:49:35	
98	Fiona Tomlinson	00:49:49	
100	Lisa Jakins	00:50:03	
105	Honor Reader	00:50:37	
107	Cathy Harman	00:50:41	
126	Kirsten Bradley	00:52:13	

156	Gill Thomas	00:54:08	
160	Rebecca Scott	00:54:18	
203	Donna Tatem	00:57:13	
243	Bibby Russell	01:01:44	
244	Angela Elshaw	01:01:45	
246	Karen Harding	01:01:48	
247	Emma Noyce	01:01:49	
261	Susan Barker	01:03:00	
263	Andi O'Flanagan	01:03:43	
274	Denise Francis	01:09:43	
275	Louise Milson	01:09:44	
280	Tracey Martin	01:13:53	
283	Alison Watson	01:27:59	
284	Roz Weaver	01:28:01	

18th June	<b>Alresford 10K</b>		Comment
Pos.	Name	Time	
257	Steve Calder	00:55:07	
303	Jenny Shilling	00:59:36	3rd in age Category
331	Karen Morby	01:03:27	
334	Fiona Tomlinson	01:03:37	3rd in age category
343	Honor Reader	01:04:41	
345	Tom Reader	01:04:58	
348	Deborah Birch	01:05:06	
353	Michael Barker	01:05:52	
370	Salvina Cawte	01:08:29	
386	Alina Jones	01:10:20	
395	Shirley Ann Faichen	01:11:34	2nd in age category
409	Stephen Cawte	01:14:13	
416	Susan Barker	01:19:18	3rd in age category



18th June	<b>Gosport Golden 5K</b>		Comment
Pos.	Name	Time	
	Adam Crook	00:20:49	
	Dale Poulter	00:25:36	
	Steven Blank	00:26:03	
	Charles Cope	00:29:19	

18th June	<b>Gosport Golden Mile</b>		Comment
Pos.	Name	Time	
	Adam Crook	00:05:33	
	Dale Poulter	00:05:57	
	Charles Cope	00:07:53	

18th June	<b>South Downs Half Marathon</b>		Comment
Pos.	Name	Time	
	Yvette Eastman	02:28:57	
	Ken Eaden	03:00:29	

25th June	<b>Exbury Garden 10K</b>		Comment
Pos.	Name	Time	
337	Mark Jakins	00:58:54	
376	Karen Morby	01:00:20	
377	Jo Yorke	01:00:19	
425	Honor Reader	01:02:48	
433	Sharon Clutton	01:03:06	
462	Tom Reader	01:04:35	
478	Lisa Jakins	01:05:21	
483	Deborah Birch	01:05:25	
518	Shirley Faichen	01:06:41	
554	Gill Thomas	01:08:06	
646	Donna Tatem	01:12:31	
802	Sue Barker	01:20:45	
849	Biddy Russell	01:25:03	
870	Marie Bowers	01:25:55	
885	Terry Ash	01:28:29	
912	Mike Bowers	01:46:08	

28th June	<b>PJC Summer X/C</b>		Comment
Pos.	Name	Time	
90	Mark Jakins	00:50:25	
102	Tom Reader	00:51:55	
113	Honor Reader	00:54:44	
117	Lisa Jakins	00:55:13	
120	Salvina Cawte	00:56:51	
122	Shirley Faichen	00:57:02	
136	Rebecca Scott	01:00:34	
139	Steve Cawte	01:00:39	
145	Donna Tatem	01:01:37	
148	Gill Thomas	01:02:19	



2nd July	<b>Lordshill 10K (HRR)</b>		Comment
Pos.	Name	Time	
194	Adam Crook	00:42:37	
450	Steve Calder	00:51:24	
584	Jenny Shilling	00:57:54	2nd in age catagoty
585	Tracy Wales	00:57:56	
611	Karen Morby	00:58:52	
616	Fiona Tomlinson	00:59:43	
622	Deborah Birch	00:59:56	Seasons Best
648	Salvina Cawte	01:01:24	
656	Cathy Harman	01:01:49	
657	Steve Cawte	01:02:04	
658	Sharon Clutton	01:01:54	
668	Shirley Faichen	01:02:42	
703	Donna Tatem	01:06:57	Seasons Best

2nd July	<b>Goodwood Running GP 1/2M</b>		Comment
Pos.	Name	Time	
152	Mark Jakins	02:09:45	

2nd July	<b>Goodwood Running GP 10K</b>		Comment
Pos.	Name	Time	
201	Lisa Jakins	01:02:47	

## New Race Recorder

Thanks to David Croft, our new Race Recorder, for collating all the above information. As always, please keep David updated with your race results by sending them to: [results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk), including links to the results page from the race if possible.

The plan (ha!) is to try to get newsletters out soon after the end of each month, with all results from that month. The first July results are already in and being collated ready for the next issue. Keep them coming!

## Dates for your Diary

### Club Events

Thursday 13th July	7:00pm	10k Club Time Trial	Pebbles Car Park, meet at 6:45pm
Saturday 5th August	10:00am	GRR Summer Relay	Field behind GAFIRS, meet at 9:45am
Saturday 2nd September	Evening - time TBC	GRR 40th Anniversary Party	Gosport Masonic Hall

### HRRL Events

Sunday 3rd September	2:00pm start (children's races, etc. 12:45 onwards)	Overton 5 mile
Sunday 1st October	10:00am	Solent Half Marathon
Sunday 29th October	11:00am	New Forest 10 mile
Sunday 19th November	10:00am	Gosport Half Marathon
Sunday 4th February 2024 PROVISIONAL DATE - TBC	11:00am	Ryde 10 mile
Sunday 17th March 2024	10:00am	Salisbury 10 mile
Other HRRL dates still to be confirmed at time of print		



# And Finally...

## Photobomb of the Month

The girl doing gymnastics is doing stirring 'photobombing' work in this picture from Purbrook, but we think even she lost out to GRR this time... Good work, Cathy!



*Spot the Odd One Out?*

## And Finally...

(part 2)

Sometimes a photo tells its own story. This one, from Steve Woods after his Hampton Court Half Marathon is one of them.



*"Blood, sweat and tears" - the tears probably being when he got in the shower later.*



## And Finally (really this time...)



*Please DON'T send us your captions for this photo*



# GRR Online...

## 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 bookmarks list:

<https://gosportroadrunners.org.uk/>

## Social Media

The Club's Facebook members' page is very active, and is the main place where Club members share stories, race experiences, photos, arrange out-of-Club meetings, etc. Search Facebook for 'Gosport Road Runners Members page' or follow this link to see what's going on:

Facebook: <https://www.facebook.com/groups/1930144613918921>

We are also on Twitter: <https://twitter.com/gosportrr>

...and Instagram: <https://instagram.com/gosportroadrunners>

## GRR Newsletter

If you have anything that you would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photos that you have taken of Club runners/events, interesting articles that you have come across, funny stories - basically anything that you would find of interest or think other Club Members will enjoy reading!

Please continue to help make this an interesting read and don't leave it all to Lisa and Tom! It's OUR Club and OUR newsletter.

You can send comments, articles, and any content to us either via Facebook, or by email to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)

# Club Newsletter



## Editor's Note

*Tom Reader - GRR Newsletter Editor*

The cover photo this month is from one of our recent 'parkrun tourism' away-days, organised by Steve Cawte. This time it was from the **Medina parkrun on the Isle of Wight** - there's a full write up in this issue. There was plenty going on in July and August (as well as one or two bits we ran out of space for from earlier in the summer): I hope you enjoy reading this issue. The weather has been 'interesting' at best for most of this summer, but looks good for the next couple of weeks, so let's make the most of it!

**Tom**

## **Chairman's Corner**

*Ken Eaden - Chairman GRR and Chief Marshal Gosport Half Marathon*

Hi all GRR,

We now see the summer months becoming a distant memory, I hope you all have enjoyed the summer albeit the poor weather and achieved your running goals.

Our Summer Relay saw a whole bunch of hard-core members turn up in atrocious conditions in what was a successful event. I thought the format was brilliant and everyone gave it their all. It was very competitive and above all thoroughly enjoyable.

The ever popular out-of-town runs have been well attended, so many thanks to all the route masters and all those who ran to support. As a bonus Steve Cawte's Out-of-town Wednesday evening Pizza runs added to the enjoyment of off-road running.

As we roll into the Autumn months the Hampshire Road Race League races have commenced for the 2023-2024 Season. Well done to all those who represented the club last season and a special mention to Steve Calder who completed every event. In addition, Steve has run every day for 1000 Consecutive days: BZ Steve C.

Details of the HRRL league and club Championship races will be promulgated via our website, e-mail and Facebook page this week. I encourage you to get your entries in, particularly if you aim to be an award recipient for 2023-24.

Also on the horizon is the X-country season, watch out for details. For those who have never done these events: they are great fun and add an additional dimension to your training. From my experience they are also a good stamina builder if you are training for longer distances. Thankyou Gill and Honor for organising Taster Sessions.

As previously mentioned, my philosophy is to encourage and incentivise members to get fitter, stronger and faster through running. The take up for the Gemstone awards has been good. There are some members who are storming it and some already have a bow wave of miles to make up. Members can sign up at any time. Details later in this newsletter.

Looming up quickly on the horizon is the Gosport Half Marathon. I still require volunteers to support the race, there are still key roles and hotspots to fill. Membership numbers are down on previous years so manning the event becomes an even bigger challenge and I will be reaching out to external organisations that we would not normally associate with our event. Last year we managed to get the Police Cadet Force engaged, which proved successful. So your support is greatly appreciated. Thank you to all who have volunteered so far.



I have included an insight to the Gosport Half Marathon in this newsletter which I have tried to explain where we have come from. It must be borne in mind that the Gosport Half Marathon and Gosport Road Runners are not two different entities - the Half Marathon is an integral element of our club.

There are several roles to fulfil ranging from Marshalling on the day to Goody bag packing and providing logistical support. Date for your diary 19 Nov 2023. As you have heard me say on numerous occasions the year on year success of the GHM is solely down to the membership support. If you would like to volunteer please follow the link below or contact me [ken.eaden@btinternet.com](mailto:ken.eaden@btinternet.com) Text/whats APP with your details 07713187128.

<https://www.smartsurvey.co.uk/s/T5WN6W/>

Anyhow folks, that is all I have for now and thank you for your supporting the Yellow Army.

All the Best  
Ken  
Chairman GRR  
Chief Marshal Gosport Half Marathon

*Ken*

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# Club News

## Fareham Time Trial

We were pleased to be invited, along with Stubbington Green Runners, to the Fareham Running Club 'inter-club' time-trial. It was a very rainy evening but that didn't prevent a good representation from all 3 clubs. After a warm-up run to the start and following a briefing, we then set off on a route that was new to many of us - almost all off-road and very varied, mostly flat, and really well supported and marshalled. Thanks to FRC who had spent quite a bit of time getting parts of the course 'passable' for us all. A very enjoyable evening, and another successful inter-club TT event.

## Hot 10k's

Going back a little further to a couple of things we ran out of space for last month: there was a good GRR crowd at two 10k events - both in blazing heat:

Firstly at the **Alresford 10k** - a really good day out: As well as the 10k, there were a variety of children's runs and other activities (still gutted that I missed the duck-racing).

The following weekend, in what seemed even hotter weather, was the **Exbury Gardens 10k** (see photo right), where the route took us right down to the sea-front but didn't find much sea-breeze. With free access to the gardens for the rest of the day, we stayed on and enjoyed a picnic after the run.

Both runs are in aid of local charities and very well supported.





## **Chairman's Virtual Gemstone Awards**

The Chairman's Virtual Gemstone Awards are now 'live', with many of us having 'declared' our challenges and made a start! If you are yet to sign up, please do - there are goals that should be achievable for most abilities. The challenge may be 'virtual' but there are very real trophies for successful completion. Full details are later in this issue.

## **Gosport Choice Magazine**

To help get the club's name 'out there' a bit more and let non-members know what we get up to as a club, Mike Barker has secured us a (hopefully regular) slot in the Gosport Choice magazine, which is delivered to thousands of households in the area every month - Mike's second article has just been published, so keep an eye out for it.

## **Cross Country Season**

Cross-country season is coming up soon, with the dates now released (see 'Dates for your Diary'): the first is taking place on Sunday 29th October. XC Captains Gill and Honor have already organised one XC "Taster session" to give people an idea what it's all about (basically: mud, camaraderie and cake), with another in the pipeline - please keep an eye on facebook and the website for more details.

# Chairman's Virtual Gemstone Awards

**Ken Eaden - Chairman GRR**

Introduced last month, here are more details of the Chairman's Virtual Gemstone Awards, which all members can start any time from now onwards.

## Aim of the Awards

The Aim of these awards is to encourage and incentivise club members to become fitter, stronger and faster runners. The challenge is open to all members. The objective is to generate enthusiasm, camaraderie and friendly completion amongst members whilst maintaining the GRR all-inclusive Ethos.

They are not designed to supersede the Club Standard Awards and do not represent a lowering of Standards which remain sacrosanct. It is merely a pathway to achievement.

## How it Works

The awards are based on the Hierarchy of Gemstones, Diamond, Ruby and Emerald and take the principle of virtual running. Members will set their own challenge and objectives by running an accumulative number of miles within a pre-set period.

Members will sign up for the challenge of their choice and submit their results on a regular basis, via their running apps. Although technology based it is recognised that there may be members who may not have the technology to submit virtually. In this case runs can be submitted by any other media. On achievement they will receive the appropriate Diamond, Ruby or Emerald award.

- The awards are based on the honesty and integrity of people and should be pure running miles and not strolls down the shops or a weekend walk to accumulate the miles.
- Cognisant that injuries may be a hindrance a 1x 7-day extension is allowed it is then incumbent on the participant to make up the loss. If the challenge is not recoverable then the time frame is re-set to commence again.
- Mileage cannot be rolled over into the next category on completion of the challenge. Members can progress to the next level from zero miles.
- There is no break for holidays etc, it is incumbent on members to make up their mileage. This is part of the challenge.
- If mileage is not achieved within the set period, the challenge is reset to zero.
- Mileage to be submitted on a weekly basis and be evidential.
- Earliest challenge start was from 9 August 2023. You can commence at any time.

## Standards

The standards are designed to be challenging but achievable.

### Standards:

**Emerald:** 200 Miles in 100 days: 2.0 miles / day, 14 miles / week  
**Ruby:** 500 Miles in 150 days: 3.3 miles / day, 23.3 miles / week  
**Diamond:** 1000 Miles in 250 days: 4 miles / day, 28 miles / week

## How to Register and Submit Results

To register and sign up for the challenge, please email the following address:

[gemstoneawards@gosportroadrunners.org.uk](mailto:gemstoneawards@gosportroadrunners.org.uk), stating which challenge you require to participate and commencement date and submit your mileage on a weekly basis to the same email.

For members who do not have technology, please contact Ken on club night and he will arrange input on to the tracking system.



