

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER

January 2015

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Chairman's Corner

Dear GRRs

Welcome to the 1st of our 2015 Newsletters and, upfront, I think a big thank you is due to Nick for doing such a fantastic job in producing these.

Over the Christmas break we had a fantastic turn out for the New Years Run & Dip. I think I can safely say that the dip was "exhilarating" but even better was that we were able to warm up back at the club. Well done to all who turned out and to GAFIRS for hosting what is an increasingly popular event.

At the last committee meeting we discussed, amongst other things, how we can work together with the other local clubs to support a Park Run, transport support for the London Marathon and the Beginners Groups. For the Park Run, we are in a supporting role with Auz Gray doing a sterling job along with other local runners to get this off the ground. Fingers crossed.

For the Virgin London Marathon, we will be providing a coach on a cash up front basis which will take runners, family and supporters up to the start and collect from the finish. Details to be published.

Welcome to all those on the Beginners Course. Hopefully you are finding it a really good introduction and, looking at the fantastic turn out at the Stubbington 10k from the previous Beginners as well as longer serving members, it is clearly achieving its aims. The committee do recognise that as the club gets bigger it can be difficult to welcome everyone and keep in touch, so we would always ask the more established club members to keep an eye out for new members and make sure we always deliver on our friendly reputation.

Equally, can I again remind people that asking for health or detailed training advice via Facebook can be a very high risk strategy. The Captains and several other members of the committee have formal training and coaching qualifications so I would always recommend that you approach one of them as your first stop for proper advice or recommendations as to a physio etc.

Of course on Friday 30th Jan there is the Club Annual Awards Dinner. Hopefully you all have your tickets and I and the rest of the committee look forward to seeing you there as we all celebrate a great 2014 for the club.

Just a few months away is the start of the Summer Out of Town Runs (OK they actually start in the spring). These are very companionable 5 or 6 mile runs around the countryside, often with a shorter route available for those who wish it. Really good fun and don't listen to anyone who says we usually get lost.... Well OK it does happen but not every time! More details in the next month or so.

Thank you again for making the club a success.



Giles Cowling

New Year's Day Run & Solent Dip

Regular Club members will no doubt be aware that the Club traditionally supports the annual New Year's Day charity dip in the Solent and that Club members taking part will usually precede this with a short fancy dress run around Gosport. This year was no different with a total of 34 Club members braving the cold weather for the run and dip! I've added a few photos from the day for your enjoyment....











Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Saturday 27th December 2014

Pub to Pub Annual Charity Run

Position	Name	Gun Time
25	Colin Gardner	00:52:35
44	Peter Lindley	00:58:44
48	Paul Street	00:59:33
53	Ray Bernice	01:00:49
72	Rory Fall	01:06:22
75	Michael Stares	01:06:54
86	Sylvia Cawte	01:08:36
106	Michael Barker	01:18:44



Portsmouth Joggers Annual Pub to Pub run is held in the week just after Christmas, which is a great opportunity to run off any Christmas excesses or just an excuse for a social with all your running friends. This is an undulating course of approximately 7.4 miles on minor roads and due to the time cut-off, the event also consists of a walk over a course approx. of 3.5 miles.

Pub to Pub Annual Charity Walk

Position	Name	Gun Time
6	Kathleen King	00:58:54
7	Sue Tingley	00:58:55
11	Susan Barker	01:01:38



Pub to Pub Run

Sunday 18th January 2015

stubbington green runners

Stubbington 10k

Pos	Name	Chip Time
89	Chris Buxton	00:37:08
177	Richards Oakes	00:39:14
182	Terry Arnott	00:39:20
201	Kev White	00:39:41
237	Ben Jarvis	00:40:39
361	Dan Belben	00:42:59
422	Peter Brown	00:43:48
432	Ben Wales	00:44:06
507	Bryn Whitehouse	00:44:36
538	Terry Moore	00:45:25
605	Jack Coulbert	00:45:33
544	Auz Gray	00:45:35
580	Anthony Dew	00:45:59
622	Darren Eynon	00:46:15
602	Ray Bernice	00:46:40
611	Lisa Hennen	00:46:44
686	Paul Street	00:48:01
690	Brian Fisher	00:48:02
731	Kirsten Maw	00:48:05
728	Dave Croft	00:48:36
775	Rory Fall	00:49:15
801	Keith Elshaw	00:49:24
876	Jenna Knight	00:50:12
826	Tracey Wales	00:50:13
894	Eric Macgurk	00:50:29
879	Guy Sheppard	00:50:51

Pos	Name	Chip Time
886	Tracey Bale	00:51:10
932	Jenny Shilling	00:51:21
943	Fi Tomlinson	00:51:30
1011	Paul Jeram	00:51:57
926	Pete Lindley	00:52:00
1025	Melissa Pink	00:53:27
947	Mick Kearney	00:52:20
990	Lee Westwood	00:52:44
1017	Mike Stares	00:52:52
1095	Rachel Gee	00:53:42
1093	Yvette Eastman	00:53:49
1094	Kerry Irwin-hall	00:54:30
1126	Sharon Clutton	00:55:03
1115	David Brace	00:55:31
1158	Jenner Moore	00:55:35
1150	Andrea Edwards	00:55:42
1151	Nikki White	00:55:43
1199	Victoria Gorton	00:55:44
1180	Ellie Blaiklock	00:55:57
1169	Karen Philips	00:55:59
1173	Sue Barrett	00:55:59
1220	Kim Carter	00:56:35
1210	Kellee Read	00:56:37
1209	Kerry Down	00:57:10
1225	Sarah Down	00:57:33
1340	Julie Shinton	00:58:51

Pos	Name	Chip Time
1301	Jo Harvey	00:59:00
1304	Ange Elshaw	00:59:03
1360	Laura Cornborough	00:59:42
1398	Karen Hoggarth	01:00:51
1419	Linda Briggs	01:01:22
1433	Mike Battersby	01:01:41
1457	Andrea Ridley	01:01:42
1454	Kevin Robinson	01:01:58
1455	Maree O'Rourke	01:02:00
1466	Richard Morris	01:02:16
1469	Miranda Carrick	01:03:06
1489	Den Francis	01:03:23
1490	Mary Ash	01:03:23
1500	Chris Nation	01:03:57
1499	Sarah Newman	01:04:09
1497	Adam Walters	01:04:25
1529	Colin Gardner	01:04:53
1526	Janet Lindley	01:05:00
1549	Caroline Dickens	01:05:48
1550	Joanne Hopkins	01:05:49
1567	Tania Bernice	01:06:31
1576	Sue Tingley	01:07:47
1638	Susan Barker	01:14:44
1646	Karen Middleton	01:17:17
1651	Louise Millson	01:18:45
1652	Linda Moorhead	01:18:47

78 runners is an amazing turnout..... well done everyone!

Stubbington 10k







Saturday 25th January 2015

Dark Star Marathon (28.2 mile Trail Marathon)

Position	Name	Time
71	Auz Gray	05:22:36

Auz has done a cracking write-up about this event, you will find it on page 38

Results Co-ordinator

Race Results

Well done to all those who gained Club Awards in 2014. Results for THIS year are now being recorded but are only as good as the information I am given! Please help me to record it all accurately by advising me of any race name/number swaps you might have made, or of any races where you are not listed as a GRR.

Generally I manage to locate online most results of the races our runners take part in, along with Nick MacBeath who also looks out for them. This is probably just as well since only a handful of members contact me directly with their results! Can I please ask, to ensure we capture all your results, that you contact either me or Nick with your results and we can then ensure that they are recorded.

Thanks.....

Brian Fisher



Brian Fisher - Results Co-ordinator



Please email you results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



Club 5k Time Trial

Tuesday 6th January 2015

Pos	Name		Time
1	Tom Barnard	Guest	18:09
2	Terry Arnott	PB	19:19
3	Ben Jarvis		19:31
4	Dan Belben		20:51
5	Josh Belben	Guest	20:56
6	Ben Wales	PB	20:56
7	Jack Coulbert	1 st 5k	21:02
8	Bryan Whitehouse	1 st 5k	21:06
9	Anthony Dew		21:11
10	Paul Williams	Guest	21:14
11	Andy Johnson		21:25
12	Nick Carter		21:32
13	Terry Moore		22:00
14	Ray Bernice		22:25
15	Ian Pugh		22:25
16	Tim Durant		22:26
17	Kevin White		22:39
18	Lisa Hennen	PB	22:46
19	James Wales	Guest	23:12
20	Alan Burgess		23:15
21	Darren Eynon	PB	23:17
22	Jenna Knight	PB	23:20
23	Richard Oakes		23:31
24	Keith Elshaw		23:33
25	Auz Grey		23:42

Pos	Name	Time
26	Rory Fall	24:06
27	Paul Jeram	24:07
28	Brian Fisher	24:09
29	Dave Croft	24:32
30	Tracy Wales	25:00
31	Nicki White	25:26
32	Rachel Davies	25:27
33	Lee Westwood	25:56
34	Ken Eaden	26:23
35	Samantha Gee	1 st 5k 26:34
36	Mike Stares	26:40
37	Catherine Stock	Guest 26:48
38	Steve Silverlock	Guest 26:49
39	Andrea Edwards	27:06
40	John Jeffs	27:11
41	Sharon Clutton	27:17
42	Michelle Hayes	27:24
43	David Barker	27:26
44	Jenay Macgurk	Guest 27:40
45	Sue Nelson	Guest 27:41

Pos	Name	Time
46	Mike Kearney	27:49
47	Marie O'Rouke	29:10
48	Kim Carter	29:49
49	Dave Kirby	29:53
50	Shona Rust	30:40
51	Emma Mundy	31:05
52	Caroline Dickens	PB 31:30
53	Denise Francis	31:52
54	Mary Ash	32:18
55	Tania Bernice	32:19
56	Fiona Townsend	1 st 5k 35:30
57	Charlotte Watkins	1 st 5k 35:33
58	Christie Breen	1 st 5k 37:09
59	Caroline Oakes	37:22
60	Jenny Desmoulins	37:23
61	Ange Elshaw	37:26
62	Rebecca Lesley	1 st 5k 44:25
63	Lucy Hudson	44:25
64	Sue Barrett	44:26
65	Terry Weston	44:26

Wow !! what a turn out 65 runners, there must be something in the air (Stub10k??). A perfect night for a 5k, not to hot, not to cold, Goldilocks conditions, plus a full moon, no wonder there are so many PB's. Officials & Supporters as always deserve our many thanks. Liz Redpath (Starter & Timer), Adam Walters (Backup Timer), Gary Francis (Recorder). Main Supporter - Mike Welsted.

Dave Croft



The following are the Club member's park run results from the last month.

27th December 2014

Southsea

154 participants completed the run.

Position	Name	Gun Time
107	Laura Cornborough	00:31:13

Eastleigh

96 participants completed the run.

Position	Name	Gun Time
50	Auz Gray	00:28:00
61	Rachel Gee	00:29:29

Wimpole Estate

128 participants completed the run.

Position	Name	Gun Time
45	Alan Burgess	00:26:47

Queen Elizabeth

73 participants completed the run.

Position	Name	Gun Time
63	Meranda Winter	00:40:10

3rd January 2015

Southampton

394 participants completed the run.

Position	Name	Gun Time
184	Lee Westwood	00:25:55

Southsea

163 participants completed the run.

Position	Name	Gun Time
116	Laura Cornborough	00:29:10

Havant

153 participants completed the run.

Position	Name	Gun Time
2	Chris Buxton	00:18:47
12	Kev White	00:21:51
18	Luke Willis	00:22:19
28	Alan Burgess	00:24:56
58	Nick MacBeath	00:27:58
66	Nikki White	00:28:56
67	Karen Phillips	00:28:57

Netley Abbey

167 participants completed the run.

Position	Name	Gun Time
45	Auz Gray	00:24:11
89	Rachel Gee	00:29:18
93	Sue Barrett	00:29:41
105	Keith Elshaw	00:30:55
106	Ange Elshaw	00:30:56
143	Ethan Lazerblade Barrett	00:34:15
144	John Barrett	00:34:15



10th January 2015

Havant

197 participants completed the run.

Position	Name	Gun Time
4	Chris Buxton	00:18:44
14	Luke Willis	00:22:40
41	Chris Buxton	00:26:07

Netley Abbey

216 participants completed the run.

Position	Name	Gun Time
71	Keith Elshaw	00:25:19
123	Ange Elshaw	00:29:28
166	Alan Burgess	00:33:52
196	Jennifer Desmoulins	00:37:51

Queen Elizabeth

87 participants completed the run.

Position	Name	Gun Time
13	Auz Gray	00:24:41
51	Rachel Gee	00:31:28

17th January 2015

Netley Abbey

202 participants completed the run.

Position	Name	Gun Time
44	Alan Burgess	00:24:19
85	Rachel Gee	00:27:23
86	Auz Gray	00:27:24
124	Kerry Irwin-Hall	00:30:23
129	Sue Barrett	00:30:50

Havant

189 participants completed the run.

Position	Name	Gun Time
6	Kev White	00:21:00
59	Nikki White	00:27:54
60	Nick MacBeath	00:27:55



17th January 2015

Havant

200 participants completed the run.

Position	Name	Gun Time
90	Rachel Gee	00:28:26

Netley Abbey

258 participants completed the run.

Position	Name	Gun Time
66	Alan Burgess	00:24:18

Queen Elizabeth

78 participants completed the run.

Position	Name	Gun Time
78	Meranda Winter	00:47:44



HAMPSHIRE ROAD RACE LEAGUE

a running club competition

For details about the HRRL, what it is and how it works, please see the detailed section in August's newsletter.

At the time of writing, six races from this season's HRRL calendar had already been run and, as usual, all have been very well supported by GRRs. Results and photos from the most recent event (Stubbington 10k) are detailed above and it was great to see an amazing 79 GRRs taking part.

These runs make ideal first races as they really are very well supported, offer a great opportunity for you to represent your Club, are very friendly and definitely not elitist. For all those interested, the remaining confirmed dates for the 2014/15 HRRL season are:

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
7	Sunday 1 st February 2015	Ryde 10	10m	Ryde Harriers
8	Sunday 8 th March 2015	Salisbury 10	10m	City of Salisbury A & R Club
9	Sunday 22 nd March 2015	Eastleigh 10k	10k	Southampton Athletic Club
10	Sunday 10 th May 2015	Alton 10	10m	Alton Runners
11	Sunday 17 th May 2015	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 7 th June 2015	D-Day 10k	10k	City of Portsmouth Athletic Club

Races are generally pre-registration entry only, with many open for registration already. You can find more details about entry for the next three races at:

Ryde 10 <http://www.rydeharriers.co.uk/Ryde10info.htm>

Salisbury 10 <http://www.salisbury-arc.org/salisbury-10-2/>

Eastleigh 10k <http://www.runningmania.co.uk/>



THE SOUTHERN CROSS COUNTRY LEAGUE

There have been two races since the last newsletter, Bourne Woods in Farnham at the end of December and Manor Farm Country Park last weekend. I've included the results and some photos for both of these races on the following pages. As usual, these have been superbly supported by GRR with an amazing 41 GRR runners at Manor Farm.

There are two remaining dates on this year's calendar (please note the change in date for the Chawton Park run (this was originally going to be held on the 15th February but has been put back a week) and it would be great to see if we can maintain (or even surpass) the recent turnouts at these last two events; particularly at Staunton Park on the 1st of March as it is so local.....

For all those interested in being cold wet and muddy, these are the remaining dates for the 2014/15 cross-country season.....

<u>Date</u>	<u>Location</u>
Sunday 22nd February 2015	Chawton Park Wood, Alton
Sunday 1st March 2015	Staunton Country Park

Courses are a mixture of woodland trails and parkland and are usually not usually more than 5 miles in length.

Racing in this league is more about friendly competition and making sure everyone enjoys the events. One feature of this friendly atmosphere is that each host club provides refreshments (for between £1 and £2) after each event while the results are prepared and presented.

All races are free to enter and are open to Club members of ALL abilities.

Club colours must be worn by all runners.

You WILL get muddy.....

Your Club Cross Country Reps

This year, the Club has new Cross Country Reps; Kev and Nikki White. Kev & Nikki will be updating the details on the notice board each month with the forthcoming race details but if you have any questions or queries in the mean time you can catch up with them at the Club one night or you can contact them via their email address:

crosscountry@gosportroadrunners.org.uk



The Bourne Woods, Farnham – Finishing Positions – 7th December 2014

Pos	Name
71	Ben Jarvis
103	Colin Gardner
145	Paul Turle
152	David Robertson
166	Nick Carter
185	Darren Enyon
188	Terry Moore
216	Rory Fall
226	Mick Stares
226	Ken Eaden
229	Richard Morris
240	Rikki Hatherley
243	Adam Walters



Pos	Name
59	Kirsten Maw
85	Nikki White
89	Fiona Tomlinson
115	Kerry Down
116	Melissa Pink
118	Kim Carter
119	Sue Barrett
127	Julie Shinton
132	Sarah Down
141	Jenner Moore

Another great turnout thanks guys for the support. It was a very muddy course with some small hills and freezing. Finishing overall 18th well done everyone.

Kev & Nikki

Bourne Woods



Manor Farm Country Park – Finishing Positions – 25th January 2015

Pos	Name
17	Chris Buxton
39	Ben Jarvis
43	Luke Willis
46	Kev White
89	Ian Pugh
109	Terry Moore
130	Miles Pritchard
139	Peter Phillipson
142	Terry Arnott
147	Darren Eynon
156	Keith Elshaw
165	Martyn Barnes
167	Rory Fall
168	Peter Lindley
183	Guy Shepherd
188	Mike Stares
189	David Brace
196	Ken Eaden
198	Giles Cowling
211	Adam Walter



Pos	Name
69	Jenna Knight
75	Sarette Martin
93	Fiona Tomlinson
106	Eileen Cowling
107	Andrea Edwards
109	Nikki White
114	Kerry Down
117	Sue Barrett
118	Kerry Irwin-Hall
123	Ange Elshaw
128	Kim Carter
134	Melissa Pink
135	Julie Shinton
138	Lucy Hudson
143	Sarah Newman
149	Sarah Bishop
150	Chris Nation
156	Lizzie Elshaw
157	Becky Veal
162	Meranda Winters
163	Tracy Hind

Well done everyone who ran today, excellent results! And a big pat on the back for Terry Arnott for helping a young lad that was injured go GRR.

Kev & Nikki

Manor Farm Country Park





My First Marathon Portsmouth Coastal Marathon 2014

(By Jenny Shilling)



At last I have achieved my goal of running a marathon. I completed the Portsmouth Coastal Marathon on 21st December, and by the time I finished it was a similar feeling to giving birth – I am never going to do that again! However, as the days have passed my anti-marathon feelings have softened, so I am now at the “I might do another one” stage, but not anytime soon.

My running journey to a marathon has taken me almost 9 years.

I started running just before my 56th birthday after my daughter Sarah informed me that she was entering us both for the Race for Life that summer. I told her that there was no way I could run 3 miles, but she entered me anyway, which goes to show children (even grown up ones) never listen to their parents. Her reason for us entering this race was that I had just successfully completed treatment for breast cancer and she felt that I needed something to focus on, and after a couple of difficult years, she was absolutely right.

I bought my first pair of running shoes from Alexandra Sport, and started running on my own. I followed the training schedule from Runners World, and gradually increased the running distance and speed. We successfully completed the Race for Life, and then decided we would run the Great South Run – how difficult could that be, it was only another 7 miles! It was fantastic achieving running that distance, and we immediately signed up for the Gosport Half Marathon (only another 3 miles – how difficult could that be?) However, Sarah was injured, so I ran the Half Marathon on my own – it was difficult, but I completed it in just over 2 hours.

After that I continued running on my own, and then in 2009 my son David started running. He decided he would join Gosport Road Runners, so I said I would go along with him. We both ran together and enjoyed being part of the club and getting to know other runners. He then fell in love and moved away to live in New Milton. At first I found it strange going along to the club on my own, I really missed David, but there was always someone to run with, and everyone has always been so welcoming and friendly that I soon looked forward to my club nights.



So why did it take me so long to get round to running a marathon? The answer is retirement! My husband Phil and I both decided to retire at the end of July 2014, and I felt that I would then have the time to train properly, without having to fit it around a stressful job.

I really enjoyed the training but was sad when my running partner, Tracey Wales, was injured. She had put in so much time and to have to pull out at the last minute was a real disappointment. I also had a niggling injury which meant that right up until a couple of days before the race, I wasn't sure if I would be running. I had been having physio, and had been given the go ahead to run provided I didn't experience any real pain when running. I decided to go ahead, and I am so pleased I did.

On the day, my nerves were awful, but as soon as I spotted Sue Barrett and the other GRRs, I felt much better.



I probably enjoyed the first 15 miles and then it got really tough. However, the support from all of the GRRs and Phil (who kept popping up every 5 miles round the course) spurred me on. The arrival of my first angel on her bicycle (Tracey Wales) who after a while was joined by my second angel on a bicycle (Andrea Edwards) kept me going on the long run from Eastney along the seafront esplanade. About 100 yards from the finish I was joined by Kerry Irwin-Hall who ran the last bit with me, when I really didn't have anything left to give.

So completing this marathon has been very much a team effort. My daughter for getting me running, my son for introducing me to Gosport Road Runners, and Phil my husband, who is at my side at the start and finish of every race. Also to all the fantastic members of Gosport Road Runners, whose enthusiasm and support has helped me achieve something that I would never have thought possible.

Jenny Shilling

Chip Pos	Name	Chip Time	Comment
987	Jenny Shilling	04:55:06	1st Marathon





The Druid Challenge Ridgeway Multistage Ultra 2014

7th-9th November 2014, Bucks, UK
84 miles, 3 days



What is it?... A bloody long way!

A self-navigating route of 84 miles over 3 days and a qualifying race for the North Face Ultra Trail Du Mont Blanc – get us!

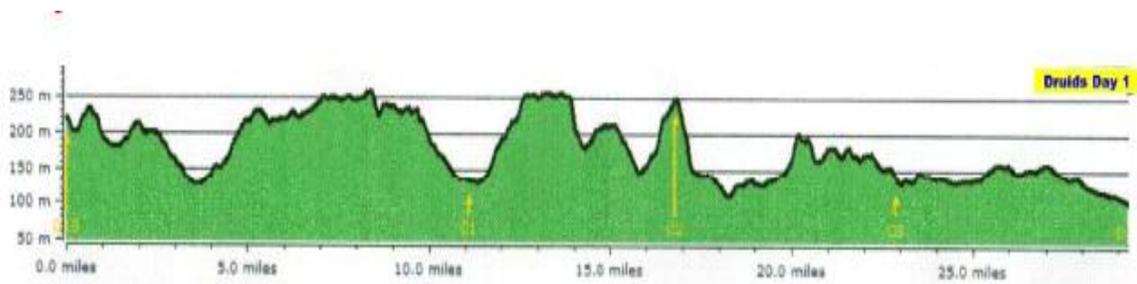
“Pack minimal amount of stuff” they said, so obviously we packed just what we needed to survive!



Us, all smiles at base camp...



Day 1



Ivinghoe Beacon to Watlington (29.3 miles).

Setting off at a steady pace, going up and down, up and down! you get the idea.

We had the added responsibility of self-navigating our own way, but thanks to some very professional compass and map reading lessons courtesy of Brian Fisher we were set never to take a wrong turn - honest!

We went through plenty of woodlands, the scenery was beautiful, and we climbed to the highest point of Coombe Hill, The Chilterns. The marshals had been out with various motivational signs.



The elite athletes soon caught us up around the half way point but it was so friendly and everyone said hello as they trundled past, up to our knees in mud in places.

Liz slipped as we were coming downhill on some chalk and in a gully, really hurting her elbow but we kept on going.

Each day we had to pass through timed check points, with lots of goodies, such as Peanut Butter sandwiches (yuk), Jam sandwiches (yuk), haribo, pretzels, cocktail sausages along with water, and juice etc. No Cake though!



The event started later on day one, which meant we finished in the dark with our head torches but it was well signed posted and they said that we would see 'loads' of neon glow-sticks, what they actually meant was that in the dark, wandering in woods, we'd see 3 over a distance of 1.5 miles!

On finishing, we had plenty of food to choose from Pasta, Salad, Coleslaw, Garlic Bread, followed by Apple Crumble, tea and coffee plenty too!

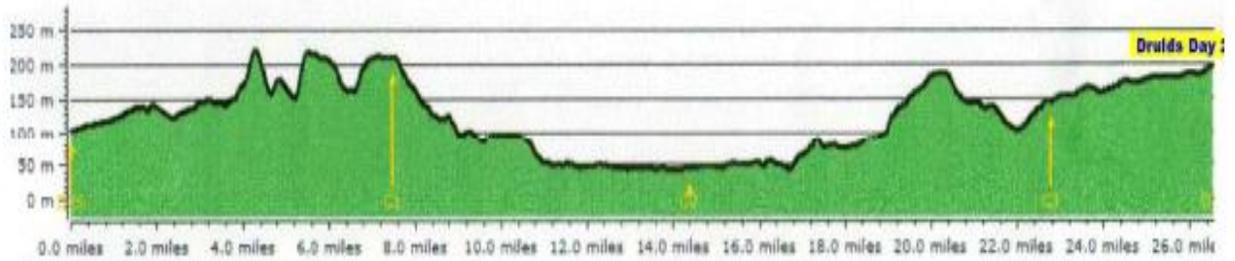


Our 4 star accommodate consisted of a stay in Watlington College sports halls, lots of camping mats, sleeping bags and bodies in one room, not us we had a 'plush flock-topped self-inflating double airbed (people were in awe!). The organisers kindly came round with Quality Street and ear plugs.

LESSON 1: We learnt that real runners sleep in their next day's running gear!

QUOTE OF THE DAY: "I'll be your sponge!"

Day 2



Watlington to Wantage (26.6 miles)

Up we get to a lovely breakfast of croissants, pain of chocolate, porridge and fruit with tea and coffee, and we set off in the dark meaning Liz had her second fall almost face-planting a muddy puddle (Ange did laugh this time!)

This route for day two wasn't as hilly, however the hills were rolling. The rain was coming down in sheets with 70mph winds and stayed virtually the whole day.

Part of the route followed The Thames Path at which point Sir Ranulph Fiennes overtook us just wearing shorts in the cold rain – we thought it was just some old nutter. He was actually training for the Marathon De Sables!!



Shortly after we saw a pheasant shoot. The kamikaze pheasants were flying and running in all directions. We thought we were 'gonners'!.

Ange even found a miniature-miniature Shetland pony.



Again the check points were fantastic and a welcome sight for such a dreadful day (Liz wouldn't have been so wet if she had packed her poncho in the right bag that morning!).

The check point prior to day 2 finish, (picture the scene) 2 grumpy, wet, tired and hungry 'ladies' slipping up a hill being stalked by some random bloke with dodgy teeth. We had already decided he was dodgy by a mile away and we would have just let him kill us had he tried.



Totally ignoring the funny guy and heading to the checkpoint we heard shouts of 'come on mummy', 'come on Ange', as Liz's hubby (Neil) and kids (Jessica and Robert) had driven up for the day and they came running towards us and held our hands, it really cheered us up.



The last 4 miles to the finish took us under the A34 following a part of the Ridgeway (the one and only part) which was dead straight and fairly flat.

At reaching the finish, we were bussed back to Wantage Leisure Centre to a lovely cuppa and a cold dribbling shower. On a positive note, the food was fantastic and plentiful; we both took the opportunity to grab a sports massage too.

Walking into the sports hall again to settle down on our glamping airbed, the smell could only be described as pungent and swampy!



LESSON 2: Not all dodgy looking blokes are actually dodgy, they are commonly known as hardy marshals!

QUOTE OF THE DAY: Pheasant for lunch (followed by lots of giggles)

Day 3



Wantage to Barbury Castle, Marlborough, nr Swindon (28.3 miles).

We were transported back to Day 2's finish. The sun was shining and we could see all around us for miles. The views were spectacular.

Today the route was much simpler and was mainly chalk path. Our ethos this day was "just get it done!!". We did go off route just the once to have a look at Wayland's Smithy long barrow – a 5500 yr old burial site.



There were lots of other runners out this day including a couple who were celebrating their anniversary with a run. She was actually a mile and a half behind him but he did ask us to pass a message on – If you see a woman in red tell her I love her! (but he wasn't waiting).

We also had the pleasure over the 3 days to meet Marathon Man (Rob Young phwoar!)



As we went through the last checkpoint



Over the 3 days we had talked about our last day and how we would be greeted by Barbury Castle, which we thought would be a magnificent sight to behold - it wasn't!! We came over the brow of the last hill, and reached what we think may have been a castle once and very very long time ago...

So, time to come off the Ridgeway!

The finishing straight also wasn't what we had talked and psyched ourselves up to expect. We had to travel down a hill so steep that even cars were struggling and we had no choice but to go with gravity and race down it.

The finish took us through a small housing estate to a plush hotel and the finishing flags. Phew!!!



LESSON 3: Castles don't last forever.

QUOTE OF THE DAY: "Oh please can we stop for a Mr Whippy"

OUR SUMMARY

We entered the event knowing it would be tough, and expecting some massive highs and lows, possibly growing to hate each other after spending well over 72 hours in each other's company.

This couldn't have been further from the truth, yes it was tough, really really tough, the toughest thing we have ever done (currently!). But we honestly have never laughed so much, said and done so many daft things just to pass the time. We took so many stunning and scenic pictures, but unfortunately you can't see the views for our mahoosive heads in the way (as they were all selfies!).

As for the competitors, organisers and marshals - Absolutely EPIC!

The event was brilliantly organised, friendly and we were very well looked after. Everyone was friendly, chatty and really encouraging no matter if you ran, walked or dragged yourself to the finish line.

The check point marshals who had been there every day despite the time out in the elements and the fact that they also looked after us in the evenings as well, working tirelessly but they never faltering. They remained happy and supportive throughout

Would we do it again –NEVER, but you all know what that actually means...so watch this space!

SPECIAL MENTION

Keith drove us up to the event, and was at each and every checkpoint en-route, supporting and encouraging us both in his own special way (thank you).

He also had an adventure of his own, something to do with sleeping in a Hostel, being the oldest one there and going to bed as the young'uns were just going out, but you'd have to ask him about that.

Ange & Liz

Extreme Athletes (ish).



Friday 7th, Saturday 8th & Sunday 9th November 2014

The Druid Ridgeway Ultra (84 miles over three days)

Name	Stage1	Stage2	Stage3	Overall Time	Overall Position
Ange Elshaw	08:36:08	08:09:40	08:25:10	25:10:58	118
Lizzie Elshaw	08:36:08	08:09:40	08:25:10	25:10:58	119

Selfie Gallery **Day 1**

Day 2



In bus to the start point for day 2



On The Thames Path.



A bit wet on day 2 (no view!)



Snuggled and ready for bed.

Day 3



Start of day 3 (end of day one point too)



Yay! A bit of sunshine!

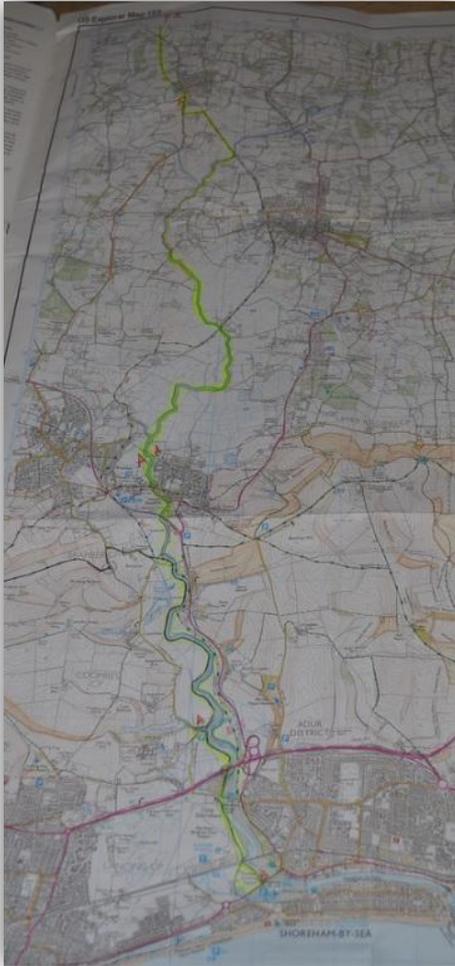


The end, THE MEDAL!

A Walk in the Dark

(By Auz Gray)

Darkstar marathon, now in its second year, is organised by www.sussestrailevents.com and is limited to 100 people.



The Race Route

The route goes from Shoreham along the towpath at the side of the river Adur for 10 miles, then onto the Downslink, a disused railway line not unlike the Wickham to Meon link that a lot of GRR's use for training runs. 4 miles along the Downslink is West Grinstead station, the halfway and turnaround point. Runners then retrace their footsteps back to the river and after a couple of miles, cross over and return to the start/finish at Shoreham Sea Scout hut via the opposite bank. 28.2 miles, all pretty flat but as the website states 'Not your usual type of marathon!!'

The marathon is named the Darkstar after a local brewery based in Partridge Green, West Sussex, which the route passes.

Last year the weather was "Pretty W**k" (cheers Sue!) with wind and rain making the return leg especially difficult. This coupled with boggy conditions underfoot meant the original cut-off time of 6 ½ hours had to be extended as so many people were still out on the course after this time limit had passed.

Thankfully on Sunday 25 January 2015, I awoke to blue skies and a light frost with not a breath of wind. This didn't however make the race particularly easy.



The first five miles were on tarmac, gravel track and soft dirt, so these were ticked off pretty quickly, but after the first road crossing at Upper Beading, the towpath became the edge of fields that are regularly used for grazing cattle. This meant that the ground was very uneven and because of the frost, frozen solid. Myself and everyone around me slowed as we attempted to avoid twisting our ankles on the unforgiving. An old Achilles injury flared up due to the lateral movement as my foot rolled to the side with every step. After a few miles of this I stopped and stretched my ankle out which helped to relieve the discomfort.

A couple of miles further we moved onto the Downslink, the path smoothed out and my Achilles stopped hurting. The path led to a main road which passed the trading estate that houses the Darkstar brewery.

The day before the marathon, we visited the brewery during a drive round and recce of the route. The staff in the gift shop had no idea that the marathon was taking place and were really surprised to hear about the event. They were very welcoming though, allowing me a taste of their beers and showing us around the brewery. I left feeling that the link between the Darkstar brewery and the Darkstar marathon was a tenuous one.

So, a quick stop for a cup of coke at the checkpoint by the trading estate (no beer and no-one from the brewery out to support) and then across the road to re-join the Downslink and a further 2 ½ miles to the turnaround point. I was joined by another runner during the section from leaving the towpath to West Grinstead station who had an app on his phone telling the world his pace, distance etc. every 2 minutes. I got a bit cranky at this point so opted to walk for a minute so I didn't have to listen to a) his phone, b) his predictions of how long the run was going to take us or c) his voice in general.

At the turnaround I stopped for a quick bite and headed back the way I had come, joined by a group of 5 blokes who, by their matching branded backpacks, I guessed were in training for the Marathon des Sables. We ran together for a bit but after not too long, I realised I was getting caught up running at their pace and forced myself to slow down as I still had over a half marathon to run.

Back at the trading estate checkpoint (16 ½ miles) I decided to walk for a bit and regroup as I could feel fatigue setting in. Rachel was there in support and gave me a cup of coffee which went down really well, and I was soon trotting off and re-joining the river at around the 18 mile mark.

Although back on the towpath that I'd left 8 miles previously, it was now a completely different surface that I was running on. The frost had thawed and I was running in thick mud, sticking to my shoes and attempting to pull them off.

Luckily I've been doing a lot of my training at Titchfield Haven and Meon Shore, so I was well prepared for this, wearing decent, grippy off-road shoes tied on tight and with gaiters attached.

