



## **Club Newsletter**



### **Editor's Note**

*Tom Reader - GRR Newsletter Editor*

It's like waiting for a bus: You spend ages wondering what's happened to the newsletter, then two come along at once... This is the 'normal' newsletter, and (as so often) I apologise for the delay getting it ready - but it's filled with news, results, articles and photos featuring a fair amount of mud. Very soon (no, really) we will also publish the 'Charity Night Special' newsletter, giving all the details of the charity awards given to local groups at the recent evening.

The main event to have taken place since the last newsletter was of course our 'combined' 40th Anniversary and Awards night, which was held in January and was a HUGE success: Thank you so much to everyone who put so much effort into organising it, and to everyone who was there to enjoy the evening. It was great to see so many members, and former members - including some of the founding members of the club.

As well as the celebrations of the club's first 40 years, a huge number of awards were presented, including the first 'batch' of the Chairman's Challenge awards. See later in this issue for the full list of awards presented on the evening.

The days are starting to get longer, and at the time of writing it's not rained for nearly an hour\*. Hopefully spring is in the air, and even I may start 'getting out there' a bit more often.

Whatever your plans for the next month or two, enjoy your running!

*Tom*

\*It's just started raining again.

## **Chairman's Corner: Annual General Meeting Ken Eaden**

Firstly, many thanks to all who attended our AGM: Minutes and outcomes will be promulgated in due course. I would like to summarise my address to the audience. Your thoughts and feedback are welcome. This is my first year as GRR Chairman, I would first like to briefly reflect on the past year - our 40th Anniversary - and outline the aims and objectives moving forward.

Past year and emergence from COVID - notable successes:

- Introduction of the Gemstone Awards to encourage and incentivise members to achieve their running goals.
  - So Far: 24 Emerald Awards- 3 ongoing
  - 2 Ruby- ongoing
  - 3 Diamond- 1 complete
- Successful Gosport Half Marathon with increased numbers from previous year. £11K donated to local organisations and charities who have very limited resources and struggle to obtain funding.
- Increased participation in club sponsored events
- Successful Awards and 40th Anniversary.

Moving forward my aims and objectives for the coming year are outlined as follows.

## **Engender and Maintain Gosport Road Runners Ethos**

- Encourage members of all running levels to achieve and perform to the best of their ability.
- Respect fellow members and other clubs. A joint 5K TT planned with 545, Fareham and Stubbington
- Recognise running achievement and performance.
- Engender healthy competition- Many a good race has been had on a Club Night.
- Engender a community spirit and contribute to local organisations. The GHM is the main conduit for this and through our food bank runs.
- Engender team spirit and camaraderie

## **Awards and Recognition**

Club members are actively encouraged to perform to the best of their abilities. Running achievement and performance is recognised by the following:

- Club Standard Awards- Platinum, Gold, Silver and Bronze
- Gemstone Distance Awards
- Consideration is being given to extending the Gemstone Awards Linked to performance. Based on the same principle as standard awards but moderated to reflect members abilities. This will still be challenging and in a tighter time frame.
- Age Group prizes at nominated Championship Races, namely:
  - 5 Mile Victory 5
  - 10K Lords Hill
  - 10 Mile- Alton 10
  - 13.5 Mile Gosport Half Helpers Race.
  - Cross Country Awards- M and Female

We also aim to recognise the contribution of our members to GRR, this is done via Honorary Membership, Good Egg award, Giles Best Effort. There is also an annual free raffle organised by Mark Jakins at Christmas for members who support club events. In addition to the GHM post-race event, there is a free raffle for participants in the Helpers Half. The prizes are in the form of Alexandra Sports Vouchers.

## **Schedule Of Events**

As a result of feedback from the members survey, we aim to publish a schedule of events well in advance, this will be issued as soon as possible. Events planned and to date. Dates to be confirmed:

- Out of Town runs- Last Thursday of every Month April- August
- Repeat Hills- To be promulgated week in Advance.
- Time Trials- First Tuesday of Month
- Memorial Run- 30 April
- Next Food Bank Run TBC
- Mulled Wine run TBC

- Treasure Hunt TBC
- Clarendon Marathon Relay TBC
- Summer Relay
- Christmas Handicap TBC
- Steves Pizza run TBC
- Awards Night Jan 31 2025

## **HRRL and Southern Cross Country**

We continue to support the HRRL and X country League. The Gosport Half Marathon is an integral HRRL league race and attracts numerous clubs and participants. We have chosen the HRRL league events to incentivise members to compete for age category prizes. There is no requirement to be an affiliate, but members are encouraged to do so and participate in league events. Our membership of HRRL supports the Hampshire Running Clubs by participation in their events.

The Southern Cross League events are fun sociable events that encourages off road running and are free events.

## **Finances**

Although the club finances are in good shape, the past couple of years our expenditure exceeds income. This is not sustainable in the long term, and we will experience increased costs in the next financial year. The proposed increase in fees, will ensure we will remain on a sound financial footing. We will make a modest profit and maintain a reserve contingency fund of approximately £10K-£12K for capital expenditure. Our operating budget is circa £5K and we subsidise EA members affiliation by £9 per member. A detailed breakdown of costs was presented by Paul at the meeting - if anybody requires any further details, they are available, and we are happy to discuss.

## **Members Survey**

Thank you all for your participation in the Members Survey. We have begun to implement some of the findings. Sentencing of the survey will be a priority agenda item at the next Committee Meeting, Key elements identified for discussion are:

- Communication
- Club Start Times
- Role of LiRFs
- Schedule of Events in advance.

The outcome will be promulgated through our media channels

## **Finally**

Recognising that there are other Options on Our Doorstep although we all have the same values, that our sport brings. We have 40 Years of history and offer an eclectic mixture of events for the benefit of our members.



## When Considering Membership

We are a small England Athletics Affiliated Club. This is analogous to a Football League club although cannot compete with the big boys like Stubbington or Fareham, we continue competing in the HRRL and Cross Country, with spirit and determination. Our final league positions for last season were very respectable. One day we might have a glory moment if we can attract younger and faster runners.

We own and host the finest Half Marathon on the South coast, something to be proud of. We donated to small Charities Average 11-13K per year for numerous years and are proud of our contributions to the local community. This was reflected by the Mayor of Gosport at our recent charity event.

For your Membership we offer:

- Subsidised England Affiliation (EA) and Members enjoy benefits of EA affiliation such as discounted race fees and discounts at most sports retailers.
- Free Events with Prizes – Example Club Relays, Treasure Hunt
- Opportunity to Compete in HRRL and our qualify for prizes in our Championship Races.
- Significant Opportunity for all members to receive quality awards for Running Achievement and Performance
- Benefit of a Club House
- Subsidised Travel- IOW
- Free entry Clarendon team Relay Marathon
- Subsidised social events

This list is not exhaustive, and we are open to any suggestions to improve your membership experience.

I thank the Committee for their commitment and time, we are volunteers and do not always get it right so please bear with us. But more importantly a massive THANKYOU to you members for supporting us and our events.

We are always looking for assistance from the membership and there are positions to be filled on both Committees. I however recognise that serving on a committee is not everyone's cup of tea, but if anyone has a skill set that we can call for example, legal, IT skills, social media, communications, marketing, etc there is no requirement to be on the committee any advice and time would be truly appreciated. Tom Reader is our Newsletter Editor, Fi Tomlison is our GHM designer, so a big thanks to them for their contribution.

Membership renewal is now open, and I sincerely hope to see you renew. I commend GRR - many thanks for your continued support.

*Ken*

Chairman GRR  
Chief Marshal Gosport Half Marathon

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# Club News

## Gosport Half Marathon is now Open for Entries

This year's Gosport Half Marathon will be on Sunday 17th November at 10:00, and is now officially open for entries: Let's try to really 'get the word out there' this year: tell all your friends not to miss the chance to run by the Solent on what is *almost certain* to be a sunny day with light winds...

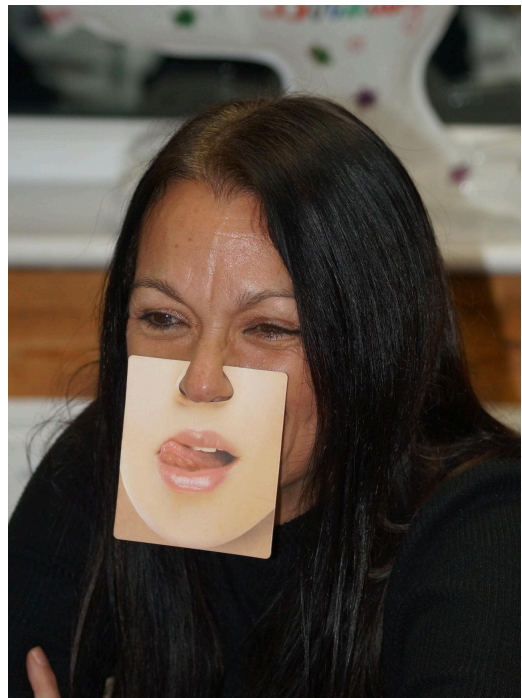
This event takes a huge amount of organising, both before-hand and on the weekend itself, so please keep an eye out for volunteering opportunities: The volunteer roster has been sent out on Facebook and by email - PLEASE sign up if you haven't already.

The Helpers' Half is the preceding weekend: Saturday 9th November.

## Karen Vicki Morby Stands Down as Women's Captain

Karen Vicki Morby has stood down as Women's Captain, after a long tenure in the role - thanks for all your work and support over the years, Karen.

More news in the Captain's Chat, later in this issue.



## **Foodbank Run**

We held our first ever foodbank run, which saw around 30 of us running from the club-house to Waitrose (via Haslar Bridge) and buying essentials to donate to the foodbank - two 'trolley-loads' were donated by GRR members. Thanks to everyone who took part and donated, thanks to Waitrose for making us welcome, and to the other customers in the shop for putting up with us while we did what felt like a trolley-dash!

I should add that I apologise to the man on the checkout: When he asked me how far we'd run to get there, I just said "oh, a long way...". I mean - 3k is *quite* a long way, right?

## **GRR on Tour in 2025: Paphos, Cyprus**

We recently had a club presentation by Running Crazy, who are organising a trip to Paphos, Cyprus for a run on 9th March 2025. A group of GRRs are going, with many more currently 'very tempted' to sign up. Options are to travel out around Friday 7th or Saturday 8th, and return Tuesday 11th onwards.

Distances of 5k, 10k, Half Marathon and Marathon are available, and other runs (notably a wine run) will also be on offer on later days. The package includes airport transfers, hotel (half board), entry to the run of your choice, pre-race meal and post race party. Contact Deborah for more information, or see the Facebook page or website.

# Awards Night and 40th Anniversary

In January, we celebrated the 40th Anniversary of Gosport Road Runners, along with our Annual Awards Night. Thank you VERY much to those who organised this event for us all.

It was great to see such a good turnout for the event, including - as previously mentioned - a good number of former members and some founding members, who came back to celebrate with us.

There is no way this newsletter can do justice to the evening just by photos alone: There are hundreds on Facebook to remember the evening. So here are just a small number that really capture the spirit of the evening.











## The Awards

Platinum Award	Nikki Moxham
Platinum Award	Jackie Tombs
Gold Award	Mike Newnham
Silver Award	Kev White
Bronze Award	Jo Yorke
Bronze Award	Adam Crook
Best Veteran	Mike Barker
Fastest Male Senior	Adam Crook
Fastest Female Senior	Maisie Elshaw
Fastest Male Veteran	Mike Newnham
Fastest Female Veteran	Nikki Moxham
Age Group Championship (Half marathon)	Steve Crook
	Kev White
	Adam Crook
	Kev Busch
	Mike Barker
	Maisie Elshaw
	Rebecca Scott
	Cate Mullen
	Fi Tomlinson
	Jenny Shilling
Age Group Championship (5 Mile)	Adam Crook
	Kev White
	Steve Calder

	Steve Wood
	Nikki White
	Deborah Birch
	Jenny Shilling
Most Improved Female	Karen Harding
Most Improved Male	Mike Newham
Female Novice (Glenys Smith)	Maisie Elshaw
Giles Award Male	Mike Barker
Giles Award Female	Pam Fisher
Brenda Wiltshire Trophy F	Nikki Moxham
Brenda Wiltshire Trophy M	Mark Brown
Good Egg Award	Mike Stares
HRRL 22/23 awards	Steve Calder, Jenny Shilling, Tracey Wales, Karen Morby, Fiona Tomlinson.
Gemstone awards (200 miles)	Mark Jakins, Lisa Jakins, Jo Yorke, Karen Harding, Alina Jones, Sue Barker, Deborah Birch, Tonia Morrell, David Baker, Karen Morby, Honor Reader, Tom Reader, Rebecca Scott, Zoe Windsor, Kev White, Steve Cawte, Fi Tomlinson, Cate Mullen, Nikki White, Sylv Cawte, Mike Barker, Shirley Faichen, Melissa Tyrrell, Pam Fisher, Roz Weaver



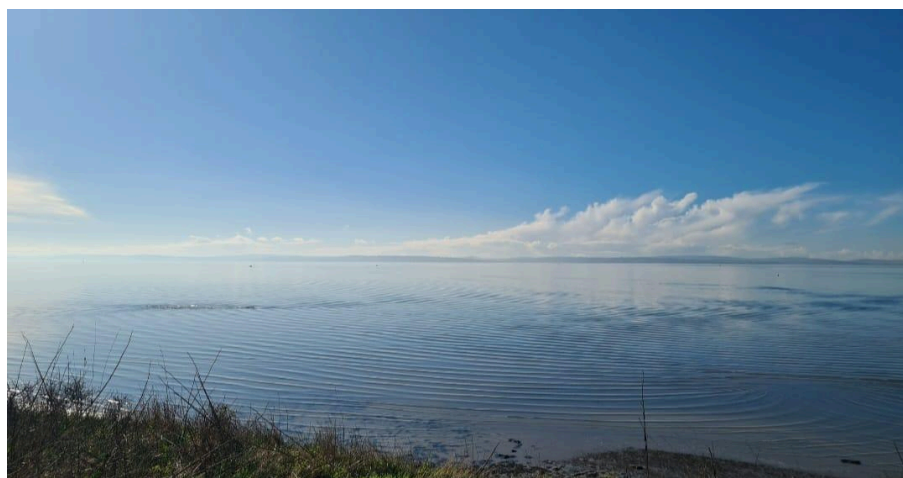
# Cross Country Celebration Run

## Honor Reader



Sadly, the last Cross-Country of the SCCL season was cancelled due to parking restrictions, but the XC Captains decided to host their own 'XC Celebration Run' instead on the same day.