# Medina parkrun, Isle of Wight

8th July 2023

Deborah Birch

We have done a few tourist parkruns and I have enjoyed the different courses and the spirit of the GRR team that have attended each one. Every GRR member and your families are welcome to come. Next parkrun tourist dates are 29th July and 26th August.

We usually stay for a drink and enjoy some camaraderie. Here is an overview of the Medina parkrun on the Isle of Wight.

On a very humid Saturday I set off on a journey taking 2 ferry rides, with Gosport Road Runners on their parkrun tourist trail, to arrive on the Isle of Wight and take part in Medina parkrun.

I was very pleased to see a large ground sheet baggage drop area for our day packs we brought with us.

It was a fabulous morning. There are so many friendly people at parkrun and today there seemed to be quite a few tourists who I chatted with: the timekeeper came from Coventry....he was under an umbrella at the end and sitting as he was injured and unable to walk or run the route. Karen, from Bromley, was visiting the Isle of Wight with her husband to complete this parkrun towards the Islands of Europe parkrun challenge. This was a new challenge I have not heard of. Jen, who came from Croydon, was completing her 50th parkrun. on route I ran past 'at great speed' (his words not mine) Matt from Bromley – yes, he was Karen's husband!







We heard a great first timer's briefing and he advised us to think of the words of Mrs Gloop, from Charlie in the Chocolate Factory to 'save some for later...', because there was a short climb towards the end of the course. Indeed there was and I ran and walked this section. It was an undulating course and even the lap around the park was wavy. It gave way to an enjoyable course. It was great to see England Beach Soccer on the beach when I ran past the beach section, with children out enjoying the sport.

There was a great variety of terrain under foot on Medina parkrun. I ran on grass, level paths, compacted gravel, promenade and silky soft sand covering the path along the beach. We ran past a café which served us a great breakfast, after parkrun, as we enjoyed the rest of the morning in Ryde.

I'm not sure if we brought the weather with us or Medina arranged it for us but we had a flash of lightning before the start and some thunder and a heavy rain downpour towards the end. This added humour to the chatting and joking with the local parkrunners on who brought the weather them or us! We were made very welcome and encouraged to return when their course moves to a different area of the Isle of Wight.

As we sheltered under a tree a local parkrunner brought us over cupcakes and vegan flapjack (delicious) which the locals had made to celebrate the 75th anniversary of the NHS.

*Deborah Birch*



# Goodwood Running Grand Prix

2nd July 2023

Lisa Jakins

There was a post on the Gosport Road Runners Facebook page that the club had 2 free places at the Goodwood Running GP event. Mark had applied for a place, which he got and opted for the half marathon. As there were no applicants for the 2nd place, I was asked if I wanted it. I was planning to have a rest day but couldn't resist as it was somewhere different and there were distance options, so I chose the 10k.



The day arrived and I must admit, we were both feeling a bit tired, having run Exbury 10k the weekend before and Portsmouth Joggers Summer Cross Country 5 mile on Wednesday night. But luckily the scorching hot weather we had experienced the week before had cooled off.

Arriving at Goodwood and getting ready for the race, it struck me how well organised it was. There was an open pavilion area with separate desks to get your race number for each distance and the bag drop was also marshalled and sectioned by race distance. However, it was funny that the lady just couldn't understand my accent and despite spelling my surname several times, said I wasn't on the system and registered me manually – which I later found out from my results was as 'Lisa Geakins' and no club affiliation! (an email the next day and they quickly corrected it). Kudos to Dave "Sherlock Holmes" Croft though who emailed me the day after as he'd been scouring the results and asked if I was Lisa Geakins!

The surroundings at Goodwood were lovely, everything is whitewashed and art deco style. For some strange reason it kind of reminded me of a 1960s holiday park, I felt like I was in Hi-de-hi! Especially when they call you for your race to start in 15 mins and take you through a warm up. Then they introduce you to each pacer and you head off to the start line with your group.

The longer distance runners were already running the track. When you are set off, you run in the opposite direction in a cordoned off area, then turn and join the other runners. It wasn't long before my pacing group was dispersed and intermingling with the other runners. It became quite surreal because it



didn't really feel like you were in an actual race. There were different distances marked up at the side of the track and you had pacers for all the distances. It got a bit confusing at times but luckily I only had 2 laps of the track to do so I just focused on that and my watch.

When we had cloud cover, it was actually quite pleasant. It was very windy though, but Mark reminded me that it was an airfield! But when the sun came out, it wasn't pleasant running on a tarmac open racing track with no shade. I was just grateful it wasn't the Sunday before which had been the hottest day of the year.

There was also a water station with plenty of water on each lap. What was also nice was that you could also just leave your bag, drinks and gels around the side of the track, which for Mark, who was doing 5 laps found really useful, rather than having to carry it on him.

As I got to the finishing straight, I heard a few yells of "Go Gosport!" which encouraged me to have a bit of a sprint at the end.

There were a couple of medals to choose from, one had a runner in a yellow t-shirt so I had to choose that one! We also got a few post-race goodies which was nice. I grabbed myself a coffee and sat at the side of the track, luckily managed to see Mark as he grabbed his drink before heading out on his final lap. It was nice that I had done it but also was able to be a supporter too and cheering Mark and the other runners across the finish line.

It wasn't long before Mark came down the final straight and finished his half marathon. I must admit, I was very glad I had opted for the 10k and not anything more!

I think people avoid this even because it is laps on a racing track. I must admit that I wasn't looking forward to it but enjoyed it more than I expected. The cooler weather helped but it is incredibly well organised and had a really nice friendly atmosphere. So, if you're thinking about it, just give it a go! Big thanks to the club for mine and Marks places, it was very much appreciated and gave me the opportunity to experience a different race.

*Lisa Jakins*



# **Gosport Half Marathon - An Insight**

**Ken Eaden - Chairman GRR and GHM Chief Marshal**

As Our Gosport Marathon approaches, in my capacity as Chief Marshal I thought I would provide a few insights of our event and how the event has evolved over the years.

The inaugural Gosport Half Marathon was run in 1986 and the Race Director was the late Hugh Pritchard Founder of Gosport Road Runners. The original course was a circular route starting from Bay House Gomer Lane, Military Road, Fareham Road, Longfield Avenue Stubbington, Lee on Solent and finishing back at Bay house. It is un-imaginable now that an event of our size would take over the Fareham Road on a Sunday Morning!! This was before the days of Sunday Opening. It is worth noting that during the 1980's GRR hosted 3 Road Race events Gosport 10K and the Gosport Marathon, also club members were permitted to take part in all the events. In addition, this entailed closing major road arteries, including Lee on the Solent High Street!

The ensuing years saw the advent of Sunday Opening Hours, increased volume of traffic and more significantly was the withdrawal of Police Support. This caused GRR a major headache and it became clear that the club could not host three annual events with the membership numbers at the time, this coupled with the increasing financial burden. Therefore, it was decided to drop the 10k and Marathon from the race calendar and retain the Jewel in the Crown: the Gosport Half Marathon.

Although the club only had the one event this did not alleviate the pressure on the Club to host a sustainable event. The lack of Police support, increased volume of traffic and compliance with Gosport Borough Council regulations, meant that it was incumbent on the club to take full responsibility for holding the race in a safe manner, which meant we as a club have a duty of care to the runners.

Following Hugh Pritchard as race director the role was taken up by several members but the longest serving Race Director of circa 30 Years was Dave Little who oversaw many route changes to satisfy Council requirements. As a result of the stringent requirements and to ensure that sufficient personnel were available to support the event, the club constitution was changed which did not permit members to participate in the event. This has been the subject of debate for several years amongst club members. The rationale behind this was that the race was supported by runners for runners to ensure the safety of the competitors. Dave, alongside long serving stalwarts of the Club, namely Gary Francis and Andy Clutton were the architects of the current route which is designed to be mainly run on pavements, traffic free roads and paths.

The planning for the Half Marathon begins in January when applications are made to UK Athletics and Gosport Borough council Safety Advisory Group (SAG) to hold the event. The submission to the council includes a Traffic Management Plan and risk assessment. In addition, a COVID 19 management plan was drawn up, which included a fall-back option of hosting a 10K race.

Despite all the meticulous planning effort carried out and attention to detail by the Race Committee, there is always the unexpected. For instance, the first year I carried the role of race director, it was the year of the vehicle terrorist attack in the city of Nice. A last-minute fast ball came in from the SAG requesting what measures were in place to mitigate against a terrorist attack on a mass event!! In the same year we were sued by a competitor for age discrimination. Other challenges include complying with food regulations following the Pret-a-Manger food chain case where a person died of a food allergy.

Although the Race Committee are responsible for the planning, the primary reason the event is so successful is solely down to the volunteers who give up their valuable time over the weekend. There are many roles to be fulfilled ranging from logistical support, bag packing, setting up the race HQ and marshalling on the day. The role of course marshal cannot be underestimated. While encouraging and cheering runners is important, the safety of the runners is paramount while also ensuring they go the correct way. The most positive comments we receive year on year is the high standard of marshals and the Goody bags.

We are extremely proud of our event, despite the broken sleep leading up to the event and no sleep on the eve of the event, it is a very rewarding and adrenaline pumping experience when 2000 runners muster on the start line, followed by the relief when we get clearance to start the race from the team at Cherque road traffic lights. Equally rewarding is the fact that we give something back to the community in the way of charity donations to local causes which are nominated by the membership. We donate somewhere between £10K and £13K yearly to good causes.

I am still seeking volunteers to fill key positions so if you wish to volunteer to be part of one of the finest half marathons in the country, please contact me via the following

<https://www.smartsurvey.co.uk/s/T5WN6W/>  
ken.eaden@btinternet.com  
Mob: 07713187128

As a thank you to those who volunteer we invite you to participate in the Helpers half Marathon the preceding week 11 Nov 23. You will receive a medal and Goody bag. There will also be prizes for the first male and female along with spot prizes. We provide refreshments in the Diving Museum and Alexandra Sports will be in attendance. In addition, we hold a post-race reception commencing @ 1900 with free drink and supper on us.

Many thanks, see you on race day: Nov 19 2023

Yours in running

Ken



# Scottish parkruns

Marie Bowers



They do parkruns in Scotland too! All starting at 9:30.

## Greenock parkrun

Our wedding anniversary was on a Saturday this year so we celebrated "in style" with a parkrun at Greenock on our way up north to the Highlands.

We expected it to be quite industrial, which Greenock is in places, but the parkrun was along a mostly flat prom with lovely sea views - sound familiar? There was also a fair bit of windy rain, also familiar! Plenty of free parking too, which was a nice bonus.

The course is out and back with an extra little loop at the far end all well marshalled. They normally have around 100 runners and most seemed to know each other. They were really friendly and welcoming to us but wanted us to come back on a sunny day to admire the view, as apparently there are more mountains behind those mountains.

Some of the volunteers wore tutus - they explained later it was parkrun tutu day (22nd).

A great experience, and to cap it all there was cake!!!

## Camperdown parkrun, Dundee

Camperdown Park is very pleasant with plenty of car parking and quite a few attractions for kids, including a wildlife centre - with monkeys.

The course is a single undulating loop through woods and meadows. There's a 500m downhill slope with (slippy) gravel paths & forest trail paths (watch out for tree roots) then 500m uphill again and along a single lane path through a meadow (don't stray into the nettles) before more woods.

It was drizzling all the way, then the heavy rain started just before the "short 100m uphill sprint for the finish". The wildlife centre café was about halfway around the course so we got thoroughly drenched walking down to it afterwards - this was the same day as the GRR relay so we were sympathising with you all!

The coffee & cakes were all good though and it was nice to chat to that friendly welcoming bunch while they processed the results.

Not my favourite type of course but I'm sure the Itchen Valley parkrunners would love it!

*Marie Bowers*



# Out-of-Town and Pizza Night

## Honor Reader

An out-of-town run with pizza after? Sounds like a plan.....

The out-of-town pizza run Steve Cawte organised last year sounded brilliant, but then I got COVID for the second time and was recovering, and Tom had 'Plantar', so running wasn't an option for either of us. We did however manage to meet up with everyone post run for a GRReat pizza. So did we really need to run this year? Would anyone notice if we just sneaked in for the pizza eating again?!



Steve Cawte has led several "off piste" club runs in the last few years, and I have loved every one I've done, so being Covid-and-Plantar-free this year, of course we ran before the pizza! We set off from the Buck's Head pub in Meonstoke, and after a brilliant run through countryside on a sunny evening, we regrouped at the pub.

We were such a big group this year that we pre-ordered our pizza which helped whet our appetites during the run.

This year's pizza run certainly met all my expectations: great run, great company, great pizza! A brilliant route that you'd never find on your own - I mean who would start a run voluntarily uphill which went on "forever"!

Thanks to Steve (and Silvie) for organising xx

*Honor Reader*



# parkrun Across the Pond

Biddy Russell



I was somewhat excited to discover that there were no less than 3 parkruns close to our final destination for our 2 week holiday in the USA.

I researched Hamlet Park parkrun which had been running for 55 events, usually had around 30 finishers and the average finish time was 35 minutes which I felt would mean that I wouldn't disgrace myself. I even checked the most recent event results from 29th July with 19 finishers ranging from a finish time of 23:58 to 58:56. Perfect.

We planned to attend on the day of my niece's wedding but that didn't start until 4pm so we had loads of time to drive the 30 minutes, run and recover before the big day.

So on 12th August we set off from Stillwater MN to Hamlet Park at around 8:10. The previous evening I'd almost persuaded some of my nephews to come along but I think a hard night clubbing and drinking 'fish bowl' cocktails the night before had taken its toll (fortunately as you will hear).

We arrived at Hamlet Park at 08:43. There was no-one there. The much-needed toilets were locked and there was one car in the car park. Colin immediately took over to review where I'd gone wrong and pointed out the big red banner on the Hamlet Park parkrun page stating that it was discontinued and had been replaced by Kingston Park park run....

I was abused a little - along the lines of 'how could you have missed that' and 'this is typical', I on the other hand was Googling how long it would take to get to Kingston Park. 9 minutes and it was 8:47 - we took off and arrived at 8:59 to find runners right by the car park and the briefing in full flow. We joined the 24 other runners red-faced and wishing to remain relatively anonymous.

At Kingston Park they clap each volunteer for their specific role (there were 9 of them). Once this was over and the regular park run announcements were made a kindly participant said 'and we have some new people' pointing at us. We mumbled something about being from the UK desirous of not delaying the start and were told that we weren't the only ones - the Pedelty family from Northamptonshire were also there. We were then personally shown the course map (out and back) and were ready to go.