The mud still took its toll though, draining my energy and after crossing the river, by about 21 miles I realised that my pace had slowed considerably. At 22 miles I caught up with the only other runner I saw until the finish and he was walking, so I walked with him for a minute and a quick chat. He said he was knackered and really looked like he'd lost his mojo! I didn't want to lose mine, so pressed on.



The Very Muddy Towpath



The Riverbank

The last 10k I ran most of, allowing myself about a minute or 2 of walking every couple of miles and the final hour seemed to fly by, probably as most of the course looked very similar, a muddy riverbank slowly snaking its way past Lancing College to the coast. As I rounded the last corner, I saw Rachel waiting to greet me and make sure I didn't bang my head on the train bridge that I'm sure no one else would even notice as reducing headroom!



Rachel ran with me to the finish, and as I crossed the line, I fist pumped for the first time in all of my marathons. Definitely the toughest run I've done which is surprising as it's so flat, but that mud just sucks the energy out of you.

No medal, but I did get a goody bag with a bottle of beer, a Darkstar water bottle and a '33 Shake' chia gel. Hot food, tea and coffee and a free massage were also provided back in the Scout hut.



The Goody Bag

I now have 5 weeks to recover and then onto my next challenge – Steyning Stinger, which is only about 5 miles from the start of this marathon, but goes over the big hills of the South Downs, so a totally different type of race. Bring it on...



Auz

..... and we even managed to find a use for these little beauties!



A Beginners View.....

(By Caroline Dickens)

Hello folks! My name is Caroline Dickens and I am a new member to GRR and thought I would share a bit of my experience with the hope of encouraging and supporting some of the brave beginners who have joined this month.

I am 35, a Type 1 Diabetic, and a stay at home mum to 2 boys age 4 and 1, and 2 pooches age 14 and 6 months! I am a Yorkshire lass but moved from Lincoln to Gosport at the end of August 2014 for my husband's job.

I decided to run at the start of 2014. My husband was away with work and I needed a focus and a little something that was just for me to help me get through. I was (am) overweight thanks to weight I gained whilst pregnant and had allowed my weight and my diabetes to stop me exercising. But enough was enough. One of those motivational poster things popped up on my Facebook newsfeed and hit a chord with me so I signed up for a 10K! I recommend The Running Bug page on Facebook if this sort of thing works for you. Training was fun as I only had 3 child free hours a week and mostly had to walk to train with my baby strapped to me!

Since moving to Gosport my hubby is at home most evenings so I took the opportunity to take some 'me' time and started to come along to Club sessions at the beginning of September. I knew no one and was very nervous but right from the beginning everyone was so friendly and Sue made sure I was introduced to others who kept a pace I could keep up with and that was it I was off! I was certainly not a chatty runner as I could barely get my breath but it was great to have adult company and conversation when I could join in.

I use an App on my phone to log my runs and was pleased to see myself becoming consistent and then logging slight improvements. I did my first Club 5K time trial in October. I was scared beforehand thinking I would be so slow but decided to give it a go as it would be good to have a starting point to improve upon. But in what I now know is true GRR style I was well looked after, company and encouragement the whole way round and I was relieved and pleased with myself when I finished.

I do my best to get to club twice a week and until very recently have only run a steady 3 miles but now my confidence is starting to grow some cheeky 4's are starting to creep in. I have run 2 more time trials since the first and my speed has improved by 4.5 minutes but the real turning point for my confidence was the Stubbington 10K.

After 2 weeks off and Christmas indulgence I really didn't have high hopes but thanks to the great support of fellow GRRs I had a great race and improved my previous 10K time by just over 7 minutes! But what I really noticed was the change in the way I felt. I really enjoyed running the course, my mindset was positive and I was quite shocked after the race that every photo I have been captured in I am smiling!

So now I am trying to make the most of this boost in belief that GRR has helped me achieve and I am making big plans for 2015. Another 10K in the next couple of months, starting Hills training and, increasing my kit to include some trails so I can conquer my fear of mud and give cross country a go are my main short term goals.

Caroline

Getting to Know You

Brian Fisher – Results Co-ordinator

Who are you and what do you do?

My name is Brian Fisher and I am retired, I worked for Xerox as a service engineer for 35 years.

How long have you been running for and why did you start?

I have been running for 18 years. I detested sports at school and went out of my way to avoid it. But I was an outdoor type, and in my 40s I took part in Mountain Marathons, which are more akin to orienteering than road races. I would do very little in the way of training for them, so to improve my general fitness, I joined my local running club Cove Joggers in 1996.

How long have you been a member of the Club?

4 years, we moved to Lee-on-Solent in September 2010 and the first thing I did was join GRR! I knew nobody in the area and didn't know my way around Gosport, joining GRR really helped me settle in to my new town.

What does your role on the Committee involve?

I am the Club Results Coordinator; I collect and collate our members' race results.

What do you most like about being a GRR?

Definitely the camaraderie. But also I like the fact that we participate in a wide range of events, road races, cross-country, our Out-of Town runs and ad-hoc hill training sessions. And I never thought joining GRR meant I'd need a dressing-up box! It's been such fun.

What are your running ambitions?

Running is largely a social activity for me. At 63 I don't expect to win races or get PBs. I will be happy if I can emulate Dave Croft, Pete Lindley, Dave Kirby etc. and keep on running into my seventies!

What is your favourite / least favourite runs, and why?

Difficult question! I haven't got a favourite, but my first ever race was the Stubbington Green 10K back in 1997 so I always look forward to running that again. My least favourite, don't really have one although I can't say I like races with laps.

Tell us an interesting fact about yourself.

I research my family tree. I have discovered a distant cousin called Vernon Morgan who competed in the 1928 Amsterdam Olympic Steeplechase. In 2011 I ran the Amsterdam Half Marathon which finished in the same stadium.



I'm going to need some volunteers if I'm going to do some more of these so don't be shy..... Let me know if you're interested, either by email (nick@macbeath.net) or you can catch me at the Club one night.

Situations
Vacant

URGENT NOTICE

COMMITTEE VACANCIES

The following positions have become available on the Committee.

Club Secretary

Working for the membership by Booking events and venues; e.g. Awards night, Handicap etc. Organising Club places in the London Marathon, organising and liaising with the Committee at the monthly Committee Meeting, recording and distribution of Committee Minutes and assistance in planning for the Clubs AGM. (Other relevant duties).

Men's Captain

Working for the membership by actively supporting and ensuring members are satisfied with Club runs and events. Assisting as required at the bi-annual beginner's courses. Generating interest in HRRL events. Attending and supporting the monthly Committee Meetings and organising any events as necessary for the membership. (Other relevant duties).

If you require further information about the roles please speak to:

Angela Elshaw or Ray Bernice
(Resigning Committee members).



Membership Update:

Nick has asked me to write a few lines each month about the club membership. The current membership stands at 206, of which 102 are affiliated to England Athletics.

This month we welcome Samantha Gee, Martyn Barnes, Tracey Hind and Sarah Bishop to the club as well as over 40 “newbies” who have enrolled on the beginners course. We hope they will all go on to be full members.



If you need any information about club membership please catch up with me on a club night or e-mail me at membership@gosportroadrunners.org.uk.

Thanks,

Keith Elshaw

Membership Secretary



GRR Members' Mum's Who read the Newsletter:

After receiving some very positive feedback about the newsletter this month, I thought I'd try out a new item “Guess the Club Member's Mum who reads and apparently really enjoys my Newsletter”. There may (or may not) be a prize for the first correct answer received (and BTW Ange, you obviously can't enter this).



Newsletter Contributions:

If anybody has anything that they would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net

George Watson

We received some sad news this month with the passing of one of our fellow club members, George Watson, shortly after Christmas.

Deborah Birch has written a few words about George and Mike Barker passed me a copy of the Order of Service from George's funeral, as it was suggested that other Club members might like to read a little about George's life, especially his taking part in a ski race to the North Pole at the age of 65! and about his time spent in China. Below are a few scanned extracts:

George, born in Rochford in 1942 to George and Hetty Watson, showed his intrepid disposition from an early age. With his parents and sister, Margaret, he grew up in Hertfordshire and at the age of 13 he was walking the South Downs by himself and for many summers cycled from Hertfordshire to the Fens to work on his uncle's fruit farm.

Joining the Royal Navy gave him further scope to develop his passion for endurance and exploration. From Dartmouth he moved to Manadon Naval Engineering College, and during this time married Jean. Over the next few years they had two sons, Piers and Dicken.

George was a very keen sailor and whilst primarily an engineer, his navigational skills were exceptional. Someone once said that if he was lost or on a desert island, George would be the person he wanted there for his prowess in all things practical.

George's life in the Royal Navy was full of action, in maintenance and repair of ships. He visited many countries and always enjoyed travelling. His latter years in the Service were in HMS Sultan and the Dockyard where his engineering and people skills were tested to the utmost.

On leaving the Royal Navy, George spent many years managing the transformation of power stations in China. He loved travelling and took enormous risks to venture where others would have preferred him not to stray. He loved China and spent five happy years there, learning the customs, enjoying the food and absorbing the culture. He tried to learn the language to integrate better with the locals, but it may have left them more confused.

He never lost his desire to travel, explore and push his body to its limits,

and sometimes beyond. In order to finance his explorations, he started a business which then allowed him to work when he needed to and take time off whenever he went off exploring. He joined a mountaineering group and would head off trekking with them at every opportunity.

It wasn't enough though, at the age of 65 he undertook a ski race to the North Pole. He trained for many months to be fit enough to undertake the gruelling task which the majority of people would shy away from, upsetting the

GEORGE WATSON

9TH March 1942 - 27th December 2014



neighbourhood as he pulled a car tyre each morning at 5am to the beach for training. He completed the ski race successfully and returned with many tales

The Lufoten Isles, leading a group of youngsters on a gap year, was his next escapade and finally the Oman Desert, where he fell in love with the landscape and the beauty around him and was desperate to return. He loved the wide open space, and the clarity of the skies.

Throughout his life he was keen to work with young people, leading them on expeditions across country, climbing mountains and sailing, ensuring the skills and passions he had were passed on to future generations.

His delight in his two grandchildren was enormous. Giorgio was born in 2010 and Filippo in 2012. For a man of action, he was always very happy to be left holding a baby. He had many challenges lined up to share with the boys, just as he had with his own two sons.

He had an enormous sense of fun, which his family were often subjected to. Generally including a practical joke which was left to be discovered after he had long gone.

Ever interested in nature, he leaves boxes of photos of individual flowers and animals. His keen eye was always scanning the horizon to capture everything. His caring nature was always ready to lend everyone a helping hand, as the tributes to him have shown. His boundless energy, often left everyone feeling tired, whilst he continued to complete tasks and undertake further work or journeys.

He bore his illness with fortitude and courage and was ever gentlemanly and courteous to everyone he met. May he rest in peace.

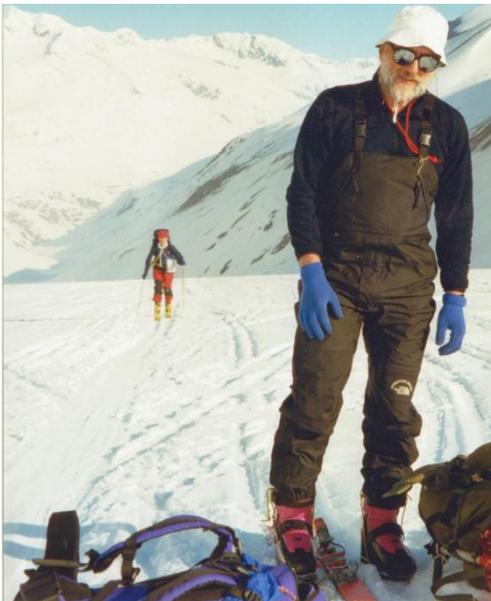
GEORGE

by his friend Rodney Chadwick

It is very difficult to place a figure onto the phrase "He lived to a ripe old age" but I can best describe George's character, strength and spirit, by saying that had George lived and sailed with the Royal Navy in a previous era he, no doubt, would have died much younger.

George would have fitted perfectly well in the times when the Royal Navy sent its ships on seemingly impossible, but entirely honourable, adventures of discovery. I can see him volunteering to go with Rear Admiral Sir John Franklin when he sailed to find a route through the North West Passage in 1847 and perished with all his men. In the same way I can picture him in the tent with Captain Robert Scott on the way back from the South Pole in March 1912. With George in the team I would dare speculate that they may have won the race and all returned home to glory. Or again, he would have been perfectly at home trudging across the ice with Sir Ernest Shackleton in 1915. Had he been there Shackleton would have had the difficult choice of leaving George on Elephant Island to build a proper abode with a decent EPC rating for the men, or using his seamanship and mountaineering skills on the perilous journey to and across South Georgia.

Fate brought George into a modern world where adventures are all voluntary and listed under hobbies and sports. George chose the more extreme end of the spectrum and made himself an expert in all he did, whether on the water in a yacht, or amongst the mountains and the snowy wastes. He became recognised as a most valuable addition to, or leader of, any party heading out to sea or into the wilderness (the rougher and colder the better).



I place him standing shoulder to shoulder with all the modern 'heroes' like Sir Christian Bonington and Sir Rannulph Fiennes; as the only difference I see was that George also had the day job of keeping warships afloat and able to move.

Through his terrible and unfair predicament, I hope that he was able to reflect on the fact that he fitted so much more into his one life than most would have been able to manage in two. For that alone, I am sure that we need to remember George with great respect and admiration.

But there is a however.

George was a brilliant engineer who epitomised the image of a true professional; unfailingly generous in using his considerable talents to the common good. However, like all people whose dreams take them into the wilderness or whose profession requires them to go away to sea, George had to have some measure of single mindedness in his character. I mention this only because an undeniable truth decrees that it has to be balanced; because a person can only climb mountains or be successful in the Royal Navy when he is supported by someone who is unselfish enough to give him his wings Through their fifty-one years of marriage, this someone has, of course, been Jean.

"I had the pleasure of knowing George for over 20 years.

When my youngest daughter was a toddler and riding in a pushchair I saw this as a reason for not being able to venture on a Sunday afternoon walk in the countryside with a group from my church. George saw this as no obstacle and volunteered to carry the pushchair up the hills - and sure enough my daughter sitting in her pushchair was carried up some hills!!

George knew I ran and asked about Gosport Road Runners so a couple of years ago he came along to the club, enjoyed the friendship of the group, and joined. George hadn't run for a while but was building up to run a marathon. I think he got up to 20 miles in a training run. He fully supported the club in his time with us and even handed out numbers and chips for the half marathon at Brodrick Hall in November when he was in great discomfort from his cancer. He wasn't a boastful man and always willing to help others. It wasn't until reading his obituary that some of his life challenges and successes became known."

Deborah Birch

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER

February 2015

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Heartbreak Marathon

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This Month's cover photo: Jo & James on the top of Mount Kilimanjaro, wearing their GRR with pride!

Chairman's Corner

Dear GRRs

Now we have all recovered from a fantastic annual awards night, our very own version of the Oscars, it is an opportunity to express particular thanks to Brian Fisher our Results Secretary who, together with the Captains, makes sure that we collect as many results as possible over the year and so recognise all that GRRs have achieved. I hope you enjoyed the evening and also are perhaps thinking about aiming for one of the trophies in the year ahead.

So committee business this month was around a number of issues. We discussed the great GRR turnout to support the test run for a local Park Run. Together with Stubbington Green Runners and Fareham Crusaders, around 170 runners turned up to Lee seafront on a bright but chilly morning to test out the 3 mile course. All seemed to go well and the Park Run UK rep and Hampshire County Council had only a few major feedback points which the organisers (of which Auz Gray is one) need to consider. Though not in any way a GRR event, as part of our drive to encourage people to take up running in order to be fitter and healthier, we have agreed to provide support if any equipment is required to make the run a safe and successful one. It is hoped the 1st Park Run will be around April/May time. We also discussed the use of Facebook, in particular who we allow to access the GRR page and how we can ensure content posted there is appropriate. This has always been an area of spirited (!) discussion and we are loathe to try and write an exhaustive set of rules by which people have to abide. So perhaps it is worth remembering some general principles that will ensure peace & harmony. First, the page is for & about GRR and running in our club. We would ask people not to post material best kept to their own personal page; e.g. don't post charity sponsorship requests (with 240 GRR members it could quickly prove unpopular) nor should people post business adverts etc., or anything else where the intent is to exploit the membership list. To put things in perspective, over the last couple of years we have only had to remove either a specific post or completely revoke an individual's access on maybe 5 or 6 occasions. In other words, 98% of the membership recognise that there is an etiquette to social media and that being polite & respectful is simply part of the deal. If you are unsure, then either don't post it or ask a member of the committee for their view! Moving on, we discussed the need to update the risk assessment for all our club activities. If you have a safety background and would be happy to do a review of what we produce, please let me know.

Finally, a polite reminder that membership subscriptions are due shortly. For less than 50p a week we provide good humour, a cake friendly environment, the opportunity to run at a number of club events on and off road, chase individual or team medals, access to advice from trained running leaders and the knowledge that you will always be cheered across the line irrespective of your time. Now that is real value!

Thank you for your continuing support to the club.



Giles Cowling



Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Sunday 1st February 2015

Ryde 10 mile – HRRL Event

Position	Name	Gun Time
190	Ben Wales	01:18:49
273	Tracey Wales	01:26:21
280	Fiona Tomlinson	01:27:34
336	Ange Elshaw	01:38:03
337	Keith Elshaw	01:38:04
344	Laura Cornborough	01:39:44

Sunday 1st February 2015

Longleat 10k

Position	Name	Gun Time
-	Ben Jarvis	00:44:33
-	Jack Coulbert	00:50:01
-	Jenna Knight	00:52:25



LONGLEAT

Sunday 8th February 2015

Chichester Priory 10k

Position	Name	Gun Time
694	Ben Jarvis	00:48:24
696	Terry Moore	00:48:24
1,036	Jenner Moore	00:54:14
1,521	Shona Rust	01:03:15



Wokingham Half Marathon

Position	Name	Gun Time
626	Ray Bernice	01:41:02
1,568	Terry Ash	02:18:26
1,616	Tania Bernice	02:25:17
1,635	Mary Ash	02:28:24
1,636	Denise Francis	02:28:24



Wokingham
Half Marathon

Sunday 8th February 2015

Longman Marathon

Position	Name	Gun Time
-	Lisa Hennen	05:27:15



L O N G M A N

Sunday 15th February 2015

Portland Coastal Marathon

Position	Name	Gun Time
46	Ray Bernice	04:52:45
47	Paul Street	04:52:48
82	Lisa Hennen	05:40:38
83	Eric Macgurk	05:40:40
102	Ellie Blaiklock	06:22:35
103	Sharon Clutton	06:22:38



Portland Coastal Half Marathon

Position	Name	Gun Time
26	Paul Turle	02:01:38



Sunday 15th February 2015

Austin Half Marathon (Texas USA)

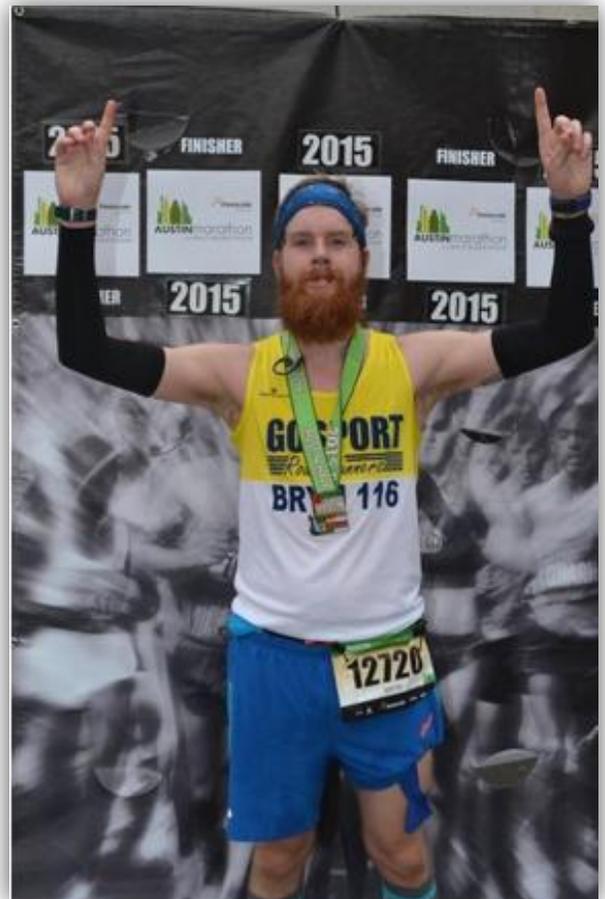
Position	Name	Gun Time
565	Bryn Whitehouse	01:43:43

All the training and excitement couldn't compare to the race day my biggest and best race yet of a PB of 13minutes on hard hilly roads these Texas roads are nothing like the nice soft road we have in England one stride and you feel like your knee caps are about to give away.

The Monday I went running a nice 15 miler and ended up pulling my hamstring; strapping it with sports tape and plenty cream helped. My real help was God I couldn't have done it without him.

I represented GRR to the fullest and am proud. I saw two Hedge End runners and ran with those guys for a few miles, good people; great to see Hampshire clubs representing.

Bryn



Sunday 22nd February 2015

Portsmouth Coastal Half Marathon

Position	Name	Gun Time
12	Chris Buxton	01:28:30
114	Ian Pugh	01:42:58
250	Darren Eynon	01:51:03
540	Laura Cornborough	02:12:14
563	Kim Carter	02:13:31
627	Catherine Stock	02:19:04
683	Andrea Ridley	02:23:16
705	Shona Rust	02:26:21





Brighton Half Marathon		
Position	Name	Gun Time
-	Lizzie Elshaw	02:14:08
-	Becky Veal	02:14:31
-	Karen Hoggarth	02:14:31




Two women are smiling and holding up their Brighton Half Marathon 2015 medals. The woman on the left is wearing pink gloves. The woman on the right is wearing a purple and pink athletic top. The medals are circular with a pink center and a silver border, featuring the text "BRIGHTON HALF MARATHON 2015".

Sunday 22nd February 2015

Heartbreak Marathon

Position	Name	Gun Time
80	Terry Arnott	04:04:41
100	Ben Jarvis	04:17:16
147	Paul Jeram	04:51:38
166	David Wright	05:15:05



Sunday 22nd February 2015

Heartbreak Half Marathon

Position	Name	Gun Time
92	Auz Gray	01:53:06
109	Terry Moore	01:56:22
153	Nikki White	02:06:17
154	Kev White	02:06:17
191	Brian Fisher	02:12:04
192	David Brace	02:12:04
216	Rachel Gee	02:19:10
235	Kerry Down	02:27:21
251	Ange Elshaw	02:37:36
252	Jo Harvey	02:37:37
253	Keith Elshaw	02:37:38



Sunday 22nd February 2015

Winchester 10k

Position	Name	Gun Time
-	Emma Mundy	01:15:56
-	Laura Grubb	01:16:13

Results Co-ordinator

Race Results

Well done to all those who gained Club Awards in 2014. Results for THIS year are now being recorded but are only as good as the information I am given! Please remember that it is THE RUNNER'S responsibility to make sure I have their results. I will do my best to find results myself but it will help greatly if I can be advised when someone does a race out of this area or runs with someone else's number. And with a few new members who have just joined I also need to know if someone has entered a race before they joined GRR as they could be missed. Please help me to record it all accurately by advising me of any race name/number swaps you might have made, or of any races where you are not listed as a GRR.

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

Thanks.....

Brian Fisher



Brian Fisher - Results Co-ordinator

Please email you results to Brian or myself at:

results@gosportroadrunners.org.uk

OR

newsletter@gosportroadrunners.org.uk



Club 5k Time Trial



Tuesday 3rd February 2015

Pos	Name	Time
1	Joe Wales Guest	17:07
2	Luke Willis	19:53
3	Dan Belben	20:07
4	Josh Belben	21:12
5	Paul Williams	21:16
6	Terry Moore PB	21:42
7	Jack Coulbert	22:03
8	Alan Bugess	23:12
9	Dave Croft	24:14
10	Steve Moltini	24:41
11	Rachel Davies	24:52
12	Martyn Barnes 1st 5k	25:06

Pos	Name	Time
13	Mike Kearney	25:10
14	Jenny Shilling	25:31
15	Catherine Stock Guest	26:09
16	Mike Stares	26:14
17	Angie Elshaw	26:37
18	Nikki White	26:42
19	Ben Jarvis	26:42
20	Colin Middleton	27:13
21	Ken Eaden	27:34

Pos	Name	Time
22	David Barker	27:44
23	Kate Smyth	28:08
24	Marie O'Rourke	28:15
25	Mike Barker	29:27
26	Rory Fall	29:29
27	Dave Kirby	30:15
28	Miranda Carrick PB	30:38
29	Shona Rust	31:25
30	Charlotte Watkins PB	33:14

65 last month, only 30 this, what's going on? OK it was cold, in fact it was VERY cold, in fact it was Blo**y Cold. However despite the chill, the conditions for running were pretty good with virtually no wind to slow or assist you.

Cannot have been so good for the officials and supporters standing around for all that time. So as always our great appreciation goes out to :- Liz Redpath (Starter & Timer), Janet Lindley(Back-up Timer), Gary Francis (Recorder), Sid Smith (Numbers). Supporters - Mike Welsted, Olivia Hennen, Lee Westwood, Lisa Hennen, Caroline Oakes, Terry Weston and James Heath. I also saw Nick Carter at one point during the run!

Dave Croft



Park Run organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and organisers encourage people of all abilities to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; ALL are welcome.

These are nationwide but local runs can be found at Southsea, Havant, Eastleigh, Netley Abbey, Southampton, Winchester, Queen Elizabeth Country Park and Brockenhurst. These are normally run on Saturdays at 09:00am by local volunteers.

You can find details of all runs via the events page on the Park Run website: www.parkrun.org.uk. Select the event you are most interested in and review all the information about the course, local news items, the photo gallery and information about volunteering.

Once registered with www.parkrun.org.uk you receive a paper barcode (best to get it laminated apparently), take it along with you to your choice of run. When finished you are given a finishing number hand it in with your barcode to enable a time to be given. Results are sent out very quickly and you will receive an email on the Monday after with your personnel results.

These are free events! but you must register before your first run (only ever register with park run once) and don't forget to bring a printed copy of your barcode with you. If you forget it, you won't record a time.

The following are the Club member's park run results from the last month.

31st January 2015

Havant

201 participants completed the run.

Position	Name	Gun Time
26	Auz Gray	00:24:04
31	Alan Burgess	00:24:42
95	Rachel Gee	00:29:25
192	Meranda Winter	00:43:19

Winchester

149 participants completed the run.

Position	Name	Gun Time
85	Kerry Irwin-Hall	00:27:45
148	Keith Elshaw	00:40:49
149	Maisie Elshaw	00:40:49

7th February 2015

Queen Elizabeth

59 participants completed the run.



Position	Name	Gun Time
59	Meranda Winter	00:44:10

14th February 2015

Southsea

273 participants completed the run.

Position	Name	Gun Time
167	Laura Cornborough	00:27:39



Netley Abbey

277 participants completed the run.

Position	Name	Gun Time
59	Terry Moore	00:23:43
85	Ben Jarvis (and Buddy)	00:25:00
95	Auz Gray	00:25:45
102	Nick MacBeath	00:26:12
127	Rachel Gee	00:27:57
137	Nikki White (and Reggie)	00:28:31
138	Kev White (and Ronnie)	00:28:33
143	Jenner Moore	00:28:42
146	Karen Phillips	00:28:49
248	Keith Elshaw	00:37:32
249	Maisie Elshaw	00:37:32

21st February 2015

Southsea

237 participants completed the run.

Position	Name	Gun Time
191	Alan Burgess	00:32:29

Winchester

192 participants completed the run.

Position	Name	Gun Time
177	Keith Elshaw	00:34:43
178	Maisie Elshaw	00:34:43

Netley Abbey

243 participants completed the run.

Position	Name	Gun Time
213	Jamie MacBeath	00:37:17
215	Nick MacBeath	00:37:18

28th February 2015

Southsea

213 participants completed the run.

Position	Name	Gun Time
37	Ben Jarvis (and Buddy)	00:22:30



Netley Abbey

227 participants completed the run.

Position	Name	Gun Time
167	Steve Wise	00:32:25



parkrun is for everyone



**HAMPSHIRE
ROAD RACE LEAGUE**
a running club competition

For details about the HRRL, what it is and how it works, please see the detailed section in Augusts' newsletter.

At the time of writing, 7 races from this season's HRRL calendar had already been run and, as usual, all have been very well supported by GRRs.

These runs make ideal first races as they really are very well supported, offer a great opportunity for you to represent your Club, are very friendly and definitely not elitist. For all those interested, the remaining confirmed dates for the 2014/15 HRRL season are:

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
8	Sunday 8 th March 2015	Salisbury 10	10m	City of Salisbury A & R Club
9	Sunday 22 nd March 2015	Eastleigh 10k	10k	Southampton Athletic Club
10	Sunday 10 th May 2015	Alton 10	10m	Alton Runners
11	Sunday 17 th May 2015	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 7 th June 2015	D-Day 10k	10k	City of Portsmouth Athletic Club

Races are generally pre-registration entry only, with many open for registration already. You can find more details about entry for the next three races at:

Salisbury 10

<http://www.salisbury-arc.org/salisbury-10-2/>

Eastleigh 10k

<http://www.runningmania.co.uk/>

Alton 10

<http://www.altonrunners.co.uk/index.php/club-events/alton-ten>



THE SOUTHERN CROSS COUNTRY LEAGUE

The penultimate race of the 2014/15 season was held at Chawton Park woods in Alton on 22nd February. Due to the very late change of date and the fact that there were so many other races being run on the same day (Heartbreak full and half marathon, Brighton half marathon & Portsmouth coastal half marathon) the turnout was not as high as it has been for all other races this season..... Still an impressive turnout though; the results are on the following page.

The final date on this year's calendar is the 1st March (which will probably be passed by the time you read this!!) and it would be great to see if we can surpass the recent turnouts at these events; particularly as this one is so local.....

For all those interested in being cold wet and muddy, the final race of the 2014/15 cross-country season is:

<u>Date</u>	<u>Location</u>
Sunday 1st March 2015	Staunton Country Park

This course is a mixture of woodland trails and parkland, approximately 5 miles in length..... with a very slight incline to finish off with!

Racing in this league is more about friendly competition and making sure everyone enjoys the events. One feature of this friendly atmosphere is that each host club provides refreshments (for between £1 and £2) after each event while the results are prepared and presented.

All races are free to enter and are open to Club members of ALL abilities.

Club colours must be worn by all runners.

You WILL get muddy.....

Your Club Cross Country Reps

This year, the Club has new Cross Country Reps; Kev and Nikki White. Kev & Nikki will be updating the details on the notice board each month with the forthcoming race details but if you have any questions or queries in the mean time you can catch up with them at the Club one night or you can contact them via their email address:

crosscountry@gosportroadrunners.org.uk



Chawton Park Woods, Alton – Finishing Positions – 22nd February 2015



Pos	Name
54	Kirsten Maw
76	Fiona Tomlinson
84	Eileen Cowling
97	Melissa Pink
108	Miranda Carrick
111	Julie Shinton
112	Sue Barrett
122	Pat Lapworth
123	Lucy Hudson

Pos	Name
94	Paul Turle
149	Martyn Rowell
193	Mike Stairs
219	Adam Walters
DNF	Giles Cowling

Please note that these results were prepared by an amateur who was enjoying his cake so much he didn't note down the final "all clubs" position of GRR but knows that:

- a) Gosport Men weren't last despite only 4 finishing (may have been 19th out of 22) and
- b) Gosport Ladies did even better than the Men (15th out of 22 I think).

Thank you to all attendees and organisers. Cracking results bearing in mind we were more a pool of yellow rather than a sea.

Giles



HISTORY

Gosport Road Runners 30 Years +

Over the last few years Mick Wellsted has pulling together a history of Gosport Road Runners and we thought that some current members might like to read a bit about the Club history and about some of our longer standing members (some of their times might just surprise you).

I've started off this month with a brief history of when and how the Club was formed and plan to include some more of Mick's write up in the next few months Newsletters.

We have reached the point where we can look back and reflect over 30+ years of our existence and look forward to the next 30.

The Club was founded in 1979 as Gosport Joggers by Hugh Pritchard and Terry Weston (both are still members of the Club). Then in 1983 it changed to Gosport Road Runners, a constitution was drawn up and a Committee formed.

The first Committee consisted of:

Chairman	<i>Hugh Pritchard (still running for Gosport Road Runners)</i>
Hon. Gen. Secretary	<i>Dennis Hanham (no longer a Gosport Road Runner)</i>
Hon. Treasurer	<i>Gordon Knight (deceased 2014)</i>
Events Secretary	<i>Sue Andrews (no longer a Gosport Road Runner)</i>
Social Secretary	<i>Michael Hempstead (no longer a Gosport Road Runner)</i>
Publicity Officer	<i>Caryl Pritchard (no longer a Gosport Road Runner)</i>
Transport Co-ordinator	<i>Terry Weston (still running for Gosport Road Runners)</i>
Recorder/Timekeeper	<i>Pat Davidson (no longer a Gosport Road Runner)</i>
Membership Secretary	<i>Richard Meggison (no longer a Gosport Road Runner)</i>
Men's Captain	<i>Alasdair Ewing (no longer a Gosport Road Runner)</i>
Women's Captain	<i>Brenda Wiltshire (deceased 2004)</i>

Membership is open to adult men and women (18+) of all abilities and they can compete in all forms of running as laid down by UK Athletics. Since November 1985 the Club has hosted the Gosport Half Marathon.

I know this is just a very brief introduction but I only just dropped this on Mick a couple of weeks ago.... Mick has 30 years of Club history recorded however, so expect to see much more in the coming months.

Also, if any of the longer standing members have any photos that I could include, please could you let me know?

Mick Wellsted

Joined the Club in 1983 - Ran 30 marathons, 9 of which were the Gosport & Fareham Marathon.

Mick's PB's are

Distance	Race	Date	Time
5 Miles	Victory 5	14 December 1985	00:34:58
6 Miles	Purbrook 6	17 November 1985	00:41:55
7.5 Miles	Stubbington	05 January 1986	00:56:00
10k	Stubbington 10k	05 January 1986	00:41:42
10 Miles	Fareham 10	29 January 1989	01:06:45
11.5 Miles	Hengistbury Trail	05 November 1989	01:28:48
Half Marathon	Selsey Half	30 April 1989	01:32:36
15.5 Miles	Salisbury	03 November 1985	01:58:00
20 Miles	Worthing 20	19 March 1989	02:35:01
Marathon	Gosport & Fareham Marathon	27 March 1988	03:43:45

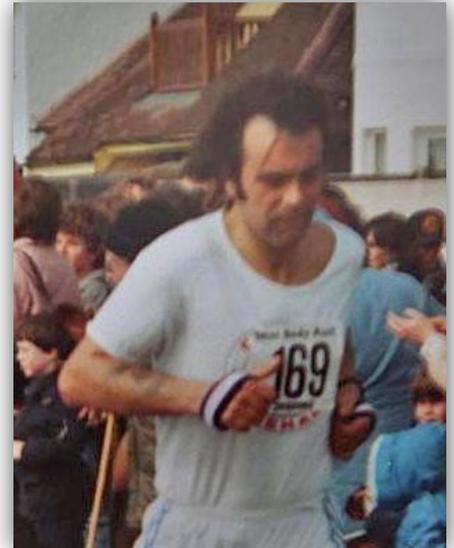
The first Gosport and Fareham Marathon.

The first Gosport and Fareham Marathon took place in Gosport on the 4th of April 1982, this was the dream child of Hugh Pritchard who organised and directed the event. The race started at Marine Parade West (Lee on Solent) and attracted 819 runners.