The weather was perfect - we had a whole day when it didn't rain once - and a large group of us gathered at Meon Shore car park, and set off up the cliff.



We ran at a 'group' pace up and along the cliff, round the fields, through a lot of mud, and back along the cliff top, admiring the view more often the further we went.



*Another Classic 'Look Anywhere But The Camera' GRR Team Photo*

On return to the car park, we had coffee, cakes and prize-giving: Congratulations to Shirley Faichen, Gill Thomas, Mike Newnham, Rebecca Scott and Steve Calder on competing in every event of this season. Also congratulations to our Cross Country winners Mike Newnham and Shirley Faichen. Finally, we must mention our Chief Supporter, Sue Barrett, who turned out in all weathers - thanks, Sue!



*Prize Winners*

We felt the morning was a great celebration of the season. Gill and I would like to thank everyone who's supported SCCL XC 2023/4, whether it was running, cheering, eating cake or any combination of those!

*Honor Reader*



# Ryde 10

## Salvina Cawte

On February 4th, we ran the Ryde 10-mile road race. We all met at Gosport Ferry - 18 Gosport Road Runners in total, plus a few supporters. The crossing over to Ryde was on time, and easy.

This year the HQ was a short walk away from Ryde pier. We all picked up our numbers and dropped off our bags. This was my first time doing this race - I was told it's a lovely scenic race with a few steep hills: that was definitely accurate - wow, a few HILLS Ha Ha! Or should I say ouch...



The route was great - I enjoyed most of the run except for the last hill: That was hard but the last half mile was awesome - downhill, I loved it.

Overall a great run with a nice blingy medal. Thank you, supporters - you were magnificent - and Steve Calder for booking our tickets and your delicious fudge.

This was a good event put on by the islanders.

*Salvina Cawte*





# GRR Treasure Hunt

Tom Reader

Speed, agility, stealth, quick thinking, a photographic memory, and a great sense of direction: All things that I completely lack - but luckily the rest of "Team Wet and Wild" more than made up for.

For the second year, Mark Jakins single-handedly organised a GRR Treasure Hunt, held in the Alver Valley Country Park, and - like last year - it was a massive success.



This year, it was no thanks to the weather. Having been warned by Mark all week that it was going to be really muddy and wet (one of the pre-event images was a pirate in SCUBA gear) we all gathered in the car park in varying degrees of water-proof footwear: Mark had sensibly opted for wellies, and I think even some of the runners later wished we had too.

As we all fired up 'what 3 words' and tried to remember how to use it, the first team to set off were taken to one side and started trying to memorise 'everything' on the poster we were shown: Basically random pictures which we were told were the answers to questions we didn't yet have. We didn't know what the theme was or what we would be asked, but I've never seen The Spice Girls and Hilda Ogden, Winston Churchill and Mo Farah on the same sheet before - and that was just the people. No photos of the poster were allowed, so our team decided to remember a few items each, leading to several 'normal



people' walking their dogs wondering why I was chanting "Winston Churchill, Cog, Taj Mahal... Winston Churchill, Erm - Cog, Errr - Taj Mahal" as I ran past them.

As the clues led from one 'station' to another, we were nearly stumped a couple of times: One "what 3 words" location was "follow.the.dots", which we duly entered into the app, and it turns out not to be anywhere near Gosport - luckily Rory soon shouted "there are dots on the ground over here..." and we were off again. For another clue, we spent a surprisingly long time trying to count up in our heads how many legs the mammals in the image had: "OK, one more time - Spice Girls: 10, Hilda Ogden: 2. Queen Victoria: presumably 2 - have we counted the sheep yet?" etc.

And, wow: the mud! We're all used to a fair bit of mud recently, but this was different. I'll let the photos speak for themselves:







With only minor attempts to mislead our fellow teams (“no, nothing this way, must be back there”) we realised we hadn’t been overtaken by anyone, and had passed a couple of teams, so although it’s **DEFINITELY NOT A RACE** we did start to wonder if we were doing OK.

Towards the end, we did the tie-breaker question which partly involved trying to work out how old Hilda Ogden was when she was on Corrie (about 100?) and how long ago that was (100 years at least?), and then we were soon at the finish.

Tea, coffee, cakes and chocolate were waiting for us at the end, and while we were warming ourselves up with hot drinks, we did notice that one team came in quite a long time after the rest - no names. We had talked about sending out a search party, but decided to eat all the cakes first: They arrived just in time.

While Mark totted up the scores, and although it was **IN NO WAY ANY KIND OF RACE** I’m very pleased to say that our team were declared the winners. This has never happened to me before, so there was a fair bit of trophy-waving, for which I apologise (not really!)



Thanks **VERY** much to Mark Jakins for organising this brilliant day for us all: We can only imagine the amount of time that goes into that to make it all work.

On a personal level, that is probably my favourite kind of running: *Some* running, but lots of stopping, lots of mud, lots of laughter - someone even pointed out how unusual it was that they didn't hear me swear the whole morning. And did I mention the trophy?

*Tom Reader*





# Chasing the 'Z'

Emma Noyce

It was probably my fault. I had half-term off, had forgotten my kids were virtually adults who were happy doing their own thing and that my husband was working. So, I had an entire week to myself. In the car back from parkrun I had mentioned wanting to go away for a couple of days. This escalated quickly, and by 1pm that afternoon Mrs B and I had booked flights to Amsterdam and a Hotel in The Hague for 2 weeks' time. We are so very rock and roll. All on the very flimsy premise that we needed a 'Z' parkrun and we could go to Zuiderpark. Not wanting to be left out, once she heard, Biddy immediately booked the same flights and hotel for her and Colin – although, apparently we are **not** allowed to tell Colin that Sue and I got a much better deal on the hotel than Biddy did...so, SSSHHHH!

I'll do the travel info bit in a minute, but basically after a very straightforward journey, we found ourselves in a glorious hotel in the middle of the Hague – a beautiful City. The most complicated part was fending off repeated offers from the hotel to upgrade me and Sue to the honeymoon suite with a king size bed (we were very happy with our twin thank you very much).



Sue and I both had anxiety dreams about missing parkrun (Biddy and Colin probably slept like babies in their palatial Hotel suite). Once parkrun was out of the way, we had an amazing weekend of exploring, eating and drinking. So I've broken the rest of this down into three parts – the parkrun, the touristy stuff and the logistics. And then there are some top tips for anyone who might be thinking about going.

## The Parkrun

We left the hotel at 7.45am to hop on the number 9 tram to Zuiderpark. It was really straightforward, and when we got to the main entrance, the parkrun location was obvious. Lovely toilets in the stadium (on a par with Lakeside). There were about 100 people, about 10 of which were Dutch. The rest were English tourists who you will make friends with on the way round. The Dutch, I think, don't have a huge parkrun culture and therefore find it faintly amusing that we would travel all the way just to do a parkrun.

The parkrun itself was fantastic. Two laps of a giant circular path around a park. The surface was tarmac throughout, and the paths were easily wide enough to accommodate the parkrunners and local cyclists etc. All flat, so easily a pb course if that's your thing. We saw loads of wildlife – storks and herons and parakeets, as well as some deer with very big antlers. On reflection, we'd have got a better finish time if we hadn't stopped to take a selfie of us and the deer.



Everyone was very friendly and took turns taking photos of each other in front of the Zuiderpark parkrun sign. We went to a café on the edge of the park for breakfast – some weird banana bread and yoghurt thing which was very nice – and got the tram back to the hotel. Mission complete!

### **The Touristy Stuff**

'What a beautiful city!' Was what we kept saying. Over and over again. There was something so nice about it being largely car free as the public transport was so good. There is easily enough to do just in the Hague for one weekend. On the Saturday after parkrun we walked around the plentiful and quirky shops for a bit. We wanted to go to the Mauritshaus Museum (to see the Girl with the Pearl Earring) but apparently you needed to have been organised and book that – which we hadn't. Instead, we went to the MC Escher museum which was totally fabulous. We ate freshly made frites, drank good coffee and ate cake. In the evening we went to a bar called Angies which was excellent – loads of local beer and amazing food. I had an Advocaat trifle which may nearly have been the death of me.





On the Sunday, Biddy, Sue and I caught the tram to the beach at Scheveningen to go for a swim with our new swimmy friend we had met at parkrun (Colin stayed at the hotel to eat breakfast and go to the Mauritshaus – weirdo). The beach was gorgeous if a little chilly – miles and miles of sand and after our bracing dip in the north sea we went to a very cool surf bar on the beach which had an open fire, and we warmed up with coffee and breakfast.

We headed back to our hotel rooms to shower and check out, and made our way back to the station for an equally smooth and simple trip back to the airport. My favourite thing about the whole holiday was seeing 4 middle aged Gosport Road Runners looking all bright and energised in a departure hall which was otherwise made up of 18-30 year old young men nursing monumental hangovers, looking like they hadn't slept in 48 hours and draped at various angles over the little furniture which was available.

### **The Logistics**

We had an easyjet flight at 3pm from Gatwick on Friday, returning at 3.30 Sunday – so just 48 hours. Flights were £187 each – probably could have got it cheaper if we had booked more than 2 weeks in advance. It completely felt like we were on holiday from the minute we arrived. We travelled with only cabin luggage which was absolutely fine, and the flight was just under an hour.

Once we got off the plane, after the longest runway taxi in the known universe, we went through customs and suddenly the airport had transitioned into the train station, so we didn't need to wander around in the rain looking for it. There were loads of electronic ticket machines (all with an English option) so buying a ticket was simple (about £10 to the Hague), and the train platform was literally at the bottom of the escalator, so it was all very simple. The train was a double decker. Yes, that's right, a double decker train. It was all very 'European' - clean, punctual, very clear computer screen telling you what stops you had passed, what the next stop was and what time you would be there – so this removed any anxiety about knowing where we were going.

When we got to the Hague we jumped off the train and straight onto a tram to our hotel – no need for tickets, you just use your contactless card when you get on and off.

Our hotel was the Movenpick – couldn't have been more perfectly located, right in the city centre and really easy walking to bars and shops. Sue and I paid about £170 for two nights (so £85 each) but I think I probably got a really good deal on Booking.com as others may have paid more (ahem, Biddy and Colin).

So, all in all, around £270 for flights and accommodation. You could do it cheaper if you book further in advance I expect.

### Top 10 Tips:

1. Stay in the Hague, not Amsterdam – it's beautiful and calm and if you want to go to Amsterdam you can just hop on a train.
2. Public Transport and Trams are really easy and reasonably cheap (I think our journeys were all around £1).
3. Visit the beach, it's fab – there's a sauna and a beach bar and even a pier.
4. Also visit the Frites Atelier but don't expect to want to eat again for some time.
5. Eat a freshly made Stroopwaffle – there is a shop that makes it in front of you.
6. Ask a local for recommendations – drinks, food, whatever – they all seem to love the place and they all speak perfect English.
7. 48 hours was just right for the Hague and the beach. If we'd had more time we'd have visited Delft next.
8. Book the museum in advance if you want to go. And go to the Mauritshuis first thing before the crowds.
9. Other 'Z' Parkruns are available nearby (see Julia for info on Zegerplas).
10. Just go. Don't overthink it – life is short and there is fun to be had!

*Emma Noyce*





# Captain's Chat

Deborah Birch

We had a great running start to 2024 with the annual fancy dress run and dip in the Solent! We chose a different route this year, taking us along South Street, Bury Road, Privett Road & Gomer Lane with lots of toots from passing cars. We then ran through Stanley Park with lots of wide mouths from the bemused dog walkers as the likes of Batman, a nun & a gnome ran by.



Most but not all of us decided to dip before squelching our way back to club.

Lots of fun and a GRReat way to start the year.

Stubbington 10k saw a great turn out of GRR runners for the 2024 start to the Hampshire Road Race League (HRRL) road races. Well done and thank you to all our runners for taking part. We are so pleased because we had enough runners for both our men's and ladies' teams.

Our current rankings in HRRL can be found here: <https://hrri.co.uk/results/>

Thank you also to all our supporters along the route. It is so encouraging to have brilliant support.

A special mention to our octogenarian runner Dave Croft who had a fantastic run. Also to Nicki White who is recovering from a fall on the course and we are pleased to see you are back on the trails running Nicki.

Mark Jakins' Friday head torch runs set the weekend off in a great running way. These are local and always re-group with no pressure on running at a fast pace. Every runner is welcome. Wearing of a light is a necessity for these runs. Thank you Mark for organising this series of runs over the winter months.

Our January parkrun tourist run was to Bartley Park.

Many of us stay for a cuppa and chat after these parkruns, please come along. Steve Cawte is doing a great job of getting us around the county as parkrun tourists. Steve Calder did his Forrest Gump run at Lee parkrun recently too.

Karen Morby has stood down as Women's Captain after 6 years. Thank you so much Karen for doing a fabulous job and for the dedication, time, energy and ideas you brought to the post.

Socially and without running – our awards evening and 40th celebration night had a great turn out. So many collected an Emerald gemstone award which is the new initiative from Ken, our Chair of GRR. Well done for all those completed miles and have you had a thought about the next level yet? If you would like to sign up to start a gemstone – emerald, ruby or diamond then please register and submit your weekly mileage to [gemstoneawards@gosportroadrunners.org.uk](mailto:gemstoneawards@gosportroadrunners.org.uk)

Ryde 10 – we had enough runners to fill our 2 teams of men and 2 teams of women. Well done and thank you to the runners and our supporters. We enjoyed GRReat conversation as we travelled together on our group booking to cross the Solent.

What a busy running start to 2024! We've also had Bourne Woods (Hampshire's last cross country event of the season), Mark's Treasure Hunt run, GRR's first food bank run on 29th February and the HRRL Salisbury 10.

Alton 10, Netley 10k and Lordshill 10k are all open for entries. A little reminder that Alton and Lordshill are the club's nominated championship races this season.

Happy Running from your Ladies' and Men's Captains – Karen, Steve and Deborah.