We set off. It was a warm morning but cooler than recent starts to the day - around 70 degrees F ( 21 degrees C) and the start whilst exposed to the sun, didn't seem too bad. In fact the first half was a breeze alternating through shade and sunshine through a lovely country park. Each and every participant in front of me offered a cheery 'good job' when they passed me going back (except Col!) - I responded with a 'well done' and commented to my new Northampton friend that he was on target to be second. At the turnaround I was greeted by a lovely volunteer offering water - that's a first! I didn't feel too dehydrated but accepted it into my sun-screen covered hands and spent the next few minutes working out how to carry it without it slipping. It was about now that the penny dropped. The outward leg had been downhill (quite subtly) and the next leg was mostly uphill. The temperature had risen and I was suffering from over-exposure to the sun and American cuisine.

I made it back with a run-walk approach and was sweltering - the roar of encouragement for crossing the finish line was incredible considering the number of people actually there and the post-run chat was really interesting. We met some very very keen park run enthusiasts: locals who travelled internationally to complete their park run alphabets ('I need a Q so I'm going to Ireland'), others who were nearing their 250th parkruns, a lady who actually had a PARKRUN number plate registered to her (in Illinois not Minnesota) and we also discovered that the first placed participant was also from the UK - but worked locally. Everyone chatted and we all waited for the tail walker to cross the finish line. We were invited to breakfast but had to depart so that we could recover and prepare for the festivities (and we still desperately needed a loo).

It transpired that this was the second park run at Kingston Park, the location had changed whilst we were in the USA. I'm not such a numpty after all!

Colin placed 11th and I placed 18th - how's about that then?

*Biddy Russell*

# A Tale of Two Airfields - part 1

## Greenham Common (Newbury) parkrun

Tom Reader

You know how it is when you're 'at work' and find yourself absent-mindedly looking at Cold War era airfields on Google Maps? It happens to everyone, right? No? Ok...

Well anyway, I stumbled upon Greenham Common (Newbury), which had a few things we wanted that particular weekend: Some Cold War history for our son's school project (and for me to geek out on - Honor said she could hardly wait), a campsite for us to try out in the campervan - and a parkrun. The plan was made.

People of my age or above will remember Greenham Common being 'on the news' for much of the '80s - as a 10 year old I had vague notions of it being where WWII would probably start, and something about peace camps.

Luckily for us all, the worst didn't happen, and Greenham Common has since been totally decommissioned - its huge runway has been restored to heathland with only a central square of tarmac remaining to give an idea of the size it used to be (as I said: huge).

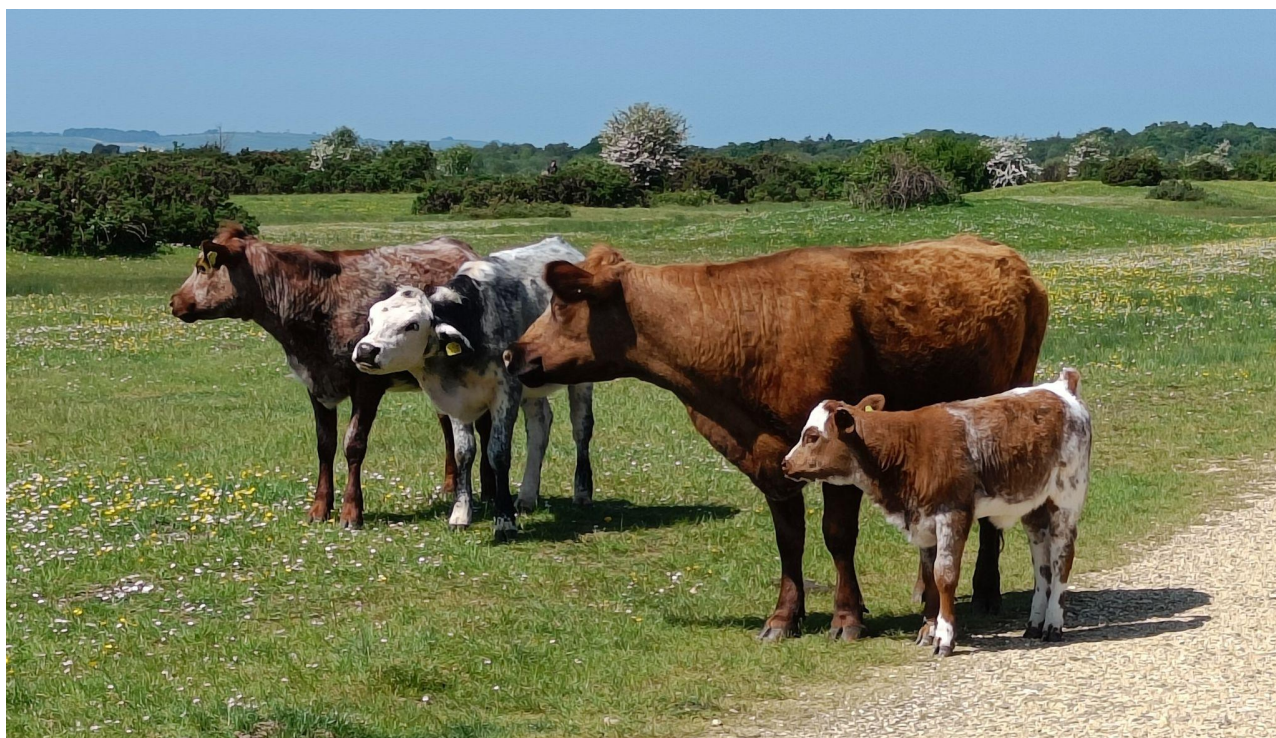


The parkrun started in the middle of the remaining piece of runway, and took in about half of the airfield perimeter on gravel paths through the heath. Cows were grazing in the sun, and ground-nesting birds were doing what they do, so we were asked to stay strictly on the path. We passed just the occasional relic - a runway light; a rusty water hydrant - reminding us what has gone on here before.

The day we went the weather was beautiful, but it wouldn't be one to go to on a windy and rainy day - being very exposed I imagine it could be very bleak: there is no shelter during the run. For an airfield (always flat, right?) it did have a surprising 'undulation' to climb half-way along the home straight.

With parkrun complete, we then explored the Control Tower which included a very interesting exhibition about the airfield in its heyday - and also a good cafe selling coffee and pasties (and probably other things: I didn't look further than the pasties).





*The current residents of Greenham Common*

The weather was so good we stayed on, and spent several hours walking around the other end of the airfield, including where the 'nukes' used to be stored in huge bunkers that still remain, and also where the peace camps used to be: now mostly woodland. All very moving and - I'm pleased to say - peaceful.



Only an hour or so up the road from Gosport, this is a great parkrun with added geek-value - what could be better?!

**Do:** Go to the Control Tower museum and cafe after the parkrun (I think I mentioned the pasties?), and do the 'perimeter' walk around the airfield afterwards if you have time.

**Don't:** Go when it's windy and rainy unless you really like that sort of thing: Even by airfield standards, this one is big and very exposed.

If you can stand the excitement(!), part two of the 'airfields special' will be in next month's issue.

*Tom Reader*

# **‘Summer’ Relay**

**The Day GRR went a little bit bonkers...**

**Lisa Jakins**

The weather on Sat 5 August wasn't great to say the least. Rain, torrential at times and howling wind - not what you would picture in your head for a Summer Relay by the beach on the south coast! There were questions on the Facebook group whether the event would go ahead but I'm so glad it did because it only added to the bonkersness of the day!

We all gathered and huddled together in the shelter, most of us with dry robes over our running gear.



Despite the weather, we still had a really good turnout and formed 6 teams of 4 runners. As with all the summer relays, we always have a famous 'baton'. This year we had a lucky dip bag to find we each had an inflatable animal to blow up. We had Teams Parrot, Flamingo, Nemo, Seagull, Frog and Crocodile. The flamingo and crocodile were 4 times the size of the other inflatables!!

Families and friends were welcome too and Brooke (Shirley's granddaughter) also donned a GRR vest and ran for team Nemo.



As the relay started, the nominated first runner of each team 'de-robed' down to their running gear and headed around the shelter into the wind and rain to commence their mile. In turn each runner headed out, once all 4 runners had completed a lap, we then did the next lap in reverse. This was even worse! running into full wind for most of the mile. But it was all so much fun!

Ali Watson was in charge of giving out wrist-bands as runners completed their laps for the all-important score-keeping. Karen Morby and Karen Harding kept the teams in check and ensured the next runner was ready on the prom for the baton handover (as we were all hiding in the shelter around the corner and only coming out when we needed to!). Ken Eaden was also handing out spot prizes including baseball caps, running belts and phone holders.

The winning team was who ran the most number of laps in 2 hours and this was Team Parrot! Members of the winning team received a goody-bag including snacks and a voucher from Alexandra Sports.

We were then treated to a great spread of baguettes, cakes, biscuits, crisps, fruit and drinks - everyone was catered for! A big thank you to Sylvie, Deborah and Shirley for the catering.

A huge thank you to the committee and all those who organised the Summer Relay. So much hard work goes on behind the scenes to put on these events for us and it's really important we continue to support our club.

We had torrential rain, we had wind but did we let it stop us? NO!! Did we have fun? HECK YES!!!

I think the team photo, taken by Ali Watson, pretty much summed up the day - all captions welcome! (See some 'close-ups' from this wonderful photo in 'And Finally', towards the back of this newsletter).

*Lisa Jakins*



*Is this the most chaotic team photo in GRR history?*



# Results - August Time Trial

August 2023 5 Km Time Trial							
Pos.	Name	Time		Pos.	Name	Time	
1	Mike Newnham	17:20		21	Zoe Windsor	31:09	
2	Luke Foley Greaves	19:50		22	Brian Fisher	31:13	
3	Kev White	20:34		23	David Baker	31:46	
4	Mark Brown	23:03		24	Mick Stares	32:59	
5	Austin Hill	23:37		25	Maisie Elshaw	33:11	
6	Steve Calder	24:34		26	Alina Jones	33:33	
7	Steve Wood	27:03		27	Mark Jones	33:34	
8	Karen Morby	27:27		28	Elena Purshouse	33:49	
9	Jo Yorke	27:29		29	Biddy Russell	35:05	
10	Fi Tomlinson	27:56		30	Becky Scott	35:06	
11	Melissa Tyrell	28:10		31	Ange Elshaw	36:47	
12	Mike Barker	28:27		32	Mel Bagwell	36:53	
13	Sara New	28:30		33	Karen Harding	36:54	
14	Brooke Newbrook	28:54		34	Caz Delooze	37:51	
15	Tonia Morrell	29:09		35	Rory Fall	39:04	
16	Ethan Barrett	29:10		36	Jackie Brady	39:05	
17	Shirley Faichen	29:37		37	Kim Carter (Tail Runner)	39:06	
18	Kathy Harman	30:14					
19	Lisa Jakins	30:15					
20	Mick Kearney	31:01					
Officials, Supporters and Marshalls:- Ken Eaden, Sue Barrett, Gary Francis, Steve Cawte, Jenny McKay, Gavin Brooker, Kellee Read, Gill Thomas and Mark Jakins.  Thanks to Kim Carter for tail running tonight.							

## July and August Results

July 4th	Fareham Runners 5K Time Trial		Comment
Pos.	Name	Time	
4	Adam Crook	00:20:07	
12	Mark Brown	00:22:36	
31	Mark Jakins	00:25:34	
46	Tom Reader	00:28:29	
49	Paul Street	00:29:01	
50	Lisa Jakins	00:29:06	
52	David Baker	00:30:46	
54	Mike Stares	00:31:32	
55	Dave Croft	00:31:38	

July 8th	Lakeland 14K Fell Race		Comment
Pos.	Name	Time	
	Shirley Faichen	02:08:00	

6th Aug	<b>Harting 10 Mile Trail</b>		
Pos.	Name	Time	
151	Karen Morby	01:49:22	
154	Tom Reader	01:50:59	
158	Salvina Cawte	01:53:10	
159	Honor Reader	01:53:16	
164	Lisa Jakins	01:56:13	
165	Shirley Faichen	01:57:22	
166	Mike Barker	01:59:03	
181	Steve Cawte	02:05:29	

Thanks to David Croft, our Race Recorder, for collating all the above information. As always, please keep David updated with your race results by sending them to: [results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk), including links to the results page from the race if possible.



## Dates for your Diary

### Club Events

Saturday 11th November		Helpers' Half Marathon
Sunday 19th November		Gosport Half Marathon
Thursday 21st December	7:00pm	Mulled Wine and Christmas Run

### HRRL Events

Sunday 1st October	10:00am	Solent Half Marathon
Sunday 29th October	11:00am	New Forest 10 mile
Sunday 5th November	9:00am	Hayling 10 mile
Sunday 19th November	10:00am	Gosport Half Marathon
Sunday 4th February 2024	11:00am	Ryde 10 mile
Sunday 17th March 2024	10:00am	Salisbury 10 mile

Other HRRL dates still to be confirmed at time of print

# SCCL Events

Sunday 29th October		Inglefield Estate (near Silchester)
Sunday 19th or 26th November	Date TBC - we're hoping for 26th so it doesn't clash with the Gosport Half!	Bourne Woods
Sunday 17th December		Lord Wandsworth
Sunday 21st January 2024		Chawton House
Date TBC: February 2024		Alice Holt
3rd March 2024		Holywell Estate

## And Finally...

The 'team photo' from the Summer Relay really is worth looking at again more closely - there's a lot going on here for one photo, so let's zoom in on a few bits... Thanks to Ali Watson for this brilliant photo - and to Karen Harding for being the one person acting 'normally' with all this chaos going on behind her!





# GRR Online...

## 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 bookmarks list:

<https://gosportroadrunners.org.uk/>

## Social Media

The Club's Facebook members' page is very active, and is the main place where Club members share stories, race experiences, photos, arrange out-of-Club meetings, etc. Search Facebook for 'Gosport Road Runners Members page' or follow this link to see what's going on:

Facebook: <https://www.facebook.com/groups/1930144613918921>

We are also on Twitter: <https://twitter.com/gosportrr>

...and Instagram: <https://instagram.com/gosportroadrunners>

## GRR Newsletter

If you have anything that you would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photos that you have taken of Club runners/events, interesting articles that you have come across, funny stories - basically anything that you would find of interest or think other Club Members will enjoy reading!

Please continue to help make this an interesting read and don't leave it all to Lisa and Tom! It's OUR Club and OUR newsletter.

You can send comments, articles, and any content to us either via Facebook, or by email to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)

# Club Newsletter



## Editor's Note

*Tom Reader - GRR Newsletter Editor*

Another busy month for everyone, from Marathons and halves, to out-of-towns, relays and parkruns - GRR have been out there doing what we do best. It's really struck me this month how much we support each other - whether it be running with people while they train for their first Marathon, run/walking with people coming back from injury or illness, or simply supporting each other during 'intervals' and club runs, we really do look out for each other.

Despite the date, this is definitely the 'September' issue, and there's more than enough here for one newsletter - I promise all October news and results will follow in the next issue!