From Marine Parade West, the course ran along to Stokes Bay, Clay hall, Haslar Bridge, Gosport Ferry, the cocked Hat Roundabout, Brockhurst, Newgate Lane , Longfield Avenue, Stubbington, Tichfield, Sarisbury Green, Warsash, back to Tichfield, Stubbington, and finally back to Lee on Solent..... phew that's a mouthful, try running it. Many people from Gosport and Portsmouth and the home counties took part, many names escape me, this was before I joined the Gosport Road Runners where I was to meet many Gosport runners.



John Buckland



Fun Run Award:

Federation of Leesland School were delighted to receive the shield, donated by Absolute Running, for having the most children running in the fun run on half marathon day!

This is the second year in a row that they have won this event. Ray Bernice came to a special assembly to present the shield to the school and give the children who ran their certificates.

Deborah Birch



MEN'S CAPTAIN

Further to the announcement in January of a vacancy for Men's Captain and my message on 22 Feb regarding applicants, a vote was held on 24th Feb.

By an overwhelming majority, Keith Elshaw was elected as Men's Captain. He will now be working with the current Captain Ray Bernice to ensure a smooth transition ahead of the April AGM at which point Keith will formally take on the Captain's role.

I hope you will join me in wishing Keith every success in leading GRRs for the future.

Giles Cowling



Keith Elshaw, your new Men's Captain.....

I'm not sure if having a 'thing' for wearing dresses was a prerequisite for the role of Men's Captain but if it was then I'm sure we've made the right choice. Well done Keith and the best of luck.....

Membership Update:



The final membership tally for 2014/2015 stood at 209, of which 107 affiliated to England Athletics.

This month we welcome Gillian Dowling, Johanna Ross, Lloyd Durham-Dent and Lewis Johnson to the club. The Beginners course was a great success regularly attracting around 40 runners. We have extended it for another 2 weeks to take the beginners up to the March time trial; we then hope they will all become full members of the club.



Next month we start the renewal process for the 2015/2016 season. Remember, in order to be eligible for the club VLM draw you must be affiliated by the end of April 2015. Please come and see me early to get your subs paid on time, I hate having to chase people; I'm not fast enough to catch most of you!

As you may be aware, I have been appointed Men's Captain and as such I intend to stand down as Membership Secretary at the AGM. I have been membership sec for 2 years and it has been really great to welcome new members to the club and play my part in running the club by attending the Committee (this sits once a month and last about 1 hour). The Committee have now started the process to find my successor but I will still be available to take membership money as the transition progresses.

If you need any information about club membership please or see me on a club night or e-mail me at membership@gosportroadrunners.org.uk.

Thanks,

Keith Elshaw

Membership Secretary

AGM:

The GRR Annual General Meeting will be held at 19:30 (prompt) on Monday 13th April at Gosport & Fareham Rugby Club. All members are welcome.

Please note any items you wish to raise at the AGM should be in writing to the Club Secretary, (Angela Elshaw) no later than 2nd April 2015. Please send items to: Secretary@gosportroadrunners.org.uk.



Committee Position:

As a result of Keith being appointed as Men's Captain, the following important Committee position has become available, which will need filling from April onwards.

Membership Secretary

A brief outline of this role is:

Working for the membership & committee ensuring Annual Membership period is administered in a timely manner. Collating data (including Affiliation information) as requested for the Club Treasurer and Secretary. Liaising with Results Recorder and Newsletter Editor as required. Ordering, purchasing and distributing new joiners 'free' T-shirts. Attending & supporting Committee Meetings & assisting with any events as necessary for the membership.

If you require further information about the role please speak to Keith Elshaw

The position will be advertised on the Club notice board and there will be a list available for you to add your name to if you are interested. Alternatively, you can let the committee secretary know at Secretary@gosportroadrunners.org.uk.



GOSPORT

Half Marathon

HALF MARATHON FINANCES

Whilst the full audited race accounts will, as usual, be placed before April's AGM this year, it is also traditional for surplus funds to be donated to local charities.

Whilst the exact amount for disposal is not yet known it is likely, after healthy donations have been awarded to the 5 youth groups who helped on race day, to be circa £6,500 - £7,000. Therefore the time is now ripe for the Committee to entertain bids from any club member who would like a local charity close to their heart to benefit from a donation. Any paid up club member is entitled to make a bid which will then be given due consideration for a donation.

It is axiomatic to state that the individual suggesting the charity must be able to inform the race committee the aims and objectives of the charity/good cause, know the key players of the organisation and how to contact them (e.g. Chair Person, Treasurer).

It will also be assumed that those bidding for funds will be willing to attend a photo- shoot when the cheque is presented.

To make a bid please complete the attached pro-forma, hand it to me, the Race Treasurer (Pete Lindley) or any race or club committee member on any training evening by the end of March. Alternatively your completed pro-forma can be e-mailed to: info@gosporthalf.org

Any previous bids successful or otherwise are always welcome.

Pete Lindley

Newsletter Contributions:

If anybody has anything that they would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net

Club Membership Fees:

It's very nearly that time of year again..... your annual club membership fees are due at the end of March:

MEMBERSHIP FEES

**The 2015/16 Membership Fees are due on
1st March 2015**

Single Membership	-	£22
Joint Membership	-	£36
Family Membership	-	£40

If you intend to enter races and claim the reduced entry fee as an affiliated member of Gosport Road Runners, you **MUST** affiliate to England Athletics and pay an additional fee of £10.

This works out at just over 60 pence a week (if you affiliate)... what an absolute bargain!

Keith Elshaw (Membership Secretary) will be available on Tuesday and Thursday evenings to collect your payment.

Payment can be made either by cash or cheque (made payable to Gosport Road Runners).



Affiliation – What is it and what does it mean to you?:

What is it?

This is something that you have probably heard fellow Club members talking about and the Committee are keen to get more people affiliated with England Athletics as, apart from the obvious £2 off every race, there are other benefits to joining. As well as the benefits for GRR, making us a stronger club, affiliation numbers directly affects the number of London Marathon places the Club receive.

Affiliation runs from 1st April to 31st March. It cost £10 per person payable to Gosport Road Runners (usually with your membership renewal which is due in March). Paul Street (Club Treasurer) then deals with the actual affiliation.

Who does it apply too?

Any paid up member of Gosport Road Runners (that's you) can also become affiliated (become an England Athletics registered athlete) and enjoy many of the benefits this brings.

What are the benefits to you?

With Affiliation, you become a registered athlete with England Athletics and you have a unique portal on the England Athletics website. Once you are a registered athlete, you will be sent a competition licence and a username and password, which will enable you to keep your profile up to date online.

As a registered athlete you are able to access a number of benefits including:

- You are able to enter competitions that are only open to registered athletes.
- You get a profile on "Power of 10" an athlete only web page.
- You can claim discounts (minimum £2) on UKA licensed events.
- You Get e-bulletins on information on the sport.
- You have the ability to submit your views on how the sport is run and funded.
- There are opportunities for you (and at times your club) to get involved in exclusive events and experiences in association with British Athletics.
- **Plus** discounts and vouchers for money off:
 - Athletics kit and footwear from Sweatshop
 - Sunwise Glasses
 - Coaching Courses
 - Athletics weekly magazine
 - Eveque Athletics equipment
 - Products and services from other partners



GOSPORT

Road Runners



NEWSLETTER

March 2015

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THE SOUTHERN CROSS COUNTRY LEAGUE



The Plod
Page **12**

This Month's cover photo: The running legend Chris Buxton making 'that hill' look easy!

Chairman's Corner

Dear GRRs

First a big "Thank You" to Jo Harvey for stepping up and agreeing to be Membership Secretary, taking over from Keith Elshaw who had to step down with his appointment to Men's Captain. The club cannot operate without the committee being fully staffed and therefore we are grateful to all the GRR members who also contribute to the running of the club by filling committee positions.

With a year in our new home at the Gosport & Fareham Rugby Club, last week I met with them to discuss how we were getting on. They were really positive and, from what you have been saying to me, GRR are enjoying our new home as well.

One area they would like our help on is in relation to car parking where both club activities place a strain on facilities and on good relations with neighbours.

There are a couple of things that we can do to help the situation:-

- If at all possible either car share, cycle, walk or jog to the club. The last 3 are even more of an option now that the evenings are getting lighter.
- Use alternative car parking on the creek side of the park (Park Rd/Little Anglesey Rd) and walk just 100 metres through the park. The paths are all street lit and of course there are the floodlights from the rugby pitch so it is perfectly safe to use.

Please can you each consider what you can do on this. The Rugby Club are making similar pleas to their members.

At the last committee meeting, we discussed about continuing our refresh of the trophies & awards with decision that we will look to reinstate a GRR trophy cabinet. We will need to work with GFRC on this but we aim to end up with a cabinet where GRR trophies are properly displayed for posterity. We also discussed the appointment of 4 honorary club memberships for GRRs who have demonstrated long term commitment & enthusiasm for the club. The awards will be formally made at the Annual General Meeting (AGM).

And on that point.... The AGM is your opportunity to hear from the GRR committee and what we are doing with the clubs funds and operations. The meeting will be held at 1930 on 13th April at GFRC. The more people that attend, the better as that way we can ensure that the committee are shaping the club in a way that the members support.

Thank you for your continuing support to the club.

Giles Cowling





Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Sunday 1st March 2015

The Steyning Stinger – Half Marathon

Position	Name	Chip Time
85	Auz Gray	02:22:32
150	Rachel Gee	02:48:42

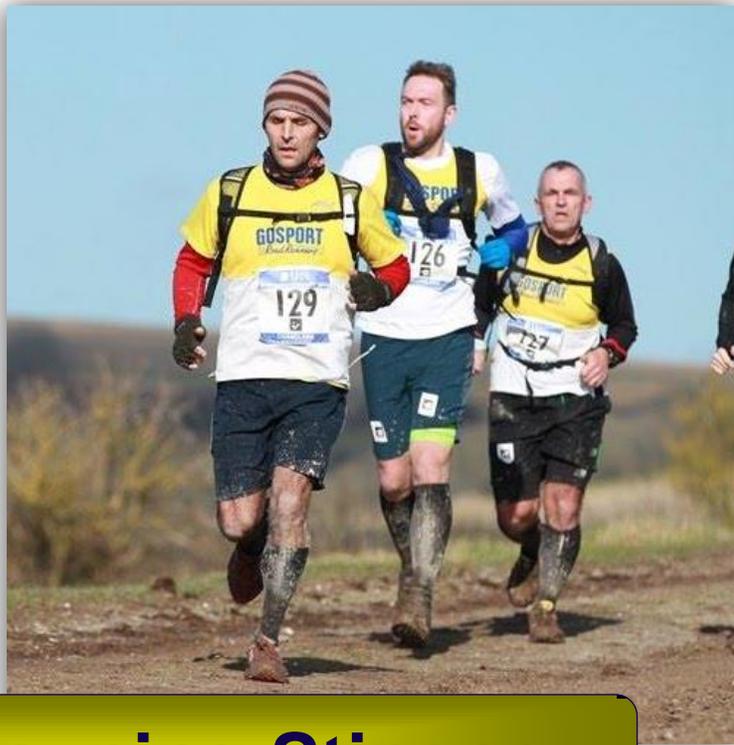


Rachel has done a fab write up on this race which you can find on page 31



The Steyning Stinger – Marathon

Position	Name	Chip Time
106	Paul Street	05:05:52
107	Ray Bernice	05:05:52
145	Lisa Hennen	05:32:07



The Steyning Stinger



Sunday 1st March 2015**The Grizzly Challenge**

Position	Name	Gun Time
1,306	Sylvia Cawte	05:05:32
1,357	Kellee Read	05:17:12
1,422	Steve Cawte	06:04:52

**Bath Half Marathon**

Position	Name	Chip Time	
972	Jayson Grygiel	01:34:38	PB

As always this is a great race, well organised and loud support from the locals. Many homes bring out the stereo speakers and pump out rock and dance tunes - with a strong preference for 80's soft metal tracks.

The start and finish is within the City Centre and all roads are closed for this two lapper. This makes for a great atmosphere during and after the race (in the many fine pubs)

Personally I don't mind the two laps particularly as the route only has a limited number of inclines. A surprising PB for me (albeit by 12 seconds), considering I haven't raced for a while.

An eleven o'clock start makes it possible to get there on the day but alternatively it makes for a great weekend destination. Highly recommended.

Jayson

Sunday 8th March 2015

Cyprus Half Marathon

Position	Name	Gun Time
101	Nick Carter	01:54:51
187	Kim Carter	02:17:24
217	David Brace	02:31:02
232	Amber Schothorst	02:44:37



Sunday 8th March 2015

Salisbury 10 mile (HRRL race)

Position	Name	Chip Time
-	Ben Jarvis	01:08:27
-	Ray Bernice	01:15:46
-	Ben Wales	01:19:28
-	Dave Croft	01:20:13
-	Tracey Wales	01:24:47
-	Jenny Shilling	01:25:01
-	Fiona Tomlinson	01:27:02
-	Keith Elshaw	01:28:51
-	Ange Elshaw	01:28:52
-	Rory Fall	01:28:38
-	Sharon Clutton	01:29:13
-	Kerry Irwin-Hall	01:29:42
-	Laura Cornborough	01:33:13
-	Ken Eaden	01:34:16



Sunday 15th March 2015

Selsey 10k

Position	Name	Chip Time
22	Richard Oakes	00:40:18
26	Ben Jarvis	00:40:28
149	Pete Lindley 1st in Age Category	00:52:03
185	Georgina Massingale	00:54:18
204	Rory Fall	00:54:46
306	Janet Lindley	01:04:21

Huge well done to Pete Lindley who placed first in his age category at this race



Selsey 10k

(By Ben Jarvis)

So the early morning was upon us and considering how nice it was last year for this race I was disappointed in the weather. Anyway got ready collected Caroline and Rich and got to Selsey in plenty of time. More time than we needed like normal. Got our numbers and Rich got his super short shorts out deciding to flex on a chair for all to see...



After a while we found all the other Gosport road runners. All 4 of them!! Took some snaps then onto the race. Me and Rich decided to start right near the front and see how we went. Off goes the gun and we start well Rich catching me up after few hundred metres.



Settling into a pace and less than a mile in a man pushing a buggy passes us looking like he's out for a Sunday stroll. This did not set us back as we pushed on together. Rich taking pity and deciding to pace me to try and get my sub 40 time I wanted.

After a while we caught up with a young guy running for victory whom every time we passed decided to sprint back past us for us to leisurely run back past him. After a few goes Rich took him under his other wing and told him to stick with us. So there it was Rich being the pacer for us two guys. We kept our pace with Rich being in our ear and saying "focus on the next person" and eventually saying "him next" when it was actually a woman. Rich then took off with under a mile to go and left me and the other guy helping each other. Sprint to the finish but still over 40 minutes. Rich didn't seem out of breath and I was on the floor gasping for air... Haven't seen him Rich run since.



Overall good race and even got a nice touch shirt and goody bag to go home. Then was off to watch the plod :)

Ben Jarvis

Sunday 15th March 2015

Silverstone Half Marathon

Position	Name	Chip Time
-	Craig Neil	01:40:59
-	Karen Middleton	02:32:04
-	Chris Nation	02:32:04
-	Linda Moorhead	03:09:46
-	Louise Milson	03:09:47



Wimbledon Half Marathon

Position	Name	Chip Time
-	Julie Shinton	02:10:14

Sunday 15th March 2015

Meon Valley Plod 21 Miles

Position	Name	Chip Time
90	Paul Turle	03:25:48
99	Terry Arnott	03:29:17
115	Colin Gardner	03:35:32
118	Terry Moore	03:36:40
164	Jenna Knight	04:10:46
171	Keith Elshaw	04:19:27
172	Ange Elshaw	04:19:55
174	Darren Eynon	04:21:27
176	Andrea Edwards	04:22:06
192	Lizzie Elshaw	04:38:43

Position	Name	Chip Time
199	David Brace	04:45:19
200	Kim Carter	04:45:19
204	Kerry Irwin-Hall	04:56:42
205	Rachel gee	04:56:42
206	Team Cowling (a joint effort)	05:05:30
207	Lucy Hudson	05:05:30
209	Kerry Down	05:07:50
210	Sarah Down	05:07:50
211	Jenner Moore	05:07:50



Meon Valley Plod



This amused me.... Colin turns up late (for a change!), gives everyone a head start and is still 3rd GRR home!





Saturday 21st March 2015

Sussex Coastal Trail - Marathon

Position	Name	Chip Time
-	Lisa Hennen	05:29:34

Sussex Coastal Trail - Half Marathon

Position	Name	Chip Time
-	Eric McGurk	02:22:28



Sunday 22nd March 2015

Fleet Half Marathon

Position	Name	Chip Time
-	Lee Westwood	02:01:20
-	Ken Eaden	02:15:46

Brooklands Half Marathon

Position	Name	Chip Time
-	Ellie Blaiklock	02:04:18

Exeter 10k

Position	Name	Chip Time
-	Martyn Rowell	01:11:32

New Forrest Half Marathon

Position	Name	Chip Time
-	Victoria Gorton	02:19:19



New Forrest 20

Position	Name	Chip Time
-	Nikki White	03:23:16
-	Kev White	03:23:16

Sunday 22nd March 2015

Wimbledon Common Half Marathon

Position	Name	Chip Time
567	Shona Rust	02:28:14

Reading Half Marathon

Position	Name	Chip Time
1,084	Ben Jarvis	01:31:02
8,861	David Brace	02:10:06



Eastleigh 10k (HRRL race)

Position	Name	Chip Time
-	Chris Buxton	00:36:49
-	Ian Pugh	00:42:32
-	Craig Neil	00:43:08
-	Terry Moore	00:43:27
-	Ben Wales	00:43:32
-	Ray Bernice	00:45:02
-	Paul Street	00:45:40
-	Jack Coulburt	00:46:46
-	Martyn Barnes	00:47:59
-	Brian Fisher	00:48:09
-	Sarette Martin	00:48:57
-	Guy Sheppard	00:49:35
-	Tracey Wales	00:50:30
-	Fiona Tomlinson	00:51:09
-	Ange Elshaw	00:52:07
-	Keith Elshaw	00:52:07
-	John Barrett	00:52:12
-	Laura Cornborough	00:53:43
-	Gillian Dowling	00:54:04

Position	Name	Chip Time
-	Kerry Irwin-Hall	00:54:16
-	Darren Eynon	00:54:47
-	Andrew Hopkins	00:55:08
-	Kerry Down	00:55:33
-	Melissa Pink	00:55:48
-	Sarah Down	00:57:33
-	Julie Shinton	00:58:55
-	Miranda Carrick	00:59:56
-	Kirsten Maw	01:00:03
-	Louise Harrowsmith	01:01:52
-	Joanne Hopkins	01:03:45
-	Emily Dodds	01:03:55
-	Adam Walters	01:04:06
-	Lucy Hudson	01:05:27
-	Pat Lapworth	01:05:27
-	Caroline Dickens	01:05:39
-	Craig Edwards	01:06:54
-	Sally Edwards	01:06:55
-	Laura Grubb	01:19:58



Saturday 28th March 2015

Bolt Around the Holt - Half Marathon

Position	Name	Chip Time
-	Ben Jarvis	01:49:02
-	Kev White	01:50:53
-	Terry Moore	01:50:54
-	Jenner Moore	02:23:36



Dover Half Marathon

Position	Name	Chip Time
-	Miranda Winter PB	02:40:19

Sunday 29th March 2015

Hampton Court Palace - Half Marathon



Position	Name	Chip Time
-	Stephen Crook	01:35:56
-	Ben Jarvis	01:45:18
-	Julie Shinton	02:11:40
-	Karen Hoggarth	02:22:38
-	Meranda Winter	03:21:06

Coombe Gibbet – 16 miles

Position	Name	Chip Time
161	Keith Elshaw	02:52:47
162	Ange Elshaw	02:52:57
165	Sylvia Cawte	02:55:14
185	Deborah Birch	03:23:19
188	Steve Cawte	03:33:34
189	Mike Barker	03:33:34



Results Co-ordinator

Race Results

Well done to all those who gained Club Awards in 2014. Results for THIS year are now being recorded but are only as good as the information I am given! Please remember that it is THE RUNNER'S responsibility to make sure I have their results. I will do my best to find results myself but it will help greatly if I can be advised when someone does a race out of this area or runs with someone else's number. And with a few new members who have just joined I also need to know if someone has entered a race before they joined GRR as they could be missed. Please help me to record it all accurately by advising me of any race name/number swaps you might have made, or of any races where you are not listed as a GRR.

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

Thanks.....

Brian Fisher



Brian Fisher - Results Co-ordinator

Please email you results to Brian or myself at:

results@gosportroadrunners.org.uk

OR

newsletter@gosportroadrunners.org.uk



Club 5k Time Trial

Tuesday 3rd March 2015

Pos	Name	Time
1	Joe Wales PB	17:00
2	Tom Barnard	17:31
3	Richard Oakes	18:15
4	Terry Arnott PB	19:13
5	Ryan Willis	19:37
6	Ian Pugh	19:53
7	Josh Belben	21:12
8	Ben Jarvis	21:42
9	Terry Moore	21:50
10	Nick Carter	21:50
11	Kyle Willis	22:14
12	Henry Gunner	22:30
13	Alan Burgess	23:18
14	Lee Westwood PB	23:46
15	Martyn Barnes PB	23:59
16	Brian Fisher	24:07
17	Dave Croft	24:13
18	James Wales	24:34
19	Tracy Wales	24:52
20	Yvette Eastman PB	25:15
21	Melissa Pink PB	25:16
22	Rory Fall	26:07
23	Mike Stares	26:08

Pos	Name	Time
24	John Barratt	26:35
25	Peter Robinson	27:03
26	Gill Dowling	27:06
27	Craig Ancell	27:21
28	Kevin Robinson PB	27:33
29	Marie O'Rourke PB	27:34
30	David Barker	27:56
31	Emily Dodds	29:35
32	Sharon Clutton	29:37
33	Mary Ash	30:07
34	Dave Kirby	30:10
35	Louise Archer	30:11
36	Deborah Birch	30:13
37	Nicholas Hicks	30:22
38	Denise Francis	30:35
39	Debra Talbert	31:09
40	Johanna Ross	31:09
41	Adam Walters	31:31
42	Jo Harvey	31:31
43	John Jeffs	31:47
44	Caroline Dickens	32:01

Pos	Name	Time
45	Clare Barker	32:48
46	Louise Arrowsmith	32:49
47	Tracy Moran	32:49
48	Sally Edwards	32:58
49	Craig Edwards	32:59
50	Lara Bishop	36:49
51	Laura Spencer	36:59
52	Joanne Cairns	36:59
53	Jennifer Kelman	37:17
54	Angie Elshaw	37:18
55	Alex Horn	37:19
56	Ray Bernice	37:20
57	Carol Dyer	37:30
58	Nicola Penton	37:31
59	Jackie Brady	37:32
60	Keith Elshaw	37:33
61	Sarah Masters	39:41
62	Lucy Hudson	39:42
63	Cheryl Teesdale	41:45
64	Terry Ash	41:57
65	Terry Weston	41:57

THAT'S IT, the last of the Winter time trials for this season, YEEHA!. The conditions were not nice, that wind was bitter and very cutting, I would not have wanted to be an official or supporter. Having said that, the turnout was fantastic, 65 participants, (could be a record) bolstered by many of the beginners group joining in. Congratulations to you all in particular those that achieved their PB.

Many Many thanks to the officials: Liz Redpath (Starter & Timer), Janet Lindley (Backup Timer), Gary "no gloves" Francis (Recorder), Sue Barratt (Numbers). Supporters :- Mick Welsted, Ken Eaden, Andrea Edwards, Caroline Oakes, Jo Hopkins, Zoe Hopkins, Leigh Hopkins (the cake family).

Dave Croft



Park Run organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and organisers encourage people of all abilities to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; ALL are welcome.

These are nationwide but local runs can be found at Southsea, Havant, Eastleigh, Netley Abbey, Southampton, Winchester, Queen Elizabeth Country Park and Brockenhurst. These are normally run on Saturdays at 09:00am by local volunteers.

You can find details of all runs via the events page on the Park Run website: www.parkrun.org.uk. Select the event you are most interested in and review all the information about the course, local news items, the photo gallery and information about volunteering.

Once registered with www.parkrun.org.uk you receive a paper barcode (best to get it laminated apparently), take it along with you to your choice of run. When finished you are given a finishing number hand it in with your barcode to enable a time to be given. Results are sent out very quickly and you will receive an email on the Monday after with your personnel results.

These are free events! but you must register before your first run (only ever register with park run once) and don't forget to bring a printed copy of your barcode with you. If you forget it, you won't record a time.

The following are the Club member's park run results from the last month.

7th March 2015

Southsea

325 participants completed the run.

Position	Name	Gun Time
273	Alan Burgess	00:35:02

Netley Abbey

225 participants completed the run.

Position	Name	Gun Time
126	Rachel Gee	00:28:59
127	Auz Gray	00:28:59

Queen Elizabeth Country Park

68 participants completed the run.

Position	Name	Gun Time
66	Meranda Winter	00:42:45

14th March 2015

Kingston

128 participants completed the run.



Position	Name	Gun Time
26	Meranda Winter	00:45:29

Netley Abbey

250 participants completed the run.

Position	Name	Gun Time
84	Keith Elshaw	00:25:40
110	Ange Elshaw	00:27:35
170	Alan Burgess	00:31:31
247	Rachel Gee	00:47:34
250	Auz Gray	00:48:54

21st March 2015

Havant

237 participants completed the run.

Position	Name	Gun Time
13	Kev White	00:21:23
33	Terry Moore	00:22:55
126	Nikki White	00:29:51
127	Jenner Moore	00:29:51
178	Giles Cowling	00:33:55
179	Tracey Wales	00:33:56

Southsea

237 participants completed the run.

Position	Name	Gun Time
-	Tim Durant	00:33:40

Winchester

190 participants completed the run.

Position	Name	Gun Time
181	Keith Elshaw	00:34:54
183	Ange Elshaw	00:35:10

Netley Abbey

244 participants completed the run.

Position	Name	Gun Time
244	Auz Gray	00:55:23

Abingdon

281 participants completed the run.

Position	Name	Gun Time
64	Alan Burgess	00:23:16

Queen Elizabeth Country Park

65 participants completed the run.

Position	Name	Gun Time
65	Meranda Winter	00:40:20

28th March 2015



Netley Abbey

218 participants completed the run.

Position	Name	Gun Time
163	Alan Burgess	00:32:10
204	Leanne East	00:38:30
205	Rachel Gee	00:38:31
218	Auz Gray	00:43:19

Southsea

234 participants completed the run.

Position	Name	Gun Time
25	Dan Belben	00:21:26

Queen Elizabeth Country Park

99 participants completed the run.

Position	Name	Gun Time
74	Kerry Irwin-Hall	00:35:05
75	Sue Barrett	00:35:06





**HAMPSHIRE
 ROAD RACE LEAGUE**
 a running club competition

For details about the HRRL, what it is and how it works, please see the detailed section in Augusts' newsletter.

At the time of writing, 9 races from this season's HRRL calendar had already been run and, as usual, all have been very well supported by GRRs.

These runs make ideal first races as they really are very well supported, offer a great opportunity for you to represent your Club, are very friendly and definitely not elitist. For all those interested, the remaining confirmed dates for the 2014/15 HRRL season are:

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
10	Sunday 10 th May 2015	Alton 10	10m	Alton Runners
11	Sunday 17 th May 2015	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 7 th June 2015	D-Day 10k	10k	City of Portsmouth Athletic Club

Races are generally pre-registration entry only, with many open for registration already. You can find more details about entry for the next three races at:



Alton Runners

Alton 10

<http://www.altonrunners.co.uk/index.php/club-events/alton-ten>

Netley RVCP 10k

<http://www.southamptonathleticclub.org.uk/wordpress/netley-10k-race/>





**CITY OF PORTSMOUTH
 ATHLETIC CLUB**

D-Day 10k

<http://www.portsmouthathletic.co.uk/annual-d-day-road-race-10k/>



Staunton Country Park – Finishing Positions – 1st March 2015

Pos	Name
26	Chris Buxton
36	Rich Oakes
50	Terry Arnott
78	Ben Jarvis
91	Kev White
104	Paul Turle
126	Terry Moore
136	Jack Coulburt
137	Darren Eynon
139	Colin Gardner
140	Keith Elshaw
161	Brian Fisher
162	Nick MacBeath
164	Martyn Barnes
167	David Brace
169	Rory Fall
183	Mike Stares
196	Adam Walter

Pos	Name
47	Kirsten Maw
61	Amanda Holloway
83	Fiona Tomlinson
93	Eileen Cowling
104	Sarah Down
105	Kerry Down
106	Karen Phillips
108	Ange Elshaw
122	Melissa Pink
123	Julie Shinton
133	Jo Hopkins
135	Caroline Dickens
136	Chris Nation
137	Pat Lapworth
138	Lucy Hudson
140	Amber Schothorst

Another great turn out for the last race of the season, thanks again for all your support in our first season as Cross Country reps. Hope to see you all again next season.

Well done to Julie Shinton, Melissa Pink and Adam Walters for running all seven races this season.

Nikki & Kev



My Cross Country Season 2014/15

(By Adam Walters)

As one of only Three Club Members to have completed all seven Cross Country races in the season I thought I would give you a little article about the season and view on cross country.

The weather was Dull and overcast looking like it was going to rain Perfect weather to go and run a cross country what's the worse that could happen you it can't be that difficult after running two half marathons back to back at Ealing and Bournemouth respectively.

The first race of the season took Place at Pamber Forest near Basingstoke and the Turn out for this race was great think it was the Best turn out of the season the race itself was pretty much like most cross countries mainly through woods and fields I remember running across fields with sheep running towards you very random indeed. The course its self wasn't too muddy compared to others but this was mainly due to winter not really hitting us yet and there was one monster hill at the end which was an absolute killer but managed to get up and finish.



The Second race season was Held at Queen Elizabeth Country Park Petersfield on Remembrance Sunday and a lot runners including myself paid there was respects by wearing there poppies with pride. What Can I say about this race it was a monster of a course hill after hill and this tied in with lots of mud made this a very hard course to run round think the most enjoyable part was the last half a mile which was an epic down hills but as per usual the support from Fellow GRRs was excellent which was definitely needed on this particular difficult route.

The Third Race of the Season was held at Bourne Woods in Farnham. This race was one of my most enjoyable of the season even though it was fairly hilly I thoroughly enjoyed this course as the hills weren't too bad and the downhill's were fairly easy to run down safely enough this tied in with not too mud made this a fairly enjoyable race.

The Fourth Race of the season was held at Lords Wandsworth College in Odiham just after Christmas so was still full of Christmas cheer and food. the morning itself was really sunny but that sun was deceiving at it was also very icy and cold. I found this two lap course very difficult and energy zapping particularly as there was lots and lots of mud and two fairly big hills to get round not once but twice and at one point I think I found myself in last place but managed to pick myself up and even managed to pick a couple of fellow runners off at the end and really couldn't thank Nick Carter fellow GRR who helped me to the finish not sure I would have got there without him.



The Fifth Race of the season was held at Manor Farm Bursledon and too be honest my memory of this race was a little bit sketchy due to the fact that I was struggled with a very chesty cough at the time and maybe shouldn't have run in hindsight but my aim was to run each and every cross country and found the whole race so difficult from the first to last moment but what I do remember was there was some beautiful scenery from the river Hamble I think I could have quite easily stopped and just admired this but even feeling less that 100% I managed to get round.

The Sixth Race of The Season was held at Chawton Park Wood Alton. The turnout for this race was probably the smallest of the season I think the men managed to just about have enough to submit a team and we even lost our illustrious chairman Giles Cowling who got injured but we still managed to come 19th out of 22 not too bad considering our limited numbers on the day. The race itself was by the hardest of season it was hill after hill after hills some uphill's were very challenging and lots and lots of mud to boot which even managed to win and remove both my trail trainers but fair play to the Alton marshal who helped me get my trails back on and back running with minimal fuss. For the rest of the race myself and Fellow GRR's Lucy Hudson and Pat Lapworth managed to support each other and get round the course and myself and Pat even had a Sprint finish at the end I could say why the Call Pat the Gazelle as the girl can sprint (sorry for outsprinting you at the end male pride got in the way). At the end of this race I was so tired I honestly found this race one of the hardest ive ever done and felt even more tired after this than when I had run the Bournemouth Half Marathon.

The Seventh and Final Race of the Season was held at Staunton Country Park Havant and this race was always hold a place in my heart as this is where I ran my First Cross Country as a GRR a year before. So this was the only route that I had experience of and what to expect but what I didn't expect was quite was much mud as what there was this yea I would say that there was more than half the course was covered in mud and I think quite few people come a cropper and managed to get stuck in the mud and a big mention goes out to the GRR girls who helped get an Alton runner out of the Mud who had got stuck. This race is fairly flat apart from the last 400 metres which is a massive uphill and a proper challenge for any runner.



To any members who have thought about doing Cross Country but have never actually done it I would recommend it to anyone its great fun you are guaranteed to get muddy and you will probably swear on the way around but the sense of achievement at the end is great not mention the buffet and Cake that is provided after each race.

One more thing I would like to say at Big Thank you to Kev and Nikki White our Cross country Captains who have really encouraged more of us to do Cross Country this season and a big well done to Melissa Pink and Julie Shinton who also completed all seven races like myself you are all awesome and all winners.

Adam Walters

GRR club member for 18 Months

The Ring Sting! (Chanctonbury, that is!)

(By Rachel Gee)

You know how people say never Google illness symptoms? Well for me its race reviews!

For those who know me, I'm not the most confident in my running abilities. Before a run/race, I can almost convince myself not to run, and come up with a million reasons not too. My body has even become pretty adept at conjuring up a whole host of physical symptoms too, and I'll even get phantom pains everywhere!

And so it was with the Steyning Stinger...

Auz had done an ultra a few weeks before in the same area and the scenery was beautiful, so we had been looking online for another Marathon for him. He likes a bit of a challenge, so when we came across the Steyning Stinger he knew it was the one. They do a Full marathon, and also a half. I knew there were a few other GRR's who had entered the full and despite being scared to death by the elevation profile I decided in a moment of madness to enter too! The name should have been enough to put me off!

I was already going to go and support, so I thought I may as well run the half. (What was the worst that could happen? I figured even if I ended up walking it all I would still be back in time to cheer them all in when they finished the Marathon (Plus, if I'm honest I'd seen the medal and it looked fab, and the promise of a cooked breakfast after was almost too good an offer to refuse).

As the time drew nearer, the excuses were a plenty and I had thought of a thousand reasons not to run! Then the night before I did what I should NEVER do, and I Googled the race report! The first one I found was from a group of runners from a local running club who had run the half the previous year!

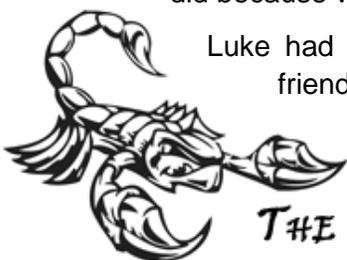
Mistake! In short they HATED it!

"First five miles totally un-runnable" said one, "put me off mud forever" said another, "how this can be classed as a race when you can't run!" the negative comments just kept coming!

My stomach dropped and I started to panic! Self-doubt started to creep in! What was I doing? Then I remembered my friend Luke had run this before, so I decided to find his blog and see what he had to say, I'm glad I did because what a difference.

Luke had loved it. Yes it was muddy, yes it was tough, but the scenery, marshals and the friendliness of the other runners had meant Luke had written a really positive review!

Mind made up, we set off to Steyning.



THE STEYNING STINGER



We arrived at Steyning Grammar school in plenty of time. We'd all car shared and the journey up had been filled with positive friendly chat and everyone's spirits were high. We were directed into a well-organized car park, all got out to stretch our legs and went off to collect our race numbers! The vibe in the school hall was a really friendly one, runners everywhere getting prepared for the day and race talk all around, how could you not feel excited about running? The weather was chilly but looked like it was going to stay dry too so I started to feel a lot more relaxed.