*Deborah Birch*

# Results - January Time Trial

January 5 Km Time Trial							
Pos.	Name	Time		Pos.	Name	Time	
1	Mike Newnham	18:17		11	Zoe Windsor	29:25	
2	Mark Brown	23:15		12	David Baker	29:29	
3	Steve Calder	24:07		13	Ethan Barratt	29:39	
4	Dale Poulter	27:44		14	Alan Howieson	30:40	
5	Mark Jakins	27:45		15	Becky Scott	32:26	
6	Melissa Tyrell	28:03		16	Lisa Jakins	32:28	
7	Mike Barker	28:14		17	Karen Harding	32:38	
8	Tonia Morrell	28:18		18	Mike Stares	32:44	
9	Gill Thomas	29:14		19	Kirsten Bradley	34:39	
10	Tom Reader	29:18		20	Steve Cawte	34:40	
Officials:- Paul Street, Sue Barrett, Ken Eaden, Gary Francis, Dave Croft, Mike Bowers and Brian Fisher. Thaks to Steve Cawte for tail running.							

# Results - February Time Trial

February 2024 5 Km Time Trial						
Pos.	Name	Time		Pos.	Name	Time
1	Chris Buxton	18:50		8	Jo Yorke	29:01
2	Adam Crook	20:27		9	Tonia Morrell	29:02
3	Luke Foley -Greaves	21:37		10	Zoe Windsor	29:49
4	Steve Calder	25:24		11	David Baker	30:14
5	Steve Wood	26:36		12	Deborah Birch	31:39
6	Colin Lambert	27:24		13	Maisie Elshaw	34:42
7	Gill Thomas	28:07		14	Cathy Harman	34:44
Officials, Supporters and Marshalls:- Paul Street, Sue Barrett, Gary Francis, Ken Eaden, Mike Barker, Brian Fisher, Ange Elshaw, Tom Reader, Dave Croft and Sara New. Thanks to Cathy Harman for tail running tonight.						



## Results - March Time Trial

March 2024 5 Km Time Trial						
Pos.	Name	Time		Pos.	Name	Time
1	Mike Newnham	17:52		10	Tonia Morrell	29:34
2	Nicky Moxham	20:52		11	David Baker	29:53
3	Ben Wales	22:21		12	Becky Scott	32:20
4	Mark Brown	22:22		13	Lisa Jakins	32:21
5	Gavin Llewellyn	24:00		14	Jacky Brady	33:27
6	Mark Jakins	25:56		15	Biddy Russell	34:51
7	Mike Barker	27:56		16	Rory Fall	34:52
8	Gill Thomas	27:57		17	Mike Stares	34:59
9	Jo Yorke	28:03		18	Cathy Harman	35:00
Officials, Supporters and Marshalls:- Paul Street, Gary Francis, Ken Eaden and Dave Croft. Thanks to Cathy Harman for tail running tonight.						

# Results - April Time Trial

April 5 Km Time Trial 2024					
Pos.	Name	Time	Pos.	Name	Time
1	Ben Jarvis (F)	19:34	29	Fran Bennett (F)	27:31
2	Dan Belben	20:26	30	Kelly Eggar (F)	28:35
3	James Lee (S)	20:45	31	Sara Vamberger (S)	28:53
4	Mark Bennion (F)	20:57	32	Melanie Sharpe (F)	28:57
5	Marek Liskutin (F)	21:29	33	Sara Law (F)	29:04
6	George Aspivall (F)	21:41	34	Tina Knok (F)	29:05
7	John Brand (F)	21:42	35	Amanda Talbot (F)	29:07
8	Matt Lowe (F)	22:22	36	Tony Barron	29:33
9	David Martin (F)	22:48	37	Beth Watson (F)	29:40
10	M Brown	23:25	38	Mike Barker	30:08
11	J Jones (F)	23:30	39	Maria Morley (F)	30:09
12	Martin Pegler (F)	23:33	40	Katie Savage (F)	30:18
13	Kirsty Edwards (F)	24:07	41	Zoe Windsor	30:29
14	Steven Glautier (F)	24:14	42	Wendy Mannion (S)	30:43
15	Simon Martin (F)	24:18	43	Tracie Jarys (S)	31:31
16	Dean Pollard (F)	24:22	44	Lisa Jakins	31:45
17	James Anson (F)	24:57	45	Rebecca Scott	31:46
18	Colin Sharp (F)	25:04	46	David Baker	32:27
19	Neil Jarvis (S)	25:28	47	Stacey Stubb (S)	32:33
20	Tom Channon	25:50	48	John Taylor (F)	34:25
21	Neil Richards (F)	26:09	49	Emma Taylor (F)	34:28
22	Mark Jakins	26:24	50	Mike Stares	35:47
23	Martyn Taylor (F)	26:33	51	Sara Loundon (F)	35:59
24	Steve Wood	26:45	52	Jeanette Emmonds (F)	36:00
25	Nigel Feast (S)	27:05	53	Mal Barm (S)	37:48
26	Steve Calder	27:14	54	Biddy Russell	37:51
27	Mike Healey (S)	27:18	55	Cathy Harman	37:52
28	Paul Oakey (F)	27:20			
Officials- Paul Street, Steve Cawte and Ken Eaden. Marshals/ Supporters:- Karen Morby, Jo Yorke, Dave Croft, Mike Bowers and Jenny Mackay. Thanks to Cathy Harman for being our Tailrunner tonight. Special Thanks to Stubbington Green and Fareham running clubs for joining us tonight.					

## January - March Results

Jan 7th	Stubbington 10K		Comment
Pos.	Name	Time	
249	Adam Crook	00:40:34	
447	Tim Durant	00:44:36	
479	Kevin White	00:44:27	
652	Mark Brown	00:47:17	
672	Niel Jarrett	00:48:43	
709	Stuart Wood	00:49:04	
730	Daniel Roiz de Sa	00:49:03	
741	Steve Calder	00:49:17	
804	Dale Poulter	00:50:53	
943	Steve Wood	00:52:48	
1009	Cate Mullen	00:53:22	Grr/ Vegan
1091	Jackie Tombs	00:55:13	2nd in age cat.
1117	Jenny Shilling	00:55:58	3rd in age cat
1202	Tom Reader	00:57:14	
1253	Kate Stubbings	00:58:38	



1265	Rebecca Scott	00:58:33	
1268	Karen Morby	00:59:05	
1277	Colin Lambert	00:58:05	
1290	Deborah Birch	00:59:22	
1312	Honor Reader	00:59:17	
1349	Cathy Harman	00:59:39	
1377	Mike Barker	01:00:37	
1378	Paul Street	00:59:50	
1403	Salvina Cawte	01:00:13	
1415	Gillian Thomas	01:00:51	
1453	Steve Cawte	01:01:34	
1463	Lisa Jakins	01:02:10	
1473	Elizabeth Redpath	01:02:20	
1502	Sharon Clutton	01:03:28	
1519	Zoe Windsor	01:04:01	
1534	Ken Eaden	01:04:55	
1545	Mike Kearney	01:05:24	
1568	David Croft	01:05:58	
1575	Karen Harding	01:06:03	
1637	Richard Smith	01:09:01	
1712	Kim Carter	01:15:50	

1715	Donna Tatem	01:15:55	
1729	Emma Noyce	01:15:55	
1740	Susan Barker	01:18:09	
1275	Shirley Faichen	00:31:47	5K only
	Nicola White	DNF	Nasty Fall

4th Feb	<b>Ryde 10 Mile</b>		
Pos.	Name	Time	
104	Adam Crook	01:13:27	
242	Kevin White	01:26:05	
296	Steve Calder	01:30:40	
350	Cate Mullen	01:36:05	Vegan/GRR
391	Mark Jakins	01:40:05	
393	Jo York	01:40:24	
421	Michael Barker	01:44:48	
422	Karen Morby	01:44:52	
425	Paul Street	01:45:19	
428	Cathy Harmen	01:45:57	
434	Deborah Birch	01:46:56	
435	Sylvia Cawte	01:47:44	

437	Tom Reader	01:47:42	
448	Shirley Faichen	01:49:43	
458	Honor Reader	01:51:08	
461	Lisa Jakins	01:51:40	
472	Steve Cawte	01:54:10	

4th Feb	<b>Chichester Priory 10K</b>		
Pos.	Name	Time	
1239	Kim Carter	01:14:56	

11th Feb	<b>Goodwood 1/2 Marathon</b>		
Pos.	Name	Time	
N/A	Zoe Windsor	02:28:57	

17th Feb	<b>Langstone Harbour 1/2 Marathon</b>		
Pos.	Name	Time	
83	Neil Jarrett	02:00:46	

18th Feb	<b>Portsmouth Coastal Half</b>		
Pos.	Name	Time	



116	Stuart Wood	01:55:29	
125	Neil Jarrett	01:57:20	

18th Feb	<b>Southampton Common 10K</b>		
Pos.	Name	Time	
127	Steve Wood	01:01:04	

3rd March	<b>Steyning Stinger 1/2 Marathon</b>		
Pos.	Name	Time	
152	Zoe Windsor	03:30:34	

17th March	<b>Colchester 1/2 Marathon</b>		
Pos.	Name	Time	
1561	Honor Reader	02:15:56	
1721	Tom Reader	02:22:15	

17th March	<b>Salisbury 10 Mile</b>		
Pos.	Name	Time	
318	Daniel Roiz De Sa	01:20:12	

319	Julia Roiz De Sa	01:20:12	
511	Steve Calder	01:30:16	
550	Cate Mullen	01:32:48	GRR/ Vegan
590	Deborah Birch	01:35:50	
680	Sharon Clutton	01:41:56	
705	Salvina Cawte	01:43:49	
724	Paul Street	01:45:44	
725	Michael Barker	01:45:45	
740	Steve Cawte	01:47:08	
770	Shirley Faichen	01:50:11	

17th March	<b>QE Trail Run 10K</b>		
Pos.	Name	Time	
82	Gill Thomas	01:01:40	

17th March	<b>QE Trail Run 15K</b>		
Pos.	Name	Time	
80	Cathy Harman	02:01:57	
84	Lisa Jakins	02:05:14	

24th March	<b>Eastleigh 10K</b>		
Pos.	Name	Time	
90	Mike Newnaham	00:36:14	
608	Ben Wales	00:46:39	
1024	Jackie Tombs	00:52:19	3rd in age group
1925	Lisa McGuinness	01:02:48	
1935	Lisa Jakins	01:02:55	
1993	Jenny Shilling	01:04:59	
1994	Tracey Wales	01:04:59	
2075	Kirsten Bradley	01:06:47	
2154	Rory Fall	01:07:44	Alias: Jonathan Bradley
2156	Jo Yorke	01:07:45	

24th March	<b>Fleet 1/2 Marathon</b>		
Pos.	Name	Time	
1128	Dale Poulter	01:50:21	

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

Tuesday 30th April	7:00pm	GRR Memorial Run
Tuesday 7th May	7:00pm	Time Trial

### HRRL Events

Sunday 12th May 2024	Alton 10 mile
Sunday 19th May 2024	Netley 10k
Sunday 16th June 2024	Alresford 10k
Sunday 7th July	Lordshill 10k

### Other Events

Sunday 9th June	Purbrook Ladies
Wednesday 17th July	Portsmouth Joggers Club - Summer XC at QEP

## And Finally...

We had intended to do a 'best GRR memories of 2023' for this issue, but that seems a bit of a long time ago now. So, let's just go back to the very first hours of 2024 instead - which of course saw many of us in fancy dress, and slightly fewer of us jumping in the sea along with about 1000 other people at Stokes Bay.

Personally I decided to stay on dry land - to make sure everything was ok, or something - maybe next year...



## And Finally (part 2)





## And Finally (enough, now)



*No caption needed...*

# 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*

Summer's here - I think - and as sure as night follows day, I've seamlessly made the transition between complaining about running in the wind and rain to saying it's too hot instead. I think for me there was one 'Goldilocks' run about a month ago that was 'just right'. But on balance, I'm happy with a few more weeks of sun to look forward to.

As always, there's a lot to cover in the newsletter. We've had the 'charity night' newsletter since the last regular one, so no apologies for the fact that some of the news in this issue goes back a couple of months! It's been a busy time for GRR, and we can't fit in everything that's happened in the club, but this is a round-up of some of the highlights... Pull up a chair in the shade, grab something cold (or hot, or 'just right'), and I hope you enjoy the read.

***Tom***



# Chairman's Corner

Ken Eaden

Hi all GRR,

Firstly, many congratulations to all those who completed the C25K beginners' course and welcome to Gosport Road Runners, it is great to see you on club nights and your participation in club activities. A massive thankyou to all the LIRFS who were pivotal to the success of the initiative.

In terms of individual performances, Many Congratulations to Nicky Moxham on her second consecutive Victory in the Purbrook Ladies 5 Mile. Also, a big Shout out to Steve Crook on his London and Edinburgh Marathons. Top drawer performances, massive well done!!

The weather up until a couple of weeks ago has not been the best, and we thought we'd blinked and missed summer, but things seem to have improved now; however, the rain did not dampen the enthusiasm of the yellow Army. The out of town runs and Steve Cawte's park runs and weekend off road roads are hugely popular: thankyou for supporting these events.

Just a reminder, the gemstone awards are still open, if you wish to challenge yourself a reminder of the scheme and details can be found at the end of this article. I will be reviewing these awards at the end of the year with a view to setting new challenges to provide an incentive to pound the pavements. The Gemstone awards do not replace the club standard awards of Gold, Silver and Bronze: they aim to provide a pathway to achieving a running goal and award. Make no mistake these are challenging awards and many congratulations to those who have achieved them thus far. To all those who started and circumstances preventing completion the door is always open.

Behind the running scenes and since the AGM we have introduced a significant change to our Constitution to allow U18's to run with Gosport Road Runners. This was an initiative to encourage young members into the club to preserve Gosport Runners for the future, this is coupled with a new look Young Runners Race at our Gosport Half Marathon. We are still in the embryonic stage at this point and it will take time to mature. Many thanks to Honor Reader and Andy Clutton for leading on this.

In addition, Deborah Birch has assumed the role of Head Coach in lieu of Kim Carter, this will also be a committee role and designed to ensure we have a robust CIRF and LIRF structure in place. If anyone is interested in becoming a Leader in Running Fitness (LIRF), the club is prepared to fund the cost of the course. Please see any of the committee members if this is something that you may like to participate in. Invariably there will be a commitment and a return of service.

We are also engaged with England Athletics to support us, and we are aiming to be a fully compliant 7/7 EA affiliated Club and to ensure we get the maximum value from being a member. This could include additional funding and coaching. For all those who are affiliated members, I encourage you to log on to your account to view the range of discounts and benefits available. We also qualify for a Club London Marathon Place.

Moving forward and 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. Many thanks to all who have volunteered to date, but I still have critical roles to fulfil.