**Tom**

## **Chairman's Corner**

*Ken Eaden - Chairman GRR and Chief Marshal Gosport Half Marathon*

Hi all GRR,

Hi Viz Jackets and torches are now the order of the day. Dark nights and poor weather do sometimes challenge some people's motivation to get out and pound the streets. However, my observation is that this does not seem to be the case, but if anyone requires a bit of a push, it is not late to sign up for the Chairman's Gemstone awards. Take up for the challenge has exceeded expectation. Some members are smashing it, and some have a bow wave of miles to make up. This is what makes it a challenge.

Talking of awards, our 40th Anniversary and Awards evening is confirmed as Friday 26 January 2024 and the Venue will be the Rugby Club. So, clear your diaries, more details will be promulgated in the coming weeks.

Awards will be presented from the period 01 Jan 2023 to 31 Dec 2023. The Suite of awards will include the usual categories, details can be found on the website and on the club noticeboard.

Just a note on all age Group categories, these are assigned to HRRL races and members do not have to be affiliated with England Athletics. These races are designated GRR Championship races. If you wish to qualify the remaining races are the Gosport Half Marathon Helpers Half and the Victory 5. All members are invited to participate in the Helpers Half. The change from previous years is that you do not have to volunteer to support the GHM, however you will not receive a medal or Goody bag. The concept of Championship races is designed to give all members an opportunity to win an award and an incentive to participate in the HRRL races. You have to be in it to win it.

The Cross Country season is almost on us. Details can be found on the Website and promulgated via our social media site. I strongly encourage you to support these events. A £2 Charge is levied on non EA members who participate.

It is about 4 months since I took up the role as Chairman of Gosport Road Runners. I have been a member of the club for over 30 Years and seen many changes and challenges. Despite all ups and downs, the enthusiasm and ethos of the club remains solid. My aim is to encourage our running and the ensuing benefit of well being and camaraderie. The committee are always looking at ways to improve members' experience. In the coming weeks you will be sent out a questionnaire to gather your views and areas for improvement. I recently took time to reflect on the benefits of membership of GRR, this list is not exhaustive but worth thinking about when considering membership renewal.



## GRR Club Benefits:

- Club Venue with Changing and Bar Facilities.
- Structured Club Run Night- Led by Leaders in Running Fitness ( LIRFS)
- Club Sponsored Events, Namely
  - Club Relay
  - Club Handicap
  - Monthly Time Trials 5K, 10K, 5 Miles- Times count to awards (Club Standard Awards, Brenda Wiltshire Plate)
  - X Country Events
  - Summer Out of Town Runs
  - Social Events- Annual Awards, Summer Out of Town Pizza Nights, GHM Post Race reception, Refreshments post club sponsored events
  - Ad Hoc training runs outside Club Nights
  - Shared running opportunities with other clubs, for example invitation to participate in local club time trials and vice-versa
- Access to club coach and training plans
- Opportunity for all to achieve a running challenge award.
- Access to England Athletic Association and Benefits and Opportunity to obtain place in London Marathon via club raffle

Most important of all is the opportunity to meet other people, make friends and become fitter stronger which in turn leads to improved mental wellbeing.

Looming up quickly on the horizon is the Gosport Half Marathon. I still require volunteers to support the race, there are still key roles and hotspots to fill. Membership numbers are down on previous years so manning the event becomes an even bigger challenge and I will be reaching out to external organisations that we would not normally associate with our event. Last year we managed to get the Police Cadet Force engaged, which proved successful. So your support is greatly appreciated. Thank You to all who have volunteered so far.

There are several roles to fulfil ranging from Marshalling on the day to Goody bag packing and providing logistical support. Date for your diary 19 Nov 2023. As you have heard me say on numerous occasions the year on year success of the GHM is solely down to the membership support. If you would like to volunteer please follow the link below or contact me:

Email: **ken.eaden@btinternet.com**

Tex / WhatsApp with your details: **07713187128**

**<https://www.smartsurvey.co.uk/s/T5WN6W/>**

Anyhow folks, that is all I have for now and thank you for your supporting the Yellow Army.

All the Best

***Ken***

Chairman GRR

Chief Marshal Gosport Half Marathon

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# Club News

## IMPORTANT - Please Return GRR Trophies

**Important message from Ken:** Could all holders of GRR trophies please return them to club as soon as possible. This is to enable engraving for future recipients at the awards evening. Many thanks.

## Steve Calder's Run Every Day

I'm not sure how I missed this last month (although Ken didn't!) - but Steve Calder recently completed his 'Run Every Day' challenge of running for 1,000 consecutive days - an awesome achievement: Well done, Steve. However, it's not over - far from stopping there, Steve has continued, and will soon be coming up on "RED 3 years". Keep up the good work.

## Cross-Country Season Coming Up

Honor says: The XC season is now around the corner - see 'Dates for your Diary' in this newsletter. Gill and I have led two taster sessions to give people an idea of what is involved: Mud, fun and cake usually feature highly.

A XC team is made up of 8. Four men, four women. But a 'team' is much more than eight.....The more GRRs that come, the better the team does.

You just need to run as fast as you're able, grab a token with the lowest number you can....

Everyone gets GRR refreshments, GRReat company and a few miles towards the Chairman's Gemstone Awards! #whatsnottolove

Honor x

## Equinox 24

Honor and I participated in a bit of 'inter-club' team-building with Cliff and Janet Shaw of Stubbington Green Runners, by taking part in the Equinox 24 hour relay with them for the 2nd year. I decided to spare you all an article about it (there's only so much "2:30am: Ran, then had more macaroni cheese" that anyone wants to read), but we really recommend this event to anyone who wants something a bit different. 10k off-road laps, with a team as large or small as you want to share the load. Camping all weekend is included in the cost of entry, and it's a good 'mini festival' atmosphere with music, food stalls, etc.



## Some Notable Achievements

While many of us have been busy with various events in the last few weeks, some 'stick out' as worthy of a mention in this page. In no particular order:

**Mark Jakins** completed a marathon in the new forest - see his article later in this newsletter.

On the same day, **Nikki Moxham** completed her first half marathon - she's usually more a fan of the 10k distance but decided to set herself this challenge. Anyone wondering how she would get on needn't have worried(!) - she came an amazing 2nd out of the Ladies. Well done Nikki - what's the next challenge?

And a 'stop press' news item - **Jo Yorke** has also just completed her first marathon, in **Košice, Slovakia** - congratulations Jo. We're promised an article for the next issue, and can't wait to read about it.

And even more recently, just as we were 'going to press', I've had news of more results: **Jackie Tombs, Jenny Shilling, Tracey Wales** and **Steven Crook** have all been out there representing GRR to a very high standard, and we'll have reports from some of them next month.

As always, anyone who has taken part in *any* event or run, including as a supporter, or has anything else running-related to contribute, please feel free to send an article (or even just a few notes) to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk) - we'd all love to read about it.

## Chairman's Gemstone Awards - First Finishers

Lots of people are signed up to the Chairman's Gemstone Award, with some already completing their Emerald: At the time of writing, **Jo Yorke** and **Mark Jakins** have theirs, with a few others in hot pursuit. Many people are enjoying the 'distance-based' (rather than speed-based) nature of the challenge: I for one am doing the occasional extra run over and above what I would normally be doing, so it's working as a motivation for me, and others I'm sure.

## parkrun Tourism

The next GRR parkrun 'away day' organised by Steve Cawte is to Queen Elizabeth Country Park on the 21st October. We'll try to car-share as much as possible to cut down on petrol and parking fees. As usual, we'll stay for coffee, cake, bacon rolls, etc in the cafe afterwards - please join us if you can and get that much sought-after letter 'Q' ticked off. Warning: Hills!

# New Forest Trail Marathon

Mark Jakins

In 2019, I ran the Portsmouth Coastal Marathon. When I finished that, I wasn't particularly happy with my time or performance and didn't feel that I got 'value' for the amount of effort I'd put into the training and said that I'd never do another.

Fast forward to 2023. I'd grown very fond of trail running and got caught by an advert for the New Forest Trail Marathon. After a few days of personal deliberation, I decided that I quite fancied this one and would give it a go.



I found a plan I liked the look of online. Basically, it involved 3 consecutive days running, Tuesday to Thursday and a progressively long run on the Saturday. This started with a combined weekly mileage of 15 miles and built to a highest mileage week of 40 miles which included a 20-mile run.

The training went pretty much to plan. I mostly followed the plan through with some minor adjustments with run days where it was needed. I suffered no injuries or illnesses and by Race Day, my legs were feeling pretty fresh. HOWEVER ...

When I signed up for the race, I thought that I would have to endure all of those training miles through the hottest weeks of summer but hopefully the temperature would back off by race day itself. As it worked out, we had the wettest, drabest summer I can remember and typically, in race week, we got our 'Summer'.

Earlier in the week, race day temperatures were forecast to be upwards of 28 degrees in Brockenhurst. But as the week progressed, some forecasts were giving a slightly cooler day for the Sunday event and on the night before, the forecast was for an overcast morning with the sun breaking through and 25-degree temperatures by the afternoon. The race started at 9.30 so at least I'd be able to get a good chunk of the run done before the dreaded sun came out. Fingers crossed...

Race day started early with Karen and Jo meeting me and Lisa at 7am. Karen was running the Half, which started later than my race and Lisa and Jo were coming along as very welcome support and to soak up the atmosphere in the impressive race village. We got to the New Forest Showground in good time and all of the rumours of long queues and slow access to the carpark proved unfounded, for us at least. On arrival, the sky was heavily overcast and there was even a bit of drizzle in the air. Again...fingers crossed.

It didn't seem very long before the Marathon runners were being called into the warm up area. All week, due to the impending hot weather, we'd been receiving reassuring emails about provisions that were being made to help the runners. There were more water stops put on, and some of the busiest stops would have extra water available to make sure that everyone had plenty. In total there were 9 water stations on route, all had water (in paper cups or fill your own bottle) and some also had High5 energy drinks made up.

All of these provisions were reiterated to us in the holding pen along with an option that, because the marathon was made up of 2 loops, the first being the half marathon route to the north and the second being a loop to the south of the start point, they'd included the option that, if anyone felt that the conditions were too much to complete the 26 miles, you could make the turn and head for home after the first loop and claim a half marathon medal. I thought that that was an amazing gesture from the organisers but, wow, did it create a dilemma for me as I completed the first loop and had to run past the finish turn to start another 13-mile loop.



As the race started, it was still overcast, warm with some occasional drizzle. Not too bad, I thought. It's a real challenge for me on long runs to try and keep my pace low enough to save some energy for later but an even bigger one for me here because we were told that the sun was coming out later. Was it a good idea to 'make hay while the sun didn't shine', so to speak and get as many miles in the bag as possible until the heat of the sun slowed me down? I decided against it and stuck to my original pace plan.

The course itself, particularly the first half, is stunning. 90% on gravel trails through the forest, bypassing some amazing buildings. Some gentle hills, a couple of more substantial ones but all in all, lovely. The second half still takes in plenty of forest tracks but they are connected by much bigger stretches of road. The second half is also MUCH hillier and never seemed to be flat at any stage, always going either up or down.



Because the 2 loops converge a couple of miles from the start, the drink station there is an ideal spectator point and it was lovely to see our, seemingly, ever-present supporters Lynne and hubby Graham there supporting me and also the half marathoners who would follow after. And bless them, they were still there when I came through after the 2nd loop despite the fact that they must have got an absolute soaking. Legends!

It was at this point where that dreaded option came into play, do I go left, head back and call it a half, or go right and start that dreaded second loop? So tough on already tiring legs, but obviously, I went right. My fears of the sun coming out proved mostly unfounded and, actually, at times we had torrential rain. This brought with it entirely different issues than I had prepared to deal with. It was VERY humid, especially when you were in amongst the trees, some of the trails, and roads, became slippery with the first rain they'd had for some time, and my shorts, which had been absolutely fine throughout my training when loaded with drinks and gels etc, kept slipping down as the elastic struggled to deal with the extra weight of the rain that had soaked me through 😊

As expected, the last few miles were a bit of a slog. Due to large bits of the race being under the trees, my watch had lost some distance and I realised that the miles on my watch didn't match up with the mile markers on the course. At some points the difference was three quarters of a mile and with not much else to think about whilst running, my basic maths told me that I had lost my chance of breaking the 5-hour mark that I had hoped for, and that demotivated me a bit until, between me and some other runners, we realised that the signs were correct and our watches wrong and therefore we were closer to the end than we thought and the 5 hour thing was still on.

As I came through the 24-mile water station and turned down the track back towards the finish, the sun finally broke through. It was HOT, and I was so glad that it hadn't been there for the rest of the race.

As I got further down the track, I could start to see the odd flag through the trees and then heard some of the live music that was being played on the stage in the race village. At this point, my watch still was only recording 25 miles but the marshalls assured me that there were no other sneaky loops, just turn left and the finish was a few hundred metres down the track.



I ran past a screaming Lisa and Karen and gave it what I could to get over the line, I even think that I might have overtaken someone just before the end but it was FINISHED and I had managed to get under that 5-hour mark which, by some people's standards isn't quick, but it was definitely the best I had that day given the conditions and the faster of my 2 marathons to date. I collected my medal and t-shirt, drank the electrolyte drink that I was given and went off to meet the others in the village.

All in all, I'd say that this was a great event. It was very well organised and communication was great especially with the potential weather problems. The day offers loads of distance options from a 2k woodland walk, 5k, 10k and half marathon races along with the full marathon for those stupid enough to think that that would be a good idea 😊. The race village offers merchandise stalls, food vans, kids inflatables and a live music stage surrounded by picnic tables, with things going on all day to keep supporters entertained whilst they wait for their runners. Wholly recommended!





# Alice Holt parkrun

23rd September 2023

Deborah Birch

Continuing our parkrun tourism with letter A at Alice Holt

Driving up from Gosport to Alice Holt parkrun was a little tricky in places today, with a glaring light from low and bright sun shining into my eyes but what a glorious run this made; beams of sunlight glowing through the forest trees to give rise to shafts of light dancing on the ground below.



Thank you to the race director, Craig , for giving Gosport Road Runners a very warm welcome 'shout out' as we continued our parkrun tourism of Hampshire today. He also informed us there were 3 puddles on the route today and he would give anyone a pat on the back if they told him where the puddles were at the end of their run/walk. I only managed to find 1!

Justin gave us a great 1st time briefing to include letting us know there was a hill called Dragon Hill and part of the route called Brick Lane. The other Brick Lane I am aware of is Brick Lane in London (being a Londoner myself) famous for street art, vintage shops and a Sunday market. However Brick Lane, Alice Holt parkrun is famous for its bricks buried in the ground which make for a more uneven path. It even has its own parkrun sign which made a great warning to be a little more careful underfoot.



As I ran along the parkrun I started going up an incline and thought that I was running Dragon Hill – but no- later in the run I came across a sign with a symbol of a dragon and Dragon Hill. I definitely mistook the incline because, did I run all the way up Dragon Hill – no I did not! A huge well done to the buggy pushers in particular on this part of the route and the runner who I heard give a well done to one buggy pusher with empathy as he had pushed a buggy up Dragon Hill in the past.