Numbers collected, photo stickers attached to our legs (not my idea) and everyone prepped we headed off to the start line, only a few minutes' walk from the school. There was no chip timing and there were grouped starts for walkers or just for people who might need extra time, so as everyone approached the start, their numbers were jotted down and start times recorded. With good lucks all round, Ray, Paul, Auz and Lisa, were off and I was left to wait for my start!

15 minutes later I was off with my group and pretty soon had the horrible realization that the first race report I'd read might actually be true! MUD! The really thick, heavy, clag up your shoes and make you weigh an extra 2 stone type of mud! I could have quite happily given up then and there but I decided I would stay steady and just keep running. My legs felt heavy and my shoes were twice the size from all the mud stuck to them, people were tearing past me, but I was determined to fight my demons and carried on running! Pretty soon we were off the field and onto a track where there was a different type of mud! Huge puddles of thin gloopy, glorious mud riddled the path and this is where my love affair with this run began! People were skirting round the calf deep puddles, hopping from one side to the other, in a desperate attempt not to get wet and dirty this early on! Me, I tried a different approach, and in true GRR style ploughed straight through the middle!



THE STEYNING STINGER

Pretty soon I was overtaking those people who had sped past me half a mile back and soon I was picking them off one by one! I was covered in mud, soaking wet and hadn't even got to 5k yet, but I realized something, I absolutely loved it!

This is what running was about, no pressure, no time limit, and no ego! Just sheer unadulterated enjoyment!

The track soon turned into a climb into a woodland trail and I forgot all about my anxiety and just settled into running, at about 4 miles I caught up with Lisa at the first checkpoint, we had a quick drink and then started up the first of the Stings, Barnsfarm Hill! Not only did we have a killer hill to contend with the mud up here was thick and chalky and made running really difficult, we soon gave up on that idea and walked up laughing all the way.

At the top we parted company as Lisa was staying to give moral support to a lady who was also running the Marathon and who was struggling a little. I carried on running and taking in the beautiful scenery, big blue skies, and gorgeous views, despite a really biting wind, I was still loving it. I felt like the Cheshire cat and couldn't stop smiling.

Downhill for a bit which was nice, then through some more woods. The route was really well marked with big orange signs but I was starting to notice pink arrows popping up here and there!



At about 6 miles in I had a little panic that I had somehow taken a wrong turn and was following the Marathon route. Paranoia set in a little as I appeared to be surrounded only by runners wearing hydration packs! I didn't even have a water bottle, they MUST be Marathon runners! HELP!

Ahead there were a group of MDS runners who I had been following for a few miles and whom I had seen a few weeks Previous at the Dark Star Marathon. So, trying not to panic too much I decided I would just follow them, everything would be ok! My biggest worry was actually how I was going to convince everyone at home I hadn't set out to do a Marathon, not actually the fact that I might have to try and run 26.2 miles! I'd had a few long runs on the Downs recently but hadn't ran anywhere near Marathon distance, focusing on breathing I kept the MDS boys in sight and carried on running! I realized again (I was still smiling). Had I gone mad? Runner's high maybe?

A couple more check points and I made sure I refueled and took on water, the Marshalls were brilliant full of happy chatter and really friendly, the aid stations were great and had Mars Bars, banana, crisps etc. At each stop they recorded your number and radioed ahead so the next checkpoint knew you were coming, I really liked this.

We start to climb again up toward Chanctonbury Ring. I got talking to a Lady on the way up who was running as part of her 50th Birthday celebrations, she was also a road runner, who also lived somewhere flat and we had a little chuckle about this. We reached the top and started downhill, finally! That felt like a long climb!

I was still smiling!



I pass a photographer again who is pleased his stickers have stayed put on my legs, and just past him the route splits off for the half and the full! I have never felt so relieved! This means three miles left for me instead of 16, this gives me a real boost and I feel my grin getting bigger. I take the left path and start the descent down into the woods along a ruddy little path, I normally hate down hills, but I was even enjoying them. Once in the woods the downhill becomes really steep, fast and slippy, so I tried to be careful but still couldn't stop smiling. At the bottom was a brilliant marshal with a cowbell (seems to keep cropping up) and she announced just over a mile to go, the run back into the finish was by far the hardest mile, the field had been ploughed and the mud is deep and nearly impossible to walk in, let alone run! But I tried anyway!

I finished and my cheeks were almost hurting from smiling, I knew I had enjoyed the run, but it wasn't until I saw the race photos that I realized just how much, I was smiling in nearly every single photo! The only clean part of me were the two squares on my legs where the stickers had been but I can categorically say I loved the Stinger, and would recommend it to any

GRR who has a liking for off road and Mud! Don't go expecting a PB though, I had ran a tough half the week before in 2:18, but the Stinger took me 2.48. But I would do it all again tomorrow!

At the end of the race, we go back to the school hall where you are given your medal and there is a cooked breakfast waiting, with tea and coffee and a free massage, there were also shower facilities if you wanted. Brilliant organization, marking, marshals and mud!

Two years ago I could quite honestly say I hated off road running! I have developed a real love affair with it now, and would urge anyone who's not yet tried it to give it a go! Get out there, lace up and embrace the mud!



Rachel Gee



THE STEYNING STINGER

Standing On Top Of The World!

(By Jo Harvey & James Heath)

Day One - 9th February 2015

Machame Gate to Machame Hut, 2980 metres

One year of fundraising, eight months of training and nineteen hours of travelling had finally led us to the gates of Kilimanjaro National Park, where our adventure was to begin. Blood, sweat and tears had bought us to this point and the air was thick with trepidation. It could all be over so soon should our bodies fail to cope with the extremes that lay before us.

Our climbing team comprised nearly 90 people and included guides, cooks, porters and a doctor. The porters were picked on the day from a large group waiting outside the National Park Gate, each one of them hoping for the chance to earn a day's wage. They were clearly very poor, wearing clothes that were too small, shoes that were too big and carrying backpacks that were literally falling apart at the seams. The luckier ones wore boots but many wore just plimsolls or ill-fitting trainers. These guys were the real heroes of our journey - not only did they carry their own kit but also 20kg each of our own equipment. With sweat pouring off their heads in the rainforest and ice forming in crystals over their thin layers as we climbed higher, these guys never failed to offer a smile, a song or even just a friendly 'jambo' as we passed. I doubt we will ever forget their faces.

The first days trek lasted for about six hours, taking us into the lush and fiercely humid rainforest of the National Park. Spirits were high as we made our way along the increasingly steep paths, keeping our eyes peeled for monkeys in the trees as we climbed, the sweat running down our backs in the heat.



Our arrival at Machame Hut, at a height of 2980 metres, was most welcome and it was here that we were treated to one of the highlights of our adventure. The camp suddenly sprang into life with our whole team of ninety bursting into traditional African song. Singing led to clapping and clapping led to dance as one by one our whole party joined in with this consuming cacophony of sound and smiles. We danced until we could breathe no more, the altitude zapping what was left of our strength. Tired and dirty, gasping but joyful we retired to our tents for our first nights sleep under the breath taking stars of the mountain sky.

Day Two - 10th February 2015**Machame Hut to Shira Hut 3840 metres**

A jostling on our tent door provided our 6am wakeup call and after a breakfast of what was apparently porridge we continued on a particularly steep climb out of the rainforest canopy. After several hours of breathless ascent our efforts were rewarded with some amazing views from above the clouds. With Mount Meru behind us and the ice capped summit of Kibo in the distance we gazed in awe at the natural beauty of our surroundings.

Several of our team were already starting to feel the effects of altitude at this early stage. Besides the inevitable gasping for breath, the headaches and nausea had started to take hold. Thankfully, we both seemed unaffected thus far and carried on climbing throughout the rising heat of the day.

Eight hours later and with a gain of some 860 metres we arrived at the Shira Plateau with thick cloud cover making visibility difficult. A heavy rain shower put pay to our plans for a further acclimatisation hike and provided the welcome opportunity to rest in our tents, dusty and weak from the hours of ascent but excited to see what the next day would bring.

**Day 3 - 11th February 2015****Acclimatisation Trek to Lava Tower 4600 metres****Sleep at Barranco Hut Camp 3950 metres**

During the night the temperatures had dropped to minus ten degrees, covering our tents with crystals of ice. Tent zips were iced shut and a thick layer of frost covered every surface. Our nights rest had provided a chance to acclimatise and we started out on our trek to Lava Tower feeling markedly better than we had the night before. The route to Lava Tower at 4600m is designed to allow hikers the best chance of adjusting to the increasing loss of oxygen by 'climbing high and sleeping low'. Little did we know just how very tough this day would be....

Wrapped up warm with the sun just rising behind the mountains we set off through the heath land and into the bizarre but somehow mesmerising alpine desert. Rocky outcrops merged with barren scrubland and strange plants that towered above our heads. With the increase in altitude the crushing headaches soon started to develop once more. Double dosing ibuprofen and paracetamol we continued our painfully slow ascent to the fabled Lava Tower. This was undoubtedly one of the toughest parts of our whole trip, every step was laborious, every breath was too short and we teetered on the edge of tears for much of the day. I remember approaching the Tower with the threatening tears finally starting to fall – one look at James told me he was in exactly the same place and we trudged onwards with no words spoken but those emotions truly shared. Silently focusing on the loved ones we had left behind we found the strength from somewhere to finish our trek to the Tower. With faces grey, emotions drained and glasses misted with tears we finally took our rest.

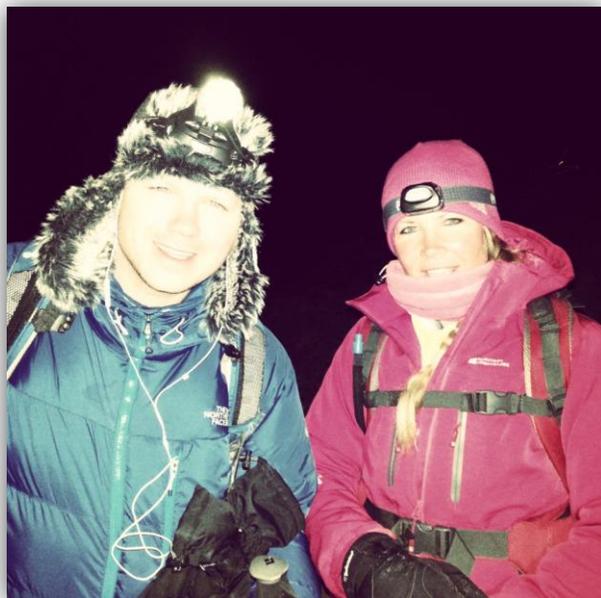
The afternoon took us back down the mountain to camp at the base of the Barranco Wall. This enormous wall of rock rose out of the ground in front of us, vast and foreboding, like a monster of lava and stone. To scale it successfully was to be our challenge for the following day. The headaches were starting to affect each one of us now, with the vice like grip around our heads tightening as every minute passed. As we tried to lay and rest, with breathing heavy and laboured, our heartbeats drummed a deafening 'thump thump' in our ears. This sound became the melody of our adventure, the backbeat to our nights, louder and louder as darkness fell around our camp. As the rain continued to fall our hearts continued to race, and our heads continued to pound – the altitude was starting to lay claim to its victims, its torment persistent and unforgiving.

Feeling dreadful with nausea and shivers we forced down what little food we could manage and attempted to rest for the night.

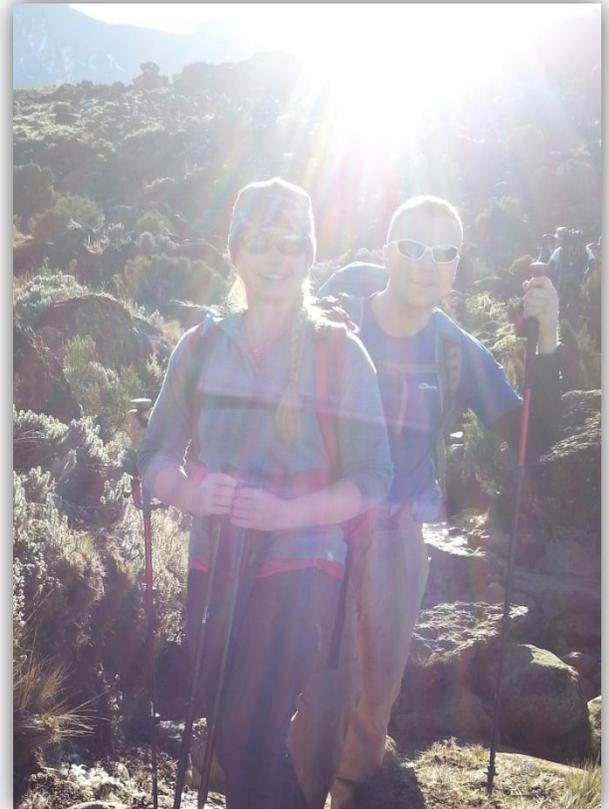
Day 4 - 12th February 2015

Barranco Camp - Barafu Hut (Base Camp) 4600 metres

The night from Hell. With no sleep and uncontrollable sickness and diarrhoea, this was the point that doubts started to creep in. We felt so wretched yet knew that there was no choice but to continue pushing on up and over the Barranco Wall and onwards to our base camp at Barafu Hut. Today was to be our longest climb yet – fourteen hours of rock wall, alpine desert and steep valleys filled with white sand. With most groups on our route taking an extra night to rest at the halfway point of Karanga Camp, our path would take us all the way to Barafu Hut, where we would rest for just three hours before our summit attempt began.



With the sun still rising and in freezing conditions we scrambled the steep Barranco Wall, taking three and a half hours to get to the top. The wall was steep and treacherous and my own dizziness left me in little doubt that I was going to slip and fall to my demise. I looked back at James and he was listless and grey, my most vibrant, colourful friend reduced to a whisper of his former self. I had never seen him like it and I shall hope to never see it again. With every ounce of our strength we kept climbing and eventually scaled the great Wall.



From here we were told to take group photos as this may be the last opportunity for us all to be together. Legend preceded reality as within minutes one of our team members was taken back down the mountain at speed as his lungs were starting to accumulate fluid. To see someone we knew and loved so desperately unwell brought into sharp reality the potential dangers we all faced should we chose to continue. With heavy hearts we pushed on.

As we skied and slipped our way down into the steep Karanga Valley the weather started to close in. As we scrambled up out of the valley and pushed on towards Barafu we found ourselves enveloped within thick layers of cloud – vicious shards of hail began to fall that whipped and burned at our faces. The change in weather was relentless and seemed to mock our efforts at every twist and turn. At every bend in the path we hoped upon desperate hope to catch a glimpse of a tent top, a flash of green and red that would tell us we could stop and rest. With heads down and faces hidden we pushed on.

We finally arrived at base camp by 18:00 and were told to rest for a few hours and eat what we could – we were to sleep in our clothes and be ready to wake before midnight for our greatest challenge yet, the pinnacle of our expedition and the very image of our dreams – summit night. With nausea rife and horrendous diarrhoea neither of us could face the misery that food would bring. We wrapped ourselves in every layer we had bought and attempted to sleep for our three hours grace.

Day 5 - 13th February 2015

Summit Day (5895 Metres)

Midnight arrived and bought with it a breakfast of painkillers and trepidation. We had both been so ill that we had nothing left - just nerves, adrenalin and excitement to keep us going on our toughest day yet. We had worked so hard over the last year for this day, not only with our fundraising but also in our training. We had both completed our first marathons only a month earlier and had travelled to Wales and the Brecon Beacons on a number of occasions to climb, hour after relentless hour. No matter how terrible we were both feeling at this point we were determined to succeed. Failure was not an option, it never had been and never would be. We were going to summit this mountain.

The time had come. The group spread out so much whilst climbing through the night that it became every man for themselves. The time for talking and joking had passed and all we had left in the silence were the twinkling stars up above. They were our companions, our guides, our torment and our salvation. We will always remember the night skies of that mountain where the stars seemed close enough to reach out and touch.

It took all our strength just to lift and lower each foot; should a rock or ledge be in our way there was no energy to clear it, we simply stumbled and fell and tried to keep moving. We saw animals and buildings that weren't ever there as the hallucinations of altitude played their cruel tricks on our exhausted minds. With temperatures now at -15 degrees all our water supplies were frozen and the cold had turned to savage throbbing in our fingers and toes. If we stopped to rest the shakes took hold, our bodies desperately trying to generate some warmth. In fear of being made to descend we trudged on.

A brief respite was soon to come however and it became our greatest motivation. At 06:30 on that Friday morning, after climbing throughout the night for six and a half hours we were rewarded with the most awe-inspiring sunrise, an image that will stay with us for the rest of our lives. The mountain had turned a blazing orange red in colour and we could see the curve of the planet as the fire of the sun rose over the backdrop of the mountain. With spirits lifted we climbed on.



Our next target was Stella Point, the second highest point of Kibo peak, standing at 5756 metres. The path forward was marked by an endless depth of sand and scree which can only be described as walking up an escalator the wrong way. Two steps forward would be rewarded by four steps back, the more we tried to move our feet the more we would sink down and slide back. We fell and we stumbled repeatedly - it seemed an impossible task. But nothing is impossible if you want it enough and by the grace of God and sheer mindless determination we reached the signpost at Stella Point. As we crumpled to the floor underneath that sign I burst into breathless tears of exhaustion, fear and fury. James' legs had started to cramp and buckle yet we could see the summit within our grasp. There was no choice but to try and carry on.

Unbeknown to us a number of our team had already been taken back down. Some were physically exhausted and others were suffering from crippling altitude sickness. Yet our only focus was to climb on to the elusive Uhuru Peak, the summit of Kilimanjaro and the highest free standing mountain in the world. It was our challenge, our dream and was now to become our destiny.

It took us over an hour to trek the last few hundred metres and complete the last 150m of ascent. The only way we could manage was to count ten steps then stop and try to find some way to breathe, desperate for even one full gasp of air. On and on we went until the fabled sign of Uhuru Peak finally came into view, so close we could reach out and touch it. The euphoria we had dreamed of for so long had left, there was no energy for jubilation, just enough for the disbelief that we had finally made it. The toughest challenge of our lives and the proudest moment of mine yet. In the eerie silence of the mountain top we finally stood on the summit of Mount Kilimanjaro, the Roof of Africa with the entire continent spreading out at our feet. It had been the worst and yet the best day of our lives and the way that we felt at that moment, we could have been standing on the top of the world....



With our most sincere thanks to Gosport Road Runners and all our friends and family who have supported us along the way – we couldn't have done it without you....

*Jo & Jim
xxx*

Date for Your Diary:

It's that time of year again.....'Out of Town time'. Which also generally means lighter evenings and better weather!

If you haven't tried these 'Out of Town' runs before, they are a must try..... lots of fun and a nice change from the regular Club night routes around Gosport. They are very steady paced, with regular re-grouping so no-one gets left behind.

The first Out of Town Run of 2015

"The Bluebell Run"

will be held on

Thursday 30th April at 7pm

Hosted by

Gary Francis & Dave Croft



**MEET HERE
CAR
PARKING
&
START**

There will be two routes available on the night, a 5 miler (taken by Gary Francis) and a 7 (ish) miler (taken by Dave Croft). Both routes will start and eventually end in the same place.

Membership Update:

It's a very busy time for me at the moment, I am collecting membership renewal monies and we are proud to be enrolling a great number of new members from the recent beginners course.

This month we welcomed to the Club, Gavan Green, Georgina Robson, Louise Webb, Jo Cairns, Louise Archer, Laura Spencer, Tracy Moran, Craig Ancell, Claire Barker, Lou Harrowsmith, Zoe Perrin, Tina Holdaway, Sara Masters, Jackie Brady, Paula Gibbons, Tanya Ward, Christine Ryan, Debra Talbert, Ann-Marie Stables, Claire Cook, Sharon Thompson, Emily Dodds, Sally Edwards, Craig Edwards, Peter Robinson, Paul Williams, Henry Gunner, Andrew Hopkins, Jennifer Kelman, Susy Mathews, Karen Nichols, Alix Horne, Nicola Penton, Catherine Stock, Steve Silverlock, Louise Skinner, Carol Dyer and Laura Bishop.

I make that 38 new members!

If you are an existing member and have yet to renew, please come and see me ASAP. I would like to remind you that to be eligible for the clubs London Marathon draw you need to have paid your affiliation dues by 30th April 2015.

As you may be aware I have been appointed Men's Captain and as such I intend to stand down as membership secretary at the AGM. The Committee has started the process to find my successor but I will still be available to take membership money as the transition progresses.



If you need any information about club membership please or see me on a club night or e-mail me at: membership@gosportroadrunners.org.uk.

Thanks,

Keith Elshaw

Membership Secretary



Club Kit:

For all you new members who are wondering where you can buy official Club Kit, a full range is available to purchase at Absolute Running on Stoke Road. Full details and prices are also available at:

www.absolute-running.co.uk/gosportroadrunners



GRR Website:

Those of you who have checked out the GRR website recently will have noticed that it continues to go from strength to strength (many thanks to Paul Street). The events page is one area where members are being encouraged to look at regularly as this lists all the upcoming events and where they will be held. The Committee agreed at their last meeting that in future we will post links on the club's Facebook page for upcoming events but not duplicate all the details there. So please add the GRR website to your favourites/bookmarks list.

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



GRR and Social Media:

The Club's Facebook page currently has 247 registered members and seems to be the main place where Club members share stories, race experiences, photos, arrange out of Club meetings.

Follow this link: <http://www.facebook.com/groups/27301329294/> to either register or catch up with the goings on.

For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following @gosportrr on www.twitter.com

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.

AGM:

The GRR Annual General Meeting will be held at 19:30 (prompt) on Monday 13th April at Gosport & Fareham Rugby Club. All members are welcome.

Please note any items you wish to raise at the AGM should be in writing to the Club Secretary, (Angela Elshaw) no later than 2nd April 2015. Please send items to: Secretary@gosportroadrunners.org.uk.

Save the Date!

YOUR NEWSLETTER NEEDS



YOU.....

..... well, your input at least!

As I have probably mentioned on one or two occasions..... you would not believe the amount of time and effort that goes into generating this newsletter, but when I receive articles from you, the Club Members, it makes my life so much easier.... and it certainly makes YOUR newsletter so much more interesting!

Generally the support with content has been excellent, and I've had a few cracking articles recently, but it would be a real shame if these dried up. So.....Anything that you want to contribute is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Thank you.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net

GOSPORT

Road Runners



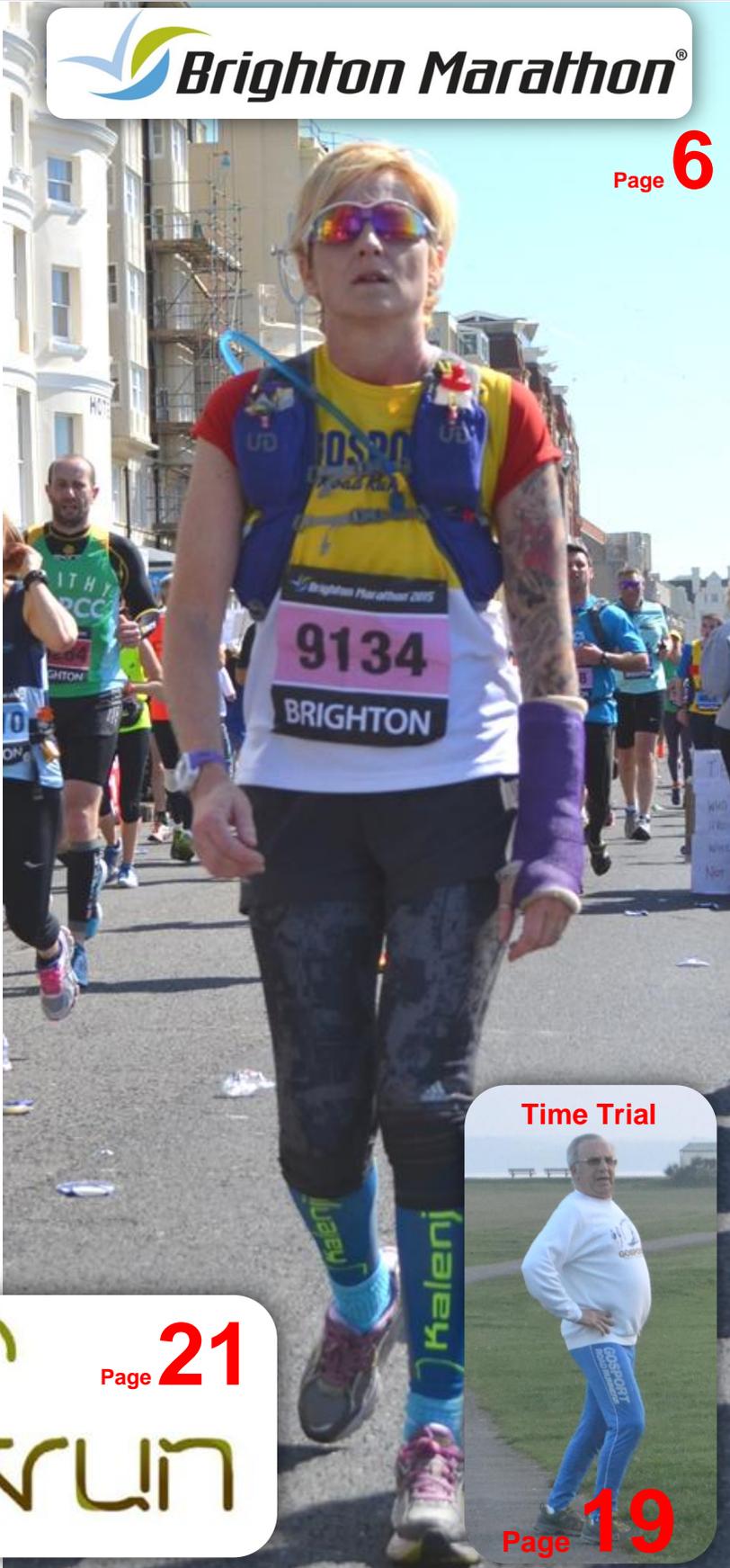
NEWSLETTER

April 2015

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Virgin LONDON MARATHON 2015 **Page 13**

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Time Trial

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This Month's cover photo: Terry Arnott looking his usual cool, calm and composed self during the Brighton Marathon.

Chairman's Corner

Dear GRRs

Thank you for all who attended the AGM - your questions were much appreciated as it is the members who make GRR the great club it is and we on the committee need to make sure we are running the club in a way that has the membership onboard. There were also thanks to Ange Elshaw and Ray Bernice for their outstanding service and contribution as Secretary and Men's Captain.

We have also recently had a Committee meeting. Rachel Gee attended in her first meeting as the new Secretary and didn't run out screaming so we are confident she will be a keeper. Auz Gray asked to sit in and sought the committees view on a couple of ideas regarding future running events. The main business issues were around our continued investment in the club trophies, our increasing membership, South Downs marathon relay teams and looking to how we can support the Half Race Committee in the search for a Race Director. I would remind all members that they are welcome to sit in on committee meetings if they wish.

You may be aware that after a really successful cross-country season, Nikki & Kev White have stood down as cross-country captains. They have done a fantastic job and we have seen record numbers of GRRs taking part in the league. So a huge thank you to them both for creating such a positive & fun atmosphere for the cross-country participants.

Following this newsletter, we will also be circulating a club risk assessment. This is part of our approach to ensuring that club members stay safe when out on club events. You will see from the assessment that we place an expectation on members to take reasonable care when out running and, really importantly, to comply with the controls we have put in the risk assessment. This might seem nannying but it is actually an important part of ensuring that club members come within the liability insurance we have with UK Athletics. Please can you read the document when it is circulated (it will also be placed on the website and noticeboard). If you are on a club event then our working assumption is that you are agreeing to comply with the assessment controls and the instructions from the running leaders.

Can I remind all GRRs that it is important to follow the run routes provided. Our 3rd party liability insurance only applies to GRR led aspects so, if you choose to run another personal route, then that cover no longer applies.

Finally, some of you may have heard that Dave Croft has had to spend some time in hospital. Dave is one of the most awesome people in the club, Hampshire, the South etc - in fact he's just plain amazing. A great runner and a great GRR. Here's to his early return to running and overtaking just about everybody.

Thank you all again for making the club a great place.

Giles Cowling

Club Chairman





Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Saturday 4th April 2015

South Downs Way 50 (50 miles.....)

Position	Name	Chip Time
239	Michelle Hayes	11:04:55
240	Paul Street	11:05:04
241	Ray Bernice	11:05:11



Sunday 5th April 2015

University of Canterbury 10k



Position	Name	Chip Time
118	Ian Pugh	00:43:56

Bletchley Enigma Half Marathon

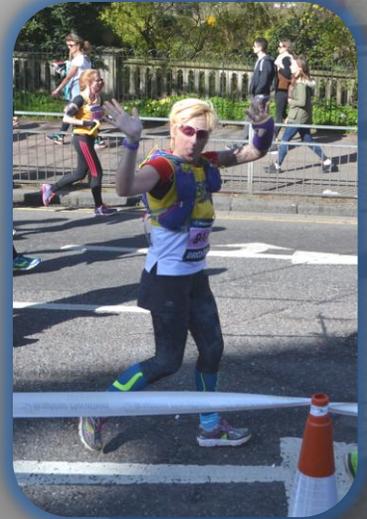
Position	Name	Chip Time
-	Meranda Winter	02:34:59

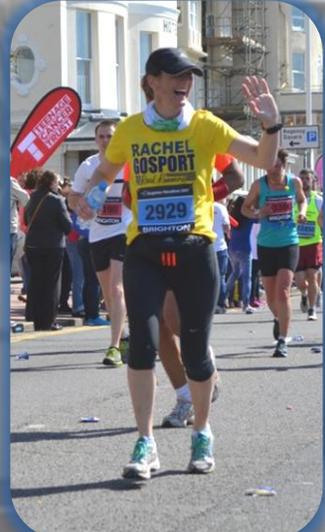
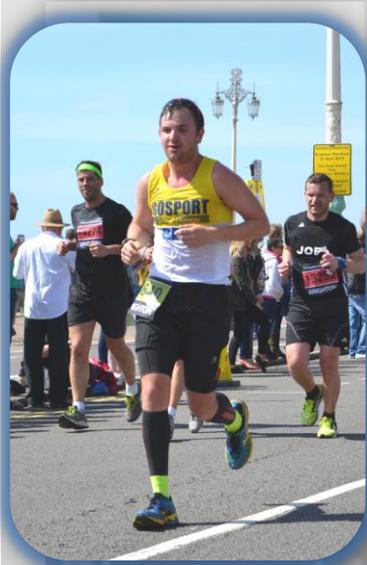


Sunday 12th April 2015

Name	Gun Time
Paul Williams	03:37:45
Ben Jarvis	03:43:17
Colin Gardner	03:48:56
Terry Arnott	03:57:43
Kirsten Maw	03:59:14
Terry Moore	04:01:13
Rachel Davis	04:01:45
Tracey Wales	04:05:09
Yvette Eastman	04:21:06
Darren Eynon	04:23:42
Ange Elshaw	04:24:22
Keith Elshaw	04:37:17
Nikki White	05:02:08
Andrea Ridley	05:10:18
Elise Gower	05:10:18
Becky Veal	05:17:09
Jenner Moore	05:23:20
Karen Hoggarth	05:25:48
Jo Harvey	05:42:29









Sunday 12th April 2015



Pewsey Downsaround Marathon (and a bit) - 27.4 miles

Position	Name	Gun Time
-	Sue Barrett	05:48:00
-	Kerry Irwin-Hall	05:48:00
-	Rachel Gee	05:48:00
-	Auz Gray	05:48:00

Sue has written great review of this race which you can find on page 30.

Sunday 12th April 2015

2015
PARIS MARATHON
APRIL 12



Paris Marathon

Position	Name	Chip Time
-	Julie Mansfield	05:21:56



Bournemouth Bay Half Marathon

Position	Name	Chip Time
-	Nick Carter	01:45:59
-	Kim Carter	02:14:09
-	Shona Rust	02:35:53

Sunday 19th April 2015

Houghton 11k Trail Race



Position	Name	Chip Time
2	Chris Buxton	00:43:58
27	Ian Pugh	00:50:53
36	Colin Gardner	00:52:19

Manchester Marathon

Position	Name	Chip Time
1,139	Warren Jackson-Hookins	03:14:49

I know this is not strictly a Club member's results (Warren has recently moved away from the area after being a member of the Club for a number of years) but this was such an impressive time that I thought some current members would like to see it.

Sunday 26th April 2015



Position	Name	Chip Time
15,839	Auz Gray	04:07:41
18,897	Craig Neil	04:19:34
23,397	Jenna Knight	04:36:25
28,465	Lizzie Elshaw	04:58:48
29,486	Catherine Stock	05:04:23
32,094	Meranda Winter	05:22:46
34,131	Lee Westwood	05:42:54





Virgin LONDON
MARATHON 2015

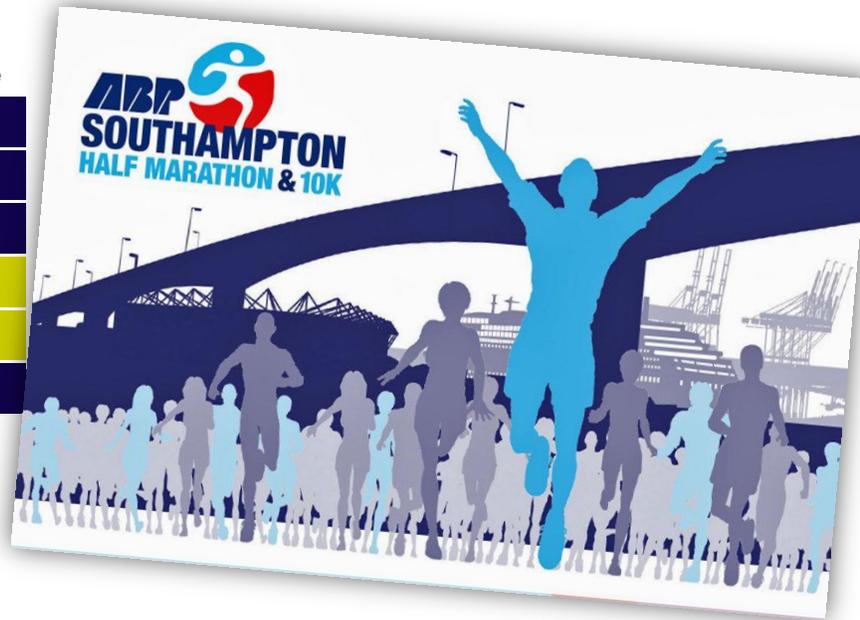
Virgin LONDON
MARATHON 2015



Sunday 26th April 2015

Southampton Half Marathon

Position	Name	Chip Time
166	Ben Jarvis	01:30:12
612	Nick Carter	01:40:13
1,378	Martyn Barnes	01:50:39
1,797	Fiona Tomlinson	01:53:09
2,095	Laura Cornborough	01:57:03
-	David Brace	02:06:00



Shakespeare Marathon

Position	Name	Chip Time
237	Paul Turle	03:49:48
474	Kellee Read	04:35:42

Shakespeare Half Marathon

Position	Name	Chip Time
790	Keith Elshaw	01:56:59
795	Ange Elshaw	01:57:04



Fordingbridge Fire Station 10k

Position	Name	Chip Time
90	Julie Shinton	00:58:48
97	Miranda Carrick	00:59:23

Sunday 26th April 2015



Blackpool Marathon

Position	Name	Chip Time
-	Lisa Hennen	03:59:56



Rock n Roll Half Marathon (Madrid)

Position	Name	Chip Time
6,070	Kim Carter	02:19:20
6,071	Amber Schothorst	02:19:20

Rock'n'Roll
MARATHON SERIES®

Results Co-ordinator

Race Results

Results for this year's Club Awards are now being recorded but these will only be as good as the information I am given! Please remember that it is THE RUNNER'S responsibility to make sure I have their results. I will do my best to find results myself but it will help greatly if I can be advised when someone does a race out of this area or runs with someone else's number. And with a few new members who have just joined I also need to know if someone has entered a race before they joined GRR as they could be missed.