There are several roles to fulfil ranging from Marshalling on the day to goody bag packing and providing logistical support. **The date for your diary is 17th Nov 2024.** 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) or, text/WhatsApp with your details on 07713 187128, or fill in the survey at <https://www.smartsurvey.co.uk/s/LD7BSF/>

Just a reminder to all members that the offer of complimentary Great South Run places are still available, just to refresh your memories please see my original call out below. I am aiming to get 10-15 members to sign up - the more the merrier.

I refer you to Mike Barker's excellent Newsletter article showcasing our Charity evening where local charities received donations from the proceeds of our Half Marathon. We will continue our support to our local community for the foreseeable future. Our aim is to get to Pre-Covid entrants in the GHM to 2000 runners.

One of the recipients is the NHS Charity Brighterway nominated by Zoe Windsor. The purpose of the charity is to "Enhance Patient Care at Southern Health- Providing Support that is over, above and beyond the NHS budget" -see [www.brighterway.org.uk](http://www.brighterway.org.uk). Southern Health NHS Foundation Trust and Brighterway support community based physical and mental health services across Hampshire and the Isle of Wight so their work is very close to us all.

As a result of this the charity organisers have offered Gosport Road Runners a reciprocal offer of support to our event in return for support of the Brighterway Charity. We have been offered several complimentary places in the Great South Run in October. In return participants are requested to raise funds and promote their charity. Recognising that this may potentially deter some, there is a big difference to similar offers. There is no set amount that must be raised, however a target of £150 is a reasonable aim, but there is no pressure. Whatever you can raise would be greatly appreciated.

- We get to showcase Gosport Road Runners at this prestigious event and promote our Half Marathon. Brighterway will put our event and club on their media platforms
- Use of a marque at the event with refreshments
- We can have a voice as to where monies go in our local area
- Brighterway will provide manpower to support of the Gosport Half Marathon

I believe that this is a great opportunity for our club members of all abilities to challenge and push themselves running wise, to participate in something special and experience the adrenalin rush and sense of achievement when they cross the finishing line in this prestigious event and knowing that they have contributed to the local community and our club.

In my capacity as Chief Marshal, I will lead on this initiative, with the assistance of Mike Barker and Zoe Windsor and discuss with our Coach and LIRF team a training programme for those who wish to enter. If you are considering your next challenge or thinking of entering the Great South Run I encourage you to

give this some serious thought and if you are interested please contact me 07713 187128 or ken.eaden@btinternet.com

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

All the Best

*Ken*

Ken  
Chairman GRR  
Chief Marshal Gosport Half Marathon

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

### **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 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 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 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:



**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

*Ken*

Chairman GRR

Chief Marshal Gosport Half Marathon

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# Club News

## TCS London Marathon

Congratulations to our members who ran in the TCS London Marathon: Steve Crook, Dale Poulter (who won the 'club ballot' place), and Jackie Tombs - I hope you all enjoyed flying the flag for GRR - great running by you all.

Keep an eye out for news of the club ballot place again for 2025 entries - reject slips at the ready!

## Purbrook Ladies - Club Success!

As ever, a great turnout from the GRR Ladies at Purbrook, with 26 members running this year - and a notable success from Nikki Moxham who won the event! Congratulations from us all, Nikki!

Thanks also to lots of supporters around the route. Honor was pleased that Sue Barrett was NOT in her usual layby this year, so walking up that hill was an option for once...



*Nikki Moxham: Purbrook Ladies Winner 2024*



## Naomi House Airfield Run

We also had a good club turnout for the Naomi House Airfield run - a chance to support a great local charity, run on an airfield, and for some to chase a PB: It's a really flat route, and there was (unusually) almost no wind.



## WhatsApp Contact Number

The club is now using WhatsApp in addition to the other channels for updates - especially for last-minute notices or changes of plan, etc.

To sign up for the service, send a WhatsApp message to 07392 522662, including your name - 'broadcast' messages will then come to you from the same number.

## **Cross Country Taster Session**

We had a great evening for Gill and Honor to lead a Cross Country Taster Session (see this month's cover photo), where newcomers to the club were introduced to the gentle arts of cross-country: Running over tree roots and through mud, running down hills, walking up hills, and eating cakes and sausage rolls in the car park afterwards. A great time was had by all, and we hope to see people at some of the Southern Cross Country League events this year, the first of which is on 3rd November (other dates are yet to be announced).

## **GRR 'outing' to Paphos, Cyprus**

A few weeks ago we had a club presentation by Running Crazy, who are organising a trip to Paphos, Cyprus for a run on 9th March 2025. A group of around 20 GRRs are going, but it's not too late to sign up. Options are to travel out around Friday 7th or Saturday 8th, and return Tuesday 11th onwards. We have now reached the threshold where an additional discount is available to us all.

This should be a great trip. Running-wise, there are options for everyone, ranging from 5k, through 10k, Half Marathon, and Marathon. We book our own flights, but the package includes everything else: transfers to and from the airport, 3\* half-board hotel accommodation, race entry, optional pre-race meal, after-party, optional sightseeing tours, etc. The weather is apparently always sunny ("except that one time...!") and as well as the running, there is plenty else to do in the area.

For full details see <https://www.runningcrazy.co.uk/cyprus.html>, the booking form is at <https://gosportroadrunners.org.uk/grr-on-tour-paphos-march-9-2025-3983/> and talk to Deborah Birch with any queries.



## Hampshire Road Race League

The HRRL season ended on 7th July, with the Lordshill 10k in biblical rain. Congratulations to everyone who took part in the HRRL this season, especially those who completed all the races. The first published date for the new season is Sept 8th, for the Overton 5 mile. See 'dates for your diary' for the rest.

## Portsmouth Joggers - Summer Cross Country

The Summer Cross Country at Queen Elizabeth Country Park is always a good event, and this year both Nikki Moxham and Mike Stares won awards for their age-groups - congratulations both.



## Inter-club Time Trials

Once again, the inter-club time trials taking place over the last few weeks have been a great success. Stubbington Green Runners and Fareham Running Club both invited GRR to their time trials (and vice-versa), giving us the chance to run some different routes with different people. Most recently, Fareham's TT took us on a route that was new to all of us, around the Knowle area. Thanks to the organisers of all these runs.





# Obituary - Terry Andrews

By Mike Stares



Terry and his wife Sue were both involved, with other members, in organising the 1st Gosport Half Marathon in 1986, and thereafter. In their shop in Lee-on-the-Solent at Milvil Court - 'Fun and Games' - Gosport Runners purchased running tops or could order replacement ones.

Terry and Sue ran in many races, wearing their Gosport tops and taking the Gosport Road Runners banner with them - it is still used with pride to this day.

I attended the farewell service in Portchester, taking the same banner and wearing a Gosport top with pride. The order of service booklet featured a photo of Terry running in his Gosport vest, and another showing him with a number of running awards he had won.

I went back to the Red Lion in Stubbington to continue the celebration of his life with his family and friends. I was able to take along photos of Terry in a group before the start of the 1990 Gosport and Fareham Marathon, with other Gosport Road Runners - and another photo showing the start of the race at Lee-on-the-Solent taken by 'The News' of all the runners: Terry and I were side by side, numbers 354 and 203 at the beginning of the race.

Rest in Peace, Terry - many happy memories.



Terry Andrews - 8th January 1940 - 9th March 2024

*Mike Stares*

## Out-of-Town Runs - Photos

There have been too many out-of-towns to cover in detail the last few weeks (which is not a bad problem to have!) Anyway, sometimes “what happens out-of-town stays out-of-town” - it’s best that way. But here are some of the photos we were allowed to publish.

Thanks to the organisers of all these - including Steve Cawte for several great OOTs including a “breakfast run” (where was I?!), Mark Jakins for the bluebell run, Paul Turle for an evening run around Warsash Common, and Andy Clutton for the recent run around Hook.

















# Rimi Riga Half Marathon - 19th May 2024

By Zoe Windsor

I booked this race with Running Crazy and was not disappointed. Myself and my friend Chrissy could not wait to arrive in Latvia. We did not arrive till just after 10pm and were met by Malcolm from Running Crazy, where he gave us bus/tram passes which last for 5 days. The bus ride was only about 15 minutes away from the airport to the hotel.

## Race day

Over 33,000 people were running over the weekend with a mile race being on the Saturday and Sunday saw the marathon and half marathon start at 8am, the 10k started at 12:30 and the 5k started at 14:30.

Our hotel had provided us an early breakfast, I was very impressed. Water, orange juice, apple, yogurt, two pastries and a sandwich of some kind of meat with gherkin pickle mayonnaise. I decided to save my orange juice for after the race.

Chrissy was running the marathon, we headed to the pens to await the start of the race. It was already very hot by 8am. We commenced first over the big suspension bridge, being careful of the tram lines as we went. Then it was over into more residential areas with lovely large houses and stunning backdrops. First water stop was at 5k, as it was starting to get hotter most people went for the first water stop, luckily I took a drink with me and did not need to stop en route.





The half marathon was one lap and the marathon two laps. The route would take you past the historical sites of the city and along residential roads. One benefit from the streets was as the buildings were so tall it gave us some shade. There were water stops every 5k, I had also decided not to wear headphones to soak up the city atmosphere. I am glad I did as they had commentators and music along the routes who were brilliant in shouting encouragement and motivating the runners. There were also soldiers from Estonia, Albania and Canada manning some stops - I stopped at one to take some orange pieces.

Getting towards the end of the race it takes you past the Freedom Monument, which is a lady holding 3 stars. This also happens to be on a 1 Euro coin! Built in 1935 to honour the soldiers of the Latvia War for Independence. We pass churches and cathedrals until we finally have a few more turns before the finish was in sight. Running towards the finish they had block squares with volunteers on them to cheer people in, about 12 on each side in total. Finally I had finished, I did walk a lot of the last mile as it was so hot! Lots of freebies at the end too.

The marathon runners were well looked after, they received two beers, sandwiches, banana, honey bars, protein bar and a big bowl of borsch!!

All the races I have done abroad this has to be the best organised with a party atmosphere. The end of the race is completely closed with bars, food stalls and picnic areas. They had podiums you could stand on and have your picture taken with your race time on it. The medal itself this year is meant to represent a shoelace, something that unites all runners.





## **The City**

The city itself was amazing, there are still things I did not get to do. Even if you don't fancy a race I would recommend going for a weekend. These are some of the things we did:

**Boat tour:** 1 hour tour which takes you round the canal showing the sites and onto the main water outlet. Very good English audio and boat captain to ask questions. Cost 10 euros - book online.

**Museum of the Occupation of Latvia:** This was a really sobering museum: Latvia was occupied for over 50 years and only gained independence in 1991. For children they have a story of a child called Miks they follow throughout and find out at the end if he survived. Cost 5 euros - pay at museum.

**St Peter's Church:** Currently undergoing some refurbishment. But the highlight is to go in the lift to the top and have a panoramic view of the city. Cost 9 euros for church and lift.

**Dome Cathedral:** Lovely cathedral with an organ of nearly 7,000 pipes! Lovely outdoor area with artefacts. Cost 7 euros - pay at cathedral.

**Blackhead House Riga:** This is a building whose cellar dates back to the 13th century. A group of knights and then merchant single men built this house and it was again rebuilt after being destroyed in WW2. Cost 7 euros - pay at museum.

**KGB Museum and Prison:** This was the highlight for me. It has been a museum since 2014. Over 200 people lost their lives here that are known of, the last public execution was here during the WW2 of 7 Nazis. The tour guide was very informative: we went to the reception, interrogation, holding cells, prisons cells, outside area, kitchen and execution site. 1 hour duration. Cost 15 euros - book online – I also got to sit on an actual KGB chair!!

We also saw beavers in the city, yes they have real beavers along the canals, all the trees have metal railings around them to protect them from the beavers. All in all a fabulous weekend away with 24 degree heat and great company and food.



*Zoe Windsor*

# Swanage: Sun, Sea, Sand and Hills - Lots of Them...

By Cathy Harman



**Tuesday** was my first run on holiday: only 4 miles - a lovely one mile down hill to the sea , a nice flat 2 miles along the seafront, watching the early morning swimmers as I ran past, then the last mile back was a steady climb a bit steep in places, but I kept my head held high and kept it steady to the caravan park: the steep hill to the caravan I did walk.

**Wednesday night** on our walk we came across a nature reserve - that looks interesting for a run for tomorrow.

## 7am Thursday morning

Out the caravan park and up a 10% steep hill - well I can honestly say it was a fast walk up, but I reached the gates of the nature reserve and running through I stopped and spoke to a lady walking her dog - she told me to carry on straight up the big hill and I wouldn't be disappointed by the coastal view. I thanked her and carried on: the wildlife was fantastic, and finally reaching the top I certainly wasn't disappointed - the view was beautiful. I carried on down to the lighthouse, which I now believe are holiday lets, and made my way back up along the coastline towards Swanage town.



There were two ways I could go down: the steep steps or along the coast path: I started on the steps but realised on my own they were pretty dangerous so did a U-turn making my way along the coast trail which was lovely and it was downhill to the town. After all those hills a downhill was a blessing, only trouble was I had that one mile climb back to the caravan park.

That run was definitely one of my favourite runs, next time though pack trail shoes, and I do believe they do a park run there for anyone who loves hills.



*Cathy Harman*

# Results - May Time Trial

May 2024 5 Mile Time Trial						
Pos.	Name	Time		Pos.	Name	Time
1	Mike Newnham	30:47		14	Deborah Birch	47:59
2	Nikki Moxham	31:06		15	Zoe Windsor	49:36
3	Chris Buxton	32:20		16	Ashleigh Smith	50:34
4	Andy Graham	35:55		17	Rebecca Scott	51:01
5	Dale Poulter	37:20		18	Tom Reader	51:02
6	Mark Brown	38:01		19	Lisa McGuinness	51:21
7	Ben Wales	38:47		20	David Baker	53:32
8	Mark Jakins	41:28		21	Mike Stares	54:57
9	Steve Calder	42:50		22	Rory Fall	55:17
10	Steve Wood	44:29		23	Andrea Harris	55:27
11	Colin Lambert	45:50		24	Karen Harding	55:28
12	Mike Barker	46:32		25	Karen Morby	55:29
13	Gill Thomas	46:42				
Officials: Paul Street, Sue Barrett, Steve Cawte, Dave Croft, Brian Fisher, Roz Weaver, Tonia Morrell, Mike Bowers and Kayleigh Park.  Thanks to Karen Morby for tail running tonight.						