There were some great milestones at parkrun today including our very own Paul Street, running his 50th parkrun . We enjoyed celebrating with Paul with a cup of tea and cake before heading back to the south of Hampshire.



There are great car parking facilities in this Forestry Commission park. If cars leave the site by 10.30 the charge is £2. There is plenty of time to be able to do this if you plan to attend the parkrun. There is also the option of staying longer to explore what is on offer at Alice Holt and paying the higher car parking charges. The café, near the parkrun start and finish serves drinks and food, and there are also plenty of picnic areas. The parkrun / finish area is also served with a very good toilet block.

I think we are off to letter Q next!

*Deborah Birch*

# A Tale of Two Airfields - part 2

## Solent Airport Charity 5k

Tom Reader

After the *thrilling* success of last month's article about Greenham Common parkrun, it's time for another 'airfield run report' - this one from a few months ago, much closer to home, with not a nuclear bunker in sight.

I had heard that **Naomi House and Jacksplace** children's hospice were organising a charity 5k at Solent Airport. The run was to be on runways and taxiways on the airfield, with the runway closed for the duration of the event.

Sadly the date clashed with the Purbrook Ladies, but as I really like Naomi House as a charity (and let's face it, I also really like an airfield), I thought I'd leave my Tutu in the wardrobe this year and join in with the inaugural airfield run supporting the charity instead.

A lot of people I spoke to hadn't heard about the event, and it seemed as if the advertising hadn't 'got the message out' much, so I wondered if I was going to be one of a very small number of runners: Happy to say, far from it: It was 'sold out', and 300 or so of us were on the start line (or about 100 metres behind it in my case, as usual) as the tannoy sounded and we set off.

Being the day after 'that' parkrun when so many of us nearly expired from heat exhaustion, it was a relief that the Sunday morning was much cooler. The route started at the end of runway '05', went around the perimeter track past some of the old WWII hangars, down one of the old inactive runways, past the 'big Radar', then back before finishing along the full length of the main runway.





Being almost perfectly flat, and a still day with very little breeze, I'm sure a lot of 5k PBs were achieved, although in my case I was too busy taking photos and pretending to be an aeroplane for any records to be broken.

With the run complete, and with a nice metal medal, and the customary (and much appreciated) bottle of water and banana, I was soon to be found - shock, horror - at the 'Zero Five' burger van enjoying a well-earned breakfast.

The organisation of the run was excellent, with lots of Naomi House staff and volunteers on hand, as well as a raffle - a great morning out.

**About Naomi House and Jacksplace:** As one of the GRR Half Marathon nominated charities, they may already be familiar to you: They provide really excellent hospice care for children and young adults, and support for their families. Their website says it best: "Naomi House and Jacksplace staff provide individualised nursing care that helps to enhance short lives and allows local families to make the most of their precious time with their children".

Naomi House have confirmed that the event will take place again next year, and have now announced the date: **23rd June 2024**. Let's hope it doesn't clash with Purbrook next year so we can get a really good GRR turnout for Naomi House!

*Tom Reader*





# Portsmouth Hill Out-of-Town

Colin Lambert

So I'm writing this a month after it happened. Tom asked for a volunteer to do the write up, and Biddy shouted "Colin will!". I didn't think she was serious.

She was, apparently.

So, Out of Town = anywhere except Gosport. In this case, somewhere over the back of Portsmouth Hill. Exactly where we were, at any given time, became less clear as the evening went on.

But we started at the Churchillian car park. Definitely. If you examine the photographs, you can see that there were a lot of potholes full of water. Read on, this turned out to be important.



*Deciding whether to go for a run or a swim*

The problem with starting a run at the top of the highest hill in the area is, well, you are going to run down, whatever direction you go. And unless you abandon your car and buy a new one, you will have to run back up at some point.

We all knew that, right?



So down the hill was all fine, lovely evening, good going underfoot, nice scenery. A bit remote, but it was out of town - not unexpected. We went over some fields, all very nice. Bit muddy, but no complaints, we like mud.

Then we found some tennis courts, a few houses, clearly we were still in touch with civilisation, and we had, as previously stated, been going downhill.

There was a real variety of terrain, fields, woods, roads. Kissing gates. Stiles. Special mention to the stile that was clearly designed by someone with unnaturally long legs. I'm not very tall, but when the tall guys are all making squeaking noises as they cross the stile, you know that if you're my height, you'll be singing soprano for a while afterwards... So thanks for that, stile designer person.

There was a point at which we collected together to make a decision on who was going to take the shorter route back, and who was in for the long route. We'd been going mainly downhill. It was light. We were up for the long route. Obviously.

And soon we were at what turned out to be the lowest point. Geographically speaking.

This coincided with the light realising it was almost September, and seemingly quite rapidly, turning itself down.

Then there was 'something in the woods'. Some sort of bug that people started to complain about.. a kind of wormy thing. Apparently. Didn't see one myself, but lots of people were brushing themselves off and worrying about being infested.

There was a river with a ford. Well, it had a bridge. Some of us ran through the water. Some of us chose the bridge. I do believe some of us didn't realise there actually WAS a bridge.



And it started to get damp. Not wet exactly, but...damp.

And uphill.

And dark.

As we got higher, there was some low cloud, at which point it was probably raining. It was wet, anyway. And it was dark.

(Yes, the potholes filled with water because it kept raining. Who knew?)

We ended up struggling through long grass to get to the final stretch of road. We had a limited number of lights - seriously, we assumed it'd be a twilight finish at worst.

There were tantalising signs of the top of the hill, via high level lights from Fort Widley, or Qinetiq, or...somewhere. As for distance, anyone's guess.

But eventually, the car park came in sight, and 6 miles down and up, water, dark, rain, cloud, stiles, and, er, wormy things, made sure that we all felt we'd achieved something.





Some of us even celebrated with a Monster Burger.

Thanks to Andy, and everyone who came along to make it a memorable evening.

Many people would say 'why go through all that, for fun?'

I have no idea. Same run next year? Definitely.

*Colin Lambert*



# Farnham Pilgrim Half Marathon

10th September

Zoe Windsor

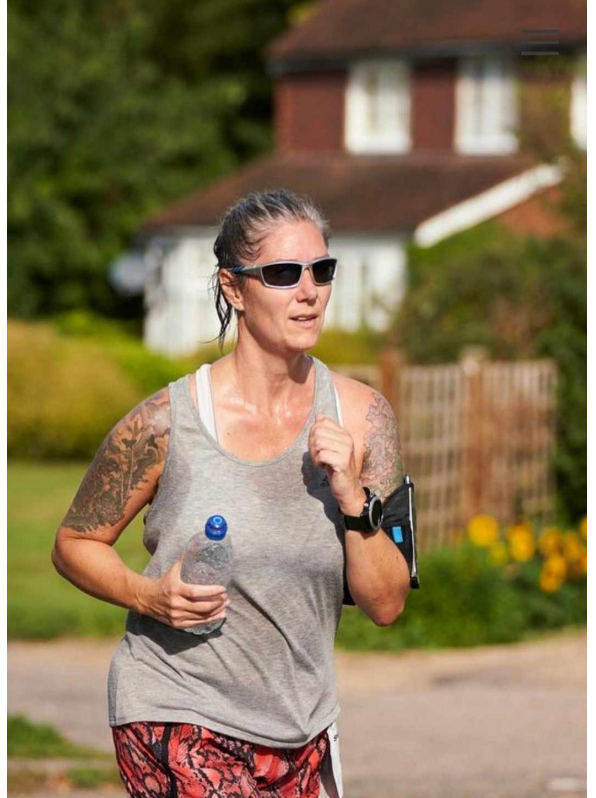
I had slightly fallen out of love with running half marathons. This was my first half in 6 months. I only decided to enter it two weeks before. I ran this race in 2021 but could not remember much of the route. What I did remember though is that it was hilly!

In the week leading up to the race it had been incredibly hot. The organisers decided to let both races start earlier than planned if people wanted to. I decided to get there early and I set off at 9am.

Straight out of the field onto an undulating hill climb, I started thinking why did I put in for this again! At this point we were mostly on the road and went through a lovely village called Seale with beautiful views, a church and a prominent war memorial. A few more roads and small paths and then were on the north downs.

More hills and multi terrain followed. I had forgotten about how much sand there was on some of the paths. We ran through an off the grid campsite called Waggoners campsite to take us further onto the north downs.

Luckily we had some shade on parts of the route. Every 3 miles there was an aid station with sweets, variety of drinks and suncream. Twice we ran round some beautiful ponds, Warren Pond and Cuttmill Ponds, both within Puttenham Common.







Up high on the downs looking over at Puttenham common the views are fantastic. So much to see, I did stop on the route and take pictures as I am not concerned about my time, especially on a hot day as it had reached 27 degrees when I had finished. I also stopped to help a fellow runner that had fallen, she was ok but shook up.

Nearing the end a Marshall had a hose pipe spraying water which I gladly ran face first into. After which we were back on the roads heading towards the finish. I ran into the field and could not wait to see the finish line. Time 3hr10, 1,070 ft ascent!

The race is organised by the Farnham Weyside Rotary Club and all proceeds are split between these 3 charities this year. The Woodlarks Centre which is a residential home for adults with physical disabilities, Hearing Dogs for Deaf People and The Simon Trust, supporting adults with autism. Pre Covid the entries would be up to 750, this year around 350 finished.

It would be great to have some company next year, this is not a race for a PB, just for enjoyment.

The cut off for the half is 6 hours from when the race starts, plenty of time to get round and enjoy it.

*Zoe Windsor*





# Results - September Time Trial

September 2023 5 Mile Time Trial							
Pos.	Name	Time		Pos.	Name	Time	
1	Aidan Morby	37:57		10	Mike Stares	52:11	
2	Mark Brown	37:59		11	Maisie Elshaw	53:25	
3	Steve Calder	44:18		12	Lisa McGuinness	53:25	
4	Dale Poulter	47:11		13	David Baker	54:43	
5	Jo Yorke	47:26		14	Rory Fall	57:42	
6	Tonia Morrell	47:26		15	Angie Elshaw	01:01:02	
7	Karen Morby	47:45		16	Caroline Delooze	01:02:15	
8	Mike Barker	50:43		17	Karen Harding	01:02:17	
9	Gill Thomas	52:01					
Officials, Supporters and Marshalls:- Paul Street, Ken Eaden, Gary Francis, Sid Smith, Deborah Birch, Sara New, Mike Bowers, Mark Jakins, Lisa Jakins, Sue Barker, Dave Croft, Sue Barrett, Gav Booker (Happy Birthday!!!), and Jenny McKay.  Thanks to Karen Harding for tail running tonight.							

## September Results

3rd Sept	Overton 5 Miles		Comment
Pos.	Name	Time	
159	Kevin White	00:36:47	
276	Steve Calder	00:43:30	
349	Nicola White	00:47:38	
353	Cate Mullen	00:47:43	GRR Vegan Runner
380	Karen Morby	00:49:55	
392	Paul Street	00:50:39	
401	Mike Barker	00:51:58	
402	Honor Reader	00:52:03	
415	Tom Reader	00:52:55	
434	Ken Eaden	00:56:14	
461	Karen Harding	01:02:13	

10th Sept	New Forest Marathon		Comment
Pos.	Name	Time	
478	Mark Jakins	04:54:04	

10th Sept	<b>New Forest 1/2 Marathon</b>		Comment
Pos.	Name	Time	
18	Mike Newnham	01:25:19	
25	Nikki Moxham	01:27:17	
859	Karen Morby	02:18:18	

10th Sept	<b>Farnham Pilgrim 1/2 Marathon</b>		Comment
Pos.	Name	Time	
192	Zoe Windsor	03:10:09	

10th Sept	<b>Brisbane River Run 10K</b>		Comment
Pos.	Name	Time	
	Shirley Faichen	01:03:53	Bit Special!!

Thanks to David Croft, our Race Recorder, for collating all the above information. As always, please keep David updated with your race results by sending them to: [results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk), including links to the results page from the race if possible.



## Dates for your Diary

### Club Events

Saturday 21st October	9:00am	parkrun Tourism - Queen Elizabeth Country Park
Saturday 11th November		Helpers' Half Marathon
Sunday 19th November		Gosport Half Marathon
Thursday 21st December	7:00pm	Mulled Wine and Christmas Run

### HRRL Events

Sunday 1st October	10:00am	Solent Half Marathon
Sunday 29th October	11:00am	New Forest 10 mile
Sunday 5th November	9:00am	Hayling 10 mile
Sunday 19th November	10:00am	Gosport Half Marathon
Sunday 4th February 2024	11:00am	Ryde 10 mile
Sunday 17th March 2024	10:00am	Salisbury 10 mile

Other HRRL dates still to be confirmed at time of print

# SCCL Events

NOTE: There is now NO clash with the Gosport Half Marathon, we're pleased to say! Also, note that a couple of the venues have swapped since the previous listing.

All events are at 11:00am.

Sunday 29th October	Benyons Inclosure, Englefield Estate (near Silchester, Basingstoke)
Sunday 26th November	Alice Holt
Sunday 17th December	Lord Wandsworth
Sunday 21st January 2024	Chawton House
Sunday 18th February 2024	Bourne Woods
Sunday 3rd March 2024	Holywell Estate

## And Finally...

I'm sure you'll agree it's been far too long since we've played "Guess Whose Legs and Feet".

So: who would have legs and feet like these after their run in September? Answers on a postcard to the usual address\*



\*In the interests of fairness, Zoe Windsor is not allowed to take part in this competition ;-)

## The October Issue

...is well underway, and we promise to bring you:

- Clarendon Relay race report
- Jo Yorke's marathon report
- Lots more, plus October TT and other results
- No 'Airfield' articles from Tom (probably)



# GRR Online...

## 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 bookmarks list:

<https://gosportroadrunners.org.uk/>

## Social Media

The Club's Facebook members' page is very active, and is the main place where Club members share stories, race experiences, photos, arrange out-of-Club meetings, etc. Search Facebook for 'Gosport Road Runners Members page' or follow this link to see what's going on:

Facebook: <https://www.facebook.com/groups/1930144613918921>

We are also on Twitter: <https://twitter.com/gosportrr>

...and Instagram: <https://instagram.com/gosportroadrunners>

## GRR Newsletter

If you have anything that you would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photos that you have taken of Club runners/events, interesting articles that you have come across, funny stories - basically anything that you would find of interest or think other Club Members will enjoy reading!

Please continue to help make this an interesting read and don't leave it all to Lisa and Tom! It's OUR Club and OUR newsletter.

You can send comments, articles, and any content to us either via Facebook, or by email to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



## ***Club Newsletter***



### **Editor's Note**

*Tom Reader - GRR Newsletter Editor*

This issue's cover photo is that rarest thing: A team photo where everyone is looking at the camera and has their eyes open (ish, Karen!). I'm sure normal service will be resumed next time.