Please help me to record it all accurately by advising me of any race name/number swaps you might have made, or of any races where you are not listed as a GRR.

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

Thanks.....

Brian Fisher



Brian Fisher - Results Co-ordinator

Please email you results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



Club 5k Time Trial

Tuesday 7th April 2015



Pos	Name	Time
1	Joe Wales	17:25
2	Terry Arnott PB	19:08
3	Kevin White	19:37
4	Jason Grygiel	19:52
5	Paul Williams PB	20:43
6	Kyle Willis	21:42
7	Bryn Whitehouse	22:03
8	Lisa Hennen	22:56
9	Pete Phillipson	23:37
10	James Wales	23:39
11	Dave Croft	23:54
12	Keith Elshaw	24:06
13	Nick MacBeath	24:23
14	Gavan Green 1st 5k	24:41
15	Angie Elshaw PB	24:48
16	Jenny Shilling	24:48
17	Pete Lindley	24:49
18	Pete Robinson PB	24:53
19	Gill Dowling..... .PB	24:54
20	Mike Stares	25:28

Pos	Name	Time
21	Ricky Hatherley PB	25:38
22	Kerry Down PB	25:59
23	Terry Moore	26:00
24	Colin Middleton	26:09
25	Kevin Robinson PB	26:44
26	Marie O'Rourke PB	26:47
27	David Walters 1st 5k	28:04
28	Deborah Birch	28:07
29	Mike Kearney	28:12
30	Tracy Moran PB	28:29
31	David Brace	28:29
32	Georgina Robson 1st 5k	28:39
33	Dave Barker	29:38
34	Johanna Ross 1st 5k	29:44
35	Clare Barker PB	30:05
36	Emily Dodds	30:20

Pos	Name	Time
37	Jo Hopkins 1st 5k	31:38
38	Lee Westwood	31:38
39	Debbie Cains 1st 5k	32:16
40	Chris Davey 1st 5k	32:16
41	Denise Little	32:24
42	John Jeffs	33:06
43	Sally Edwards	33:11
44	Craig Edwards	33:11
45	Laura Bishop PB	33:49
46	Jenny Kelman PB	34:25
47	Amber Schothorst	34:25
48	Ashley Bradshaw 1st 5k	35:35
49	Sid Smith	35:35
50	Sarah Master PB	37:40
51	Steve Crook	37:58
52	Dave Little	37:59

What a splendid night for the first Summer 5K of this year, hardly a breath of wind and temperatures comfortable enough for short sleeves. It must have been a bit special for our Officials, who have suffered throughout the winter. Liz Redpath (Starter & Timer), Janet Lindley (Backup Timer), Gary Francis (Recorder) and Andy Clutton (Numbers).

There were at least three Cameras around the course, Nick & Kim Carter, Karen Phillips and Ray Bernice. The pleasant weather brought out more spectators than normal, Tracy Wales, Mick Welsted, Shona Rust, Adam Roberts, Dave Kirby, Terry Weston, Clair Crook, Louise Milson, Jenner Moore and last but by no means least Eileen & Giles Cowling.

Dave Croft



Hi all

I have just completed the beginners course with Gosport Road Runners ,and I cannot praise enough everyone at the Club .I did not and still sometimes don't class myself as a runner but everyone's support and encouragement has seen me achieve more than I ever thought was possible .

In my last time challenge my mind and body were not feeling like they wanted to be there but thanks to Steve Crook and Dave Little they got me to the finishing line and I even got my personnel best so thank you to them and to everyone that was encouraging me on.

This is a Club everyone should be proud of

Sara Masters





The following are the Club member's park run results from the last month.

4th April 2015

Southsea

272 participants completed the run.

Position	Name	Gun Time
29	Dan Belben	00:20:22

Netley Abbey

286 participants completed the run.

Position	Name	Gun Time
112	John Barrett	00:26:24
131	Martyn Rowell	00:27:21
132	Tim Durant	00:28:13
145	Rachel Gee	00:28:13
174	Giles Cowling	00:29:28
240	Ethan 'Lazerblade' Barrett	00:35:42
248	Pat Lapworth	00:36:17
262	Leanne East	00:38:39
263	Susan Barrett	00:38:40
286	Austin Gray	00:51:52

Havant

298 participants completed the run.

Position	Name	Gun Time
79	Colin Gardner	00:26:25

Queen Elizabeth Country Park

101 participants completed the run.

Position	Name	Gun Time
1	Chris Buxton	00:19:41
101	Meranda Winter	00:51:50

11th April 2015

Southsea

195 participants completed the run.



Position	Name	Gun Time
95	Laura Cornborough	00:26:36

Havant

185 participants completed the run.

Position	Name	Gun Time
11	Ben Wales	00:21:49

Netley Abbey

235 participants completed the run.

Position	Name	Gun Time
69	Dave Croft	00:25:12
90	Brian Fisher	00:26:20
120	Keith Elshaw	00:28:03
157	Steve Wise	00:30:55
166	Sean McKay	00:32:34



Queen Elizabeth Country Park

81 participants completed the run.

Position	Name	Gun Time
78	Meranda Winter	00:44:18

Southampton

474 participants completed the run.

Position	Name	Gun Time
223	Tim Durant	00:25:50

18th April 2015

Havant

277 participants completed the run.

Position	Name	Gun Time
88	Kev White	00:26:10
109	Nikki White	00:26:59
148	Auz Gray	00:29:57
211	Jamie MacBeath	00:33:22
212	Nick MacBeath	00:33:23
247	Pat Lapworth	00:36:44
248	Rachel Gee	00:36:44

Netley Abbey

230 participants completed the run.

Position	Name	Gun Time
25	Ben Wales	00:21:29
37	Alan Burgess	00:22:47
80	Tracey Wales	00:25:11
129	Steve Wise	00:28:49
169	Sean McKay	00:31:59

Southsea

284 participants completed the run.

Position	Name	Gun Time
27	Dan Belben	00:20:30

Chipping Sodbury

191 participants completed the run.

Position	Name	Gun Time
173	Tim Durant	00:33:50

25th April 2015

Havant

227 participants completed the run.

Position	Name	Gun Time
14	Colin Gardner	00:22:26

Southsea

280 participants completed the run.

Position	Name	Gun Time
22	Dan Belben	00:20:31

Netley Abbey

222 participants completed the run.

Position	Name	Gun Time
106	Rachel Gee	00:28:02
114	Auz Gray	00:28:22
149	Alan Burgess	00:32:08
195	Louise Skinner	00:36:54
200	Leanne East	00:38:02



We have had a large influx of new members over the last few months and you all seem very keen and are progressing nicely. Maybe it's time you

looked at entering some races? Gosport Road Runners

participates in the Hampshire Road Race League (HRRL), These are a series of Road Races varying in length and organized by clubs for club runners of all abilities. We organise the Gosport Half Marathon which is part of the series and takes place in November. As a club we do not allow our members to enter this event although we do run the "helpers half" the day before, where we run the event as a test run for the actual event. The whole series runs from September to June so we are nearly at the end of this year with only 3 races left in the calendar. These are the Alton 10 (10th May) hosted by Alton Runners, Netley 10k (17th May) hosted by Southampton AC and the D Day 10k (7th June) hosted by Portsmouth AC.

These are excellent events for you to begin your running journey. They are relatively cheap (compared to the Great run series and other big races) they are usually small, friendly and very well organized, and you get to wear your GRR vest and really feel part of a running club. Of course these are not just for new runners, there are some very good runners from other clubs for you to test yourself against and see if you can tap in to your GRR pride to take a few scalps from other clubs. We do hope you will join us at these events and let's see if we can get a sea of yellow running through the streets of Hampshire.

You can find more details about entry for the next three races at:



Keith Elshaw

Men's Captain



Alton 10

<http://www.altonrunners.co.uk/index.php/club-events/alton-ten>

Netley RVCP 10k

<http://www.southamptonathleticclub.org.uk/wordpress/netley-10k-race/>



D-Day 10k

<http://www.portsmouthathletic.co.uk/annual-d-day-road-race-10k/>



HISTORY

London Marathon 1989 & 1990

Over the last few years Mick Wellsted has pulling together a history of Gosport Road Runners and we thought that some current members might like to read a bit about the Club history and about some of our longer standing members (some of their times might just surprise you).

I've started off a couple of months ago with a brief history of when and how the Club was formed and included some of Mick's race times (very impressive they were). This month, the lovely Janet Lindley has done us a write up on how and when she started running and has included her PBs (which are equally as impressive!).

I would really like to continue with these so if anybody else would be willing to share their story and times I'm sure we would all be interested.

I've also included some newspaper cuttings from the 1989 & 1990 London Marathons (I thought they would fit in nicely this month! (thanks to Dave Croft for supplying these).

Janet Lindley

I joined the Club in the Summer of 1987 when I heard the club were keen to recruit more ladies, and as I regularly attended races anyway, albeit as a bag carrier for Peter, taking the next step to competing seemed the logical thing to do.

Some twenty odd years ago lady runners were in the definite minority, and the then Chairman Hugh Pritchard thought it a good idea to have a ladies team enter that September's Winchester Women's own 10K. So along with others and accompanied by the music of Chariots of Fire I trotted round my first race that included the notorious Nations Hill in Winchester in a time of 66.46. Of the twenty two or three new Gosport ladies who ran that day, I appear to be only one of two who is still a member!

Although I never intended to enter races on a regular basis (i.e. one or two a year at most) like many others before and after me, I slowly became sucked into it all and this culminated in doing 36 races in the two year period of 1988 and 1989. I realise that is nothing compared to the number of events people undertake nowadays, but for someone who was determined to do no more than 2 a year it shows how running can creep up and dominate your leisure time. However I found it to be thoroughly enjoyable and began to feel guilty if I missed a training night.



I even took over the Club Treasurer roll for two years in the 90s, and have had various jobs at the Half Marathon from serving teas from a caravan, to marshalling the fun run and working at the finishing funnels before the days of good old chip timing. Nowadays I help with the monthly time trial timings as this is a soft option to actually running the things.

In the time honoured way my PBs with ancient history dates alongside are shown below:

Distance	Race	Date	Gun Time
2.6 Mile	Club Relay	8 July 1990	00:20:38
5k	Ladies Club 5K	13 August 1989	00:23:59
3.3 Mile	Hunters Inn Romsey	11 June 1989	00:26:41 (1st Lady over 35)
5 Mile	Victory 5	16 September 1987	00:43:50
6 Mile	Purbrook 6	12 November 1989	00:50:18
10k	Totton 10K	26 November 1989	00:49:17
7 Mile	Club Handicap	20 December 1987	01:06:40
9.25 Mile	Hogs Back	10 December 1989	01:21:05
8 Mile	Sway 8	7 May 1989	01:06:49
15k	Braishfield 15K	20 August 1989	01:26:06
10 Mile	Sultan 10	1 October 1989	01:21:44
Half Marathon	Portsmouth Half	12 March 1989	01:48:30
20 Mile	Worthing 20	19 March 1989	03:04:14
Marathon	London	23 April 1989	05:08:46

Times above were gun to gun times before the days when chip timing was invented, and it often took people like me up to 30 seconds to pass through the starting line. However the London marathon times were allowed to be taken from the start line because it traditionally took up to 10 minutes to cross the start line.

Although PBs are no longer achievable, including a Bronze Award in 1992, or the Jane Barton Plate in 1989, I still enjoy running (except when it is cold, wet, windy, hilly, muddy), and hope to continue for some time yet as I find running an excellent background music to life.

Janet Lindley

A STRONG contingent of Fareham and Gosport runners were today celebrating finishing the London Marathon – despite blistered feet and aching limbs.

More than 30 members of the Gosport Road Runners, including seven who were running a marathon distance for the first time, completed the gruelling 26-mile course.

It was only the second time John Wiltshire (41) – the first of the club's runners to cross the line – had run the famous course, finishing in 3.01.24..

"I didn't run my best time – I was ten minutes faster in the Gosport marathon. But it was a good day out and everyone enjoyed it," he said.

"The atmosphere at the London marathon is completely different to any other. It's like going to the Cup Final."

Second was Ian Buzzard, 12 minutes behind; and third was Hugh Pritchard, in his 57th marathon; who finished in 3.19.20.

The first woman from the club round the course was Carol Clarke, who clocked in at 3.47.24.

But winning was not everything – more than £5m. is believed to have been raised from sponsors for a variety of charities.

A good deal of it is expected to go to the Hillsborough Disaster Appeal fund.

The most moving sight in yesterday's marathon was of 250 Merseysiders, sporting Liverpool and Everton soccer strips, running together and singing all the way along the 26-mile course from Blackheath to Westminster Bridge.

Applause

Their almost non-stop rendition of the Liverpool anthem, "You'll Never Walk Alone," brought tears as well as huge applause from fellow runners and from one million spectators lining the route.

They expected to raise at least £10,000 for the appeal fund, including £110 in notes pressed into their hands by well-wishers as they ran, and hundreds of pounds in coins dropped into an old workman's bucket they acquired on the way.

All the runners had stood for a minute's silence in memory of the 95 people who died at Hillsborough before boxer Frank Bruno signalled the start of the race in perfect cool, dry conditions.

Fareham bank clerk Laura

Millward (27) ran her first ever marathon and raised £700 for multiple sclerosis. She was the youngest woman runner from the club and finished in 4.22.50.

Just a few minutes ahead of her was Fred Piper (59), the club's oldest competitor, who finished in 4.13.37. Fred is an old hand at the marathon distance and has run five London marathons.

Also running for charity were over-50s runners Irene Watson, Rose Russell, and June Murray. The three women, who dressed as waiters, crossed the line together in 5.04.24.

Handicapped

Gosport Scout leader Brian Double ran in aid of the 2nd Gosport Scouts and Scout Link – an organization for handicapped Scouts – with a time of 3.25.

Personal bests were achieved by Dianne Lovett at 3.53.13., Jenny Gilfillan at 3.53.23., and Sheila Hayward at 3.55.56.

Marathon first-timers included: Janet Lindley, Jenny Horne, Irene Watson, Laura Millward, Ros Paye, Geoff Partridge, and Eileen Cooke.

It was their first London Marathon for Michael Browning (43), a sales engineer of East House Avenue, Stubbington, and John Pocklington, an instructor at H.M.S. Collingwood.

Mr. Browning completed the course in 3hr. 43min., despite suffering a torn achilles tendon, a bad knee, and sore hamstring. "They all hurt, but it was the tiredness that bothered me," he said.

"It was o.k. up to the 18-mile mark and then I started struggling, I just gritted my teeth. It was just marvellous finishing.

His efforts raised more than £400 for the Asthma Society.

Mr. Pocklington (33) said he hoped to have raised more than £1,000 for the Hampshire Society for Autistic Children and Adults from his efforts.

He finished in 4.15. and said that although he took longer than expected because he started too quickly, it was a fantastic experience.

Running a marathon for the second time, but for the first time in London, was teacher Mr. Maurice Shergold, of West Downs Close, Fareham, who was raising money for Oxfam.

He completed the course in just under four hours.

First-time marathon runner Gary Bruce-Smith beat his own target of four hours – by one minute.

Two weeks ago it seemed likely that he would not run at all, after pulling a leg muscle.

"But having gone through all the training, I decided I could not stop now. I ran with my leg strapped, and had to sprint at the end to cross the line inside four hours," said the 24-year-old designer-draughtsman, who lives at Johns Road.

664422

Fareham and Gosport Area News

MARATHON MAESTROS



Gary and Andy Johnson, a former colleague at High Temperature Engineers, Fareham, were running to raise money for Leukaemia Research, after reading in The News of Hill Head leukaemia victim Mrs. Stella Nash, and her determined fight for life.

Mrs. Nash, who has three young sons, underwent a bone marrow transplant in February. Although they have never met her, her story prompted the two runners to support her fund-raising campaign for the charity.

Andy (24), a member of Gosport Road Runners, was having his second run in the London marathon. He finished in 3hrs. six-and-a-half minutes – a personal best.

Gosport runner Peter Taylor raised £1,000 for St Mary's Hospital radiotherapy unit after completing the London marathon in 4:06.

It was Peter's first ever marathon distance run. "The weather was perfect for running and it was an absolutely marvellous experience. I just relaxed and enjoyed it," he said.

These are cuttings from the 1989 Fareham & Gosport News. There are a few familiar names in there too, with some very impressive times!

Also, with more than 30 GRRs running, it was clearly much easier to get a place in the London Marathon back then

This is from the 1990 Fareham & Gosport News. Again, some impressive times and a very familiar face top left!

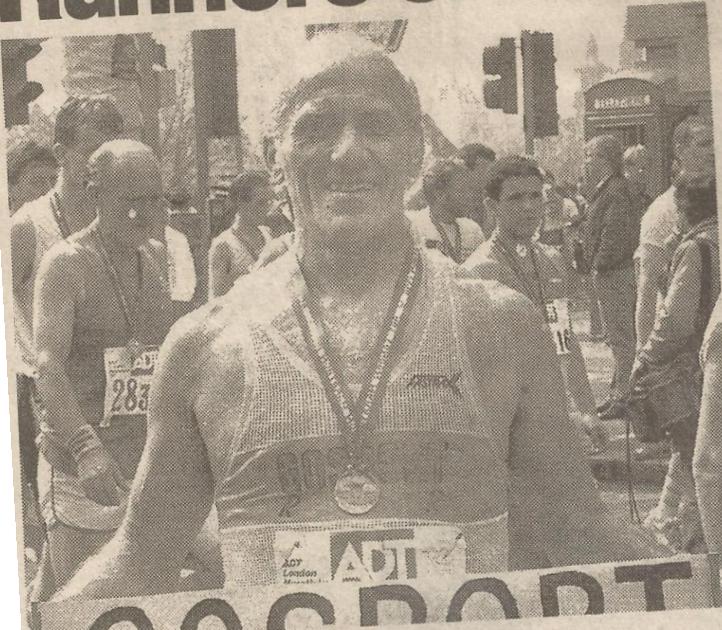
I wonder if the two coach loads were as noisy as our lot are these days!

Marathon cheer

TWO coachloads of supporters arose at 4am to cheer on the 25 Gosport Road Runners who tackled the London Marathon. Four of the runners achieved their "ultimate goal" for the first time — and another five were delighted to improve their records, especially Chris Kennard who broke the three-hour barrier in 2hr 55min and 18sec.



Runners show stamina



RUNNERS from across the Gosport and Fareham area were among the thousands taking part in yesterday's tenth London Marathon.

Attempting his first race was Peter Lindley (45), of Larch Close, Gosport, who crossed the finish line after 4hr. 3min.

Completing the run in 3hr. 45min. was 57-year-old Gordon Knight, of Brockhurst Road, Gosport.

"I started right at the back of the field to see all the funny characters. In previous years I've been ahead of them," he said.

It was his fifth London Marathon and he was pleased with the finish time.

A personal best of 3hr. 41min. was achieved by Sheila Hayward, of The Oakes, Stubbington.

Mick Wellsted (51), of Tukes Avenue, Bridgemary, completed the run in 4hr. 30min.

Stubbington Green runner Julie Hobbs, of Easthouse Avenue, finished in 4hr. 30min.

Completing her first marathon in 5hr. 6min. was Marigold Horne (49), of Inverness Road, Gosport.

● MARATHON PRIDE - Gordon Knight displays the Gosport banner he proudly carried for the 26.2 miles of the London Marathon yesterday. - Photo sales no. B0212-3.

Finally... Can anybody guess who this young runner (and current GRR) is?



Treadmill Challenge

(By Lee Westwood)

Whilst looking for fundraising ideas for my London marathon charity, it was suggested to approach one of our local supermarkets and see if they would allow fundraising while running on a treadmill. My first thoughts were, "I'm not running on a treadmill in public" but that was it, the seed was sown.

During a marathon training session early one Saturday morning, I mentioned this to Yvette Eastman and without hesitation she said she would do a stint on the treadmill so I wouldn't have to do it all and thereafter was the birth of the treadmill challenge.

I contacted Asda Fareham and spoke to their Community Champion and after a meeting, booked the event for the Saturday of Easter weekend.

Using Facebook; I sent out a request for a loan of a treadmill and was offered two. I also asked if anyone would be interested in taking part and got an awesome response. More than a dozen GRR members agreed to help in one way or another. I even had an offer to pick the treadmill up. What fantastic support.....



The Treadmill Challenge Diary Saturday 4th April

09:00 - Andy Hopkins and I met at Lizzie Elshaw's house to collect the treadmill. After arriving at Asda, we set-up by the entrance to the store; with balloons, charity banner, cake, water and bunny ears prepared; we were ready to roll.



10:00 - I ran the first half hour slot while Andy and my partner Mandy stood with charity buckets in anticipation of the first donation. But once the Asda customers saw this 6ft 2 bald headed bloke with white furry ears, running on a treadmill, the support freely flowed and donations started to come in. With my first stint over I achieved a reasonable 3.2 miles.

10:30 - Proudly wearing his GRR running vest, Andy took to the treadmill and at the same time Maree O'Rourke arrived nice an early. Andy managed a respectable 3.3 miles.

11:00 - Keith and Ange Elshaw arrived with the GRR flyers. Keith saw the distances Andy and I had covered and went for it achieving 3.7 miles with minimal sweat, sorry; the usual down pour.

11:30 - Not to be out done, Ange with her fashionable legging ran a brilliant 3.3 miles but this wasn't without incident as the speed her little legs were going the emergency cord fell out stopping the treadmill dead. Luckily Ange stopped too otherwise she could have ended up in the car park.

12:00 - Drama over, I did my second half hour run covering 3.5 miles followed by Maree's turn. Maree achieved a fantastic 3.3 miles without incident..... thank god.

Lisa Hennen wasn't on the rota; but after her shopping trip, she grabbed the charity bucket for half an hour, leaving her daughter to look after the trolley full of food. Hope the frozen food was ok Lisa?



13:00 - Young Jarvis up next; bunny ears on, treadmill turned up to max, Ben achieved an outstanding 4.5 miles. I'm sure I smelt burning at this point.....

13:30 - My marathon training soul buddy Yvette was next and with her ear phones on, she rocked to an unbelievable 4 miles.

14:00 - Ben ran for another half hour stretch and as before maxed to a 4.5 miler. I'm sure this boy will go far.

14:30 - After Ben was Brian Fisher, a magnificent effort of 4.3 miles, but at this time my partner was feeling unwell; a taxi was called to take her home but Brian said he'd take her. What a Star-fish-er. Sorry Brian I couldn't resist.

15:00 - Dave Croft took to the treadmill and head down ran 4.2 miles but it could have been much more if Dave hadn't looked at his watch 25 minutes in and fell off the treadmill, tumbling backwards..... heart in mouth moment, but with the GRR spirit got back on and finish the race. Well done Dave.

15:30 - Brian came back from his good deed and did another half hour run achieving 4.2 miles..... just a normal Saturday afternoon then Brian?



16:00 - Sue Barrett's turn, Sue ran for 25 minutes and let Ethan (her son) run the last 5 and together covered a brilliant 3 miles.

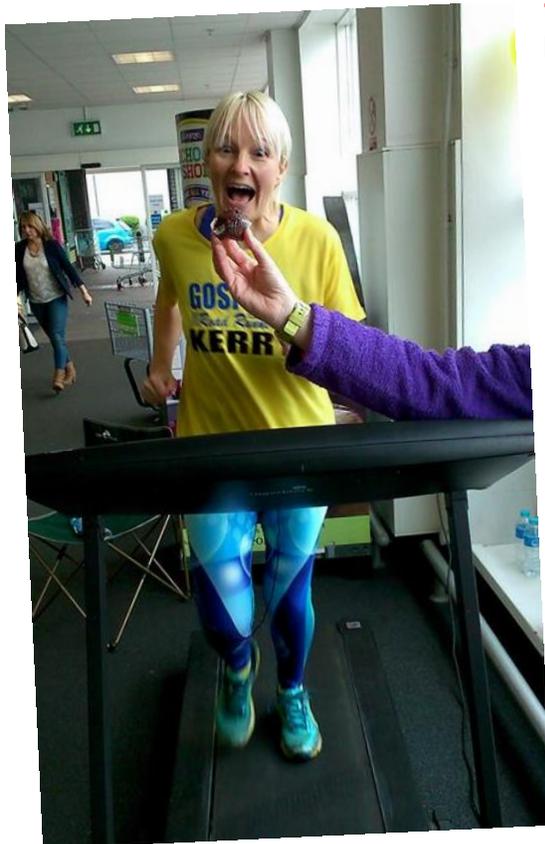
16:30 - Kerry Irwin-Hall finally arrived after going to Asda Gosport first, but the thought of cake encouraged her to run a glorious 3.1 miles.

17:00 - The Hopkins family came to collect the treadmill.

In total; the challenge lasted 7 hours; the team covered a blistering 52.1 miles; we highlighted the GRR community spirit and raised a fabulous £311.29 for charity.

I would like to thank everyone involved for making the day a complete success. For me the GRR teamwork is outstanding and without the support from the club wouldn't have achieved half of what I have since joining and I thank you all for that.....

Lee Westwood



'Four go Mad in Wiltshire'

(By Sue Barrett)

After three years or so of running and a very successful run at the Meon valley plod, Rachel Gee decided the time was right to run a marathon. She opted for the very low key Pewsey Downsaround Challenge. It's organized by the Long Distance Walkers Association. The challenge gives you the option of either running or walking distances of 10, 17, 26.6 or 36 mile routes. I know 26.6 is a little over a marathon but apparently it used to be a 25 miler but those wanting it to count for 100 marathon club purpose complained, so they upped the distance.



Kerry, Auz, me and nugget the pink chick decided it was too good an opportunity to miss so decided to join her.

Kerry and I arrived in the car park at early, it seemed to full of elderly men in very short shorts and we seemed to be the youngest people by 30 years. However as more people arrived things looked on the up.



It kicked off at 8.30am from a small scout hut in Pewsey (within waving distance of Dave Little's Mum's house). You don't get a number, just a strip of paper which gets stamped at check points. Likewise there are no Marshalls as you are given directions to self navigate, you also have to take your own mug for en route refreshments.



From the off we decided we four would stick together, with Auz sorting out the directions. The route was off road, apart from the odd country lane and canal path at the end and very very hilly, the first climb was on par with Butser Hill. We stuck with our tried and tested 'stop every 5 miles for food's strategy' which suited us all. The check points were amply equipped with food and water and cheerful people. It's the first time I have ever eaten quiche and pizza during a marathon! The scenery was beautiful, the weather dry but a very strong wind literally took your breath away in places, making running virtually impossible.



We stopped at the visitor centre at Amesbury for a comfort break at about mile 14 and chatted to a few tourists who were bemused by our big marathon day out (I should probably mention that it wasn't until we had got going again that Auz realized he had left the directions in the toilets!).

The route gradually winds back into Pewsey with a kilometre stretch along the canal path before you emerge into the town again.

No medals... but we did get a nice bowl of chilli, a hot drink and a certificate. (Bargain for the £8 entry fee) Plus Rachel had got us some nice personalized t-shirts made to commemorate her first marathon.

Loved it!

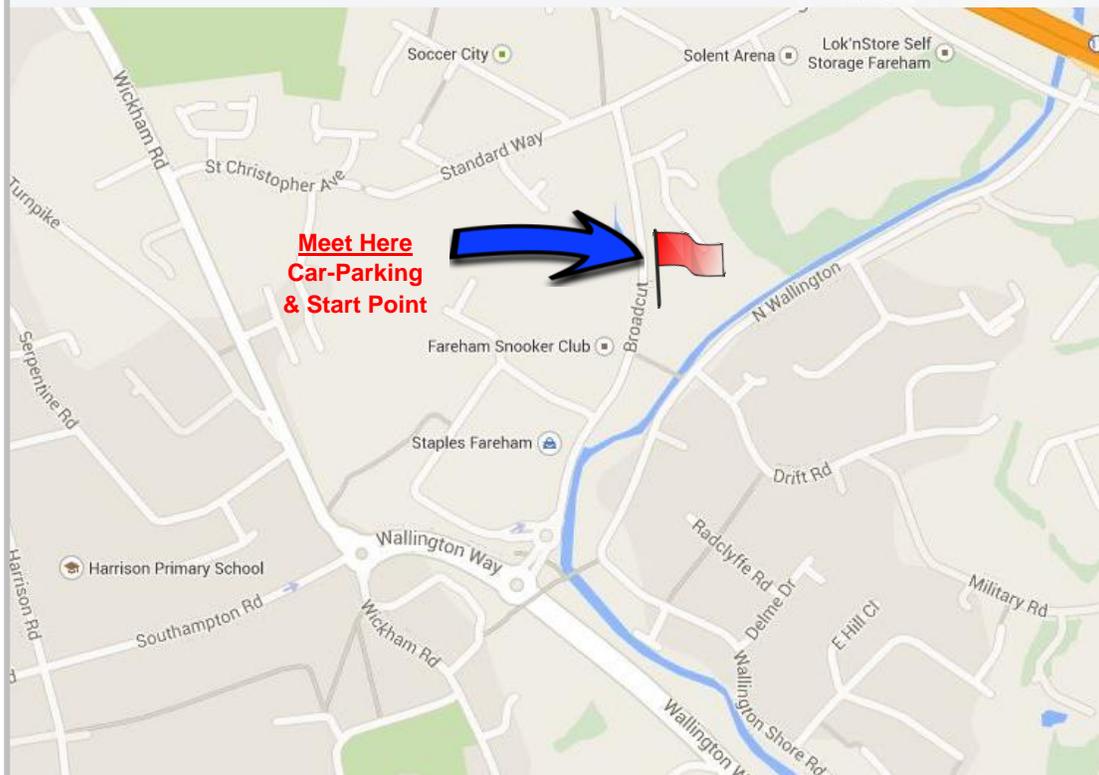
Sue Barrett



Date for Your Diary:

It's 'Out of Town time' again..... These are generally held on the last Thursday of the month, between April and August. If you haven't tried these 'Out of Town' runs before, they are a must try..... lots of fun and a nice change from the regular Club night routs around Gosport. They are very steady paced, with regular re-grouping so no-one gets left behind.

The May Out of Town Run
will be held on
Thursday 28th May at 7pm
Hosted by
Elieen, Giles & Brian



Membership Update:

Thank you to everyone who has renewed their membership, there are still a few of last year's members yet to renew so If you have yet to renew please note your membership is now in arrears.

This month we welcome, Robert Byrne, James Bayliss, David Walters, Helen Mason, Debbie Cains, Claire Finch and Chris Davey.

Also, I would like to remind you that to be eligible for the clubs VLM draw you need to have paid your England Athletics affiliation by the cut-off date of 30th April 2015.

If you need any information about club membership please or see me on a club night or e-mail me at: membership@gosportroadrunners.org.uk.

Thanks,



Jo Harvey

Membership Secretary



Club Kit:

For all you new members who are wondering where you can buy official Club Kit, a full range is available to purchase at Absolute Running on Stoke Road. Full details and prices are also available at:

www.absolute-running.co.uk/gosportroadrunners



Running Awards:

I couldn't really complete this month's Newsletter without including a special mention and massive congratulations to all involved at Absolute Running for winning two awards at the National Running Awards 2015. They were voted second in the category of Best Independent Sports Retailer and third in the category of Best Customer Service (behind Run 4 it and Sweatshop, both of whom have one or two more stores).

Well done guys, very well deserved I'm sure you will all agree.

THE 2015
**RUNNING
AWARDS**



GRR Website:

Those of you who have checked out the GRR website recently will have noticed that it continues to go from strength to strength (many thanks to Paul Street). The events page is one area where members are being encouraged to look at regularly as this lists all the upcoming events and where they will be held. The Committee agreed at their last meeting that in future we will post links on the club's Facebook page for upcoming events but not duplicate all the details there. So please add the GRR website to your favourites/bookmarks list. <http://www.gosportroadrunners.org.uk>



GRR and Social Media:

The Club's Facebook page currently has 249 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings. Follow this link: <http://www.facebook.com/groups/27301329294/> to either register or catch up with the goings on.



For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following @gosportrr on www.twitter.com

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.



YOUR NEWSLETTER

NEEDS

YOU.....



..... well, your input at least!

As I have probably mentioned on one or two occasions..... you would not believe the amount of time and effort that goes into generating this newsletter, but when I receive articles from you, the Club Members, it makes my life so much easier.... and it certainly makes YOUR newsletter so much more interesting!

Generally the support with content has been excellent, and I've had a few cracking articles recently, but it would be a real shame if these dried up. So.....Anything that you want to contribute is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Thank you.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net

GOSPORT

Road Runners



NEWSLETTER

May 2015

Alton 10

Page 7

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This Month's cover photo: Amber, Chris & Jo enjoying the Alton hills a little too much!



Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Saturday 2nd and Sunday 3rd May 2015

The Pony Express – Multi Stage Ultra (60 miles over two days)

Position	Name	Day 1	Day 2	Overall Time
71	Ange Elshaw	06:23:11	06:48:17	13:11:28
72	Keith Elshaw	06:23:20	06:48:17	13:11:37
88	Becky Veal	07:21:01	08:44:10	16:05:11
89	Lizzie Elshaw	07:21:01	08:44:12	16:05:13



Sunday 3rd May 2015

Prague Marathon

Position	Name	Chip Time
-	Steve Crook	03:27:48

Steve has done a great write up on this race, his first marathon, which you will find on page 33



Neolithic Marathon

Position	Name	Chip Time
-	Lisa Hennen	05:08:37
-	Andrea Edwards	05:08:37

Sunday 3rd May 2015



Three Forts Challenge

Position	Name	Chip Time
-	Rob Byrne	04:19:17
-	Rachel Gee	05:56:17

Milton Keynes Half Marathon

Position	Name	Chip Time
-	Meranda Winter	03:16:18



Isle of Wight Challenge (56k)

Position	Name	Chip Time
-	Darren Eynon	07:50:58

Harewood Forest 10k

Position	Name	Chip Time
2	Chris Buxton	00:40:24
-	Ian Pugh	00:48:33
-	Colin Gardner	00:48:43
-	Ray Bernice	00:50:42

Malvern Hills Ultra (52 miles)

Position	Name	Chip Time
46	Andy Clutton	11:51:00



Sunday 10th May 2015

Marlborough Downs Challenge (33 miles)

Position	Name	Chip Time
111	Ray Bernice	06:39:27
112	Andy Clutton	06:39:27



Hackney Half Marathon

Position	Name	Chip Time
-	Meranda Winter	03:32:13

Sunday 10th May 2015

Alton 10 (HRRL Event)

Position	Name	Chip Time
68	Jayson Grygeil	01:09:13
71	Rob Byrne	01:09:18
163	Nick Carter	01:17:28
189	Terry Moore	01:19:12
246	Brian Fisher	01:23:43
293	Jenny Shilling	01:27:15
319	Colin Middleton	01:30:08
333	Keith Elshaw	01:32:23
335	Gill Dowling	01:32:31
348	Ange Elshaw	01:35:07
372	Laura Cornborough	01:37:53
377	Kim Carter	01:39:00
379	Jenner Moore	01:39:25
380	David Brace	01:39:50
382	Peter Robinson	01:40:11
407	Christine Nation	01:47:47
410	Joanne Hopkins	01:48:17
411	Amber Schothorst	01:48:18



Massive congratulations to Jenny Shilling who came first in her age group at Alton and at Netley this month.