## Results - June Time Trial

June 2024 5 Mile Time Trial							
Pos.	Name	Time		Pos.	Name	Time	
1	Mike Newnham	18:51		21	Shirely Faichen	28:45	
2	Nicky Moxham	18:53		22	Tonia Morrell	28:54	
3	Chris Buxton	19:04		23	Brooke Richardson	29:03	
4	Andy Graham	19:14		24	Steve Cawte	29:15	
5	Adam Crook	19:47		25	Zoe Windsor	29:24	
6	Luke Foley-Greaves	20:35		26	Lisa Jakins	29:33	
7	Andy Watson	22:10		27	David Baker	30:33	
8	Mark Brown	22:52		28	Melissa Tyrell	30:37	
9	Mark Jakins	24:04		29	Colin Gardner	31:02	
10	Naomi Lazarus	24:50		30	Rebecca Scott	31:48	
11	Steve Calder	25:43		31	Jackie Brady	31:49	
12	Tony Barron	26:12		32	Mick Kearney	32:02	
13	Steve Wood	26:23		33	Claire Bassett	32:06	
14	Cate Mullen	26:27		34	Nikki Knoll-Pollard	32:08	
15	Gill Thomas	26:43		35	Mike Stares	32:45	
16	Mike Barker	26:56		36	Ethan Barrett	33:02	
17	Deborah Birch	27:31		37	Biddy Russell	34:35	
18	Jo Yorke	27:41		38	Kate Robertson	35:17	
19	Ashleigh Smith	28:27		39	Cathy Harman	35:18	
20	Karen Morby	28:29					
Officials and Marshals: Paul Street, Sue Barrett, Gary Francis, Roz Weaver, Jackie Tombs, Ali Watson, Mike Bowers and Dave Croft.  Thanks to Cathy Harman for tail running tonight.							

# Results - June - Stubbington Time Trial

Position	Name	Best 2023	June 2024
1	Chris Williams	23.43	24.12
2	Jason Phillips	25.41	25.41
3	Andy Graham	25.50	25.50
4	Adam Crook	27.29	27.29
5	Katie Slater	28.05	28.05
6	Marek Liskutin	28.34	28.06
7	Tina Al-Romaithi	28.11	28.11
8	Steven Matty	27.59	28.40
9	Ben Jarvis	28.50	28.50
10	John Kidby	29.13	29.13
11	Mark Brooks	28.52	30.18
12	James Anson	30.34	30.34
13	Colin Sharpe	31.33	30.40
14	Simon Martin	32.20	30.52
15	Gavin Llewellyn	30.54	30.54
16	Helen Benson	30.55	30.55
17	Trevor Kettle	31.32	31.01
18	Mel Seddon	31.44	31.02
19	Mark Jakins	33.22	31.27
20	Ray Peckham	31.43	31.36
21	Chris Stothard	32.14	32.14
22	Paul Oakey	32.24	32.24
23	Peter Turnbull	35.20	33.33
24	Rob Clark	33.17	33.49
25	Ruth Stansbridge	33.53	33.53
26	Chris Holliday	28.20	33.53
27	Martin Taylor	34.09	34.09
28	Steve Calder	33.44	34.15
29	Peter Gammon	34.32	34.43
30	Claire Procter	32.51	34.48

Position	Name	Best 2023	June 2024
31	Steve Wood	35.04	35.26
32	Lara Nolan	34.27	35.27
33	Harriett Manning	38.09	35.52
34	Colin Ward	37.06	36.33
35	Chris Rees	37.43	36.43
36	Sara Bamberger	31.47	37.07
37	Jess Miller	37.36	37.36
38	Colin Lambert	38.09	38.09
39	Steve Cante	38.16	38.16
40	Rebecca Scott	41.10	38.40
41	Gill Thomas	41.02	38.41
42	Amanda Talbert	38.37	38.47
43	Tina Kwok	37.36	38.48
44	Deborah Birch	40.03	40.03
44	Slyvia Cante	38.51	38.51
45	Yvone Richardson	38.54	38.54
46	Jules Dinwoodie	37.47	39.02
47	Katie Savage	44.25	39.11
48	Sarah Deller	39.11	39.11
49	Lisa Jakins	40.33	39.41
50	Brooke Bishop	44.25	39.53
52	Rory Fall	41.12	41.12
53	Phil May	40.59	41.26
54	Mike Stares	42.18	42.18
55	Janine Jenkins	43.11	42.22
56	Melissa Barham	54.45*	45.58
57	Alison Good	45.50*	45.50
58	Biddy Russell	47.33	47.33
59	Kieran Chaplin	29.11	47.34

# Results - July Time Trial

July 10 Km Time Trial							
Pos.	Name	Time		Pos.	Name	Time	
1	Chris Buxton	40:16		13	Jo Yorke	01:00:44	
2	Andy Graham	40:21		14	Tonia Morrell	01:00:47	
3	Adam Crook	41:40		15	Lisa Jakins	01:03:15	
4	Mark Brown	47:52		16	Mick Stares	01:05:44	
5	Gavin Llewellyn	48:53		17	Rory Fall	01:08:28	
6	Mark Jakins	50:15		18	David Baker	01:09:13	
7	Naomi Lazarus	50:58		19	Andrea Harris	01:10:58	
8	Steve Calder	55:04		20	Karen Harding	01:13:19	
9	Kate Mullen	55:29		21	Biddy Russell	01:14:03	
10	Steve Wood	59:15		22	Rebecca Scott	01:14:04	
11	Melissa Tyrrell	59:45		23	Jackie Brady	01:14:05	
12	Karen Morby	01:00:42		24	Cathy Harman	01:14:05	
<p>Officials and Marshals: Sue Barrett, Gary Francis, Ken Eaden, Fi Tomlinson, Dave Croft, Steve Cawte, Jen Brown, Brian Fisher, Roz Weaver, Kate Richardson, Abby Dolton, Mike Bowers.</p> <p>Well done to the following runners for completing 5 Km:            Stacey Castle - 37:11 Nicky Knoll-Pollard - 38:38 Ali Wright - 38:39</p> <p>Thanks to Cathy Harman for tail running tonight.</p>							



# Results - July - Fareham Time Trial

No.	Name	Time	No.	Name	Time
1	Emlyn Hughes	23:31	26	Peter Turnbull	32:47
2	Jason Phillips	25:31	27	Lee Skinner	32:54
3	James Page	26:02	28	Neil Jarvis	33:06
4	Marek Liskutin	26:19	29	Trevor Kettle	33:36
5	Adam Crook	26:37	30	Chris Stothard	33:52
6	Naomi Elliot	26:57	31	Damien Penfold	33:59
7	Tim Patten	27:07	32	Roger Irwin	34:05
8	Scott Jenkins	27:57	33	Claire Kelson	34:20
9	Chris Lumb	28:18	34	Neil Richards	34:22
10	Andy Young	28:29	35	Ed Casper	34:59
11	Jon Brand	28:59	36	Phillip Prohett	35:19
12	Martyn Arnold	29:06	37	Steve Calder	35:22
13	John Kidby	29:16	38	Dave Savage	35:26
14	Joe Andrews	29:34	39	Rob Ryan	35:32
15	Steve Glautier	30:31	40	Sarah Shotton	35:39
16	Rob Clark	30:44	41	Mel Seddon	35:40
17	Jenny Davis	30:56	42	Laura Kay	35:46
18	Kirsty Edwards	30:59	43	Colin Ward	36:36
19	Gavin Llewelyn	31:17	44	Mike Healy	36:57
20	Karen Jenkins	31:21	45	Melanie Sharpe	37:40
21	Mark Jakins	31:29	46	Sarah Deller	37:46
22	Colin Sharpe	31:37	47	Jacob Pilley	38:24
23	Steven Matty	32:15	48	Chris Rees	38:38
24	Ray Peckham	32:35	49	Sylvia Cawte	38:42
25	Paul Oakey	32:42	50	Steven Cawte	39:59

No.	Name	Time
51	Zoe Windsor	40:22
52	Catherine Cooper	41:26
53	Deborah Birch	41:38
54	Phil May	41:45
55	Emma Shepherd	42:22
56	Sarah MacBeath	42:22
57	Michelle Young	42:28
58	Neil Kent	42:30
59	Tom Reader	42:41
60	Charlotte Earey	42:57
61	Katie Savage	43:03
62	Stacey Read	43:04
63	Vicki Waterman	43:31
64	Rebecca Scott	45:16
65	Rory Fail	45:17
66	Lisa Jakins	45:20
67	Jackie Brady	47:09
68	Vicki Penfold	49:23
69	Shantelle Lumb	49:24
70	Bridget Russell	50:55
71	Mel Barham	57:56
72	Jen Brown	1:03:34
73	Sue Barrett	1:03:35
74	Allie Hodgson	1:03:35
75		

### Marshals and Volunteers

Our event couldn't have happened without the support from our volunteers. Thank you. .

Xavier Sanchez

Aaron Sutton

Emma Helyer

Simon Martin

John Ayling

Martin Pegler

Jason Mudge

John Saunders

Matt O'Connor

Mike Taylor

Jan Atkins

Dean Pollard

Lucy Sutton

Gill Matthews

Neil Matthews

Vanessa Long

Deborah Casper

Keith Woolven

Paula Williams

## April - July Results

(and first, one that was missing from March...)

16th March	<b>Phoenix Spring Half Marathon</b>		
Pos.	Name	Time	
	Zoe Windsor	03:00:53	

21st April	<b>London Marathon</b>		
Pos.	Name	Time	
	Steve Crook	03:17:08	
	Dale Poulter	03:47:35	
	Jackie Tombs	04:14:32	

12th May	<b>Alton 10 Mile</b>		
Pos.	Name	Time	
117	Dale Poulter	01:19:40	
272	Cate Mullen	01:40:40	GRR/Vegan
279	Deborah Birch	01:41:42	
309	Shirley Faichen	01:50:58	
316	Sylvia Cawte	01:52:42	



344	Steve Cawte	01:59:14	
353	Rory Fall	02:03:07	

12th May	<b>Bognor Prom 10K</b>		
Pos.	Name	Time	
96	Andrew Graham	00:42:44	
774	Colin Lambert	01:00:01	
784	Karen Morby	00:59:25	
817	Jo York	01:00:10	
918	Sharron Clutton	01:01:35	
938	Mike Barker	01:02:00	
952	Cathy Harman	01:02:14	
1297	Sue Barker	01:16:39	

19th May	<b>Rimi Riga Half Marathon</b>		
Pos.	Name	Time	
	Zoe Windsor	02:33:39	

19th May	<b>Netley 10K</b>		
Pos.	Name	Time	Comment

375	Deborah Birch	00:58:05	2nd in age cat.
403	Elizabeth Redpath	00:59:38	
398	Michael Barker	00:59:24	
400	Ashleigh Smith	00:59:30	
414	Salvina Cawte	01:00:24	
417	Sharon Clutton	01:00:39	
422	Shirley Faichen	01:00:50	
429	Stephen Cawte	01:01:14	
428	Karen Morby	01:01:16	
437	Paul Street	01:01:50	
468	Joanna York	01:05:10	
469	Rory Fall	01:05:09	

25 May	<b>Edinburgh 10K</b>		
Pos.	Name	Time	Comment
1007	Jackie Tombs	00:56:04	2nd in age cat.

25 May	<b>Edinburgh Marathon</b>		
Pos.	Name	Time	Comment
1055	Steve Crook	03:24:09	

9th June	<b>Purbrook Ladies 5 Mile</b>		Comment
Pos.	Name	Time	
1	Nikki Moxham	00:31:19	
38	Naomi Lazarus	00:41:12	
66	Cate Mullen	00:44:12	GRR/Vegan
75	Kerry Arnott	00:44:58	
93	Jo Yorke	00:46:55	
105	Karen Morby	00:48:15	
111	Honor Reader	00:48:39	
118	Ros Conway	00:49:34	
119	Rebecca Scott	00:49:34	
120	Cathy Harman	00:49:40	
124	Melissa Tyrrell	00:49:46	
131	Ducie Newbrook	00:50:10	
132	Zoe Windsor	00:50:15	
137	Sharon Clutton	00:50:37	
141	Lisa Jakins	00:51:03	
188	Kellee Read	00:55:27	
192	Karen Harding	00:55:43	
196	Jackie Brady	00:55:55	
205	Melanie Bagwell	00:56:41	



233	Biddy Russell	00:59:20	
234	Lucy Hudson	00:59:22	
235	Emma Noyce	00:59:23	
250	Susan Barker	01:00:54	
283	Marie Bowers	01:07:46	
290	Roz Weaver	01:17:12	
291	Pam Fisher	01:17:12	

16th June	<b>Alesford 10K</b>		
Pos.	Name	Time	
158	Andrew Graham	00:42:00	
298	Cate Mullen	00:57:01	GRR/Vegan
312	Deborah Birch	00:58:19	
344	Honor Reader	01:01:03	
352	Karen Morby	01:02:16	
363	Liz Redpath	01:02:25	
365	Mike Barker	01:02:41	
368	Steve Cawte	01:03:04	
376	Tom Reader	01:04:36	
378	Silvina Cawte	01:04:42	
413	Rory Fall	01:11:49	

426	Susan Barker	01:15:33	
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19th June	<b>Hayling Billy 5M</b>			Comment
Pos.	Name		Time	
196	Rory Fall		00:52:46	

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.