There's been a LOT going on since the last issue. Last time, we had a lot of different 'parkrun' articles - in this issue, marathon (and half marathon, and relay marathon...) season seems to be upon us. Thanks to everyone who has contributed articles.

Assuming - after a 2 month gap - I don't suddenly excel myself and do two issues in a fortnight, this will be the last newsletter for this year, so I hope everyone has a fun / relaxing / peaceful [delete as applicable] Christmas, and see you out there in 2024.

***Tom***

## Chairman's Corner

*Ken Eaden - Chairman GRR and Chief Marshal Gosport Half Marathon*

Hi all GRR,

Firstly, please welcome **Steve Calder** to the GRR Committee in the role of Men's Vice Captain. Great to have you onboard Steve.

The highlight of the past few weeks for me is the Gosport Half Marathon, once again GRR hosted a topdrawer event. Many thanks to the GHM Committee but foremostly the success of the event is down to everyone in the club and external organisations that supported and marshalled our event in whatever capacity. THANKYOU. We still have to confirm the final Outturn of the race to determine the amount we have to donate to our local charities.

We now have a couple of months reprieve, and the planning cycle will start again for the 2024 Event. We are now approaching 40 Years of Hosting the event which will be a major milestone in the history of Gosport Road Runners. However, if we are to achieve this and ensure the longevity of the race it is crucial, we have effective succession planning and injection of new blood. We need to replace the silly old farts, including me. This is for the overall health and longevity of the club. Anyone who wishes to become involved in the Gosport Half Marathon Committee you are most welcome. Our strategy will be to coach and nurture people into the role, rather than just walk away. I personally aim to relinquish my role as Chief Marshal after next year and we need to find a replacement for Gary Francis who is the Oracle of all knowledge and mastermind of the operation. So please give it some thought.

The 2023 and 2024 Hampshire Road Race League and Cross Country League is now well under way. It has been fantastic to see the Yellow Army in numbers and we are fielding full teams, so many thanks to everyone. I strongly encourage all members to participate. It is well worth remembering that although you may not be a scoring member of the team, you could push another rival club scoring member down the pecking order and thus pushing our club up the finishing table. So, there is still the incentive to compete.

Just a note on the Cross Country, there is a £2 Charge imposed by the SCCL for non-EA affiliated members. This is beyond our control and the reason for it is because the SCCL liability insurance is provided free of charge as part of being an EA affiliated club. Hence no charge for EA affiliates. Liability insurance is Mandatory for Hosting Clubs. So, the £2 Charge is to cover insurance in the same way that there are different charges to enter any race. I hope this clarifies the situation. If you have any issues please do not hesitate to contact your x country rep or me.

Many thanks to all those who participated in the Victory 5 HRRL Race, we had 3 Scoring teams. Four ,if I can put my name on the list!! Well done all.

Another resounding fun and successful event was the Christmas Handicap. The miserable wet weather because of Storm Elin did not deter the spirit of the GRR and the turnout was higher than I have seen for several years. The Wild Ass Guess ( WAG) statistician team for the first time in many a year got it correct and resulted in almost everyone crossing the finishing line at the same time. This was fantastic to see.



Well done and thank you Paul and Steve for putting it all together. Congratulations to the Prize Winners, Ben Wales, Kev White, Zoe Windsor, Karen Harding, Adam Crook, Mark Jakins, Tonia Morrell and Lisa Jakins. Best Costume was Lou Down. The day was rounded off by Hot drinks, Bacon Butties, Mince Pies and the draw for the TCS London Marathon. Congratulations Dale Poulter and Good Luck.

Looking forward to the New Year it is our 40 Anniversary and awards night. We will be celebrating the 40th Anniversary of Gosport Road Runners and recognising the athletic achievements of our members in 2023. Tickets on sale now, details on Website and social media. Also see Karen Harding or Karen Morby on Club Nights. It will be a great fun and inspiring evening.

Awards will be presented from the period 01 Jan 2023 to 31 Dec 2023. The Suite of awards will include the usual categories, details can be found on the website and on the club noticeboard.

Talking of awards the Gemstone Awards to incentivise to hit the road have proved successful. Some members have eaten the challenge for breakfast, sadly some have fell at beeches brook. Please do not despair or get disheartened those who have, the opportunity is still there to join, but unlucky, previous mileage does not count!! Sorry.

With regards to Club Awards for 2024, as previously mentioned, we will be allocating Championship races linked to the Hampshire Road League to qualify for age group awards. These will be promulgated in due course to enable members to plan their 2024 races. The last Championship Race for 2024 is the Victory 5. Remember you need to be in it to win it.

Anyhow Folks that is all for now. All I can say is I hope you and your families have a great relaxing Christmas and New Year, keep getting those miles in and see you on club nights.  
Merry Christmas

*Ken*

Chairman GRR  
Chief Marshal Gosport Half Marathon

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# Club News

## New Men's Vice Captain

As Ken mentioned in Chairman's Corner, we have a new Men's Vice Captain in the club - thanks to **Steve Calder** for taking on this role!

## Helpers' Half (and Gosport Half Marathon!)

Both these events have been and gone since the last issue, and both were a huge success.

The Helpers' Half was held on an unusually nice day, and had a great turn-out. The event was based out of the Kingfisher caravan site who kindly hosted us for the day, which was also a great venue to return to for donuts and coffee afterwards. Thanks to all who put this event on for us.

The winners of the new trainers from Alexandra Sports were **Lisa Jakins** and **Mike Barker**.

The GHM was held on a not-so-nice day (unless near-gale-force winds are your thing) - but as usual was very well organised, well supported all along the route, and attended by a huge number of participants who gave glowing feedback on various forums after the event. There will be a full write-up of the GHM (and a 'charities special') in a future issue.



## Awards Night and 40th Anniversary

As you'll see elsewhere in the issue, the Awards Night and 40th Anniversary is taking place on Friday 26th January 2024 - please pay for your tickets ASAP: This should be a great night to celebrate achievements, look back on the past 40 years, and look forward to the future.



# Sofia Half Marathon

Zoe Windsor

**Half Marathon number 119**

**2hrs 34**

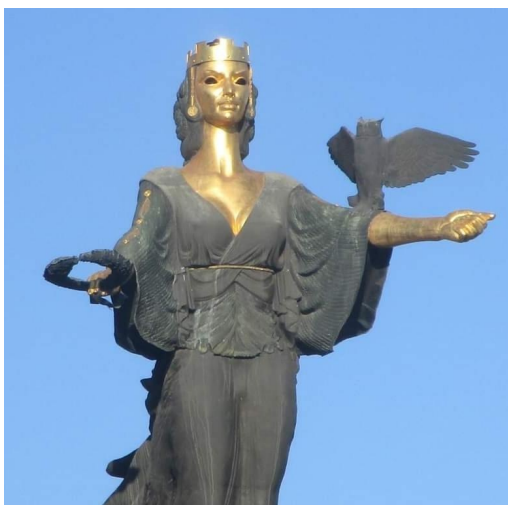
I had provisionally booked Sofia Half Marathon with Running Crazy back in 2020! But then Covid got in the way, I was happy for Running Crazy to keep my £50 deposit as I knew I would run this race at some point!

I managed to persuade my runny buddy from Hedge End Runners to come along with me for a long weekend. Once we got to Bulgaria airport, we were met by Malcolm from Running Crazy and then we headed off to the metro.

Our hotel was right next to the start line for the race, the hotel had been built in the Soviet style era and there were 'unrenovated' rooms! Somehow me and my friend managed to get one of the renovated rooms, sigh of relief.....

The next few days were spent exploring Sofia: In total there were 16 of us with Running Crazy from all round the UK. The night before the race Running Crazy organised a pasta meal out, you don't have to go if you don't want to but we went to be social.

Race day arrived. My friend was running the marathon so we headed off to the start so I could watch her race. Then it was my turn. I had been a bit worried about the weather as it was now 25 degrees!



We started off running along the brick road in the capitol, on the way there are many historical sights to see. The large statue of Sofia and the dominating churches and government buildings with the national guard outside. We also went past Lavov Bridge, the lions bridge that replaced an older one from the Ottoman empire.

It then turned onto a dual carriageway to take us to the edge of Sofia. I could feel it getting warmer and there was no shade at all. Luckily, I always run with water but gladly took at 7.5 miles some fresh orange juice that was being handed out. The road seemed to go on forever and I could now see runners coming back the other way. The turn around point came about 8.5 miles and now we were headed back to the start.

The miles ticked by, and I did walk up the last bridge back into the city, a few more corner turns and then I saw Malcolm from Running Crazy who was taking pictures. Finally, over the finish line, but wait..... No medals?

I followed some angry Bulgarian woman who had now this small following of people, we got pushed from pillar to post but then found the race director. I had no idea what they were all saying but basically, he said they ran out of medals.

After 30 minutes of trying to find out about the medal I gave up and went back to my room, had a shower and snacks then headed back down to wait for my friend. She crossed the line in just over 5 hours, and would like to add that she is 65 and this was her 412th Marathon! Later that evening Running Crazy had organised a meal where they show the video they have taken of the weekend to everyone. Again, you don't have to go but it was nice to see everyone and how they got on, after the meal we headed off to an Irish bar for a few drinks.

Overall, the race had many failings, they ran out of medals for the half and 10k and then blamed it on people running with last year's numbers - hmmmmm I'm not so sure. The bag drop was chaos - luckily, we did not use it as the hotel was round the corner along with being able to use our own toilet before the race. They also ran out of water on the route which was bad for the marathon runners. The marathon had a cut off time and those past it had no direction of where to go, the gantry had been taken down by then, the timing man was taking pictures of numbers, but a few were unaware of this. Also, the race expo tent was now full of water and post-race goodies, but this was not advertised anywhere. It made me realise how well organised our half marathon is.



I did get a very good race bag, t shirt and chocolate, the medals are meant to be posted out. I shan't hold my breath. Bulgaria was a fantastic place to visit, it has the world's largest production of rose oil so you see rose scented toiletries and presents everywhere! I also went to a military museum which was brilliant and their national museum which had some really interesting taxidermy, so much to see and very cheap. It was a great long weekend with Running Crazy making new friends and planning adventures.

My next trip with Running Crazy will be to Riga in Latvia next year.

*Zoe Windsor*

# Great South Run

Dave Whiting

A month or two since the great south run already! (I'm guessing as I'm writing this straight after the release of the last newsletter). Always awesome to see so many friendly faces and GRR's. I've always loved the GSR, one of the first runs I did as a GRR and the atmosphere has always been great with plenty of my adoring fans all the way round.

Missed the Team photo.... Ooops! I missed the facebook post until after it was taken, apparently there's a photo of me in a bush?? You can't prove anything ;)



I think it's the 5th time I've run the GSR, it's always been great, weather has been excellent and this one was no exception. Not the fittest I've been but really looked forward to it as I ran with my best mate who had never run it before, no PB's, no race pace, just really enjoyed the event!!

We started off right at the front of the 'green' wave soaking in the atmosphere and of course doing our warm ups.... As usual everyone went shooting off waaaay too fast at the beginning but we soon settled at a nice pace, took in the sights and bimbled along. Chatting and reminiscing about the "old days" coming into the dock yard I was disappointed to not see the TV camera, on we plodded to the next milestone, the classic bridge where we can shout Oggy Oggy Oggy!! Love it.

*Nothing to see here...*

Mile 7 we were starting to feel it, but water and some sweet treats soon sorted that out, crowd thinned out which was surprising from the previous years, but still plenty of friendly faces, onto the speed bumps where without fail I see someone fall over, this year was no exception with a older guy taking a tumble, (he was all good and carried on).

Round to the seafront for the final stretch which always takes longer than I feel it should!!! And up to the finish line finishing together with a time of 1:33:50. Great day out, Great Company, Great GRR Support, Great South Run.

*Dave Whiting*



# Solent Half Marathon

Sunday 1st October 2023

Jenny Shilling



When Tracey Wales and I set out for Gangwarily Leisure Centre near Fawley, early on 1st October, being driven by Phil, we were both quite looking forward to taking part. We did the race together in 2022 and despite being apprehensive, we really enjoyed it. We had said after the race that the hills didn't seem as bad as we had remembered, and would look to take part again in 2023.

Whilst en route I received a message from Steve Calder to say he was stuck in an enormous traffic jam, due to an accident which must have happened seconds after we passed junction 9 on the M27. This unfortunately meant that Steve was unable to make the race as the motorway was blocked for quite a while. It seems sadly that a driver had suffered a medical incident.

We arrived safely and collected our numbers and then joined the customary queue for the loo!

The day before the race, the organisers had had to make a change to the route as roadworks had begun earlier than arranged. This didn't cause too much of a problem, it just meant we had a longer run round the field at the start and finish.

For the first few miles it was cloudy as we ran through parts of the New Forest, heading towards Exbury Gardens, but then the sun came out and the temperature rose. Around the 5 mile mark we passed two men running together, who remarked that it was stamina not speed that was needed for this race. They overtook us and we stayed behind them for a while, before we overtook them again, and then there were further comments and almost a running commentary going on behind us, again related to having stamina. We managed to move away from them and didn't see them again, despite stopping and taking a proper drink at water stations and walking up some of the hills, so maybe they had done too much talking!

Things were going well, the diversion on the route was after the entrance to Exbury Gardens, and we ran through the pretty village of Exbury, instead of down the usual country lanes.

As we approached the water station at Lepe shore around the 8 mile mark, the heat was really starting to get to me, Tracey was finding it hot as well. We continued on and after a couple more hills, I was really finding it difficult, I was overheating and my legs really didn't want to work. Around mile 10 I suggested to Tracey that she carried on at her pace, and I just plodded on. Around mile 11 I found myself running with a chap who was also struggling with the heat and hills, and we kept each other company up to the end of the race, which due to the last minute change of route, meant a longer run round the field, which by then was difficult. I was so pleased to have finished, in the end just a couple of minutes behind Tracey, but we did it and represented Gosport Road Runners.

Would I do it again? Maybe not.

*Jenny Shilling*





# Rheinaue parkrun - Bonn

Marie Bowers

We had planned to visit Bonn 3 years ago for the Beethoven 2020 events (250th anniversary of his birth) but that didn't happen, so we decided to try again this year to visit his house and include a parkrun. The pleasant Rheinaue Leisure Park just outside the city, which has an area nearly as big again as the city itself, was created for the National Horticultural Show in 1979. It has lots of trees, green spaces and meandering footpaths.

We failed to work out how to get there by public transport so took a taxi. Arriving at 8:15 on a misty morning, in the middle of an enormous empty park, there was no-one else in sight and the taxi driver asked were we sure it was the right place?

We said yes - we weren't sure at all - but crossed our fingers and went to look for the Rheinaue halfpipe mentioned on their website. Just as we spotted the skate park a man laden with parkrun signs appeared and we breathed a huge sigh of relief!