Alton 10





Saturday 9th & Sunday 10th May 2015

Hope 24 – 24 hour relay event

Lap	Time of Day	Team Member	Lap Time
1	12:01:11	Ben Jarvis	00:35:47
2	12:36:58	Kev White	00:37:20
3	13:14:19	Mason White	00:43:01
4	13:57:20	Martyn Barnes	00:45:50
5	14:43:11	Nikki White	00:47:24
6	15:30:36	Karen Phillips	00:55:22
7	16:25:59	Nick MacBeath	00:46:56
8	17:12:55	Ben Jarvis	00:36:22
9	17:49:18	Kev White	00:41:42
10	18:31:00	Mason White	00:45:19
11	19:16:20	Martyn Barnes	00:47:40
12	20:04:01	Nikki White	00:54:25
13	20:58:26	Karen Phillips	00:54:58
14	21:53:24	Nick MacBeath	00:53:24
15	22:46:49	Ben Jarvis	00:41:07
16	23:27:57	Kev White	00:46:30
17	00:14:27	Mason White	00:56:45
18	01:11:13	Martyn Barnes	00:53:22
19	02:04:36	Karen Phillips & Nikki White	01:16:23
20	03:20:59	Nick MacBeath	00:58:47
21	04:19:46	Ben Jarvis	00:42:38
22	05:02:25	Kev White	00:45:26
23	05:47:51	Mason White	01:06:47
24	06:54:38	Martyn Barnes	01:03:17
25	07:57:55	Ben Jarvis	00:40:36
26	08:38:32	Nick MacBeath	01:02:43
27	09:41:15	Nikki, Karen, Ronnie & Reggie	01:29:29
28	11:10:44	Ben Jarvis	00:43:12

Total Running Time: 23:52:46

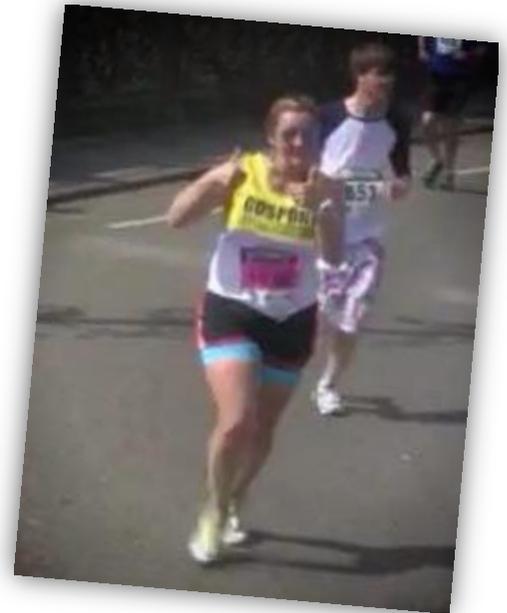




Sunday 17th May 2015

Bognor 10k

Position	Name	Chip Time
40	Ben Jarvis	00:40:23
1,217	Joanne Hopkins	01:05:58
1,264	Georgina Massingdale	01:06:28



Shaftsbury Half Marathon

Position	Name	Chip Time
95	Lisa Hennen	02:01:15

Shaftsbury 10k

Position	Name	Chip Time
59	Eric Macgurk	00:51:48

Hook 10 mile

Position	Name	Chip Time
249	Kim Carter	01:38:55



Tewksbury Half Marathon

Position	Name	Chip Time
669	Kim Carter	03:43:30

Sunday 17th May 2015

Netley 10k (HRRL Event)

Position	Name	Chip Time
116	Jayson Grygiel	00:40:55
156	Ian Pugh	00:43:13
164	Ben Wales	00:43:35
181	Colin Gardner	00:44:12
271	Keith Elshaw	00:48:26
296	Tracey Wales	00:49:38
298	Jenny Shilling	1 st in Age Cat. 00:49:46
308	Martyn Barnes	00:50:09
318	Fiona Tomlinson	00:50:31
319	Pete Lindley	3 rd in Age Cat. 00:50:35
338	Lloyd Durham	00:51:45
380	Peter Robinson	00:53:57
398	Laura Cornborough	00:54:39
432	David Walter	00:57:17
457	Victoria Gorton	00:59:28
486	Tracey Moran	01:03:06
488	Debra Talbert	01:03:26
500	Ashley Bradshaw	01:06:56
505	Laura Bishop	01:08:11



**LONDON 2
BRIGHTON
CHALLENGE**



Saturday 23rd & Sunday 24th May 2015

London 2 Brighton Challenge (100km)

Position	Name	Chip Time
229	Keith Elshaw	19:49:37
230	Jo Harvey	19:49:37





Sunday 24th May 2015

Copenhagen Marathon

Position	Name	Chip Time
8,669	Andrea Ridley	05:01:01

Cakeathon Spring Challenge (3.28 mile laps)

Position	Name	Laps	Chip Time
-	Meranda Winter	2	01:53:42

Ropley 10k

Position	Name	Chip Time
60	Colin Gardner	00:45:25

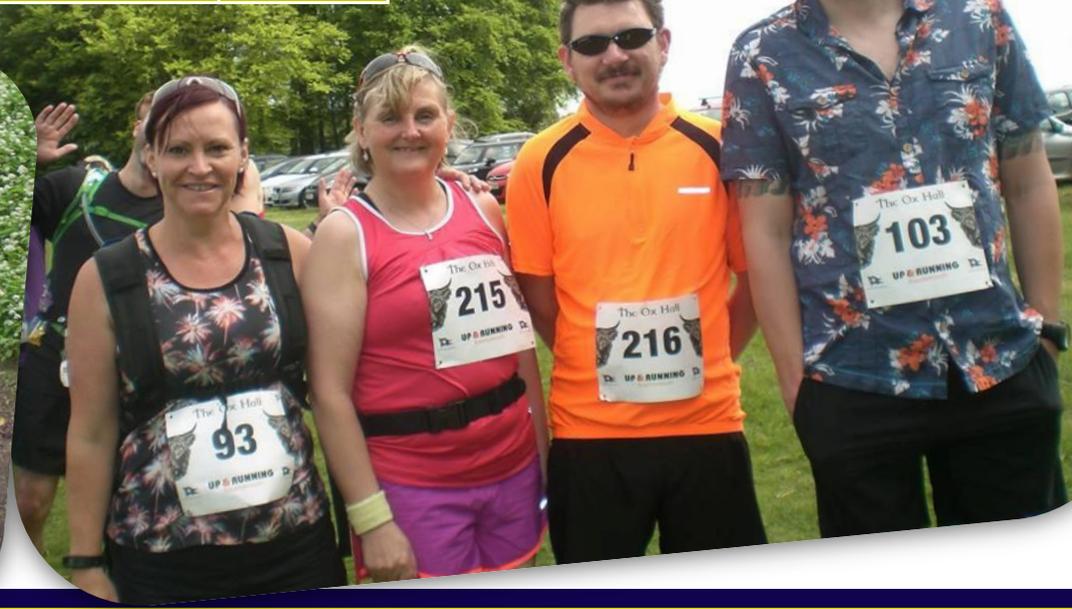
The Ox – Half Marathon

Position	Name	Chip Time
26	Ben Jarvis	01:57:42
95	Auz Gray	02:26:51
96	Martyn Rowell	02:26:54
199	Andrea Edwards	03:06:22
200	Rachel Gee	03:06:23
210	Pat Lapworth	03:06:24



Well I'm absolutely amazed that we didn't have half the Club running this race.

Maybe next year though, now the secret is out!



Sunday 27th May 2015

Trundle Hill 10k

Position	Name	Chip Time
131	Colin Gardner	00:49:32
344	Kerry Irwin-Hall	01:02:46



Sunday 31st May 2015

Wimbledon Common Half Marathon

Position	Name	Chip Time
541	Andy Hopkins	02:15:45
555	Amber Schothorst	02:29:58
557	Jo Hopkins	02:29:59

Sunday 31st May 2015

Purbrook Ladies 5 (5 mile)

Position	Name	Chip Time
37	Fiona Tomlinson	00:42:12
41	Eileen Cowling	00:43:00
60	Ange Elshaw	00:45:04
82	Rachel Gee	00:47:05
90	Julie Shinton	00:47:57
133	Lisa Hennen	00:51:07
134	Jenay Macgurk	00:51:07 1st in Age Category
145	Christine Nation	00:52:19
159	Louise Skinner	00:54:04
177	Pat Lapworth	00:56:49
178	Dee Upshall	00:57:04
181	Leanne East	00:57:30
183	Karen Nichols	00:57:41
185	Susan Barker	00:57:55
186	Sue Barrett	00:57:59
197	Meranda Winter	00:59:27



Results Co-ordinator

Race Results

Results for this year's Club Awards are now being recorded but these will only be as good as the information I am given! Please remember that it is THE RUNNER'S responsibility to make sure I have their results. I will do my best to find results myself but it will help greatly if I can be advised when someone does a race out of this area or runs with someone else's number. And with a few new members who have just joined I also need to know if someone has entered a race before they joined GRR as they could be missed.

Please help me to record it all accurately by advising me of any race name/number swaps you might have made, or of any races where you are not listed as a GRR.

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

Membership renewals - results cut-off

Please note that anyone who has not renewed their membership by the end of June will be assumed to have left the club and consequently their race results will no longer be recorded.



Brian Fisher - Results Co-ordinator

Thanks.....

Brian Fisher

Please email you results to Brian or myself at:

results@gosportroadrunners.org.uk

OR

newsletter@gosportroadrunners.org.uk



Club 5 Mile Time Trial

Tuesday 5th May 2015



Pos	Name	Time
1	Jason Grygiel PB	32:15
2	Dan Belben PB	32:29
3	Josh Belben	35:27
4	Paul Williams 1st 5m	35:35
5	Colin Gardner	36:01
6	James Bayliss 1st 5m	36:28
7	Bryn Whitehouse 1st 5m	37:13
8	Alan Burgess	37:40
9	Ray Bernice	37:52
10	Lloyd Durham 1st 5m	39:21
11	Rachel Davies	40:19
12	Brian Fisher	40:23
13	Colin Middleton	40:58
14	Paul Jeram	41:04
15	Lee Westwood 1st 5m	41:47
16	Gavin Green 1st 5m	41:49
17	Jenny Shilling	41:54

Pos	Name	Time
18	Gill Dowling 1st 5m	41:59
19	Pete Lindley	42:08
20	Mike Stares	42:48
21	Ken Eaden	44:01
22	Kev Robinson	46:38
23	Marie O'Rourke 1st 5m	46:40
24	Zoe Perrin	47:55
25	Mike Barker	47:55
26	Dave Kirby	48:51
27	Miranda Carrick PB	49:22
28	Deborah Birch	49:52
29	Louise Archer 1st 5m	50:32
30	Nicholas Hicks	50:33

Pos	Name	Time
31	David Walters 1st 5m	51:47
32	Deborah Talbot 1st 5m	52:28
33	Christine Nation	52:35
34	Joanna Ross 1st 5m	52:38
35	Jo Hopkins 1st 5m	52:46
36	Chris Davey 1st 5m	54:26
37	Debbie Cains 1st 5m	58:21
38	Clare Finch 1st 5m	58:22
39	Ann Marie Stables 1st 5m	58:23
40	Laura Bishop 1st 5m	58:43
41	Jenny Kelman 1st 5m	58:45
42	Jenner Moore	58:45
43	Sid Smith	60:28

That wind certainly blew the cobwebs away and must have helped along the Esplanade at the end. For the officials and spectators protection behind the hedge must have been a relief.

Thanks as always go to Gary Francis (Recorder), Janet Lindley (Timer), Terry Weston (Backup Timer), Andy Clutton (Numbers). Spectators, Angie Elshaw, Sue Barratt, Steve Cook, Mike Welsted, Karen Middleton and me... Dave (if only I remembered to turn the camera on) Croft!

Dave Croft



The following are the Club member's park run results from the last month.

2nd May 2015

Southsea

324 participants completed the run.

Position	Name	Gun Time
24	Dan Belben	00:19:52
130	Tracey Wales	00:24:19

Netley Abbey

291 participants completed the run.

Position	Name	Gun Time
192	Rachel Gee	00:30:48
195	Jamie MacBeath	00:31:14
196	Nick MacBeath	00:31:15
243	Louise Skinner	00:34:29
262	Leanne East	00:36:23

Havant

298 participants completed the run.

Position	Name	Gun Time
19	Colin Gardner	00:22:05
28	Martyn Rowell	00:23:03
149	Rachel Gee	00:31:11
160	Lucy Hudson	00:31:31
182	Alan burgess	00:33:30

9th May 2015

Havant

249 participants completed the run.

Position	Name	Gun Time
34	Martyn Rowell	00:23:33
146	Rachel Gee	00:31:07
168	Lucy Hudson	00:31:49
234	Auz Gray	00:40:38

Netley Abbey

262 participants completed the run.

Position	Name	Gun Time
27	Ben Wales	00:20:49
32	Colin Gardner	00:21:23
88	Tracey Wales	00:23:58
126	Lee Westwood	00:25:50
184	Kerry Irwin-Hall	00:29:29
189	Ethan Lazerblade Barrett	00:30:14
190	Sue Barrett	00:30:15
219	Louise Skinner	00:33:01
238	Leanne East	00:35:16



16th May 2015

Eastleigh

219 participants completed the run.

Position	Name	Gun Time
31	Auz Gray	00:22:09
45	Martyn Rowell	00:22:49
133	Rachel Gee	00:29:18
138	Lucy Hudson	00:29:24
149	Miranda Carrick	00:29:47
180	Pat Lapworth	00:33:55



Netley Abbey

262 participants completed the run.

Position	Name	Gun Time
86	Lee Westwood	00:25:12

Southsea

308 participants completed the run.

Position	Name	Gun Time
20	Dan Belben	00:19:28

Havant

211 participants completed the run.

Position	Name	Gun Time
4	Chris Buxton	00:18:50
57	Nick MacBeath	00:25:08
86	Nikki White (and Reggie)	00:27:50
87	Kev White (and Ronnie)	00:27:50
102	Karen Phillips	00:28:48

Netley Abbey

271 participants completed the run.

Position	Name	Gun Time
102	Lee Westwood	00:26:15
208	Alan Burgess	00:33:10

23rd May 2015

Queen Elizabeth Country Park

77 participants completed the run.

Position	Name	Gun Time
10	Ben Wales	00:22:34
28	Toby Bettridge	00:26:13
29	Sarette martin	00:26:34

Eastleigh

230 participants completed the run.

Position	Name	Gun Time
188	Rachel Gee	00:32:35
189	Auz Gray	00:32:39



30th May 2015

Havant

221 participants completed the run.

Position	Name	Gun Time
85	Kev White (and Ronnie)	00:27:16
86	Nikki White (and Reggie)	00:27:18

Southampton

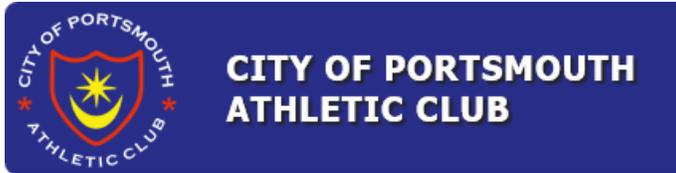
679 participants completed the run.

Position	Name	Gun Time
106	Auz Gray	00:21:54
155	Martyn Rowell	00:23:06
199	Brian Fisher	00:23:55
432	Rachel Gee	00:29:01

It was great to see so many new faces representing the club at the Alton 10 and Netley 10K. Well done all and I hope you enjoyed the races.



The final race for this season is the D day 10K in Portsmouth on 7th June, more details can be found here:



D-Day 10k

<http://www.portsmouthathletic.co.uk/annual-d-day-road-race-10k/>

If any of you want to see how you compare with other runners in the league you can find all the info here:

<http://www.hrrl.org.uk/default.htm>.

To qualify for a final position in the table you need to have completed 7 of the 12 races although you can see individual race scores. The next season starts in September with two 5 mile races at Overton and Victory (Portsmouth) more details will be posted nearer the time. It would be great if we could get more people interested, new and old members, in representing Gosport Road Runners at these events and showing the others what a great club we are.

Keith Elshaw

Men's Captain

A great set of results this month, a good turnout at the Netley 10k, well done to the ladies Laura Bishop, Tracey Moran, Debra Talbet and Ashleigh Bradshaw for their first race in GRR colours.

Hoping for a good turnout at the Purbrook ladies 5 on the 31 May, it's worth coming for my legendary warm up alone!

With lighter evenings hopefully Gary Francis Tuesday speed work will become a regular thing once more, it's a great way to improve speed and stamina, everyone runs to their own abilities and most importantly it's good fun.

If you turn up on club nights and are unsure who to run with or what to do then please don't hesitate to approach either me or Keith Elshaw (Men's Captain) or Mick Welsted or indeed any of the running leaders, Ray Bernice or Ange Elshaw to name but a couple, to ask and we will sort you out with a group to run with.

There is wealth of experience at Gosport Road Runners so please don't be afraid to use it. If you need advice on training, building up mileage etc., then just ask at the Club, someone is bound to have the answer.

Happy running all...

Sue Barrett

Ladies Captain

My Sporting Life

(By Dave Croft)

My sporting life started at a Naval Air Base near Padstow in Cornwall called HMS Vulture, where at the age of five and a half, I won an egg and spoon race, one of the few times I have managed to finish first in something! My dad was in the Fleet Air arm and at the end of the Second World War, and was stationed at this base, because it had short runways, which enabled pilots to practice carrier take offs and landing. This race took place on one of their open days. Being part of a Naval family meant lots of moving around especially in my early day and the next posting for Dad was to a Canadian base called Shearwater, in Nova Scotia (recently in the headlines for all the wrong reasons). At the end of the war the Canadian Navy had purchased a fleet of planes from the UK and Dad was signed up as an armament specialist for these aircraft. We moved out there with him sailing across the Atlantic on "The Empress of France" an experience I still have great memories of. Very shortly after arriving I celebrated my 8th birthday by which time I had integrated myself into all the sport activities available on the base, baseball during the summer, Ice Hockey during the winter. One Christmas my present was a pair of ice skates, I remember it was very cold overnight and a local pond froze over I could not wait to put them on and with all the confidence of youth just skated straight away.



Not that I was up to Figure skating standard! However I did join the local Ice Hockey team, which was not hard to get into! You may have noticed the number of players required for a full team and the number of changeovers in a game, so you were always guaranteed to get a game. Serious padding up is a necessity for this sport, so my speciality was to skate as fast as I could after the guy with the Puck and crash into him as hard as I could, in the hope that one of my team mates who could skate better would pick up the pieces and mount an attack on the opponents goal. Surprisingly at the end of the first season I was awarded a prize for being "The Most Gentlemanly player of the Year" how does that work?

I did at one time win a Baseball Bat and Ball, unfortunately managed to hit the ball through a neighbour's front window! The ball never came back but the bat did and ended up as a row marker in our garden. Unfortunately or fortunately, my Mum became very home sick, which initiated a move back to the UK, Whale Island (Portsmouth), for my Dad, where he worked on Aircraft Carriers in Portsmouth Dockyard. (I think at some time Mike Welsted and he were on the same ship). Mum, my brother and I moved back to Stockton-on-Tees, my birthplace and where my family originally come from. Here because my Dad had a reputation in the area as a good footballer in his youth, I was expected to follow in the same footsteps, unfortunately the time spent in Canada, meant I missed out on a period where I might have picked up the necessary skills and technical nous, so although I found I could very easily outrun my opposition, it was very rarely with the ball! Shortly after this we also moved down south, Lee-on-Solent to be precise. I started going to Privett Secondary School, where my running really started. At my first school athletics day my Housemaster entered me for the 220 Yards. Most of my fellow competitors seemed to believe that 200 Yards was a long distance race and they as one went off as if it was a Marathon, I in my innocence sprinted from the start the outcome of which was that I finished a good 50 yards ahead of anyone else. I think I must have impressed the school PE teacher a Mr Frank Davies, as very shortly after he recruited me into the school athletics team.



I guess we all have teachers who made a great impression on us, in this case Mr Davies was the one, he was dedicated to school sport, going away to Loughborough university and coming back with all sorts of new training ideas, we would do short out and back sprints carrying weights, 50 yard timed sprints every other day and best of all, during Dinner period we would be given 20 minutes to see how many corners we could manage whilst running around a Concrete path at Privett Park, (which still exists to this day).



He encouraged me to take up sprint hurdling, even at one time arranged a training session with Alan Pasco (Olympic Medallist), I represented the school at the County Championship, coming last in my heat (, nothing unusual there). Unfortunately this all came to a stop when I started to get severe Migraine after a running session. By now I needed a Job and was fortunate enough to pass the Dockyard exam and started an Apprenticeship as a Fitter and Turner one of about 40 lads and of course being amongst a lot of Teenage boys the usual distractions started to kick in, Smoking, Drinking, (I would like to pretend women, but I was never very good at this). At the end of my apprenticeship I was lucky enough to go straight into the Dockyard Drawing Office, where there was a Badminton club that met in an old Sail Loft on a Friday night, I managed to get myself an invite to join. To this

day I can still remember the excitement of that first evening. I may not have been a Footballer but here was a Sport whose tactics made total sense and miracles of miracles, it came naturally to me. I was so excited that I could not sleep some nights after playing re-living shots and tactics. This passion stayed with me for over 40 years and I only gave it up 2 years ago when I found training for the Snowdon Marathon did not fit in well with the twists and turns of the game, that's one excuse, the second is my eyesight is not as good as it was, the third and perhaps more truthful, the young guns in the club were beating me on a more regular basis and I hate losing.

Running seriously started for me after a trip up to London to watch a friend of a friend participate in the Marathon. Unfortunately I had been out the night before and drunk a lot more than I should have done, resulting in a serious hangover. I remember standing on a corner somewhere on the course, with this Sea of heads bobbing up and down coming towards me and feeling seriously Sea Sick. Never did see the friend from beginning to the end, however the seed was sown and I resolved that I would run a Marathon one day. I started by running my own local routes and participated in several Portsmouth, and Gosport Half's, Stubbington 10K and Fareham 10 mile events as an unattached runner. The problem I found was that whenever I tried to do any greater distance I just did not seem to have the necessary stamina. I can remember getting home from what I thought were long runs, totally knackered and convinced I did not have the strength to go further. By this time I had moved from the Dockyard to a Company in Newgate Lane and there were a few other runners who also worked there, Mike Harper, Gary Cante, Liz Redpath. They all told me that I needed to join a running club if I wanted to improve, originally I was going to Join Stubbington Green Runners until that year I was rejected for their 10K ("Sod it", I'm too good for them I thought). So at the suggestion of Liz Redpath I turned up for a GRR training session at Brookers Field, Newgate Lane and that was it. Not sure of the exact date but sometime around 1991 I think and have to say, absolutely no regrets, best move I ever made have had some great times and met some very special people who have become friends for life. Again at Liz's suggestion I started meeting up with a group that came up from Gosport via the Quay at Fareham every Sunday morning, it took a few attempts before I managed to meet up, but once I got the timing right and started running routes into the local country side with them I was hooked.

Some of these mornings were the best of my life and just like the Badminton I would spend the week days planning where we might go the following Sunday and wondering who would be there. My most enjoyable running is still on local footpaths, exploring new areas all started in the company of the likes of, Ken Hillyer, Sid Smith, Gary Francis, John Buckland, Ian Buzzard Mike Welsted and Liz. Redpath, (The Sunday Crew). With the encouragement of these guys I finally managed my first Marathon, The South Coast Marathon, followed by about eight Snowdon Marathons, the best place in the world to do one in my opinion, hundreds of 5K, 10K, and 5Mile time trials as well as participating in Stubb. Green 10K, almost every year apart from the one I was rejected, also numerous Grizzly's, Meon Valley Plods and Chichester Marches and various Half Marathons.

So that is my sporting life, which has resulted in the following PB's:

Distance	Time
5 Kilometres	00:18:56
5 Miles	00:35:55
10 Kilometres	00:38:29
10 Miles	01:07:32
Half Marathon	01:26:53
Full Marathon	03:25:38

Fantastic article Dave.... Thank you!

I really enjoy reading these and am in awe of what my fellow Club members have achieved. Some of the PBs are absolutely superb.

I would really like to continue with these so if anybody else would be willing to share their story and times I'm sure we would all be interested.



From such an impressive sporting life to this!
 Sorry Dave, I couldn't resist including this....
 I'll leave you to explain what's going on here.



Now that the summer months are with us, the last Thursday of each month sees the Club host our very popular Out Of Town runs. These are excellent runs of between 5 & 7 miles (which usually include a shorter option too) and are VERY steady and very supportive for newer runners, with lots of re-grouping to ensure that nobody gets left behind.

April's 'Out of Town' run (the Bluebell Run) was held on Thursday 30th April, and was organised as usual by Dave Croft. Unfortunately Dave wasn't able to run it but was still on hand to support and take photos. Dave has told me that there were 43 GRRs at this run.

The second Out of Town run of this year was held at the end of May and was hosted by Giles, Eileen & Brian. I counted a total of 31 GRRs at this run (plus 86 cows, five horses, two herons and a deer).

These are a few photos from both of these runs on the following pages.

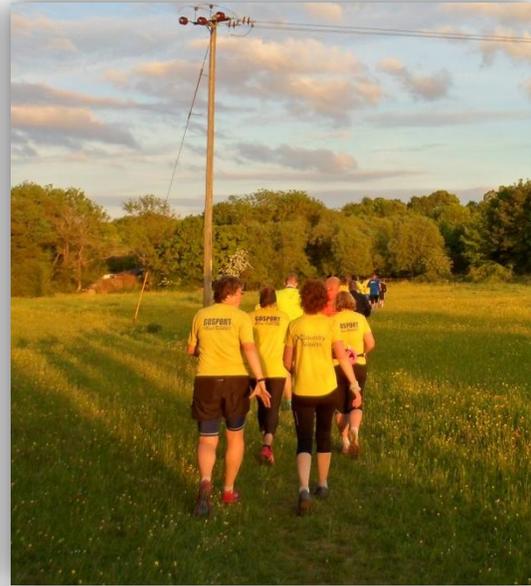


The Bluebell Run



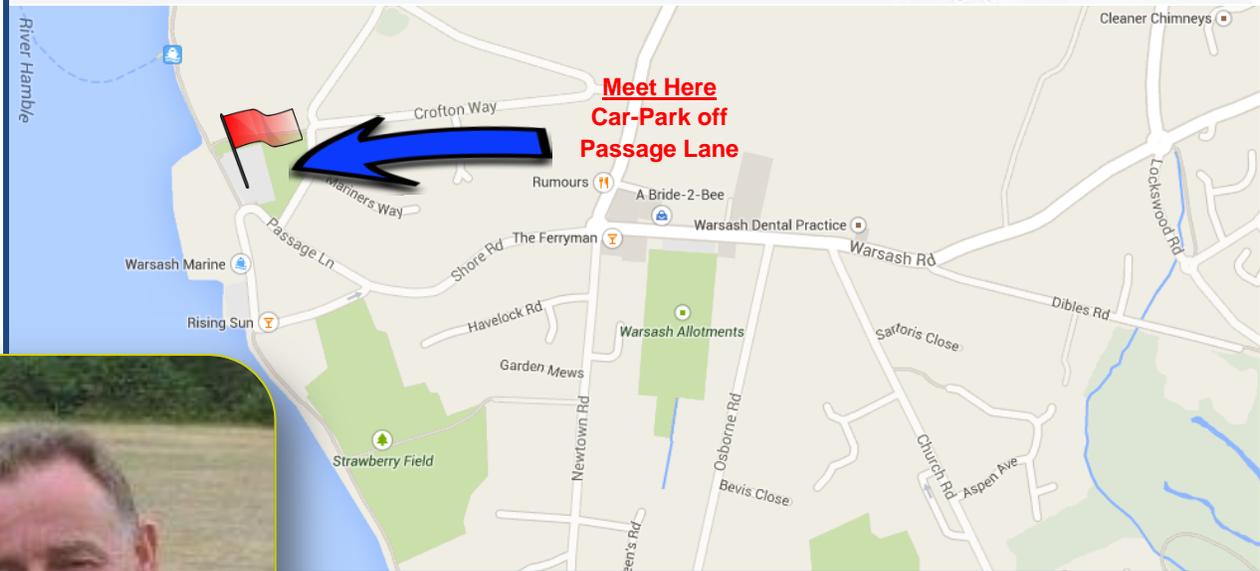
May's Out of Town





Next Out of Town Date

The May Out of Town Run
"The Warsash Run"
will be held on
Thursday 25th June - 7pm Start
Hosted by
Paul Turle



My Prague Marathon

(by Steve Crook)

I didn't plan to run a marathon. I was happy running my favourite routes around Gosport and doing the Great South Run every year. Then I met the Gosport Road Runners. All I had wanted was to wear Gosport colours whenever I ran, wherever my work on boats happens to take me. I explained this to the friendly folk that welcomed me to the Club just over a year ago. To paraphrase Quentin Tarrantino: "Marathons weren't in the same ballpark as my kind of running, a different league, not even really the same sport", I said.

I had absolutely no running ambitions other than to enjoy it. I didn't want pain. I'm pretty sure I noticed a few sideways glances that seemed to say "we've heard it all before, we'll see".

So it was within a couple of weeks of joining last year that I found myself on a foul, dark, windy and rainy night, lined up for the Club 5k time trial. As I turned the corner onto Stokes Bay on the first lap, into the teeth of the howling easterly gale, all I wanted to do was slide quietly under a hedge and hide. Ideally before I threw up! But before I could slink off without anyone noticing, there was Mick Welsted, at what I was to subsequently find out was "Mick's Lamp post". I know he was clapping and shouting encouragement because I could see his hands coming together and his mouth was opening and closing, but all this was lost to the shrieking wind. My selfish thoughts of self-preservation disappeared in a second: if someone was prepared to stand and support the runners on that horrible night (and he wasn't the only one) then the least I could do was run the second sodding lap.

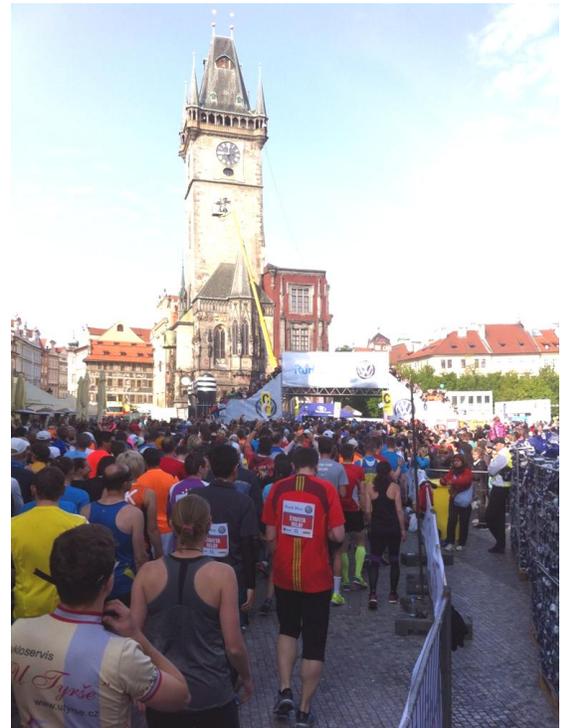
This is all my roundabout way of getting to the point. I love the fact that, to the Gosport Road Runners, a mile is a mile and we are all runners. It's simple. I have been so inspired by the many GRRs that do such amazing (crazy?) things, that eventually I just couldn't resist the challenge of testing myself over a marathon.

I won't trouble you with bleating about the injury that threatened to scupper my training plans before I'd even got started. Or all of the training when I did finally get going. Or the nagging doubts that I'd been stupid and unrealistic to imagine running 26.2 miles even if I could get to the start line.

Well, I did get to the start line of the Prague Marathon on 3rd May 2015.

Why Prague? Because I couldn't get into Brighton and then because my wife, Claire, reasoned that if I was going to put her through the trauma of "my" marathon, then she would at least get a nice weekend out of it!

The race was everything I expected. Huge anticipation building as my number was collected from the Expo, the calm before the storm and then all of the excitement of race day. As well as Claire dashing around to be at as many places as possible to support me, I was also very lucky to have some friends there as well. The start in Wenceslas Square in the heart of old Prague was very special.



The marathon was marked in kilometres rather than miles. 26.2 miles is 42.2 kilometres. All was well until around 36K. Between 36K and 39K I started feeling soooooo hot. The day was warm and sunny and I'd been struggling to get the drinks, which were served in cups, into my mouth rather than up my nose or in my eyes and ears. I knew I hadn't been drinking enough. I had a real fear that unless I got a proper drink before the final push I might flake out.

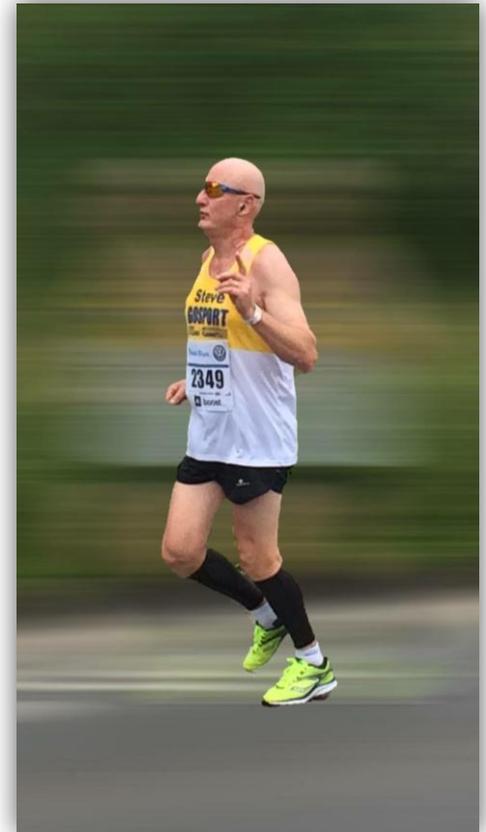
Then two things happened:

The first was that, for the first time, I walked through the final drinks station at 38K, in order to get a decent drink.

The second was that I literally could feel and picture in my mind a sea of yellow GRR support at the side of the road. I'd had so much support from people at the Club that I knew I was being lifted by their goodwill. You know who you are.

So, as the treacherous, pleading voice in my head tried to tell me that all I had to do to stop the pain was to stop running, the GRRs in my head were screaming at me to keep going!!

I did keep going. I got to the finish line and I am now one of the privileged people who have experienced that magical, overwhelming mixture of joy and relief that comes from seeing a marathon challenge through.



Poor Claire then had to suffer half an hour of seeing me on my back with my feet raised in order to get some blood and oxygen back into my bonce, whilst she poured cold water over my head to cool me down. "Next time you're on your own", she said.

Steve Crook

Hope 24

8th – 10th May 2015

(By Ben Jarvis)

For those who don't know what a 24 hour race is, its a race that starts on Saturday at mid day and ends Sunday at mid day. U can either enter as a team or enter on your own. U have to run laps of either 5 miles or 10k for 24 hours continuously.

On the 8th 9th and 10th of May a team of 7 of us travelled to Devon to take part in the 2nd year of Hope 24. This is a small race of 500 people running for a couple of charities organised by Danny Slade.

So the 3-4 hour journey began on the Friday, we all had a good trip up, getting caught in a small bit of traffic and a bit of rain (apart from Nick who didn't enjoy people driving slow or just being pure annoying). We get to the campsite and the sun is shining, slightly. Get our tents up and try to settle in, taking in the campsite and trying to figure out the course. A few of us decided to go for a walk. This was a good laugh as Nikki got pulled over by the dogs so ended up on her bum then Kevin decided to walk down a slipway onto a bridge then also ended up on his bum looking up at me and Nikki with a shock on his face. We found one of the two hills we would encounter on our race, this included going past a small river and seeing some peacocks at a random house on the estate. Crossing the river and having wet feet we decide to go back to the camp.

Food was next point of business. We had some lovely fish and chips then later more food as Nick and Karen got some pizza.

So race day was on us, getting up at around 6am for some strange reason and waiting for the rain to disappear, we started talking about race orders, laps, the course, food and if we was going to get soaked or not. The rain soon went and we started to get ready for the race. Registration sorted and prizes given to Nick and Karen we went over to the start line where I decided to go first. I seemed to be getting pushed closer to the start so was in the first 10 people. The race began with a small run through the camp and off into the woods. Getting to the first mile point I was in the first 5 or 6 people and that's where I seemed to stay.