23rd June	<b>Exbury Garden 10K</b>		Comment
Pos.	Name	Time	
374	Gillian Thomas	00:57:10	
416	Jo York	00:58:35	
434	Karen Morby	00:59:13	
463	Mike Barker	01:00:21	
476	Rebecca Scott	01:00:48	
794	Susan Barker	01:16:21	

23rd June	<b>Solent Airport 5K</b>		
Pos.	Name	Time	
13	Chris Buxton	00:19:11	
20	Adam Crook	00:20:08	
79	Mark Jakins	00:24:07	
106	Cate Mullen	00:25:39	
119	Kerry Arnott	00:26:16	
122	Steve Wood	00:26:28	
124	Jackie Tombs	00:26:44	
156	Dave Baker	00:27:58	
162	Tom Reader	00:28:18	
168	Honor Reader	00:28:31	
191	Lisa Jakins	00:29:55	
221	Nikki Knoll-Pollard	00:31:36	
229	Mike Stares	00:38:21	
302	Karen Harding	00:36:20	
341	Sarah Goulding	00:38:12	
361	Marie Bowers	00:39:53	
386	Mike Bowers	00:57:45	
388	Kate Robertson	00:56:51	



7th July	<b>Lordshill 10K</b>		Comment
Pos.	Name	Time	
99	Andrew Graham	00:39:10	
152	Andam Crook	00:41:17	
372	Naomi Lazarus	00:48:54	
514	Cate Mullen	00:55:13	GRR/ Vegan
550	Deborah Birch	00:56:18	
593	Steve Cawte	00:58:35	
595	Karen Morby	00:58:39	
597	Rebecca Scott	00:58:44	
598	Ros Cowdry	00:58:46	
606	Mike Barker	00:59:00	
650	Salvina Cawte	01:01:21	
652	Honor Reader	01:01:58	
653	Sharon Clutton	01:02:05	
657	Rory Fall	01:02:12	
659	Tom Reader	01:02:35	
687	Ken Eaden	01:06:22	

17th July	<b>PJC Summer X/C</b>		Comment
Pos.	Name	Time	
4	Mike Newnham	00:31:59	
21	Nikki Moxham	00:35:58	1st in age cat,
96	Mark Jakins	00:47:01	
126	Gill Thomas	00:53:02	
140	Steve Cawte	00:55:37	
142	Silvia Cawte	00:55:46	
156	Lisa Jakins	00:57:30	
157	Shirley Faishen	00:58:11	
178	Mike Stares	01:01:18	1st in age cat.
181	Tom Reader	01:01:56	
182	Rory Fall	01:02:38	
183	Rebecca Scott	01:02:27	
184	Ros Cowdry	01:02:28	

Thanks to Dave Croft, our Race Recorder, for collating all the above information.

**PLEASE NOTE:** it would be a great help if people could send Dave their results, by emailing 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

Tuesday 6th Aug		Club TT
Sunday 18th Aug		Summer Relay
Sunday 17th Nov		Gosport Half

### HRRL Events

Sunday 8th Sept	Overton 5 mile
Sunday 6th Oct	Solent Half
Sunday 27th Oct	New Forest 10 mile
Sunday 17th Nov	Gosport Half
Sunday 1st Dec	Victory 5 mile
Sunday 12th Jan	Stubbington 10k
Sunday 2nd Feb	Ryde 10 mile
Sunday 6th April	Salisbury 10 mile
Rest to be confirmed	

## SCCL Events

Sunday 3rd Nov

Benyons Inclosure

— Rest to be confirmed —

## Other Events

Sunday 6th Oct

Clarendon relay

Sunday 20th Oct

Great South Run



## And Finally...

Courtesy of Mark Jakins having a slow afternoon at work and being handy with Photoshop, we bet you can't guess which GRR member this was, showing the rest of us how not to be scared of cows on a recent Out-of-Town...



## And Finally (part 2)

We couldn't resist Lisa's caption of the photo of her giving Nikki Moxham a pre-race pep-talk at the Purbrook Ladies...



*Lisa to Nikki: "Just try to stay with me, and you'll be fine..."*

# 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*

Where I come from, if something's taking a long time to happen we say, "it's like waiting for Christmas..." Well in the case of this 'autumn' newsletter, 'Christmas' nearly beat me to it. Anyway, it's here at last, and it's now called the 'Winter' newsletter, with my usual apologies for the delay. But rest assured, it includes everything from the Summer Relay - remember that? - to the Christmas Handicap, and a few things in between (not *everything* though, don't worry).

Thanks to Nigel Thomas for the excellent cover photo, which was taken at the Clarendon Marathon Relay when things were definitely still autumnal - full article by Gill in this issue. It was my first attempt at this event, and - despite the expression on my face as I crossed the line after my 'leg' - it's a great day out. We had three relay teams - hopefully we'll get even more of us there in 2025!

Also since the last newsletter, we've had a GRR 'outing' to Bushy Park parkrun for their big anniversary, a 'virtual' Great South Run put on at very short notice when the 'real' one was cancelled, a parkrun 'takeover' - and of course, the highlight of our year, the Gosport Half Marathon, which was a huge success once again. More details of all the above in this issue.

Lots to cover, so let's get started... I hope you enjoy the issue. Thanks to all who've contributed articles!

**Tom**

## Chairman's Corner

**Ken Eaden**

Hi all,

I know it's been a while, summer has gone and we are approaching the Winter solstice. The good news is that in 3 weeks the days will become longer.

The past few weeks have seen our members, showcasing Gosport Runners in all corners of the globe from USA, Australia and New Zealand, with some stellar marathon performances from Steve Crook and Jackie Tombs. Just recently Zoe Windsor and Jo Hopkins flew the flag in Lanzarote. Closer to home we have had great turnouts in the Hampshire Road Race League and we engaged the big guns at the recent Victory 5 mile with impressive performances from Mike Newnham and Nikki Moxham. A massive thank you to you all.

A few weeks ago, we once again demonstrated our teamwork, organisation and camaraderie, by hosting the biggest and best Half Marathon on the South Coast. Once again the feedback has been brilliant. To quote one email comment:

**“We have run races all round the country and some abroad, and both agreed that this was the best organised race we have ever run. Everything from the car park to the water stations ran perfectly, and what a beautiful day for it”**

Another resounding success was our new-look Fun Run. The fun run has been a key successful element of our event for several years. However, to promote fitness and wellbeing in young people it was re-labelled as a challenge run done under race conditions with the atmosphere of the main event. This also received positive feedback. Many thanks Andy Clutton for driving this innovation through.

Behind the scenes:

- Steve Cawte and Paul Street are in the process of completing their Coaching in Running Fitness and in addition we aim to train more Leaders In Running Fitness. The aim is to add another dimension to club nights and Club experience. We expect to bring this to fruition in January. In addition, we have made a bid to England Athletics for Club Improvement Funding. If we are successful, we plan to engage a professional coach to mentor and upskill our LIRF community.
- We are looking at options to refresh our Club and GHM Websites with the aim of attracting new members and increasing GHM entries. In addition, we are trying to promote our club across several social media sites.
- To incentivise members to achieve and perform in their running we are reviewing the Club Standard Awards, to align with England Athletic Standards. This entails adding five year incremental age groups across all groups and making some adjustments to qualifying times. We are not intending to dilute awards - they will remain challenging. Details will be promulgated in due course. Just a reminder that the Gemstone Awards scheme is still open.
- To improve our communication to the membership, particularly non-Facebook users we are trialling a sports app called SPOND. A few members are already signed up. Your feedback on this would be appreciated. If successful, the aim will be to offer the option to all at membership renewal.

Anyhow folks that is about all for now. Date for your diary 31 Jan 2025: Our Annual Awards evening, where we recognise achievements of our members.

Thank you all for your continued support of Gosport Road Runners and I wish you all and your families a peaceful Christmas and Successful New Year. Stay safe, look after each other. Take care.

*Ken*

Chairman GRR  
Chief Marshal Gosport Half Marathon

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# Club News

## Flashback: Summer Relay



Not 'news' , more of a quick flashback a few months, to our Summer Relay which was too good not to mention here. Unlike last year, our traditional summer event was held in actual summery weather conditions this year. Also unlike last year, every single person managed to look at the camera for the team photo this time - where's the fun in that?

A great morning out for the club, with lots of friendly rivalry leading to some actually quite fast and competitive laps. But the food was also out on display, and as the clock ticked down to the last few seconds, I definitely heard someone say "No, I can't run another lap, I've just eaten a sausage roll".

Spot prizes were duly awarded (I even won a lovely pair of yellow sunglasses), then the serious cake eating began. Thanks to Karen Harding for organising this brilliant event, Shirley and Sylvie for putting on food and drinks, and everyone else who contributed, counted laps, and generally supported.



## Helpers' Half

As well as the Gosport Half Marathon itself (see comments from runners later in this issue), we GRRs and other GHM volunteers get to run our own Half a week before. This year, it was held in perfect weather conditions, and well attended by runners with great support along the route.



Pictured above is Mike Stares at his legendary support point in the Monks Hill car park - playing loud music and giving out what was in my case the most well-received Jaffa Cake in the history of running! Thanks, Mike - but also to the other marshalls and supporters along the way. It's easy to forget this is still a Half Marathon, and all the support along the route really is well appreciated.

Thank you to those that organise this - even though this is the 'spin off' event of the main GRR Half, it still takes a lot of organisation and support. So thanks to all those who put it together, including Paul Street, Steve and Sylvie, and all those who marshalled along the way, time-kept, and the Kingfisher Caravan Park for hosting us before and after.

## Christmas Handicap and TCS London Marathon Ballot Draw

The Christmas Handicap last weekend was once again well-supported, with plenty of entrants into both the 5K and 10K events wearing a variety of fancy dress. Thanks to all those who organised this, and again, the Kingfisher Caravan Park for hosting us.

The ballot for the club place in the TCS London Marathon was also held, and I'm very pleased to say it was won by Mel Bagwell. Congratulations Mel - we look forward to training with you!



## 12 Days to Christmas Captain's Challenge

At the time of writing, the Christmas Captain's Challenge is just about to start, and the details are a closely-guarded secret - but by the time you're reading this it should be on Facebook, so head over there to find out more and join in...



# Bushy Park's 1000th parkrun

By Lisa Jakins



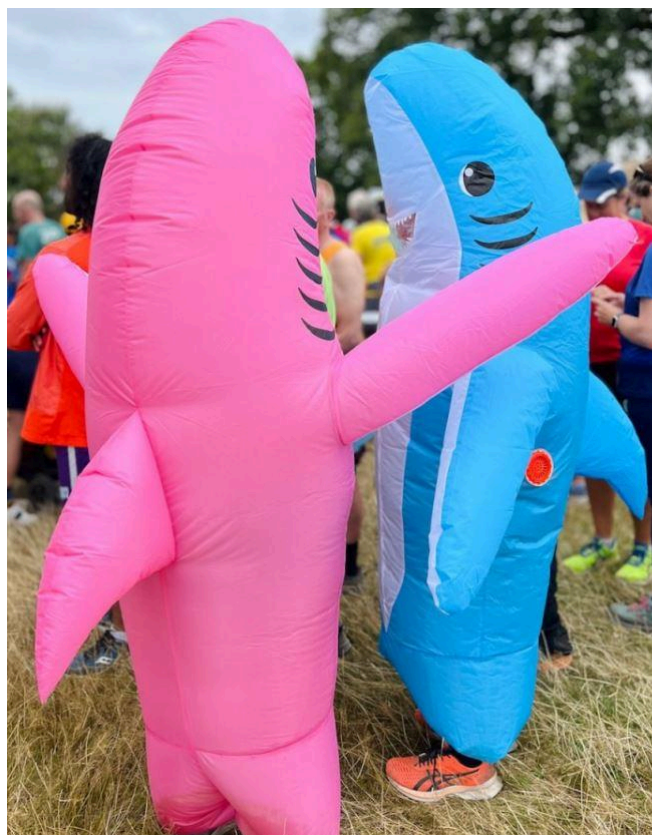
2024 marks 20 years of parkrun. It all began back in 2004 when 13 runners and five volunteers got together on a blustery day in Bushy Park in Teddington. For many years it was just that one event. Since then, more than 2,200 parkruns have been set up in 23 countries around the world, with over nine million registered parkrunners (and counting). But parkrun was never just a run. The founder, Paul Sinton-Hewitt's vision was for parkrun to be a place for everyone, no matter who they are or where they're from. An opportunity for people to be active together, outdoors, and take part however they like.

So, when Bushy parkrun was holding its 1000th event and Gosport being less than 1.5 hours away, we just had to be there. 2 cars full of Gosport Road Runners headed up to Bushy Park at the crack of dawn as we knew it was going to be insanely busy. Luckily, even though we were there by 0730, there were still a lot of cars in the car park but we were able to get parked right inside Bushy Park near the finish. When we got out of the car, we were greeted a few cars away by Mickey and Minnie Mouse – we knew then that this was going to be a special, if surreal day!

The park itself is stunning, it's huge with areas of long grass and lots of trees. There is a beautiful fountain with a gold statue on top called the Diana fountain and so many breeds of ducks and geese wandering around, not bothered at all by the volume of people pouring into the park. I have to also



mention the parakeets that were flying around above us sounding like dogs' squeaky toys! We saw signs also warning us of the deer, was it to be careful and quiet around them? Are they skittish? No, it was a warning that they might raid our picnics!



After a quick loo stop (no queue – yay!), we quickly met up with other GRRs and then Tony Baron joined us also and we managed to get a photo with the Bushy Park 'bean' before the queues built up rapidly. We had several people come over to chat to us who either knew someone at our club or used to be a member of our club years ago, but had moved out of the area but reminisced of all the good times they had at GRR.

We then heard 'Purple Rain' blasting in the background and saw a chap dressed as Prince carrying a large guitar which he told us weighed a ton and he had to run with it!

Very quickly the field filled up and there was a sea of brightly coloured runners as far as the eye could see. Not to mention the inflatable dinosaurs, sharks and the unicorn twins! The atmosphere was electric and when the first timers' talk was held, there was huge cheers and applause. It was like a normal

parkrun on steroids, where everything was amplified 1000 times over.

We headed to the start and worked our way through the huge crowd, trying not to make the mistake of being at the front! It was really packed and we all tried to stick together. At this point, Tony admitted he was actually a bit scared of it starting as it was so packed. The RD received huge rapturous applause - we didn't hear everything that was said but when he announced individuals' special parkrun anniversaries, the cheering and applause was thunderous. I could also hear Whitney Houston's 'One Moment in Time' playing in the background and it felt very moving and emotional (turns out it was coming from Jo's headphones!)

Before you knew it, we were off. We could see up ahead that the front runners were going for it but the main crowd it was more keep your eyes down, pootle and don't fall over! About 200 yards directly ahead of the starting line





was an area of large tree logs and extra portaloos put on for the event and there were marshalls standing directly in front of them to divert the runners – massive respect to those marshalls for standing their ground when over 6000 runners were heading straight towards them!! It was carnage as people were trying to get around the obstacles, not trip others up, we even saw a few people hurdling the safety barriers.

Whilst a lot of people worked their way onto the gravel path, many were also running through the main body of the park which was very long grass. It was very surreal watching the dinosaurs running through the grass! Jo, Rebecca and I made sure we stuck together. What I found really lovely is that so many runners had the same attitude as us, it was not about racing or PBs, it was just about being part of something really special and taking it all in. We chatted to so many other runners, including the Bushy Park regulars who were incredibly welcoming and encouraged us to come back again because we would definitely get a course PB next time!