Richard, the British run director, lives in Bonn and he kindly did the briefing in English as well as German.

The run was 2 laps on mostly tarmac slightly undulating paths with loads of space and views of the river Rhine. A really pleasant experience with the usual friendly bunch of marshals and parkrunners. 77 runners finished with times from 19:09 to 59:13.

Some people from Staffordshire were staying in nearby Cologne for the Cologne marathon the next day and the Tuesday "Unification parkrun" on October 3rd.

Is that an actual parkrun, we said?

It seems every country can choose one extra annual parkrun day, not necessarily a Saturday. England chose Christmas Day and Germany October 3rd. It's the German national holiday created to celebrate the fall of the Berlin Wall and the unification of East and West Germany in 1990. We didn't realise this beforehand but soon found out when all the shops were closed!





# Clarendon Marathon

## A Race of Four Quarters (ish)

Gill Thomas

The Clarendon Marathon is run on the scenic and hilly Clarendon Way between Salisbury and Winchester. You can run the whole marathon, the half, the last 5 miles or run the marathon as a relay team, which is what GRR decided to do this year. We had 3 teams, 12 runners, 3 batons, 3 transition points, 4 cars—what could possibly go wrong? Amazingly nothing, it all worked like clockwork and here we are.



The Gosport Gruffalos : Kev White, Nikki White, Paul Street, Mike Barker

The Gosport Gazelles : Mark Jakins, Deborah Birch, Dave Whiting, Ian Pugh

The Gosport Grasshoppers : Gill Thomas, Shirley Faichen, Biddy Russell, Colin Lambert

Plus our trusty drivers —Nigel Thomas and Dave Croft who were great at getting us to the relay points on time.

The race starts from Laverstoke, near Salisbury and the leg 1 runners took their batons—which holds the timing chip and carries a £40 fine if you don't return it— and set off. The rest of the teams headed back to the cars to the next transition point at Winterslow, stopping at Pitton to cheer on the leg 1 runners en route.

Some lovely baton handovers and back to the car once more to the next transition point at Broughton.

The next leg was very hilly, the Gruffalos and the Gazelles made some impressive times and the Grasshoppers hopped slowly but surely up those steep, steep hills. The last transition point was at Farley Mount.



The hills were a bit of a theme. Note how the baton receivers look very happy but the baton passers just a bit relieved.







Biddy took a bit of persuading to join, but was convinced to do leg 4 when assured, by common consent, that it was the easiest. Her grumpy comment “it’s not 4 miles, nor was it downhill” was eclipsed, hopefully, by the joy of finishing with her team.

To conclude, this is a lovely race, with excellent organisation, great marshalling and nice T shirts. Many of us had run some or all of the course before, but running as a set of Gosport Road Runner teams with all the support and encouragement that entailed was great fun and a different experience altogether. Thanks to everyone who came, especially Ian who was a last minute stand-in and Dave and Nigel for driving us around.

*Gill Thomas*



**Shirley Faichen** also summed up the day very nicely:

Camaraderie and support  
Laughter and enthusiasm  
Awesome views  
Rocks and stones  
Enthusiasm and encouragement  
No dropping the baton  
Downhills and uphill  
Organisation incredible(thank you drivers)  
Nice medal and t-shirt at finish



# Košice Peace Marathon

1st Oct 2023

Jo Yorke



I can't quite remember why I decided to enter this marathon, but I'm so very pleased I did!!! Never could I have dreamt that my 53 year old legs could run non-stop for 26.2 miles.

Shortly after entering, the reality dawned on me, and the search for a sensible training plan began. That's when I found out that Mark was also training for a marathon and he kindly sent me over the plan he was using. It was an 18 week plan which seemed a sensible time frame for me, so on the 21st May the training began.

I really started to enjoy the training, and got stuck in straight away. As the distances started to increase so many of my lovely friends helped me along the way. Some were running with me, some cycling and some leaving drinks and snacks along my routes. I was never alone on my weekend long runs, and on club nights everyone helped too. I could never have completed my training without all the support I got. I won't mention individual names, but you all know who you are. I also had Mark on speed dial, to answer all my ridiculous questions, and Gavin at home encouraging me every step of the way.

My longest training run was 20 miles and I was convinced I'd never manage the extra 6 on race day, but I was told by a very wise lady to believe in the training, and that put my worries to rest.

The 18 weeks training passed quickly and I managed to avoid injury which was my main worry (cause I'm old you see) but I came out relatively unscathed. I felt fit and ready for the challenge ahead.

A few days later we were all packed and ready to fly to Slovakia. When we landed the weather was warm and sunny ☀️ with no wind although race day was forecast to be chilly, but I'd prefer that.

We were staying at the allocated race hotel, where all the elite athletes were staying. It was fabulous. Tracy was staying there with some of Gav's friends too. The night before the race, we had an early tea and an early night ready for the next morning, sadly though sleep escaped me and I tossed and turned for what seemed like hours, going over all kinds of scenarios: what if I was just rubbish, what if I fell over, what if I didn't make the cut off time, how many jelly babies should I take, should I have plaits or a pony tail..... very important things clearly. I did manage about 3 hrs sleep, but the adrenaline was pumping and as I walked down stairs with Gav excitement took over.

We all walked the short walk to the start line. Gav was nearer the 1st wave and I was towards the back. I kissed him goodbye and just kind of tried to blend in with everyone else in my wave. That's when it hit me! What the hell am I doing? I'm Jo Yorke, I run 10K's not marathons! But no time to ponder, the gun went off and off we all went.



I knew I had to stick to 11min/miles to finish comfortably, so I kept telling myself to concentrate and not to blow it. The support out on the course was amazing, and the aid stations were like a finger buffet at a wedding reception.... I drew the line at the Slovakian sausage though 😊 but I made sure I had enough water and energy on board. At 1 point I actually laughed out loud as I had a banana sticking out of each pocket, and looked like a cowboy in a western film!!! But hey by that point vanity was out the window. Luckily for me there were loads of loo stops too, (if you know you know eh girls), anyway I completed 13 miles with some Slovakian friends I met on the course - they were doing a good pace for me, and we managed to chat a bit in broken English with lots of hand gestures from me. We started the 2nd lap together, I felt strong so stepped it up a bit, as I needed to keep to my pace to achieve my sub 5hrs. The last 10 miles or so I ran alone, but I didn't mind, I was focused and feeling good.



Just a Great South left now. I had my phone in my pocket and I knew Karen, Lisa and Jackie were tracking me, so I decided to drop them a voice message. The replies they sent back really kept me going strong, and I'll keep those messages forever I think. They were so precious. I wore my mum's wedding ring too and at about 20 miles when I was so tired I gave it a little rub and had a quick chat with mum. She helped a lot.

5k approached, now I knew I was going to actually do this, I knew my Gav was waiting for me and that's when the tears came. That last 5k I ran my socks off, and then just like that I crossed the line - the emotions were amazing: I was proud to have finished and in the time I wanted as well. And that was that, I'd just run a marathon!



Me, Gav and Tracey walked back to the hotel and all Gav's friends were there to greet me, with hugs and prosecco: I really wanted a cup of tea but don't tell them that. We went back to the hotel room. And I messaged Karen and Lisa again - I think they were both tearful too!!!

My marathon journey was amazing, the support I got from everybody at Gosport Road Runners was incredible - this race wasn't just about me it was about all my amazing friends and Gavin too. Without them I'm pretty sure I wouldn't have done it.

Would I do another one?

Hell yes .... watch this space.

*Jo Yorke*



# Lisbon Marathon

8th Oct 2023

Stephen Crook

Why Lisbon? The European Football Championship was held in Portugal in 2004 and back then Claire and I were travelling to home and away games supporting England. It was expensive. In an attempt to reduce accommodation and travel expenses, we chartered a boat with friends, to use as somewhere to sleep and a means of getting around the country, with easy access to match venues. As it turned out, most of England's games were played in Lisbon, so we spent a lot of time there and loved it. We've spent a lot more time in Portugal since then and I've run and sailed up and down the coast many times now. Lisbon had been on the marathon wish list for a while.



The weather in Lisbon is generally warm in October, so the marathon has a relatively early scheduled start time of 0800. No problem. What is more of a problem is the super-high humidity of around 90% combined with temperatures between 18°- 20°C at that time of day. Sweat just pours out of you from the start and there is zero evaporation and therefore zero cooling effect. Then the sun rises. Then it gets hotter.

Given the numbers of us that run, it is very rare for there to be a fatality in a race. The few that do occur are personal tragedies and get a lot of attention, rightly so. A 'Runner's World' article reports that the three main causes of death in races, in order of incidence, all begin with the letter 'H': Heart attack, Hyponatremia and Heat stroke. Not much I could do about the first one. The second one is easy. Don't drink too much. I rarely take more than an occasional sip of water during a marathon anyway. Heat stroke was going to be the more difficult challenge to avoid.

With a mixture of trepidation and excitement I set about attempting to condition myself to what was to come. I did my longest runs in the highest humidity possible and a good proportion of my medium-long runs were deliberately timed to finish in high temperatures. I am a relentless advocate of running most training miles at an easy "run forever" effort that is well below my racing effort and pace. Elites have to



find the edge but for us mortals, staying fit trumps any killer session when targeting a marathon. I racked up around 900 miles over the 18 week training block.

It transpired that on previous visits over the years I had run over most of the Lisbon marathon course, albeit in small sections. As a result, I knew where the bumps were; I knew where the best surfaces were; I knew the camber of the road; I knew where there was a clear bias to run one side of a roundabout vs the other, I knew the road layout near the finish. As the cliché goes, “time spent on reconnaissance is rarely wasted”. It was a big advantage on raceday.



The race expo was quiet on the Thursday, no queue for numbers or race packs at all. Free stuff. Nice. Pre-race evening eventually came around. A couple of pints in a local cycling-themed café with hugely supportive owners, Carlos and Antonio; followed by a Thai meal. Lovely. It was to be an early start, alarm set for 0400, so bed by 2100 at the latest. Phone call to Mum - “don’t worry mum” - then as we walked back, one last email check.....from edp Lisbon Marathon: **“Due to the high temperatures expected tomorrow, the race will start at 0700, one hour earlier than planned. The cut off has been reduced from 6 hours to 5 hours. See you tomorrow. Have a great race!”** Blimey. 0300 alarm then, better rearrange the Uber. Night night.

It was always going to be stupid-early anyway. 1 hour doesn’t make a big difference at that time of day. One more hour of 90% humidity and 20°C heat in the dark vs one hour less of 60% humidity and 27°C heat in blazing sun. Let’s have it!

At the race village a cockerel was crowing in a nearby yard. It sure was early. It made us laugh. The fact that the full race starting area was all ready to go one hour ahead of schedule is testimony to a superb effort by the organisers and volunteers. Outstanding work.

With very little fuss, we were off. An uphill section to start. Undulating is a frequently abused word in the context of course descriptions. However, in the case of the first 15 miles or so of the Lisbon marathon, I think it is fair. There is very little that is flat for long, but the inclines/declines are indeed gradual and they don’t last for too long. To be honest the variations made a welcome change of effort on the legs and they gave me a chance to choose to deliberately shorten or lengthen stride here and there and to take a little

'breather' now and again, whilst doing a mental and physical inventory of how everything was feeling. I felt really good and I was enjoying the route a lot. I knew that I would.

The course is beautiful. The Start is in Cascais, a seaside town at the entrance to the River Tagus/Rio Tejo. The route heads west on the coast road to just past the Faro de Cabo Raso ("lighthouse of the shallows") in sight of the Cabo de Roca ("Cape of Rock") continental Europe's most westerly point, before reaching a 180° turning point and then following the coast and then the Rio Tejo riverside, all the way into the heart of the old city of Lisbon. The finish is in Praça do Comércio, right on the waterfront, in one of the most impressive plazas that you will find. If my job with the Portuguese tourist board doesn't work out, I'll be back on Thursday. Try the fish.

My race reports are all pretty similar when it gets to the running bit. I was in the third starting section, behind the elites and then the sub-3 runners. I waited at the back of the pen to ensure that I didn't get swept away with the racing snakes. Running uphill, in the dark, with marathon adrenaline coursing through the veins seemed to me like a sure-fire opportunity to shoot my bolt before 10K. Today of all days, the penalty for "going off too fast" would be severe. So I didn't.

I knew that this carried the risk of being in heavy traffic for the first 10-15K and so it proved, but this was part of my plan to ensure that I held back. No weaving, no stress, relax, let the miles come to me. Plenty of time to lengthen stride when things thinned out later, as they inevitably do. One youth did ankle-tap me as he lunged for a non-existent gap between me and another runner. He got a cheery Gosport salutation, obvs, as he worked his way through the pack with all the subtlety and finesse of a supermarket trolley, with not one but two dodgy wheels. I resisted the non-existent urge to stop and help him when I saw him limping along, race over, a couple of kilometres further on. I'm not in the habit of running just to "get round" but it felt like the right thing to do today, at least early on.

And on we went. The sun eventually rose spectacularly over the Atlantic Ocean to my right. Claire was with me at the start and I saw her again in Cascais at about 12K as I ran through a really pretty section of the course. She popped up again at about 35K, cheering and waving to give me another massive boost. She was there at the Finish. Tireless support, always appreciated. Claire took the photos!







Meanwhile, back to the heat. I don't like wearing hats. I tried using a bandanna during training but found that whilst it provided some UV protection, my bonce just cooked like a 1970's boil-in-the-bag Vesta curry. They weren't great back then and I didn't think it was helping now. So I decided to stick to my tried and tested spf50 suncream for head protection. But that alone probably wouldn't be enough to mitigate my core overheating. Visions of Jim Peters staggering and failing to finish at the end of the 1954 Vancouver 'Empire/Commonwealth' Games marathon (multiple WR holder, he never raced again) and a similar fate befalling Callum Hawkins 64 years later at the 2018 Commonwealth Games were vivid reminders of the need to take care.

Inspired by information supplied years ago by Dr Dan Roiz de Sa, that the insides of our forearms/wrists are like the "elements at the back of a fridge" (paraphrased, badly I'm sure) I did my best with what was available. At each water-stop (I've forgotten how many there were, 6/7/8/9???) I took a (warm, but cooler than me) bottle of water and doused my wrists, shoulders, neck and head. I took one sip to rinse my mouth and one sip to drink. The cooling effect was fleeting but welcome. At 3 (or was it 4??) of the water-stops there were also run-through showers. I avoided those as I don't like running in squelchy feet on a dry day and I didn't want blisters. I was getting "my douche, my way" and I stuck with that.



As the sun got higher, and hotter, runners tried to take any shade that the course provided. At times this was a ridiculously narrow slither of nothingness at the side of the road. At those times I chose not to join the queue of slowing vampires in the gutter, but to take the opportunity to stride out and pass some of the competition, hoping that a better, more shaded option might lay ahead. This may have been a mistake but it was my way of at least kidding myself that I was in some semblance of control. I was still feeling good.