Mile and a half in there was our first sight of a massive hill. Seemed to go on forever and people had already given in and decided to walk it and save their energy, at this point I was pushing it and decided to keep going, getting to the top legs felt like jelly and soon it came to the windy rocky first downhill. Back along the side of the lake and ending up across a bridge. Next was onto the campsite where we ran past the side, over the bridge where Kevin slid down on the Friday and up a small bank, and there it was ... the second hill. Running past the house and struggling up the second hill that just kept going up you reach the top and onto the sheep hill. Winding over the top of the hill I encountered lots of sheep and even had to shout at some to get them out the way, never feeling as though the course was flat you eventually run past a log that was painted like Thomas the tank engine. This was a good sign as then it started to go downhill from here. Starting slowly you could relax and slowly pick the pace up until you finally came to the road that just seemed to drop as if you couldn't see the bottom. Down the hill, pounding your knees and making you run faster than you had ever wanted to you reach the bottom and take a sharp turn, over the final bridge then onto the final part. Round the campsite where you had all the other teams cheering you on. Turn the last corner then see the finish. Sprint to the line where I could see Kevin waiting for me. I gave him my wristband then off he went.

This carried on for the whole 24 hours, running through the night was awesome, even though we could see hardly anything as it was pitch black, the mist was super thick and some of the head torches decided they didn't want to be too bright. Finishing a lap you had to go back to our area and wake up the person who was running next, this wasn't easy without trying to wake others as well as the dogs. Morning soon came and people started to struggle with the lack of sleep and amount of running. As a team we kept going and finished the 24 hours with about 3 minutes to spare.

We did a total of 150 miles in a team of 7. It was one of the best courses I have ran but also one of the toughest. A lovely event with some great people and a super atmosphere. I would definitely recommend for anyone looking for a challenge as a nice relaxed event with no pressure.

Well done to Gosport Gumps. Ben Jarvis. Nikki White. Mason White. Kevin White. Martyn Barnes. Nick MacBeath and Karen Phillips.

Ben Jarvis

The Pony Express

2nd & 3rd May 2015

(By Becky Veal)

Lizzie collected me at 7am as agreed, I was looking forward to the challenge. We got to Brockenhurst College, New Forest at around 8am. We carried all our belongings and entered the sports hall. Keith and Ange were already there. I was now starting to feel a little bit nervous about the enormity of what we were about to do. I got all our things together that I needed for the day, collected our numbers and Ange did her make up (she said it's her new ritual before races but I don't believe her). All our other belongings were thrown into the back of a yellow van which would meet us at our evening destination. Whilst we were waiting for our briefing Liz and Ange introduced me to a lady called Karen. They said she was a little 'mad' and she was. By the end of the weekend she had me and Liz in stitches. She was in her 50's and was trying get into the 100 marathon club. This was around number 65 for her. Someone then handed me a map and a set of instructions. I didn't understand how they were supposed to help, Lizzie said they would and told me to keep mine to hand whilst she conveniently popped hers in her bag and probably forgot about them. We were called for our briefing. It all seemed very well organised so far or maybe the fact there was free coffee helped. We went outside and set off at 9am. We had decided to take the first few miles at an easy pace. I had drank myself drunk on coffee and Liz had only completed London Marathon the week before.

We turned right out of the college and headed towards the Balmer Lawn Hotel, we walked through the grounds and out the back. The course was well marked to my relief and there was generally always someone in front. During the first day we travelled through woodland, scrubland, grassland and up and down hills. Every 6 to 8 miles there were well stocked checkpoints. They were stocked with food that people wanted to eat, not what people should be eating. If you wanted gels and stuff you took it yourself. There were pretzels, sausages, sweets, shortbread, chocolate brownies, squash and other little surprises. Liz and I always made good use of the checkpoints and Lizzie would often walk away with handfuls of food! (there was plenty for us to do that) as the miles ticked on I started to feel burning sensations, I had blisters that were starting to appear. I remembered Ange saying to me as soon as you feel the burning, put a compeed on. We were at 20 miles and I just thought only 10 left! What a mistake that was! My feet were already recovering from Brighton Marathon 3 weeks before where I unexpectedly suffered from blisters. Throughout the day we ran walked as the key aim was to complete the distance. Karen throughout the day kept appearing. Sometimes she was in front and sometimes she was behind. I got the idea she spends these events going from person to person chatting, doing them most weekends. Half way through the day we got chatting with her. She had us in stitches. She said "where's Princess?" After that, that was how Ange was known!. The last mile of the day couldn't have come soon enough! My watch was saying 29 miles and my feet hurt, I didn't want to go any further. Just as I was moaning about having to go another mile we came across a marshal at a cross ways. I asked him how much further and he said 400 yards, I couldn't believe my luck! We went through the finish to a small welcoming party - Keith and Ange. We took our shoes off and went into the hall thinking we would have to sort out our bed, thankfully Keith and Ange had already done this for us, even if it did just involve plugging it in to a wall socket to blow up. We had a coffee, cake and showers. This was when I think I heard Lizzie moan for the first time that day. Something about a cold shower! Mine was fine so I didn't listen. My feet had blisters and despite being told to man up by Ange I got them popped and dressed.



In the evening we all went over to the school canteen and ate dinner together. This was vegetarian lasagne, sweet and sour chicken and rice. Afterwards there was a talk by the race director, Neil Thubron, who had won the Yukon ultra in Canada. Afterwards we went back to the hall and it was lights off at 10. To make it bearable they came round with earplugs and more importantly chocolate for everyone. At this point I began to wonder how I was going to make it through the next day. Having woken up several times during the night having the same thought whilst popping my blisters. By morning I had seriously considered getting on the bus and taking the easy way back. I also knew though if I got myself to the start line I would get to the finish line.



The next day the weather was awful and someone had removed 2 miles worth of directional markers. We were due for an 8am start but this was put back to 9am so they could be replaced. For the first 2 hours it rained and at times it was hard. Me and Liz wore ponchos and so were protected a bit. The first section was on high ground and it was 10 miles to the first checkpoint. We were pleased about this as we had split the distance into sections and so this was our longest of the day whilst we were freshest. The route on this day was along a fair section of old railway lines which had been turned into good flat footpaths. Karen was still popping about chatting to everyone. After around 12 miles my feet really started to hurt. I could feel blisters forming but again stupidly decided to ignore them. Just

after checkpoint 2 at mile 16 I said to Liz I really needed to check my feet. I pulled the sock down and on the inside of my left foot; I saw what looked like a blister the size of a golf ball. We decided to stop this time and I put a compeed on it as well as one on the back of my left heel. It was after this checkpoint we caught up with a lady who had overtaken us just prior to check point 2. She was coming up behind us again. Liz said she saw her coming out of a pub in Burley. That was it we were in stitches again. I named her 'Shandy Mandy' and she carried on going again! At around 22 miles we were caught up with her. We were going through an area called Poundhill and found her at an ice cream van. She offered and tried to convince us to have one but neither of us could face it! We finished the final stage with her. By now my feet hurt so much they had stopped hurting.

In the final 10 miles we had gone through mud and numerous streams that had flooded because of the amount of rain we had received the night before, one was up to Liz's knees. I have never been so pleased to see a finish line. As we approached the college we saw Karen leaving, she was off to the Balmer Lawn Hotel for a massage and a night of pampering. Karen also said we had a welcoming committee waiting for us at the finish. As we went through the entrance we were faced with family and friends and a cheering squad that had been waiting for us. When we finally got into the hall and sat down, I took my shoes off. I have never seen feet in that state before. They felt like they had been in a car crash! Covered in blisters so deep I had nerves exposed. I got in the car and went home.



It took 4 days before I could get shoes on, but 2 days after finishing I went to Disneyland and had to go in flip-flops. Despite the pain, would I do it again? Yes I would, definitely. It wasn't the cheapest but worth every penny. There was free tea and coffee the whole time, well managed with our welfare at the heart of everything that went on. I also met some brilliant people who I will never forget.

So what what's next?

Probably London to Brighton and hopefully something in between.

Becky Veal

Position	Name	Day 1	Day 2	Overall Time
71	Ange Elshaw	06:23:11	06:48:17	13:11:28
72	Keith Elshaw	06:23:20	06:48:17	13:11:37
88	Becky Veal	07:21:01	08:44:10	16:05:11
89	Lizzie Elshaw	07:21:01	08:44:12	16:05:13



London 2 Brighton – 100k Challenge

23rd and 24th May 2015

(By Jo Harvey)

After a stressful late start and a night of very little sleep we finally set off from Richmond on our 100k run from London to Brighton. The first section of the course was beautiful, along the Thames with plenty to keep us occupied and plenty of bugs to eat along the way!! We kept checking our pace back, mindful of the ridiculous distance ahead and enjoyed our run along the first 8 miles to checkpoint one. The checkpoints were absolutely stuffed with food and drink, my eyes lit up like a beacon!! To say we were well looked after by Action UK would be an understatement...



Off we went again, through towns and park runs, the miles trotting past easily. As the next few checkpoints passed the scenery became more rural and we ran through water meadows, farmyards, and woodland. It was at about the 30k mark that the first few aches and pains started to set in, every stile we had to negotiate became an obstacle in itself and we were all too aware of the immense distance still to run. However, it's amazing what a quick cup of tea and a few Mini Cheddars can do to revive you and we were soon off again running happily towards the 50k landmark, stopping for a selfie at the point I officially became an 'Ultra' runner!!

Between 50 and 80k we were running happily – a steep hill caused a few tweaks in my knee but a couple of Ibuprofen soon sorted that out. To be honest I couldn't believe we were still running so easily at the 80k mark – it's amazing what the human body can do when you have a little self-belief!!

Although we were still running well at 80k my stomach had decided that it had had enough for one day and I started to get really painful cramps and overwhelming nausea. Whether it was the Ibuprofen or just the sheer amount of food and exertion I don't know but my digestion had definitely had enough and forced us to slow our pace right down. Slowing our pace down meant that the last 20k dragged on and on and we trudged through the night hand in hand in silence, our chat and banter reduced to a fierce internal dialogue to just keep putting one foot in front of the other.



I had to keep a hold on Keith for pretty much the whole of the last five miles as exhaustion was taking over and I nearly fell asleep several times on my feet!! Whenever I started to drift off and wobble, Keith would just steady me back on my feet again. We were both seeing things that weren't there by this point and putting 2 x 2 together was pretty much impossible. The hills on this course had been immense the whole way but the last one leading to the top of the downs with 8 miles to go was practically a mountain!!! We were both struggling as we descended into Brighton – we veered slightly off track, missing a marker and the racecourse seemed unreachable, like the Holy Grail in the distance. When we finally crawled along the finish straight and ran across that finish line the sense of relief was immense – what an amazing achievement and what a day it had been!!! Truly my favourite race to date, no matter how hard it had been.

When I first voiced my thoughts about taking on an Ultra I was thinking more along the lines of a 50k but when the chance to take someone's spot in a race as famous as the London to Brighton came up I knew I couldn't turn it down. I may have only run two marathons but I trusted Keith's assessment of my abilities and have completed numerous endurance events in the mountains over the years. I trained sensibly for 8 months and suffered no injuries whatsoever- working in fitness meant that my body was already well conditioned to training for several hours a day with minimal rest.

All in all I would recommend this race to anyone wanting to run an Ultra – train sensibly, follow the advice of those you trust and believe that you can do it – it's just one foot in front of the other after all. □

With my grateful thanks to Chief Keith for his never ending support and the best back up crew we could have wished for, Ange and Lizzie - until the next challenge folks!!!



Go Harvey

London 2 Brighton – 100k Challenge

23rd and 24th May 2015

(By Keith Elshaw)

**LONDON 2
BRIGHTON
CHALLENGE**



After a stressful late start and a night of very little sleep we finally set off from Richmond on our 100k run from London to Brighton. The first section of the course was beautiful, along the Thames with plenty to keep us occupied and plenty of bugs to eat along the way!! We kept checking our pace back, mindful of the ridiculous distance ahead and enjoyed our run along the first 8 miles to checkpoint one. The checkpoints were absolutely stuffed with food and drink,

We arrived at the race late, tired and stressed. Not the best preparation for a 100K challenge. I have been planning for and training for this event for over two years. It was supposed to go very smoothly but a dodgy satnav couldn't find race registration on the Friday night and we spent an hour or so in rush hour traffic trying to find Old Deer Park in Richmond where the race would start. Eventually we got there, registered and collected our race packs then it was off to find the hostel that was only 10 miles away. Again the satnav messed up and we had a stressful drive through London's manic traffic trying to find our destination. Eventually we arrived, and we were all very upset with our room. I have stayed in hostels before and they are cheap, basic but usually OK if you just need a bed for the night. Our start time was 6:25 in the morning so we thought a hostel would be a good place to spend the night, up early in the morning and get going. Unfortunately this hostel wasn't very good. Our room smelled so bad we had to have the window open all night, and the road outside was so busy that it was very hard for any of us to get any sleep. There was a good pub next door which helped a little as by the time we got to bed we had all had a little drink and spirits were high. But, none of us got much sleep.



The Alarm was set for 4:45AM, we all got ready and left at 5:30 for the 10 mile drive to the start. But our satnav had other ideas and took us on a sightseeing tour of London's famous landmarks. You name it, we drove past it. We arrived at the start half an hour after our scheduled start time. Luckily this is a big event and there are staggered start times from 6:00AM through to 10:00AM so we just joined in with the 7:00AM starters.

As I said, I have been planning and training for this event for over 2 years and originally I was going to run it on my own, but Jo Harvey spoke to me about doing it too around Christmas. She had just completed her first marathon and said she wanted to do an ultra. She wasn't planning on going this far, maybe a 50K but she trusts me and if she was going to do an ultra she wanted it to be with me so we devised a training plan around her hectic life taking in the Brighton Marathon and her Trek up Kilimanjaro and her weekend mountain hikes in Wales.

Apart from the stress levels we both arrived at the start fit, fully trained and ready for what lies ahead. The plan was to start very slowly and

try to keep running as much as we could. Walk the hills, take walking breaks when we needed them, but just keep going. We were both very determined to finish.

Stage 1 Richmond to Oaks Park 0 – 25K

The route took us along the Thames for a few miles which was looking beautiful in the bright sunshine and we were trotting along quite happily chatting and looking at the beautiful views. We were passing lots of walkers but trying to keep our pace “conversational”. After around 8 miles we reached the first checkpoint and we were greeted with an array of wonderful food. This set the tone for the rest of the day. There was so much food on offer, hot drinks, cold drinks, pastries, fruit, crisps, chocolates, cereal, anything and everything. I opted for a pastry and a coffee while Jo decided to grab a few things for later. After about 15 minutes we were off again for a gentle jog through some of suburban London’s towns Berrylands, Ewell and Sutton to the next

station at Oaks Park. During this part of the run we went through Nonsuch Park where there was a parkrun taking place. Some of the guys asked us where we were running to, they were quite astonished when we said “Brighton”!!

At Oaks Park our support crew Ange and Liz were there again, taking in the sun and relaxing, they really were enjoying the day. Another 15 minute stop with plenty of food to choose from, Jo decided she would do her weekly shop on route for free!

Stage 2 Oaks park to Tulleys Farm 25 -56K

The next leg was a toughie. We climbed up onto the north downs and through happy valley. It was beautiful but it seemed that the whole leg was uphill! We arrived at the 40K check point very tired and our feet were starting to get very sore. We took our shoes off and sat down for a sandwich and a coffee, or 3. We stayed a bit longer at this station and when we stood up again we had stiffened up! But taking our shoes off had let our feet calm down a bit so they felt better. Then it was off again onto Tulleys Farm which would be over half way.

The route to Tulleys Farm would be more rural and we had to go through countless styles and kissing gates, which really stopped us getting into any sort of rhythm but we were still running and we arrived at halfway in good shape. It was here where they gave us a ticket for a hot meal. There was all sorts of Pasta and hot soup to choose from with bread and a side salad and lots of cake for after!! It is very hard to eat when you are tired and just want to lie down and go to sleep but we managed to force some food down. We had a change of clothes and that made a huge difference, just feeling dry and fresh again for a little while. After about half an hour at this stop we were off again,

Stage 3 Tulleys Farm to Wivelsfield 56 – 80k

We were quite impressed with ourselves that we were still running at this point, and running pain free. Alas this wouldn’t last long. This stage was quite undulating and one of the downhills at around 70K was very steep and Jo’s knee wasn’t liking the steep gradient. At the bottom of the hill we stopped so she could take some ibuprofen and who should come trotting along but Ange and Liz who had decided to go for a little run. They told us we had about 2 miles to the next check point but we had a massive hill to climb. So, off we went, up the hill then down into the check point at Ardingly college. My feet were getting sore again, just by being on them for so long so I took a couple of pain relief tablets, well this worked a treat, my feet felt absolutely fine and I was ready to run again. Unfortunately Jo was not. She tried to run but was having severe stomach cramps. Maybe the ibuprofen didn’t agree with her, maybe it was just the sheer volume of food you have to eat to keep your energy up but she was struggling a lot. We decided we would just walk it and try to keep going. We made it to the next check point at Wivlesfield where they gave us another hot food voucher. This time it was Jacket potato with various fillings. I was in high spirits and was trying to lift Jo but she was wasn't her usual chirpy self!!



Stage 4 Wivelsfield to Brighton 80 – 100K

Maybe the rest and hot food helped a little but we managed a little run and the start of the next leg, only a mile or 2 but we were still running! We had 20K to run, it was dark and we were very tired. I was trying to stay positive but Jo wasn't in her happy place at that point so we were not speaking much although there was plenty of noise going on. I'll let Jo tell you all about that. We had 2 check points to go through on this leg so they were quite close together, unfortunately we were going quite slowly now, maybe 3 miles an hour so it was taking us a while to get there. I was concerned about Ange and Liz too, they had been out all day too and had been at every checkpoint and were very tired too so I suggested at the next check point we just crack on and get it done. So, we just grabbed a quick drink and we were off again. We then had to contend with the hardest climb of the course up a huge steep hill up and over the south downs. At the top though we could see Brighton and we knew we were nearly done. On the way down Jo was starting to feel the exhaustion set in and nearly fell asleep on her feet!! At the next check point we just had a quick drink and it was off up the hill again into Brighton. 3 miles to go.



The course was very well marked and we had managed not to get lost at all on the journey so far. This was about to change. We missed a marker somewhere. All of a sudden we were off the route. Luckily I know this part of Brighton well and I knew how to get to the racecourse where the finish was. Jo was starting to feel like she had nothing left in the tank but I assured her that we would make it.

A little further up the road we saw a fellow runner emerge from a side path in front of us so we knew we were back on the route. We crossed the road onto the racetrack and followed the track to the finish. We had done it. 100k in just less than 20 hours. We collected our Medal, T shirt, goody bag and received a glass of champagne too! And we were given another hot meal voucher, this time it was for a cooked breakfast. We got changed had something to eat and drink and then set off for home just as dawn was breaking. It had been a very long day and we were very tired. But we were very proud of our achievement.

So, to sum up. Would I do it again? Absolutely. I'm already planning it for next year. Action Challenge really look after you the whole way, it is a very relaxed event and although it may seem expensive to some I think it is really good value for money. Jo and I finished in the top 300 out of 2000 starters so we should be very proud of our efforts.

I decided to do this to raise money for Macmillan Cancer support so I would like to thank everyone who has kindly donated to my just giving page. I would also like to thank Ange and Liz for supporting us and a massive well done to Jo Harvey. She is so strong and determined and it was an incredible achievement.

Keith Elshaw

Position	Name	Chip Time
229	Keith Elshaw	19:49:37
230	Jo Harvey	19:49:37

A Beginners Tale....

(By Gill Dowling)

This is about the great journey I have had from becoming a beginner in January to being able to run a 10 mile race in May, 5 months sooner than I had ever imagined.

"I think you need a challenge Gill, something to aim for, something to do" my partner said to me. "I challenge you to do the Great South Run in October"

"OK!" I said half heartedly

I did quite enjoy running 800 metres at school but that was nearly 30 years ago. I never saw myself as a runner now. Any joggers I saw out and about I just didn't get it and thought they were mad, what was the point of it when you supposedly got bad knees from it.

Well, if I was going to start it had better be a sort of New Year's resolution not that I ever stuck to them. Obviously Gosport would be the nearest club, so I looked through the easy to use and informative website and e-mailed for help. I was promptly e-mailed back by a very welcoming ladies captain Sue and was informed about a beginners' 6 week course that was due to start in January and I would be running a mile on the first evening to see how I do. Great, I had time to buy all the gear and maybe go out for a little trot on my own. I decided to measure out a mile in the car to get myself ready for the evening at the club and was absolutely horrified at how far a mile actually was. How on earth was I going to be able to do 10 miles in October let alone a mile in a few weeks?

The evening was finally here. I had missed the first week due to a cold so I never done the mile in the end and no practicing either. It was dark, quite cold and it was raining. There were so many people at the club and it suddenly became apparent most of them were beginners. The course had a record number of 40. That evening we achieved nearly 3 miles. None of us could believe it. There was such a buzz from the group. The coaches were encouraging and the whole first experience was great.

I was hooked.

The first 3 weeks I only went out with the club on Tuesdays running round the houses like a mad thing with all the other beginners. By the 4th week I decided to set up my own training plan, go out on my own after work on a Friday armed with a stop watch and do my furthest distance yet of 3 miles which I managed in 31 minutes. I knew I could do it as we were doing between 2.5 and 2.7 on our beginners' night. By the end of the beginners' course I was able to do 4 miles with a little stretch of the legs at 2 miles and great, my average minute mile was going down. I'd gone from about 10.5 to 9.5 in a month and I felt it was time to go out a bit more. I joined up with GRR and got my free T- shirt.

Now I was really feeling the part.

My aim now was to build my mileage and speed up. I changed my daytime eating habits to pasta on my evening runs and banana and 2 slices of toast on the Sunday. I found a little group to go out with on Tuesdays at the club and soon the 4 miles became 5. Fridays and Sundays I would run on my own finding 4 and 5 mile routes from home and with my iPod to help me along trying to keep my average minute mile between 9 and 9.5 each time as a target. At this time I would be quite disappointed with myself if I didn't achieve this and knew I had to stop as it would mean I would stop enjoying running. I needed to relax. I had so much time to be ready for the 10 miles in October.... !

March will always hold the best memories for me so far. I completed my first 3 mile time trial and I entered for my first race the Eastleigh 10km. I was so pleased with how it went.

Amber was doing a Level 2 coaching award and was starting up a training session to be able to cover 10k or 13 miles. It was perfect timing and just what I needed to develop. By the end of the month, Amber started on the longer distances to get us used to being on our feet for a couple of hours. "We'll be doing 8 miles, well 8ish and I don't want anyone looking at their watches" Wow, the Eastleigh 10k had been the longest I'd ever done and we were about to do 8. When we got back, one of the ladies showed me her watch. The time said 10.15. She gave me a big smile " No it isn't we've just done 10.15 miles". What a great feeling I had and it lasted for at least the next 2 days. The following 2 weeks we covered 11 and a 13 and the same feeling was back. This training prepared me well for my next race, the Alton 10 miles of undulating roads and breathtaking scenery.

Thanks Amber for all the shouting of 90 degree arms, airway, head up, relax those shoulders, strong arms and cadence. You were there in my head every step of the way and no doubt you will be at all my other races I intend to take part in.

My 1st medal for the Alton 10 miles in 1hr 33 minutes



What has made running easier than I thought for me? It's about going out with a great group, having a laugh and a natter all the way, enjoying it, going steady and not feeling the mileage. There's no rush to be anywhere, you can just relax and forget any worries. Being a part of the GRR you know you will get the support, training and advice you need and there is certainly a lot of it to take in to start with. If you put your mind to it you can achieve anything and I still can't believe what I have done over the past 4 and a bit months.

....."I think you need a challenge Gill" my partner said to me last week, "How about the New York marathon in 2 years time. You could do that while I go sightsee...?"

Gill Dowling

Absolute Running

Gosport 5k Summer Series

Race 1 - Tuesday 9th June – 7:30pm

Race 2 - Tuesday 14th July – 7:30pm

Race 3 - Tuesday 11th August – 7:30pm

Race 4 - Tuesday 8th September – 7:30pm

Location: Stokes Bay Road, close to the Bayside Cabin Cafe

Includes: Children's 1k sprint at each race at 7.15.



The Absolute Gosport 5k Summer Series returns to the south coast after an extremely popular debut in 2014. This fast, out and back promenade run using an accurately measured 5k course is ideal for beginners and experienced runners alike.

You can enter each race individually or save money and buy a three or four race season ticket.

Medals for all finishers plus prizes for race winners and winners of vet categories 1 to 7 plus a special series prize for the 1st male and female.

The race series is managed by Nice Work on behalf of Absolute Running. You can enter by following the link below: <http://www.nice-work.org.uk/index.php> or contact Nick at Absolute Running for more info.

Summer Relay & BBQ:

This is due to be held on **Saturday 4 July** at the rugby club.

The relay route is 2.9 miles and the winning team gets untold glory! Teams will be sorted once we know how many people we have.

The Club will provide BBQ stuff but feel free to bring extras (salad, crisps etc) and pudding!! This is very much a family day so feel free to bring your families along too!

Sue will be putting a sign-up sheet on notice board shortly.



Membership Update:

Thank you to everyone who has renewed their membership, so far we have 196 members with 102 of those having affiliated to England Athletics.

There are still 66 of last year's members yet to renew so if you have yet to renew please note your membership is now in arrears.

This month we welcome just the one new member; Dee Upshall.

If you need any information about club membership please or see me on a club night or e-mail me at: membership@gosportroadrunners.org.uk.

Thanks,



Jo Harvey

Membership Secretary



Club Kit:

For all you new members who are wondering where you can buy official Club Kit, a full range is available to purchase at Absolute Running on Stoke Road. Full details and prices are also available at:

www.absolute-running.co.uk/gosportroadrunners



GRR and Social Media:



The Club's Facebook page currently has 246 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings. Follow this link:

<http://www.facebook.com/groups/27301329294/> to either register or catch up with the goings on.

For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following @gosportrr on www.twitter.com

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.



GRR Website:

Those of you who have checked out the GRR website recently will have noticed that it continues to go from strength to strength (many to Paul Street). The events page is one area where members are being encouraged to look at regularly as this lists all the upcoming events and where they will be held. The Committee agreed at their last meeting that in future we will post links on the club's Facebook page for upcoming events but not duplicate all the details there. So please add the GRR website to your favourites/bookmarks list. <http://www.gosportroadrunners.org.uk/>



thanks



Newsletter Contributions:

If anybody has anything that they would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net

GRR Committee Vacancy

The following position has become available on the Club Committee.

Cross Country Representative

The Role: Working for the membership & committee to actively drive participation of the Southern Cross Country League events which run between October and March within Hampshire.

Advertise upcoming XC events. Assist in the organising of the clubs out of town runs where needed. Collate and post any relevant results.

This role is open to both single and couple/pairs applications.

Please speak to a Committee member if you are interested or should you require further information about the role.

Closing Date: Thursday 25th June 2015



GOSPORT

Road Runners



NEWSLETTER

June 2015

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This Month's cover photo: Bob doing an awesome Pete Phillipson impression!

Chairman's Corner

Dear GRRs,

Welcome to the latest set of beginners and new joiners. I hope you are enjoying being part of the club.

The first thing to announce is that the club has a new set of captains for our x-country runners. I am really pleased to announce that Terry Arnott and Adam Walters put themselves forward for this and agreed to lead the club as joint captains. They will be continuing the achievements of Kev & Nikki White who captained previously so please join me in wishing Adam & Terry every success with the runners in the seasons ahead.

They have also written some words for this newsletter so worth having a read.

Joint roles have worked out really well in the past as it makes much easier to have a presence at events, committee meetings. So when other club positions come up, if you want to support the club but are worried about managing the workload, perhaps consider putting yourself forward with another GRR.

Upcoming we have the Relay & BBQ on Saturday 4th July and the Hash Run on Thursday 9th July. The Hash is not some undercover, illicit drugs rave (well not when I've been on it) but is a really enjoyable variation on the Out of Towns where the runners find their way (in a group!) along a country route. It suits all abilities and is about OoT length i.e. round 5 or 6 miles. I hope you can make it.

Little hint about Facebook etiquette please. If you are doing a charity event (and a huge number of club members do), please can you only post sponsorship details on your own Facebook page and not the GRR one. The committee are keen to ensure that the GRR membership list is only used for GRR business and, by posting on your own page, you keep the circulation to those who know you. Thank you.

Finally, we have been asked by Victory AC, a running club in Pompey very similar to GRR, if we would be interested in sharing kit & equipment, using our joint buying power to get better deals etc. The committee have discussed this and agreed to also seek your views. What this is NOT about is any joining together of the clubs, watering down of the GRR ethos etc. What it IS about is co-operating when it is in both clubs interests. For example, if Victory have kit that we don't have, rather than us buying our own, we would simply borrow theirs and vice versa. I have tried to describe this as "not a business arrangement" by which I mean its co-operation between 2 great clubs so we can improve the running capabilities in our areas. I would be really grateful for your thoughts, so please either speak to me or email me at chairman@gosportroadrunners.org.uk.

Enjoy the summer runs & events & thank you for your continuing membership of a great club.



Giles Cowling



Sunday 31st May 2015

Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Position	Name	Chip Time
20	Edward Smyth	07:11
49	Jamie MacBeath	08:01
83	Charley Middleton	09:14
87	Ruby Smyth	08:50
88	Lily Adams	08:53
94	Daisy Davies	09:07
103	Nicola Law	09:22
105	Jessica Adolpho-Pugh	09:23
123	Libby Mell	09:46
125	Ava White	09:50
127	Edith Milson	09:59
129	Connor Adams	10:01
140	Luke Adolpho-Pugh	10:14
142	Caleb Dyer	10:16
166	Henry Ridley	10:47
191	Alice Ridley	11:23
230	Eve Davies	12:43
233	Asher Dyer	12:52
246	Leigh Hopkins	13:27





Gosport Golden Mile
Sunday 31st May - Stokes Bay
Junior Golden Mile, 5k Fun Run, and Gosport's 1st Wheel Chair Race

Sunday 31st May 2015**Gosport's Golden Mile**

Position	Name	Chip Time
14	Ben Jarvis	05:43
17	Luke Willis	05:53
18	Terry Arnott	05:53
20	Ben Wales	05:55
28	Steve Crook	06:26
35	Terry Moore	06:49
44	Lloyd Durham	07:14
46	Gill Dowling	07:19
49	Peter Robinson	07:26
57	Tracey Wales	07:45
61	Nicola Finnemore	07:54
67	Jenner Moore	08:09
69	Kerry Arnott	08:10
74	Kevin Robinson	08:19
77	Maree O'Rourke	08:22
79	Michael Carrick	08:24
90	Johanna Ross	09:02
112	Sally Edwards	09:55
113	Craig Edwards	09:56
114	Emily Dodds	10:06
115	Emma Mundy	10:06
122	Claire Crook	10:52
130	Eric Macgurk	11:52
130	Olivia Macgurk	11:52

Sunday 31st May 2015**Gosport's Golden Mile – 5K**

Position	Name	Chip Time
4	Chris Buxton	00:18:49
9	Kevin White	00:20:01
19	Paul Williams	00:21:56
26	Bryn Whitehouse	00:22:27
35	Ben Jarvis	00:23:25
46	Lee Westwood	00:24:21
51	Paul Jeram	00:24:41
54	Lloyd Durham	00:25:08
57	Gill Dowling	00:25:21
65	David Wright	00:25:56
71	Laura Cornborough	00:26:31
82	Peter Robinson	00:27:51
93	Kevin Robinson	00:29:17
96	Maree O'Rourke	00:29:26
104	Andrea Ridley	00:29:36
106	Nicola Finnemore	00:29:55
122	Nicola Penton	00:30:53
139	Johanna Ross	00:32:01
144	Alix Horne	00:32:30
157	Ashley May Bradshaw	00:33:36
158	Steve Crook	00:33:34
161	Craig Edwards	00:34:23
162	Sally Edwards	00:34:51
168	Emma Mundy	00:35:06
175	Emily Dodds	00:35:40

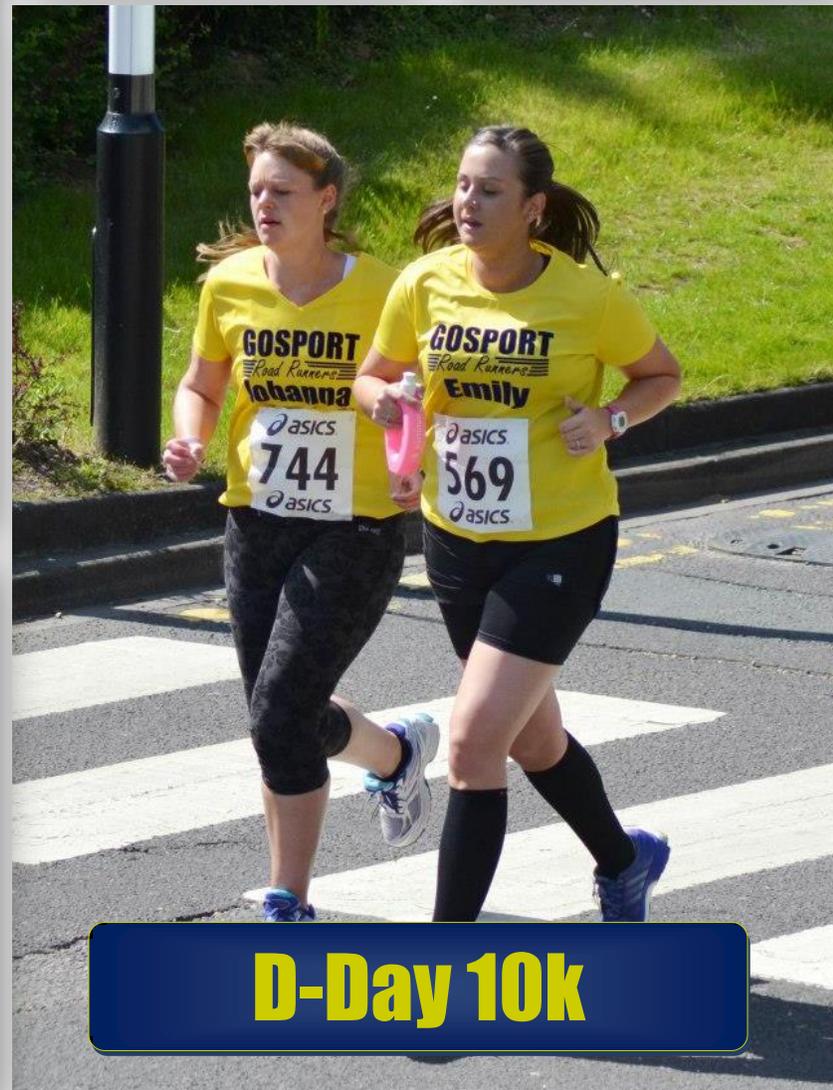


Sunday 7th June 2015

D-Day 10k - (HRRL Event)

Position	Name	Chip Time
71	Rob Byrne	00:39:31
86	Jayson Grygiel	00:40:27
156	Ben Wales	00:43:22
245	Dan Belben	00:46:03
269	Miles Pritchard	00:47:22
276	Colin Gardner	00:47:42
279	Ray Bernice	00:47:52
299	Martyn Barnes	00:48:51
315	Tracey Wales	00:49:42
316	Keith Elshaw	00:49:38
321	Jenny Shilling	00:49:48
325	Gillian Dowling	00:49:54
357	John Barrett	00:50:52
388	Mike Stares	00:52:12
432	Fiona Tomlinson	00:54:13
460	Peter Robinson	00:55:29
469	Laura Cornborough	00:55:34
545	Rebecca Brown*	01:00:58
559	Johanna Ross	01:02:56





Sunday 7th June 2015

Worthing 10k

Position	Name	Chip Time
224	Nick Carter	00:44:47
998	Kim Carter	01:00:17

Needles Half Marathon

Position	Name	Chip Time
166	Martyn Rowell	02:05:59
171	Auz Gray	02:07:04
314	Rachel Gee	02:45:57
315	Pat Lapworth	02:45:57



Tuesday 9th June 2015

Absolute Running – Gosport Summer 5k Series

Position	Name	Chip Time	Position	Name	Chip Time
5	Rob Byrne	00:18:43	87	Zoe Perrin	00:27:10
6	Kevin White	00:18:53	88	David Brace	00:27:15
9	Ben Jarvis	00:19:09	103	Mike Battersby	00:28:08
12	Terry Arnott	00:19:46	104	Kerry Arnott	00:28:11
28	Paul Williams	00:21:12	105	Debra Talbert	00:28:14
45	Loyd Durham	00:22:51	106	Tracey Moran	00:28:16
47	Amanda Holloway	00:23:08	107	Rebecca Brown	00:28:26
55	Tracey Wales	00:23:58	109	Andrea Ridley	00:28:31
57	Gillian Dowling	00:24:01	118	Adam Walters	00:29:48
62	Paul Jeram	00:24:24	119	Johanna Ross	00:29:55
72	Colin Middleton	00:25:10	120	Sarah Bishop	00:29:56
74	David Wright	00:25:21	121	Joanne Hopkins	00:29:58
75	Steve Silverlock	00:25:24	122	Claire Barker	00:30:05
76	Laura Cornborough	00:25:35	132	Caroline Oakes	00:32:13
81	Catherine Stock	00:26:32	138	Laura Bishop	00:33:16
82	Jenner Moore	00:26:50	141	Jennifer Kelman	00:34:34
84	Kevin Robinson	00:26:53	147	Amber Schothorst	00:42:54
85	Maree O'Rourke	00:26:54			

This was the first of four summer 5k races, organised by Absolute Running.