As the path became sandy and more gravel, with the volume of runners ahead of us, we were running into a huge dust cloud and visibility wasn't great. We then heard loads of shouting and rapturous applause up ahead and wondered what was going on, what were we about to run into? Well, it was all the runners thanking the marshalls on the course – literally thousands of people shouting "thank you, marshall!". As we headed into a sharp turn, we noticed a queue of runners on our right lining up to high 5 one of the marshalls, who shouted at us "Go on Gosport!". We gave him a wave, then found out shortly afterwards from a Bushy Park regular that it was the actor John Altman, who used to be Nasty Nick in Eastenders. He is a regular marshall at this parkrun.

It wasn't until nearly the end of mile 2 that the crowd began to open up. Luckily this park is big enough for 5k to be a single lap. I can't begin to imagine the carnage if it had been 2 or 3 laps! The gravel track



smoothed off and we were running on soft bouncy grass for a short while. We started to get a good pace going as we had a bit of space until we reached a bottleneck where it narrowed to cross a bridge. We could see the huge queues in the funnels in the distance and I looked at my watch – 2.90 miles. We started to speed up, thinking we could bypass a few people when suddenly all those ahead ground to a stop. That was it, the end of the queue – nearly 0.2 miles from the finish line! We had another 10 mins of queueing before we saw the finish line but everyone was waving their hands in the air and cheering as they stepped across it.

Then we had a very long wait in the incredibly impressive 7 funnel system. We got to meet and chat to other runners and it was just a really lovely atmosphere. I saw a volunteer and looked down to see what I thought was a cute little puppy in a parkrun vest – nope, turns out it was

a rabbit! Tilly the bunny who, her owner told us, has her own Instagram account and needed more followers. They ran out of tokens, then reverted to raffle tickets which then ran out, so ended up writing finisher numbers on our hands, I was half expecting them to hand me an Oasis ticket when we'd got to the front of the queue. Luckily, despite a very light shower at the start, it stayed dry and reasonably warm.

If anyone asks me to describe what the day was like, I could only describe it like going to a surreal theme park, getting on a running roller coaster which breaks down near the end, then leaving via the long queues through the gift shop!

I read the Bushy Park post run report, where they described it as "Mad, brilliant fun". The event was made possible by 136 volunteers. It took 6 people, 9 hours to transcribe all the handwritten results into a digital format where they could be inputted into the parkrun system (which then took a further 4 hours to check and coordinate the results with parkrun HQ). In total there were 6204 recorded finishers so no surprise to find out that this was a world record as the highest attended parkrun. I feel very lucky that we got to be a part of it.



*Lisa Jakins*



# Clarendon Marathon Relay

## A Race of 4 Parts

By Gill Thomas

A nice pre-cursor to the Cross Country Season is the Clarendon Marathon which is a trail run on the scenic Clarendon Way between Salisbury and Winchester. This can be run as a marathon, a half-marathon or a relay marathon and this year GRR entered 3 teams into the relay marathon. A men's team – Mark Jakins, Colin Lambert, Tom Reader and Andy Graham; a mixed team – Steve Cawte, Sylvia Cawte, Shirley Faichen and Dulcie Newbrook; a ladies' team – Gill Thomas, Honor Reader, Penny Herridge and Becky Scott.



All the teams met at race HQ, Laverstoke, near Salisbury and picked up our numbers and batons – the baton holds the chip so it's a good plan not to drop it. It sounds uncomfortable running with a baton in your hand but I actually like it, not everyone agrees.



Honor, Tom and Steve took the first leg – 6.6 hilly miles to Winterslow, cheered on by an appreciative crowd (the ladies team) at Pitton, where they gratefully handed their batons to Becky, Mark and Shirley.







The 2nd leg to Broughton was a slightly shorter 6.4 miles but, I was informed, still very hilly. There was a mixture of excitement and relief at the handover stage – you can decide who was excited and who was grumpily relieved, by the pictures.







Another thankful handover was done in Broughton and the 3rd leg, 7.6 miles to Farley Mount was run by Gill, Sylvia and Andy. This rather deceptive leg, starts pretty flat with only a bit of climbing, then a lovely long descent into Kings Somborne when you can start to feel a bit smug, but the smugness soon wears off with the 5 miles of steep hills ahead. The approach to the Farley Mount handover is flat so your teammates can be pretty unsympathetic but we leg-3ers know how much we climbed! However, it is the most beautiful scenery and well worth the effort.





The finish is at Kings School, Winchester as is described as the easiest at 5.4 miles. However, I am reliably informed that easiest does not mean easy. It's a beautiful, undulating run through the woods and the undulations are quite challenging. But a great finish was had by all 3 teams at Kings school with T-shirts, medals and cake. Apologies for not getting a photo of Andy handing over his baton – he was so fast the photographers couldn't get there in time!



We all really appreciated the support, photos and driving by Dave Croft and Nigel Thomas and a cross-country staple – the cake.

To sum up – challenging, hilly, scenic, super well-organised and a lovely team day out.

*Gill Thomas*



# ~~GSR?~~ No, GRR

## By Mark and Lisa Jakins

### Mark Jakins:

I wasn't running the Great South this year but I was watching the weather forecasts (my weekend golf was under threat!) and saw that from early in the week, the forecast, especially for Sunday, was looking a bit grim. These things are normally wrong, especially so far in advance, but as the week progressed, Sunday's forecast remained 'problematic'.



On Friday, the Great Run people issued 2 statements. The first stating that everything was fine and that there would be no changes, and a second, more concerning one, which said that a further announcement would be made by Saturday Lunch.

By 1200 no further announcement had been made and, from comments online, people started to ready themselves for the race. But at 1pm, the bomb dropped! **Race cancelled!!!!!!**

My thoughts immediately turned to those people who had raised money for charities. I'm sure that the people who had pledged would still have paid up, but if those runners could evidence a 10 mile run, there could be no doubt. And apart from anything else, it would have been a real shame for everyone who had put in so much training effort, to have no race to run.

The organisation itself was easy. As normal with these things, it only takes someone to voice an idea and it soon gains its own legs. With the cancellation, we were all suddenly available anyway, either to run, or marshal, and within minutes of mentioning us hosting our own 10 mile run, I had a list of both participants and helpers.

A small adjustment to one of my running routes gave us a 10 mile course that avoided most of the coastal winds and started from the Rugby club.

Many thanks to Ken, Steve and Sylv, Tom and Honor, Gav, Andy, Phil and Col who either set up aid stations, or appeared at regular points around the course to make sure that everyone stayed safe. And well done to our runners, all of whom completed the course.

**Another great GRR day!**

**Lisa Jakins:**

I was aware of the weather forecasts for the Sunday, especially as I have my own meteorologist! Around Saturday lunchtime I was waiting for news whilst pottering about in the greenhouse when Mark came to tell me it had been cancelled. I was expecting that news as the forecasts for Storm Ashley showed the wind getting stronger and knew this wouldn't be safe for the volunteers and marshalls, let alone the runners. But I was disappointed, mostly because I had a naughty cheesy pasta and chicken meal planned for that night which I had been dreaming of for days. So I had resigned myself to a salad that night and no running the next day and off I went up to Fareham to visit my parents for a couple of hours. Whilst there, my phone was pinging and upon checking, I saw a message from Mark saying I could still have my pasta as a race was back on. When I got home, I caught up on facebook and was gobsmacked how quickly it had gathered pace for a 10 mile run event to be put on. I saw someone else had also organised a run from The Cocked Hat at 9am and that had gathered pace quickly too.



The following morning I was sitting at 8am and twitching to get out. I asked Mark why we were waiting until 10am and it was because he had looked at the weather forecast and that should be when the worst of the rain tails off. At 9am, it was torrential and we were praying the forecast was right. We drove separately, just in case, so that Mark could be around to help anyone if needed and I could get home. Mark drove down via Lee sea front and saw the runners from The Cocked Hat battling the horrendous wind and torrential rain.

When I got to club, other runners turned up and we were all looking at each other in nervous anticipation of what we had let ourselves in for. The good news is with 2 water and aid stations and people round the course, we knew we would be okay. Mark gave us a debrief and explained the route, reminded us it wasn't a race and the most important thing was for us to be safe and all look out for one another.





And then off we went! Some of us had wet weather gear on, buffs and sleeves but less than half a mile in, we had got rid of it all as the rain had virtually stopped and it was surprisingly warm. Mark was en-route at different points to remind us of the next stage of the route and check we were all okay. We also had Ken cycling and checking on us. At Monks Walk was the first water and treats station with lots of encouragement from Steve and Sylv. We carried on at a nice steady pace, and the weather was holding off. It was a light drizzle at

times, it was blustery but as Karen Morby said “we’ve run in much worse weather than this”.

Once we got down to the front by the Gosport Ferry then it got tougher. The wind was horrendous and it was a matter of putting your head down and pushing on. It remained really windy over Haslar bridge and Haslar Road was like a wind tunnel. Off in the distance we saw cars and a group of people and thought there had been a car accident. But it turned out to be another water station manned by Tom and Honor and Mark and Ken were also there to check on everyone. Now, when I say water station, I use the term very loosely as it was a full blown buffet! There were sausage rolls, jelly sweets, Celebrations chocolates, fig rolls, salted peanuts and the list goes on....



We pressed on through the Haslar wind tunnel, we were about 8 miles in and I think at that point when I saw Mark I told him that I hated him! He just grinned and reminded us of the next part of the route and that we didn’t have long to go now.

As we approached mile 9 I think delirium kicked in. I was running with Karen Morby who decided to jump in every puddle she saw and Lisa McGuinness who was pushing her hands out and shouting “beep, beep!” so that the cars would beep us. I should mention at this point all the people out in the street, some were GRR members or families and drivers that were all encouraging us on our way. It seemed to be just known throughout Gosport that anyone out running that day was doing their own GSR.







As we headed over the bridge towards club we were coming up a little short so ran the long way round into the park. Karen mentioned at that point that not doing GSR we had missed out on the “Oggy Oggy Oggy!” chant in the tunnel so we decided to do our own instead!

And then we were done, 10 miles and were greeted back in the car park by Steve Calder and Kev Busch who had completed their run too.

As the runners were finishing, the Readers turned up with their party bus and we were munching on well deserved treats and cups of tea. That was when the rain came but we weren’t going anywhere until every runner was back home and making sure everyone was okay.

Even though they could have just gone home, we had the marshalls and volunteers come back to the car park, Steve and Sylv with more goodies and drinks for us, Andy Hopkins who took some amazing photos of us all on route, Ken who had been cycling, a feat in itself in that wind and Gav, Col and Phil who had checked on us at different points around the route too. Then Mark drove in with headlights on behind Mike and Sue Barker whilst we cheered them across the finish line.

It was raining, we were all wet, cold and knackered – but we didn’t care. We had pulled together and everyone had finished safe and sound. Days like this remind me why it is so great to be part of GRR, it wasn’t about a race, it was about our obligations to our charities and being there to support and look after each other. Why? Because we are more than a club, we are a family and I for one, am incredibly proud to wear yellow.

I know I am biased but a huge thank you to Mark and all the volunteers who not only pulled together at very short notice to make it happen but had gone out shopping to provide us with the water and treats. Thank you to Jo too who surprised us all at club on the Tuesday with medals for our “Not GSR” run.



*Mark and Lisa Jakins*

# Lanzarote Half Marathon

## with Running Crazy

### By Zoe Windsor

I decided earlier in the year to do this half marathon, I was very happy when Jo said she would also come or I would have been going on my own. The journey to the half for myself and Jo was plagued with injuries, a broken toe and torn quad muscle for Jo and a calf tear for me 5 weeks before the race. In desperation I joined a gym just so I could go on the cross trainer as running was not possible, I managed a 10 mile run/walk the week before the race so this gave me some hope.

Malcolm met us at the airport and drove us to the hotel, Malcolm also collected the race number for us. There was much discussion about how small European t-shirts are so I would recommend getting a larger one if abroad. Saturday was race day; we were pleased we had gone with Running Crazy as the hotel was a five-minute walk from the start. Had we stayed at the 'end' then we would have had to have got the race transport and been there over an hour and a half early with very little shade or access to toilets.

The half marathon started at what would be the turn around point for the marathon. The 10k then started at 10k out from the finish. We were due to start at 10:30 but it was delayed as all the races were for about 20 minutes. This meant however that Jo and I both saw our friends who were running the marathon which meant a lot to us.



We started right at the back, literally! However, we were soon overtaking people. Both of us just wanted to keep it steady and get round. The route is from Puerto del Carmen to Costa Teguise. Malcolm had pointed out a tower block which indicated the halfway point, I have to say the tower block felt like it took ages to come round. It would turn out that Saturday would be the hottest day of the week with temperatures of 23, also we had a headwind for the run. There were parts of the run where there was little wind on some of the corner sections and you could really feel the heat then.

There were plenty of water stations and every other one had coke and some had isotonic drinks. We both found the second half more undulating than the first half; we did walk some of the hills and water stations. Malcolm had reminded everyone to add 5 minutes on for every hour you run due to the heat, at one point Jo and I thought where have all these fast runners come



from, but it was the 10k, we did not see their start area so that confused us for a moment.

We could hear the finish area but could not see it till we turned a corner; it ended up a bit like Malta where you go under several gantries thinking, they are the finish before you get to the finish! But we finished and that was the most important thing. We got our medals and headed to the tent to get a drink and snack: on offer was a box of rice, tuna and green olives. I don't like green olives but ate it as thought the salt would help. We then went to our meeting point to get transport back, Malcolm had hired minibuses for the whole weekend to transport people for the race and airport.

Once back we went into the unheated pool to help our muscles before heading out in the evening for the after party. The other main parties there were Crawley and Hastings running clubs, some of them had some very sore heads on the Sunday.

Malcolm also offered a tour of the island on the Sunday for a couple of hours which was a nice gesture, I am glad we went with Running Crazy as the location of the hotel was fab and being transported around was nice too.

We finished in 2:37:36 which we were both pleased with considering the lead up to the race.