I had a cracking run. Things didn't even get "comfortably hard" until about 22 miles. Then, the light headwind that had been of marginal cooling benefit for the last 15 miles or so, at least at the "douche" points, started to really push me back and threatened to stop me in my tracks. I don't think the breeze was picking up. I was tiring. The "uncomfortably hard" phase didn't last long.

From 24 miles I was into serious "questioning of life choices" territory. This was proper hard, sheer bloody-minded willpower and mantra time now.

It always amazes me that after all of the miles of training, all of the choices made to miss other opportunities and to rather go running instead, all of the effort and expense of getting to the startline, just as the Finish line is within 20-30 minutes of our grasp, we seriously, genuinely, irresistibly think about chucking it all in. It takes me back to my very first GRR 5K time trial. The only thing that stopped me skulking off the course in the dark and spending the rest of my life living under a hedge by the Alverbank Hotel, was the fact that if Mick Welstead could stand there clapping at his lamp post, stoic, soaking and completely committed in the cold November wind and rain, the least I could do was shuffle another 600m. I didn't stop. It's stuff like that, that gets me over finish lines.

As always, wild and shockingly noisy support at the approach to the finish line of a city marathon. Then blessed relief at just crossing the final timing mat. Closely followed by a proposal of undying love, friendship and gratitude to the angel who hands you your medal. Then a minute to compose myself before making sure that I hit my number one marathon target for every race: don't scare Claire!!

#### **A few stats:**

First half:	<b>01:40:33</b>
Second half:	<b>01:40:30</b>
Full:	<b>03:21:03</b>

*Stephen Crook*

## Results - October Time Trial

October 2023 5 Mile Time Trial							
Pos.	Name	Time		Pos.	Name	Time	
1	Mike Newnham	17:55		18	Lisa McGuinness	30:38	
2	Chris Buxton	18:45		19	Gill Thomas	30:50	
3	Dan Belben	19:03		20	Sylv Cawte	31:28	
4	Kev White	20:01		21	Lisa Jakins	31:45	
5	Mark Brown	22:44		22	Donna Tatem	32:09	
6	Angus Barnett	24:13		23	Mike Stares	32:15	
7	Gav Llewelyn	24:31		24	Steve Cawte	32:22	
8	Steve Calder	24:43		25	Brooke Richardson	32:35	
9	Mark Jakins	25:22		26	Shirley Faichen	32:39	
10	Colin Lambert	27:41		27	Rory Fall	33:12	
11	Karen Morby	28:04		28	Dave Croft	33:21	
12	Mike Barker	28:24		29	Richard Smith	33:24	
13	Tom Channon	28:40		30	Karen Harding	33:47	
14	Sara New	28:45		31	Biddy Russell	36:57	
15	Tom Reader	28:47		32	Becky Scott	36:58	
16	Zoe Windsor	30:04		33	Pam Ella	44:25	
17	Deborah Birch	30:21		34	Roz Weaver	44:28	
Officials, Supporters and Marshalls:- Paul Street, Sid Smith, Nikki White, Alina Jones, Mark Jones and Ken Eaden.							

# Results - November Time Trial

November 2023 5 Mile Time Trial							
Pos.	Name	Time		Pos.	Name	Time	
1	Tom Barnard	18:25		14	Sara New	28:28	
2	Chris Buxton	18:47		15	Zoe Windsor	29:20	
3	Luke Foley -Greaves	19:53		16	Alina Jones	29:55	
4	Kev White	20:11		17	Gill Thomas	29:56	
5	Mark Brown	22:05		18	David Baker	30:05	
6	Jarvis Johnston	22:09		19	Mick Kearney	30:20	
7	Mark Jones	23:15		20	Mike Stares	32:04	
8	Dale Poulter	23:24		21	Dave Croft	32:43	
9	Steve Calder	24:52		22	Karen Harding	33:35	
10	Mark Jakins	25:26		23	Biddy Russell	36:29	
11	Steve Wood	25:54		24	Becky Scott	36:30	
12	Tom Channon	27:48		25	Pam Fisher	44:07	
13	Mike Barker	28:26		26	Ros Weaver	44:25	
Officials, Supporters and Marshalls:- Paul Street, Sid Smith, Steve Cawte, Gary Francis, Ken Eaden, Mike Bowers, Fi Tomlinson and Tom Reader.							



# Results - Helpers' Half Marathon

Helper's Half Marathon 2023							
Pos.	Name	Time		Pos.	Name	Time	
1	Steve Crook	01:35:28		14	Lisa McGuinness	02:17:11	
2	Kev White	01:35:55		15	Busi Liddle	02:21:16	
3	Adam Crook	01:36:42		16	Mike Barker	02:25:40	
4	Kev Busch	01:52:32		17	Cliff Shaw	02:25:49	
5	Steve Calder	01:54:14		18	Tom Reader	02:25:50	
6	Steve Wood	02:02:01		19	Donna Tatem	02:25:53	
7	Cate Mullen	02:04:33		20	Janet Shaw	02:26:04	
8	Jo Yorke	02:06:15		21	Zoe Windsor	02:31:00	
9	Jenny Shilling	02:11:14		22	Lisa Jakins	02:32:49	
10	Tonia Morrell	02:13:05		23	Honor Reader	02:32:50	
11	Karen Morby	02:13:11		24	Karen Harding	02:43:30	
12	Fi Tomlinson	02:16:36		25	Maisie Elshaw	02:43:30	
13	Rebecca Scott	02:17:07		26	Kim Carter	02:47:24	
				27	Sue Barker	03:11:00	
<p>Officials, Supporters and Marshalls:- Paul Street, Steve and Sylv Cawte, Mike Stares, Jackie Brady, Dave Croft, Alina Jones, Deborah Birch, Jenny MacKay, Gill Scott, Mel Bagwell, Caz Delooze, Angie Elshaw, Lizzie Elshaw and Neil Elshaw.</p> <p>Thanks to Honor Reader for Tail Running the main 1000 Group.</p>							

## Results - December Time Trial

Pos.	Name	Time	Pos.	Name	Time
1	Chris Buxton	18:39	14	Gav Llewellyn	28:42
2	Dan Belben	19:21	15	Gill Thomas	29:06
3	Mike Newnham	21:08	16	David Baker	29:34
4	Jarvis Johnson	23:13	17	Becky Scott	30:44
5	Steve Calder	25:09	18	Lisa Jakins	32:48
6	Mark Jakins	25:19	19	Steve Cawte	32:51
7	Steve Wood	26:07	20	Mike Stares	33:06
8	Nikki White	26:16	21	Dave Croft	33:26
9	Kev White	26:17	22	Sue Barrett	43:46
10	Stuart Wood	27:08	23	Zoe Windsor	43:47
11	Mike Barker	28:06	24	Rory Fall	43:51
12	Fi Tomlinson	28:10	25		
13	Tonia Morrell	28:41	26		
Officials, Supporters and Marshalls:- Paul Street, Ken Eaden, Mike Bowers and Biddy Russell.					

## October Results

1st Oct	<b>Kosice Marathon</b>		
Pos.	Name	Time	
113 - M	Gavin Booker	03:34:25	
78 - F	Joanna York	04:52:00	

1st Oct	<b>Solent Half Marathon</b>		
Pos.	Name	Time	
301	Tracey Wales	02:13:23	
316	Jenny Shilling	02:15:28	2nd in age Cat.

1st Oct	<b>Pirates Pieces of Eight 10K</b>		
Pos.	Name	Time	
9	Adam Crook	00:59:45	
48	Cate Mullen	01:14:35	



1st Oct	<b>Bayside 10K</b>		Comment
Pos.	Name	Time	
28	Donna Tatem	01:13:11	
44	Kim Carter	01:51:10	

1st Oct	<b>Clarendon Marathon Relay</b>		Comment
Pos.	Team Name	Time	
41	Gruffalos	04:18:08	
43	Gazelles	04:23:03	
74	Grasshoppers	05:25:34	

8th Oct	<b>Lisbon Marathon</b>		Comment
Pos.	Name	Time	
3rd M60	Steve Crook	03:21:51	

8th Oct	<b>Chicago Marathon</b>		Comment
Pos.	Name	Time	
23989	Jackie Tombs	04:10:45	7th in age cat.
		04:07:48	Her own time

8th Oct	<b>Denmead 10K</b>		Comment
Pos.	Name	Time	
14	Luke Foley-Greaves	00:41:32	
108	Mike Barker	01:02:50	3rd in age cat.
137	Susan Barker	01:16:38	2nd in age cat.

8th Oct	<b>Deviation Duathlon</b>		Comment
Pos.	Name	Time	
4	Chris Buxton	00:44:36	Sprint event
5	Adam Crook	01:28:31	Standard Event
16	Dave Whiting	02:02:26	Long Event
25	Tom Reader	02:17:50	Long Event

15th Oct	<b>Great South Run 10M</b>		Comment
Pos.	Name	Time	
1145	Adam Crook	01:12:22	
1339	Steve Crook	01:13:33	
1481	Luke Foley-Greaves	01:14:28	
2009	Darren Thorley	01:17:26	
4516	Stuart Wood	01:26:56	

4912	Steve Wood	01:28:20	
5437	Cate Mullen	01:29:57	
5702	Jenny Shilling	01:30:49	
5771	Jackie Tombs	01:31:04	
6102	Lorraine Down	01:32:12	
6457	Jo Yorke	01:33:20	
6515	Gillian Dowling	01:33:36	
6584	Dave Whiting	01:33:50	
7025	Tom Reader	01:35:21	
7265	Fiona Tomlinson	01:36:11	
7296	Karen Morby	01:36:17	
7525	Honor Reader	01:37:09	
7606	Rebecca Scott	01:39:46	
8654	Lisa McGuinness	01:40:50	
10559	Maisie Elshaw	01:48:30	
11019	Donna Tatem	01:50:26	
11494	Zoe Windsor	01:52:55	
12266	Karen Harding	01:57:23	
12839	Richard Smith	02:01:35	
13659	Lynne Franklin	02:10:40	



# November and Early December Results

5th Nov	Event - Hayling 10 Mile		Comment
Pos.	Name	Time	
31	Mike Newnham	01:02:39	
155	Kevin White	01:14:02	
328	Steve Calder	01:27:38	
355	Kerry Arnott	01:29:53	
388	Cate Mullen	01:33:49	GRR/Vegan Runner
403	Jenny Shilling	01:35:57	3rd in age category
424	Jo York	01:38:57	
430	Karen Morby	01:39:55	
445	Fiona Tomlinson	01:41:45	
454	Mike Barker	01:43:56	
458	Sylvia Cawte	01:45:16	
460	Cathy Harman	01:44:59	
467	Sharon Clutton	01:45:57	
469	Malissa Tyrell	01:45:55	
472	Deborah Birch	01:46:23	
473	Shirley Faichen	01:46:40	
497	Steve Cawte	01:52:39	

26th Nov	<b>Southampton 10K</b>		Comment
Pos.	Name	Time	
315	Steve Wood	00:51:18	3rd in age Category
503	Fiona Tomlinson	00:58:24	2nd in age category

3rd Dec	<b>Goodwood Festival 1/2M</b>		Comment
Pos.	Name	Time	
6	Mike Newnham	01:21:57	1st in age cat.
163	Jackie Tombs	02:02:55	1st in age cat.
219	Zoe Windsor	230:13:00	

3rd Dec	<b>Victory 5M</b>		Comment
Pos.	Name	Time	
148	Adam Crook	00:32:53	
155	Kevin White	00:33:10	
346	Steve Calder	00:39:26	
359	Dale Poulter	00:40:10	
407	Steve Wood	00:42:13	
423	Nikki White	00:42:46	
460	Jenny Shilling	00:44:33	

476	Steve Cawte	00:45:57	
478	Karen Morby	00:45:58	
484	Deborah Birch	00:46:49	
490	Silvia Cawte	00:47:25	
492	Shirley Faichen	00:47:26	
493	Fiona Tomlinson	00:47:37	
503	Ken Eaden	00:48:30	
525	Lisa Jakins	00:50:29	
533	Karen Harding	00:52:06	

Thanks to Dave Croft, our Race Recorder, for collating all the above information. As always, please keep Dave updated with your race results by sending them to: [results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk), including links to the results page from the race if possible.



## Dates for your Diary

### Club Events

Thursday 21st December	7:00pm	Christmas run and photo, mulled wine and prize draw. LAST CLUB NIGHT until time trial on 2nd Jan
Friday 29th December	7:00pm (TBC)	Headtorch run - location to be confirmed
Monday 1st January 2024	Run: meet at 11:00 at club. Swim: 12:00pm.	New Year's Day run and swim at GAFIRS. 3.5mile run from Rugby club first.
Tuesday 2nd January	7:00pm	Club Time Trial
Friday 26th January	7:00pm	Awards night and 40th anniversary celebrations

### HRRL Events

Sunday 7th January 2024	10:00am	Stubbington 10k
Sunday 4th February 2024	11:00am	Ryde 10 mile
Sunday 17th March 2024	10:00am	Salisbury 10 mile

### SCCL Events

All events are at 11:00am.

Sunday 17th December	Lord Wandsworth
Sunday 21st January 2024	Chawton House
Sunday 18th February 2024	Bourne Woods
Sunday 3rd March 2024	Holywell Estate

## And Finally...

At the Helpers' Half, Dave Croft was marshal and photographer at the 'Elmore Carpark' point - or 'the bottom of Mount Elmore' as we now know it. Dave did comment that people seemed to be walking up the car park "as if it was some kind of hill". We've no idea what happened that day, but everyone agreed the car park was a lot steeper than it usually is. But looking through the photos he took, two of us were over-egging it even more than most: Witness myself and Cliff Shaw on the foothills of the great mountain before leading up to the *even steeper* sections just out of shot.

I'm promised that the Lee on the Solent Mountain Rescue Team will be on standby next year.



*The South Face of Mount Elmore*

# GRR Online...

## 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 bookmarks list:

<https://gosportroadrunners.org.uk/>

## Social Media

The Club's Facebook members' page is very active, and is the main place where Club members share stories, race experiences, photos, arrange out-of-Club meetings, etc. Search Facebook for 'Gosport Road Runners Members page' or follow this link to see what's going on:

Facebook: <https://www.facebook.com/groups/1930144613918921>

We are also on Twitter: <https://twitter.com/gosportrr>

...and Instagram: <https://instagram.com/gosportroadrunners>

## GRR Newsletter

If you have anything that you would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photos that you have taken of Club runners/events, interesting articles that you have come across, funny stories - basically anything that you would find of interest or think other Club Members will enjoy reading!

Please continue to help make this an interesting read and don't leave it all to Lisa and Tom! It's OUR Club and OUR newsletter.

You can send comments, articles, and any content to us either via Facebook, or by email to [newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)