*Zoe Windsor*



## Recipe Corner

### Butternut Squash, Onion and Pepper Soup

By Zoe Windsor



#### What you will need

- 1 whole butternut squash
- 1 whole white onion
- 3 peppers- any colours
- 1 whole head of garlic
- 1 vegetable stock cube
- 1 pint of cold water
- Baking tray
- Blender of some kind- I do not have a food processor so used a nurtri blender

### Method:

- Heat the oven at 180
- Cut the butternut squash into quarters and take the seeds out- can make some scores on the thicker parts- you can also skin before cooking
- Cut the onion into slices or quarters
- Cut the peppers into quarters or smaller and remove the seeds
- Cut the garlic head into half
- Place everything on a baking tray and drizzle roasting oil over vegetables and salt and pepper.
- Cook for about 25 to 30 minutes.
- Once cooked remove from oven.



- Let the butternut squash cool slightly before you try and take skin off if you didn't skin before roasting.
- Remove the garlic from the heads, they should just squeeze out into the saucepan.
- Transfer everything to a saucepan.
- Add 1 pint of water and the vegetable stock cube, more seasoning if so desired.
- Bring to the boil and then simmer for 15 minutes.
- Once finished simmering then you can blend together, using a food processor, hand blender or nutri blender. I had to do a bit at a time with the nutri blender.

This should make enough for 3 to 4 people. Keep in an airtight container in the fridge for 3 days. Keep in container in the freezer for a couple of months. Add croutons if you wish - you can make them, but I bought mine.

*Enjoy!*

*Zoe Windsor*

## Gosport Half Marathon Runners' Feedback

The Gosport Half Marathon certainly takes a lot of work, and we all know we think it's the jewel in the GRR crown. But it's always good to see the feedback from runners who have taken part to remind us how well-received this event really is. Here's a selection of comments we received on social media:

*"Even the weather was perfect. A cracking event superbly organised.  
Thank you all"*

*"Always one of the **best organised races**. Great job everyone involved"*

*"Well organised and thank you to all involved. To top it off, I had the  
spitfire take off directly above me and the **goody bag** put the  
London marathon one to shame."*

*"The next distraction was the **lady in the bikini** crossing the  
running route just in front of me - not something I was used to on  
a UK half marathon in **November**" [coming out of the sauna I  
think!]*

*"Great organising and **wonderful marshals**, thank you"*

*"Thank you so much to all the marshals and everyone involved.  
Everyone was **so kind and encouraging**"*



*"Brilliant event today. Very well organised, and fantastic marshals! Thank you to everyone involved."*

*"Great run. Fabulous marshals and support all round. **Superb facilities.**"*

*"Gosport Road Runners: Thanks so much for a great day! My children ran in the **new fun run and challenge races (which were brilliant)** and I did the half! All races were **so well organised** with fabulous marshals along the course. We will be back next year"*

*"Thank you to all the organisers involved in this **fantastic race** and a massive thank you to the marshals, one in particular who was just after the samba band which helped me so much given me advice and a massage as I suffered really bad with calf cramps I'm just sorry I didn't get your name but **you were amazing thank you so much, fantastic race**"*

*"Brilliant event! Thank you so much"*

*"**Superb facilities at the new HQ.** Fabulous course, lined with friendly, encouraging marshals and great support from the crowds. Generous prizes. **Can't fault it. Well done to you all"***

*"Fantastic race every year. **So well organised**"*

*"Great event as normal - thanks GRR! Apologies for the **Exorcist-style projectile vomiting** just prior to the finish line!"*

# Results - October Time Trial

October 5 Km Time Trial						
Pos.	Name	Time		Pos.	Name	Time
1	Chris Buxton	19:26		13	Becky Scott	30:02
2	Andy Graham	19:35		14	Tom Reader	30:03
3	Luke Foley-Greaves	20:30		15	David Baker	30:46
4	Mark Jakins	22:38		16	Brooke Newbrook	32:39
5	Mark Brown	23:09		17	Zoe Windsor	33:44
6	Steve Calder	24:55		18	Rory Fall	33:45
7	Adam Crook	25:42		19	Mike Stares	34:39
8	Gill Thomas	26:53		20	Katey Malam	35:34
9	Dale Poulter	28:21		21	Kate Robertson	36:04
10	Lisa Jakins	28:29		22	Abbie Dalton	40:35
11	Colin Gardner	28:51		23	Karen Harding	40:38
12	Shirley Faichen	29:50				
Officials: Paul Street, Steve Cawte, Gary Francis, Dave Croft, and Mike Bowers.  Thanks to Karen Harding for tail running tonight.						

## Results - November Time Trial

November 5 Km Time Trial 2024							
Pos.	Name	Time		Pos.	Name	Time	
1	Mike Newhan	18:04		11	David Baker	30:59	
2	Chris Buxton	19:23		12	Brooke Newbrook	32:00	
3	Adam Crook	21:24		13	Mick Kearney	32:07	
4	Mark Jakins	22:58		14	Mike Stares	32:59	
5	Mark Brown	24:03		15	Zoe Windsor	33:04	
6	Steve Calder	25:25		16	Rory Fall	33:42	
7	Yvette Eastman	25:58		17	Biddy Russell	34:01	
8	Steve Cawte	28:48		18	Sarah Golding	40:56	
9	Mike Barker	28:50		19	Jen Brown	40:57	
10	Shirley Faichen	30:03		20	Andy Faichen	41:08	
Officials:- Sue Barratt, Paul Street, Gary Francis and Ken Eaden. Marshals:- Mike Bowers, Dave Croft, Jenny McKay.  Thanks to Andy Faichen for tail running tonight.							



## Results - Helpers' Half Marathon

November 2024 Helpers Half Marathon								
Pos.	Name	Time		Pos.	Name	Time		
1	Adam Crook	01:38:45		16	Ros Cowdry	02:14:44		
2	Steve Crook	01:41:28		18	Jo Booker	02:15:54		
3	Kev Busch	01:47:43		19	Tony Barron	02:16:19		
4	Oli Derham	01:49:31		20	Lisa Jakins	02:16:25		
5	Mark Jakins	01:49:51		21	Kath Cooper	02:18:37		
6	Sarah-Jane Law	01:54:40		22	Lisa McGuinness	02:21:34		
7	Steve Calder	01:54:41		23	Karen Morby	02:21:34		
8	Jackie Tombs	01:59:57		24	Cathy Harman	02:24:54		
9	Yvette Eastman	02:03:42		25	Tom Reader	02:25:55		
10	Cate Mullen	02:04:22		26	Janet Shaw	02:27:00		
11	Miranda Carrick	02:04:29		27	Honor Reader	02:27:01		
12	Steve Wood	02:05:55		28	Kellee Read	02:46:30		
13	Hayley Milam	02:08:53		29	Karen Harding	02:47:52		
14	Jade Botterill	02:08:54		30	Andrea Harris	02:50:46		
15	Mike Healy	02:09:51		31	Biddy Russell	02:50:47		
16	Rebecca Scott	02:14:44						
Officials and Marshalls:- Paul Street, Ken Eaden, Gary Francis, Jenny Mackay, Dave Croft, Gav Booker, Cliff Shaw, Roz Weaver, Pam Fisher, Jackie Brady, Caz Delooze, Abbie Dalton, Mike Stares, Steve and Syl Cawte, Mike and Sue Barker and Gill Thomas. Many thanks to Honor Reader for Tail Running today.  Well done to Tonia Morrell completing one lap in 01:08:47  GREY = GUEST RUNNER								

## Results - December Time Trial

December 2024 5 Km Time Trial							
Pos.	Name	Time		Pos.	Name	Time	
1	Tom Barnard	18:09		15	David Baker	30:20	
2	Chris Buxton	19:14		16	Shirley Faichen	30:25	
3	Andy Graham	19:20		17	Gill Dowling	31:34	
4	Adam Crook	20:34		18	Yvette Eastman	31:35	
5	Mark Jakins	22:31		19	Brian Fisher	31:55	
6	Jack Butterworth	23:20		20	Karen Harding	33:02	
7	Mark Brown	23:55		21	Mike Stares	33:09	
8	Steve Calder	26:18		22	Kirsten Bradley	33:52	
9	Gill Thomas	26:53		23	Chantelle Lumb	37:12	
10	Lisa Jakins	28:23		24	Vicki Penfold	37:13	
11	Dulcie Newbrook	29:01		25	Kate Robertson	38:27	
12	Fi Tomlinson	29:08		26	Abbie Dalton	39:20	
13	Steve Wood	29:09		27	Tonia Morrell	39:21	
14	Rebecca Scott	29:30					
Officials, Supporters and Marshalls:- Paul Street, Ken Eaden, Steve Cawte, Gary Francis, Jo Booker, Dave Croft and Mike Bowers.  Many thanks to Tonia Morrell for being tonights tail runner.							

## September - November Results

8th Sept.	Overton 5 Mile		Comment
Pos.	Name	Time	
148	Adam Crook	00:35:24	
243	Mark Jakins	00:40:03	
255	Steve Calder	00:40:55	
320	Yvette Eastman	00:44:58	
371	Steve Cawte	00:48:06	
375	Jo Yorke	00:48:23	
378	Deborah Birch	00:48:30	3rd in age group
383	Karen Morby	00:49:28	
395	Shirley Faichen	00:50:21	
409	Mike Barker	00:52:17	
410	Sharon Clutton	00:52:16	
414	Ken Eaden	00:52:47	
442	Karen Harding	00:58:05	
461	Rory Fall	01:04:42	

14th Sept.	Shere Half Marathon		Comment
Pos.	Name	Time	
144	Zoe Windsor	03:33:21	

15th Sept.	Sydney Marathon		Comment
Pos.	Name	Time	



11068	Jackie Tombs	04:15:23	6th in age group
Notes: 62 participants in age group, total 20261 runners			

15th Sept.	<b>Totton 10K</b>		Comment
Pos.	Name	Time	
182	Shirley Faichen	01:02:15	
189	Dulcie Newbrook	01:03:02	
203	Honor Reader	01:05:33	

22nd Sept.	<b>Winchester Half Marathon</b>		Comment
Pos.	Name	Time	
409	Yvette Eastman	02:03:24	
676	Ken Eaden	02:34:51	

21st Sept.	<b>Hambledon Hilly 10K</b>		Comment
Pos.	Name	Time	
71	Mike Stares	01:15:09	1st in age group

28th Sept.	<b>Utilita Bowl 10K</b>		Comment
Pos.	Name	Time	
283	Cate Mullen	00:53:23	Vegan/GRR

28th Sept.	<b>Lakeland Trail 10K</b>		Comment
Pos.	Name	Time	
	Shirley Faichen	01:17:00	

6th Oct.	<b>Solent Half Marathon</b>		
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Pos.	Name	Time	Comment
203	Steve Calder	01:55:15	
211	Adam Crook	01:56:25	
252	Cate Mullen	02:05:58	
293	Jo York	02:21:29	
294	Karen Morby	02:22:01	

6th Oct.	Clarendon Marathon Relay		Comment
Pos.	Name	Time	
20th	All Mens Team	04:19:06	
	Tom Reader		
	Mark Jakins		
	Andy Graham		
	Colin Lambert		

6th Oct.	Clarendon Marathon Relay		Comment
Pos.	Name	Time	
52nd	All Ladies Team	04:56:12	
	Honor Reader		
	Rebecca Scott		
	Gill Thomas		
	Penny Penny		

6th Oct.	Carendon Marathon Relay		Comment
Pos.	Name	Time	
57th	Mixed Team	04:58:30	
	Steve Cawte		
	Shirley Faichen		
	Sylvina Cawte		
	Dulcie Newbrook		

12th Oct.	Bournemouth 10K		Comment
Pos.	Name	Time	
44	Andy Graham	00:44:24	

13th Oct.	Denmead 10K		Comment
Pos.	Name	Time	
21	Luke Fowley-Greaves	00:44:27	Not sure he ran this??
117	Dulcie Newbrook	00:59:56	
118	Shirley Faichen	01:00:16	4th in age group
191	Susan Barker	01:17:09	4th in age group

20th Oct.	Goodwood 1/2 Marathon		Comment
Pos.	Name	Time	
161	Zoe Windsor	02:42:32	

27th Oct.	River Thames 1/2 Marathon		Comment
Pos.	Name	Time	
74	Andy Graham	01:31:39	
337	Ben Wales	01:54:08	



27th Oct.	<b>Lucerne 1/2 Marathon</b>		Comment
Pos.	Name	Time	
	Deborah Birch	02:17:58	
	Shirley Faichen	02:18:26	
	Steve Cawte	02:30:17	

27th Oct.	<b>Lucerne 10K</b>		Comment
Pos.	Name	Time	
	Salvina Cawte	01:04:39	

27th Oct.	<b>New Forest 10 Mile</b>		Comment
Pos.	Name	Time	
161	Adam Crook	01:13:00	
441	Steve Calder	01:26:58	
644	Jo York	01:41:28	
649	Karen Morby	01:41:41	
758	Liz Redpath	01:56:14	

27th Oct.	<b>Oktoberfest 6K</b>		Comment
Pos.	Name	Time	
	Zoe Windsor		No Result
	Jo Hopkins		No Result
	Marie Bowers		No result

3rd Nov	<b>Hayling 10 Mile</b>		Comment
Pos.	Name	Time	

14	Mike Newnham	01:00:12	2nd in Age Cat.
25	Nikki Moxham	01:02:55	1st in Age cat. 3rd.F overall
92	Kevin Busch	01:22:02	
307	Cate Mullen	01:32:55	GRR/Vegan
364	Jo York	01:33:08	
366	Catherine Harman	01:38:17	

3rd Nov	<b>New York Marathon</b>		Comment
Pos.	Name	Time	
	Jackie Tombs	04:26:58	

Thanks to Dave Croft, our Race Recorder, for collating all the above information.

**PLEASE NOTE:** it would be a great help if people could send Dave their results, by emailing 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

Thur 19th December	7:00pm	Christmas Mulled Wine and Mince Pie Run Including raffle draw
Wed 1st January	10:45am	New Year's Day Run and (optional!) swim at GAFIRS
Friday 31st January	7:00pm	Awards night - Rugby Club

### HRRL Events

Sunday 12th January	Stubbington 10k
Sunday 2nd February	Ryde 10 mile
Sunday 6th April	Salisbury 10 mile
Sunday 11th May	Alton 10 mile
Sunday 18th May	Netley 10k
Sunday 15th June	Alresford 10k
Sunday 6th July	Lordshill 10k

### SCCL Events

Sunday 15h December	11:00am	Lord Wandsworth College
Sunday 29th December	11:00am	Alice Holt
Sunday 19th January	11:00am	Chawton House



## And Finally...

...and finally, here's a photo of Steve getting his banana checked for leaks before the Summer Relay. You look very pleased with yourself, Steve - actually, you *all* do...



# 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)