The next three races in this series are:

Race 2 - Tuesday 14th July – 7:30pm

Race 3 - Tuesday 11th August – 7:30pm

Race 4 - Tuesday 8th September – 7:30pm

Location: Stokes Bay Road, close to the Bayside Cabin Cafe

Includes: Children's 1k sprint at each race at 7.15.

You can find out more about these races, and enter online, by following the link below:

<http://www.nice-work.org.uk/events.php?id=156>



Wednesday 10th June 2015

Hayling Billy 5 (5 miles)

Position	Name	Chip Time
22	Ben Jarvis	00:32:46
23	Kevin White	00:32:47
45	Colin Gardner	00:35:02
54	Nick Carter	00:35:41
56	Auz Gray	00:35:58
62	Pete Philipson	00:36:18
79	Dave Little	00:38:31
84	Brian Fisher	00:38:47
112	Jenny Shilling 2nd in age cat	00:41:25
113	Mike Stares	00:41:26
147	Sue Barrett	00:41:32
142	Amber Schothorst	00:44:04
145	Kerry Irwin-Hall	00:44:20
148	Ange Elshaw	00:44:49
153	Peter Robinson	00:45:29
155	Rory Fall	00:45:45
157	Rachel Gee	00:45:52
168	Mike Barker	00:47:01

Position	Name	Chip Time
170	Zoe Perrin	00:47:20
184	David Walters	00:48:59
190	Christine Nation	00:49:11
193	Tracey Moran	00:49:24
194	Debra Talbert	00:49:24
210	Joanne Hopkins	00:50:41
212	Kate Smyth	00:50:49
220	Janet Lindley	00:51:35
221	Pete Lindley	00:51:35
225	Louise Skinner	00:51:55
235	Denise Little	00:52:27
255	Leanne East	00:55:57
258	Susan Barker	00:56:38
263	Ashley Bradshaw	00:58:32
272	Jennifer Kelman	01:01:35
273	Carol Dyer	01:01:41
277	Louise Millson	01:03:49
281	Linda Moorhead	01:05:01



Wednesday 10th June 2015

Midsummer 5 (5 miles)

Position	Name	Chip Time
91	Rob Byrne	00:37:50

Sunday 14th June 2015

Women's Running 10k

Position	Name	Chip Time
-	Laura Cornborough	00:53:22

Liverpool Marathon

Position	Name	Chip Time
623	Paul Street	03:43:24
1,254	Ray Bernice	04:10:56
1,429	Andy Clutton	04:18:46
1,535	Sharon Clutton	04:24:36
-	Ellie Blaiklock	04:26:50
2,337	Tania Bernice	05:26:47
2,464	Den Francis	06:07:40



Liverpool Half Marathon

Position	Name	Chip Time
3,985	Terry Ash	02:16:32
4,120	Mary Ash	02:18:42
4,551	Stephen Cawte	02:26:32



Sunday 14th June 2015

Ironman 70.3

Position	Name	Chip Time
1,199	Eric Macgurk	06:27:21
1,752	Lisa Hennen	07:19:22
1,907	Shona Rust	07:58:33

This is a multi discipline event consisting of a 1.2 mile swim, 56 mile bike ride and a 13.1 mile run – totalling 70.3 miles



Saturday 13th & Sunday 14th June 2015

Endure 24 (24 hour endurance race)

**TEAM:
Strangers in the Night**

Lap	Name	Chip Time
1	Kristine Chien	00:51:07
2	David Brace	00:47:36
3	Colin Middleton	00:48:15
4	Non – GRR	00:35:50
5	Non – GRR	00:33:58
6	Martyn Rowell	00:40:03
7	Pete Phillipson	00:38:31
8	David Brace	00:50:31
9	Colin Middleton	00:48:05
10	Non – GRR	00:37:18
11	Non – GRR	00:34:11
12	Martyn Rowell	00:41:28
13	Kristine Chien	00:51:48
14	Pete Phillipson	00:41:27
15	David Brace	00:52:18
16	Colin Middleton	00:53:11

Lap	Name	Chip Time
17	Non – GRR	00:39:17
18	Non – GRR	00:39:53
19	Martyn Rowell	00:44:41
20	Pete Phillipson	00:45:37
21	Kristine Chien	00:57:28
22	David Brace	00:53:37
23	Colin Middleton	00:51:17
24	Non – GRR	00:42:59
25	Non – GRR	00:37:42
26	Martyn Rowell	00:47:06
27	Pete Phillipson	00:47:56
28	David Brace	00:52:14
29	Colin Middleton	00:50:11
30	Non – GRR	00:34:47
31	Martyn Rowell	00:47:38
32	Pete Phillipson	00:45:14
Overall Time		24:03:14
Overall Team Position		46



Miranda has written a fantastic summary of her event experience, which you can find on page 37

TEAM:
Gosport Road Runners

Lap	Name	Chip Time
1	Rikki Hatherley	00:52:32
2	Kerry Arnott	00:52:03
3	Julie Shinton	00:52:16
4	Jenner Moore	00:50:51
5	Terry Arnott	00:35:54
6	Richard Oakes	00:40:25
7	Darren Eynon	00:39:54
8	Terry Moore	00:40:56
9	Rikki Hatherley	00:51:12
10	Kerry Arnott	00:54:36
11	Julie Shinton	00:53:24
12	Jenner Moore	00:51:28
13	Terry Arnott	00:43:24
14	Richard Oakes	00:51:40
15	Darren Eynon	00:49:07

Lap	Name	Chip Time
16	Terry Moore	00:42:12
17	Rikki Hatherley	00:59:18
28	Kerry Arnott	01:02:31
19	Julie Shinton	01:19:14
20	Jenner Moore	00:53:17
21	Terry Arnott	00:44:23
22	Richard Oakes	00:42:16
23	Darren Eynon	00:47:30
24	Terry Moore	00:40:03
25	Kerry Arnott	00:59:04
26	Jenner Moore	00:54:59
27	Terry Arnott	00:42:18
28	Darren Eynon	00:51:25
29	Terry Moore	00:40:22

Overall Time	23:58:14
Overall Team Position	93



TEAM:
Gosport Road Runners 'A'

Lap	Name	Chip Time
1	Brian Fisher	00:46:31
2	Jo Harvey	00:56:10
3	Jennifer Desmoulins	01:41:30
4	James Heath	00:48:55
5	Matt Johnson	00:44:12
6	Andrea Edwards	00:48:01
7	Rachel gee	00:50:01
8	Lucy Hudson	00:50:23
9	Brian Fisher	00:45:14
10	Jo Harvey	00:56:37
11	James Heath	00:46:32
12	Matt Johnson	00:45:48
13	Andrea Edwards	00:50:57
14	Rachel gee	00:53:20
15	Lucy Hudson	00:57:52
16	Brian Fisher	00:47:29
17	Jo Harvey	01:04:22
18	James Heath	00:49:03
19	Matt Johnson	00:53:58
20	Andrea Edwards	00:52:24
21	Rachel gee	00:55:27
22	Lucy Hudson	00:57:48
23	Brian Fisher	00:48:19
23	Brian Fisher	00:49:23
25	Andrea Edwards	00:55:57
26	Matt Johnson	00:54:43

Overall Time 23:10:56
Overall Team Position 133



Jennifer Desmoulins completing her lap, which she walked with Lucy Hudson, despite being 7.5 months pregnant! Lucy also ran another four other laps as well.

TEAM:
Gosport Gumps

Lap	Name	Chip Time
1	Ben Jarvis	00:36:04
2	Nikki White	00:51:56
3	Martyn Barnes	00:45:11
4	Kev White	00:36:22
5	Karen Middleton	00:56:41
6	Auz Gray	00:47:15
7	Ben Jarvis	00:39:28
8	Nikki White	01:00:38
9	Martyn Barnes	00:46:10
10	Kev White	00:50:54
11	Karen Middleton	00:58:52

Lap	Name	Chip Time
14	Auz Gray	00:46:46
15	Ben Jarvis	00:42:38
16	Martyn Barnes	00:53:50
17	Kev White	00:46:57
18	Ben Jarvis	00:55:27
19	Ben Jarvis	00:57:35
20	Ben Jarvis	01:21:10
21	Ben Jarvis	03:41:31
22	Martyn Barnes	00:58:23
23	Karen Middleton	00:57:47
24	Kev White	00:38:39

Overall Time **21:30:14**

Overall Team Position **154**



Miranda Carrick also ran as part of an non GRR team: Run4Fun:

Lap	Name	Chip Time
	Miranda Carrick	00:49:48
	Miranda Carrick	00:51:32

Lap	Name	Chip Time
	Miranda Carrick	00:54:12
	Miranda Carrick	00:51:42

And finally..... Keith and Ange ran this event as solo participants

Lap	Name	Chip Time
1	Ange Elshaw	00:57:30
2	Ange Elshaw	00:59:38
3	Ange Elshaw	01:00:08
4	Ange Elshaw	01:04:11
5	Ange Elshaw	01:21:46
6	Ange Elshaw	01:32:54
7	Ange Elshaw	04:05:53
8	Ange Elshaw	01:19:27
9	Ange Elshaw	01:25:38
10	Ange Elshaw	08:31:22

Lap	Name	Chip Time
1	Keith Elshaw	00:57:31
2	Keith Elshaw	00:59:37
3	Keith Elshaw	01:00:16
4	Keith Elshaw	01:04:38
5	Keith Elshaw	01:09:05
6	Keith Elshaw	16:30:58
7	Keith Elshaw	00:57:53
8	Keith Elshaw	00:57:17

Note: Solo participants are permitted to take rest breaks but as this event is chip timed every time a runner crosses the line, the clock keeps running; hence some of the laps above are recorded as several hours



Saturday 20th June 2015

South Downs Marathon

Position	Name	Chip Time
127	Ben Jarvis	04:15:17
215	Ray Bernice	04:34:17
236	Kevin White	04:40:05
237	Terry Moore	04:40:05
301	Jo Oakes	04:53:13
400	Lisa Hennen	05:24:08
401	Andrea Edwards	05:24:09
431	Keith Elshaw	05:36:57
432	Ange Elshaw	05:36:58
436	Kerry Irwin-Hall	05:42:20
460	Susan Barrett	05:58:06
467	Auz Gray	06:00:51
468	Rachel Gee	06:00:50
479	Kerry Down	06:13:04
480	Jenner Moore	06:13:05
-	Lucy Hudson	07:37:59
-	Craig Neil	07:38:00

Lucy and Craig walked the route and left an hour and a half before the runners.

South Downs Half Marathon

Position	Name	Chip Time
83	Colin Gardner	01:53:52
302	Ken Eaden	02:31:24



Saturday 20th June 2015

South Downs Marathon - Relay

Team: GRR Elite and Nick

Leg	Name	Chip Time
1	Paul Williams	01:00:36
2	Lee Westwood	00:43:48
3	Jason Grygiel	00:56:04
4	Nick MacBeath	00:53:18
Overall Time		03:33:46
Overall Team Position		26



Team: 102

Leg	Name	Chip Time
1	Pete Phillipson	01:01:54
2	Kim Carter	00:53:39
3	Martyn Rowell	01:07:48
4	David Brace	00:59:36
Overall Time		04:02:57
Overall Team Position		59



There's ALWAYS one Dave!



Team: Go-Sport

Leg	Name	Chip Time
1	Giles Cowling	01:18:36
2	Julie Shinton	00:54:23
3	Dave Croft	01:11:28
4	Eileen Cowling	00:57:12
Overall Time		04:21:39
Overall Team Position		78

Team: Bits & Bobs

Leg	Name	Chip Time
1	Karen Phillips	01:23:57
2	Pat Lapworth	00:55:58
3	Rachel Davies	01:18:09
4	Rachel Davies	01:02:35
Overall Time		04:40:39
Overall Team Position		93



Sunday 21th June 2015

Forestman Tri

Position	Name	Chip Time
47	David Wright	15:39:05
48	Paul Jeram	15:58:37

Wednesday 24th June 2015

Summer Cross-Country

Position	Name	Chip Time
51	Colin Gardner	00:38:26
97	Lee Westwood	00:42:54
103	Keith Elshaw	00:43:40
112	Mike Stares	00:44:26
165	Ange Elshaw	00:51:32
233	Meranda Winter	01:11:54

Saturday 27th June 2015

Grand Union Challenge (100k)

Position	Name	Chip Time
20	Lisa Hennen	13:33:44

As well as completing her 50th marathon during this event... Lisa was also the first lady back.



Sunday 28th June 2015

Lordshill 10k

Position	Name	Chip Time
49	Ben Jarvis	00:39:54
170	Jenny Shilling	00:49:52
174	Gillian Dowling	00:49:59
195	Peter Lindley	00:51:54
265	David Brace	00:57:11
267	Loyd Durham	00:57:26
278	Zoe Perrin	00:59:09
288	Adam Walters	01:00:50
300	Chris Nation	01:02:31
309	Amber Schothorst	01:03:13
310	Janet Lindley	01:03:13
335	Susan Barker	01:09:14
336	Sue Tingley	01:09:17



Results Co-ordinator

Race Results

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

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

Result of the Month

This month I am including a new "Result of the Month" section. This will feature a result which caught my eye whilst recording all those times of yours, not necessarily a "fastest" result or a PB, although it could be.

So the first ever "Result of the Month" goes to Lee Westwood for his 23:41 time at the June Time Trial. Lee was disappointed at the finish as he'd hoped to get his Bronze time (23:30). However it WAS a PB all the same so well done Lee, you are chipping away at that Bronze time.



Brian Fisher - Results Co-ordinator

Thanks.....

Brian Fisher

Please email you results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



Tuesday 2nd June 2015



Club 5k Time Trial

Pos	Name	Time
1	Kev White PB	18:43
2	Rob Bryne PB	18:55
3	Terry Arnott PB	19:06
4	Jason Grygiel PB	19:11
5	Dan Belben PB	19:16
6	Josh Belben PB	20:16
7	Andy Johnson	20:22
8	Mason White	20:25
9	Stephen Crook	20:57
10	Paul Williams	21:16
11	Nick Carter	21:34
12	Bryn Whitehouse	22:32
13	Brian Fisher	22:59
14	Dave Little	23:30
15	Lee Westwood PB	23:41
16	Rachel Davies PB	23:46
17	Martyn Barnes PB	23:49
18	James Wales	23:52
19	Gill Dowling PB	24:01
20	Tracy Wales	24:05
21	Jenny Shilling	24:11
22	Keith Elshaw	24:44
23	Dave Croft	24:56
24	Mike Stares	25:11

Pos	Name	Time
25	David Wright	25:15
26	James Heath	25:38
27	Ken Eaden	25:55
28	Colin Middleton	26:04
29	Nikki White	26:23
30	Jenner Moore PB	26:24
31	Pete Lindley	26:36
32	Kevin Robinson	26:53
33	Marie O'Rouke	26:56
34	Steve Silverlock	27:15
35	Catherine Stock	27:16
36	Sue Barratt	27:33
37	Mike Barker	27:34
38	David Walters PB	27:46
39	Vicky Gorton	28:16
40	Becca Brown	28:27
41	Emily Dodds PB	28:28
42	Deborah Talbot 1st 5k	28:41
43	Tracy Moran	28:42
44	Miranda Carrick PB	28:59

Pos	Name	Time
45	Johanna Ross PB	29:01
46	Angie Elshaw	29:02
47	Christine Nation	30:09
48	Guy Sheppard	30:10
49	Dave Kirby	30:28
50	Denise Little	30:43
51	Katrina Jurd	30:59
52	David Barker	31:04
53	Jo Harvey	31:19
54	Adam Walters	31:20
55	Clare Barker	31:23
56	Linda Briggs	31:25
57	Louise Harrowsmith	31:26
58	Laura Bishop PB	33:07
59	Ash Bradshaw	33:18
60	Jenny Kelman PB	33:45
61	Amber Solthorst	33:46
62	Sid Smith	34:00
63	Miranda Winter	37:30
64	Kim Carter	37:31

64 participants, not bad after the nasty weather over the previous night and during the day. The wind was a great help once you got onto the Esplanade perhaps the reason for so many new PB's. The stalwarts who are our officials once again came up trumps and deserve our thanks: Liz 'I forgot to press the start button' Hillier (Starter & Timer), Janet Lindley (Best Timer), Gary Francis (Recorder), Terry Weston (Numbers). Supporters, Andy Clutton, Mike Welsted, Giles Cowling, Kerry Irwin, plus the most important of all Jo & Andy Hopkins & kids, who provided CAKE!!!

Dave Croft



The following are the Club member's park run results from the last month.

6th June 2015



Southsea

308 participants completed the run.

Position	Name	Gun Time
4	Chris Buxton	00:18:38
12	Dan Belben	00:19:58
292	Linda Briggs	00:39:07

Redcar

136 participants completed the run.

Position	Name	Gun Time
55	Andrew Hopkins	00:25:42
98	Joanne Hopkins	00:30:05

Brockenhurst

103 participants completed the run.

Position	Name	Gun Time
60	Tim Durant	00:27:59

parkrun is for everyone



Havant

265 participants completed the run.

Position	Name	Gun Time
31	Alan Burgess	00:23:21
34	Pete Phillipson	00:23:37
43	Terry Moore	00:23:54
50	Martyn Rowell	00:24:22
53	Lee Westwood	00:24:29
56	Auz Gray	00:24:44
58	Nick MacBeath	00:24:52
62	Kev White (and Reggie)	00:25:09
63	Nikki White (and Ronnie)	00:25:10
137	Rachel Gee	00:30:21
138	Rikki Hatherley	00:30:23
143	Jenner Moore	00:30:30
149	Karen Phillips	00:30:45
150	Kristine Chien	00:30:47
209	Adam Walters	00:33:56
210	Jo Harvey	00:33:56
211	James Heath	00:33:57

13th June 2015

Southsea

252 participants completed the run.

Position	Name	Gun Time
9	Dan Belben	00:20:15
208	Ethan 'Lazerblade' Barrett	00:32:52
209	Sue Barrett	00:32:57
233	Kerry Irwin-Hall	00:35:55

Havant

212 participants completed the run.

Position	Name	Gun Time
22	Colin Gardner	00:22:03

Netley Abbey

260 participants completed the run.

Position	Name	Gun Time
44	Alan Burgess	00:22:14
202	Auz Gray	00:32:14
203	Martyn Rowell	00:32:14

Alice Holt

279 participants completed the run.

Position	Name	Gun Time
74	Tim Durant	00:25:59

20th June 2015

Southsea

252 participants completed the run.

Position	Name	Gun Time
8	Chris Buxton	00:18:08
98	Tim Durant	00:25:07
106	Laura Cornborough	00:25:50

Netley Abbey

256 participants completed the run.

Position	Name	Gun Time
184	Steve Wise	00:30:30

27th June 2015

Southsea

282 participants completed the run.



Position	Name	Gun Time
30	Auz Gray	00:21:07
113	Jenny Shilling	00:25:20
178	Rachel Gee	00:28:34

Havant

185 participants completed the run.

Position	Name	Gun Time
13	Colin Gardner	00:21:58
16	Craig Neil	00:22:24
26	Alan Burgess	00:23:11
121	Lucy Hudson	00:31:59

Netley Abbey

260 participants completed the run.

Position	Name	Gun Time
177	Steve Wise	00:31:45



parkrun is for everyone



The HRRL has now finished for this season, the GRR Ladies finished 8th in the A team 2nd division and 5th in the B team 2nd division. The men finished 9th in both the A team and B teams 2nd divisions. In order for our teams to qualify for points the first 4 males qualify for the A team the next 4 males qualify for the B team, the first 3 ladies qualify for the A team, the next 3 qualify for the B team. If we want our club to improve on these positions we need to attract more people to attend these races. The standard is very varied with some very quick club runners and some "more sedate" runners. All the races are run by running clubs and mostly attract club runners only and the costs are kept very low. They are very well organised and the emphasis is on enjoying the race and promoting good club spirit.



HAMPSHIRE ROAD RACE LEAGUE

a running club competition

As well as the team league, there is an individual league table too. You need to participate in 7 of the 12 races to qualify for a final position in the table. This is a good guide to see how you are progressing against fellow runners of your standard. You tend to see the same faces around you at races and can forge some good friendships and friendly rivalries with runners from other clubs. This year, 49 males and 58 females ran at least one HRRL event but we only had 7 runners achieve a final position in the table. 3 men, Ben Wales 92nd, Ray Bernice 108th and Keith Elshaw 120th and 4 ladies Tracey Wales 47th, Jenny Shilling 53rd, Fiona Thompson 62nd, and Laura Cornborough 74th

It would be great if we could get a bigger turn out at these events and raise our club up the tables and get a few more individuals on the final table.

The races for next season are staying the same as this year with the exception of Victory 5 which is moving to December, so the fixture list is as follows:

Overton 5 06/09/2015 http://www.overtonharriers.org.uk/club-races/overton-5/	Salisbury 10 March 2016 TBC http://www.salisbury-arc.org/salisbury-10-2/
Solent Half 27/09/2015 http://www.hardleyrunners.co.uk/SolentHalf.html	Eastleigh 10K March 2016 TBC http://www.runningmania.co.uk/
Lordshill 10 01/11/2015 http://www.lordshillroadrunners.org.uk/lordshill-10-mile/	Alton 10 May 2016 TBC http://www.altonrunners.org/
Victory 5 06/12/2015 http://www.portsmouthathletic.co.uk/victory-5-mile/	Netley 10K May 2016TBC http://www.southamptonathleticclub.org.uk/wordpress/netley-10k-race/
Stubbington 10K 17/01/2016 http://stubbingtongreenrunners.net/index.php/10k	
Ryde 10 07/02/2016 http://www.rydeharriers.co.uk/races/the-ryde-10-mile-road-race/	D Day 10k 05/06/2016 http://www.portsmouthathletic.co.uk/

Keith Elshaw

Men's Captain

History of a Gosport Road Runner

I started running at school in 1945 with the 440 & 880. I entered a local cross country race and came 8th were the first 10 finishers were given a year's complimentary membership of the Wallasey Athletic Club. (I travelled up North to run cross country for them each year until 1980).

I continued to run track at Wallasey Grammar school but it soon became obvious that I was no sprinter, hurdler, shot putter nor javelin thrower but 880 yds and later the mile were my forte.

I ran for the school 1946-52.

Cross country with Wallasey AC was always a team event, usually 6 to run 4 to count. Very fortunately for me the same group stayed together right from Boys, to Youths to Juniors & Seniors and sometimes in the various Championships the other three even came 1st 2nd & 3rd, so being the final counter at 14th or 20th I received Cheshire, Liverpool & District and West Lancashire team medals in all the age groups for many years.

(Alisdair Ewing, Paul Kilcoyne & John Dunbar, Gosport R. R. often made 1,2 & 3 in road races)

For one county championship we only had just the minimum 4 runners, so I had to run in spite of it being the 21st Birthday Party of my Fiancé. Unfortunately my coach's car broke down in the Mersey Tunnel so I was late. (Mobile phones hadn't been invented!!!) I was never forgiven and it was even mentioned 20 years later at the divorce proceedings. PRIORITIES!

Like all young men who were medically fit, I had to do compulsory National service; mine was in the Royal Artillery. On Easter leave 8 weeks in, I had a conversation in a train with a P.T.I. from a neighbouring regiment (67th RA) about Roger Bannister's 4 minute mile – Particularly interesting to him as Chris Chataway was one of his officers. I mentioned that I ran the 880 & 1 mile and to cut a long story short I was transferred to 67 Regt RA and spent 21 months running for the Regiment in 880, 1 mile, 3 miles and also Cross country. We were Army Team Champions three times and I ran in the winning Mile & 3 mile teams in two of those years.

My training partners were Chataway (later 5,000M world record) & Mike Rawson (Later 800 M European champion) as well as Fowler & Williamson.

While I was there (OSWESTRY SHROPSHIRE) I ran in the County Championships and won the one mile. Just so you don't think I dreamt it – herewith the photo of me breaking the tape!!



After National Service I moved up to the North East and joined Morpeth Harriers as second claim but returned to Cheshire to compete for Wallasey AC in the Cross Country Championships and continued to do so for many years even when I came to Gosport.

My training partner in Morpeth was Jimmy Alder who went on to win Gold in the Commonwealth marathon & I think his 30 mile record still hasn't been beaten. While I was up there, I ran in the Morpeth to Newcastle 17.5 mile race which I completed in 1 Hour 17 min 7 sec: the equivalent of a 1 hr 15 half marathon (5min 42 sec miling)

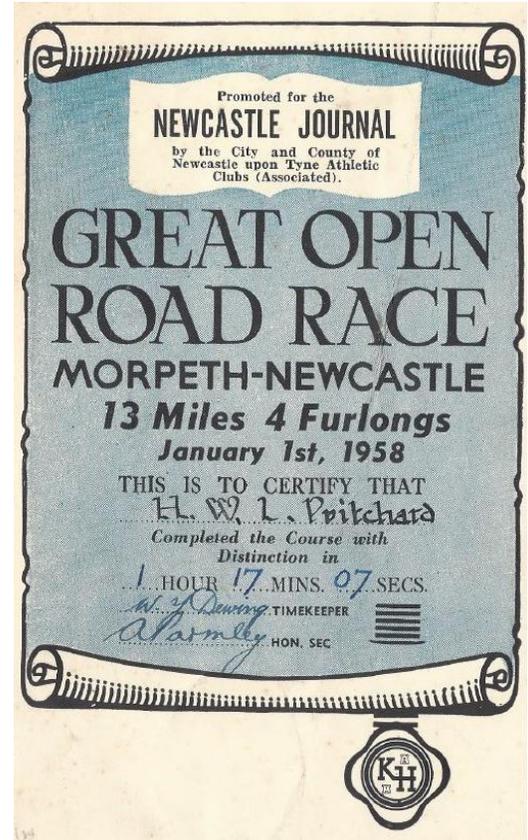
(my ½ marathon PB was 1 hr 23 45 some thirty years later, which shows I slowed down rather a lot.)

So you can see that over the years I was very fortunate in my training partners.

In 1957, one of my colleagues at Formica Ltd was member of the Royal Rock Beagles and persuaded me to join and run in the annual point to point steeplechase and I still have the handsome silver salver which I won. I lived 5 miles from the factory and ran to and from work each day (My suit etc were kept in the boiler house). My breakfast of two slices of toast and a boiled egg I carried like a baton in a rolled up Manchester Guardian newspaper.

Being a cross country runner, I seldom ran on the roads but did manage to beat the 46 min National Time standard by 25 secs in the Kendal 8 miles (5min.41sec miling) and after I came to Gosport I ran in the Pompey to Chichester 17.5 miles with Bill Mills & Speedy Powell (more about them later).

So when the London marathon was announced for 1981, I thought it was a wonderful opportunity to complete the set from 440 yards to 26.2 miles, but it took me 3 hours 53 mins (8 min 53 miling !!!).



To put marathon running into context, in the 50's Marathon runners were the elite of the elite. People like Jim Peters, Brian Kilby and my hero Jack Holden.

Peters the English marathon ace was running in the Olympics alongside Emil Zatopek who had never run a marathon but had earlier in the games won both the 5,000m & 10,000m. Being a novice he asked Peters whether they were running fast enough, Peters said "No" so Zatopek increased his pace and won the race!

These were not professionals: Peters was an Optician and Alder a Bricklayer, he was invited to run in White City on a Saturday evening (fare paid for from Morpeth) but he could not afford to lose a morning's pay so he worked until noon and travelled down to London arriving just in time to run in and win his race.

Jack Holden ran the marathon in the European Games – the final 8 miles in bare feet - on the roads and country tracks but still won by 4 minutes. The King of Sweden who presented the medals, said "Pleased to meet you Mr Holden", Jack replied, "pleased to meet you Sir, met your father & grandfather before you". And he had, running for England for 25 years.

I came to Gosport in the late 1970's although still returned to run cross country for Wallasey A.C.

The discovery that there was no athletic club locally other than travelling to Southampton A.C. or Portsmouth A.C. was annoying. So after competing in the "Pleasure Plod" organised by the more informal Portsmouth Joggers, I put a notice in the Portsmouth News inviting interested people to come to Gosport Park the next Sunday morning. (I was fortunate to get good coverage as I was known to the Press as the founder of the Stoke Road Traders Association and a former Fareham councillor). 20 people turned up and we ran around "The Dell" by the Rugby club where we now meet. We continued every Sunday thereafter and later on we met indoors on a Wednesday evening at St Vincent as well.

A few of the earlier members were Bill Mills, a CPO at HMS Dolphin & "Speedy" Powell another submariner, Norman Allpress, the manager of the Coop department store in Gosport High Street, Terry Weston, STILL AROUND!!! Plus Irene Watson & Guilaine Taylor. We didn't have roll calls so my apology to those I have missed out.

Odd members did individually enter road races but nothing regular was organised or attempted, we just did some appropriate warming up exercises and enjoyed a few miles in company and got fitter.

Bit by bit the numbers grew and although we used places like the Gosport Swimming Pool foyer and sports clubs as HQ, we didn't have a committee as such, I acted as coach and sort of general manager but various people like Dave Oakes, Sid Smith, Fred Piper, Gordon Knight, Pat Davidson and Caryl Pritchard saw that things needed to be done and just mucked in. More & more things needed to be done and people were regularly entering races, so needed specific training & their times recorded and published, so it was decided both to change the name from Gosport Joggers to the more appropriate Gosport Road Runners, adopt the Gosport Football club colours rather than our original blue vests and to have a formal constitution & committee.

Just for the record, two brothers from Stubbington were members, Andy & Phil Rogers, they ran for us for some years and then decided that as there were quite a number of runners from Stubbington, Hill Head etc and a number of R.N. personnel at HMS Daedalus who ran, they left and set up the Stubbington Green Runners, which saved a lot of travelling.

The London marathon in 1981, changed the "Jogging" scene completely and everyone got more competitive, found all sorts of races all over the area and even farther afield. We organised all sorts of specific training regimes to assist and started to keep detailed records. I still have many of the weekly sheets setting out people's programmes and their actual performances day by day.

I ran in that London Marathon and a further five that year so my wife Caryl suggested that we had one here in Gosport to save the travelling & cost, so the Gosport & Fareham Marathon was born!!!

Having been elsewhere I was determined that RUNNERS should be the priority. In Torquay the race start was held up for 15 minutes because the Mayor hadn't arrived, The Farnham marathon finished up a very steep & very muddy field, difficult for tired runners. There were missing water stations at the Milton Keynes race and none of them had comprehensive results books. The "Pony" marathon in Manchester had enormous crowds because Jimmy Saville (a regular runner but then a huge celebrity) was running. The Mile markers were put down low & hidden by the spectators. The gem was the "Masters & Maidens" at Guildford which was really excellent so their ideas were well worth copying.

We were fortunate that being 26 miles, the race had to travel through both Gosport & Fareham and we were supported by both the business associations and the Mayors/Councils of both towns as well as "The Portsmouth News" who were our main sponsor. We were also lucky that a new bypass was due to open on the day of the race in Locks Heath (Primate Way) which left Southampton road free for traffic and little of the Sunday trading and similar which in later years meant Newgate Lane was impossible on a Sunday, had yet materialised. An odd thing was that we raised £ 5,000 for the two Mayor's charities but the formal Council decision was that we had to pay £800 for road closures.

The race was a success and we received many kind thank-you letters from runners all over the country. I organised ten Gosport & Fareham Marathons with enormous help from many outside people like my bagman Gosport Councillor Lyndon Hare and especially club members, I even managed to run in them as well, with kind deputies holding the fort for the three & quarter hours I was missing. However on that first occasion a lot of runners did not turn up because Maggie Thatcher chose that weekend to send the task force off to the Falklands. A pity because we had a special "Uniformed Services" category and I still have about 100 "News" Gosport & Fareham marathon cloth badges!!

When I went to Stoke on Trent in 1991 to take a Masters degree, there was no marathon but people rallied around and in 1992 the first of six South Coast Marathons on the same course etc. was organised. I ran in all six of those too.

After the success of the 1st Marathon I again noticed a gap in the market and did a deal with HMS Sultan to run a Gosport Sultan ten miles from their premises. And a little later I had a request from the Sports Company Nike to set up a 10Km in Gosport, which was later organised by the club for a number of years. Finally the club decided that there should be a Gosport Half Marathon, Sue Andrews was the first Race Director and thereafter until the most happy appearance of Dave Little (who also introduced us to the lovely race at Pewsey) we had a different Race Director each year.

However in 1987 my wife Caryl organised a charity 5km around Gosport Park to raise money for Becci Tarrant, (the little daughter of one of our members) who needed a heart & lung transplant. Unfortunately she died before they became available.

Elsewhere there has commenced a Stubbington 10 Km, Fareham ten miles, Winchester ten miles and a Portsmouth half marathon (not the rip off event which now goes under that name). so local runners could run a short training run in Stubbington in early January, followed by a flat ten miles in Fareham late January, a hilly ten miles in Winchester early February, a flat half in Portsmouth early March, then the Gosport marathon followed by the London marathon a week or so later.

Now everyone was catered for, especially the marathon runners, who had this wonderful & LOCAL build up. Round about this time Women's Own teamed up with Nike, and organised Ladies 10km races each month all over the country, one of which was in Winchester. Not the best place to introduce novices to racing, with its regular hill stretches but of minor difficulty to the Gosport Road Runner ladies, who often returned with trophies, including Caryl Pritchard and Irene Watson from my memory.



Caryl Pritchard

1st Lady 10k Winchester

Having R.N. connections thanks to Bill Mills, I became a civilian runner in their Cross Country and road teams I was invited to compete in the RN Triathlon at HMS Daedalus. I was almost last out of the water after the mile swim out to sea and mile back, not much better on an old bike in the 50 miles cycle section but passed dozens in the final run half marathon and won the veteran trophy. So many Triathletes forget that it is an ENDURANCE event and just concentrate on early speed, wearing themselves out before the final run section. Marathon Runners are Endurance athletes.

I later won the "Whale Island lap marathon" representing HMS Dolphin.

"Speedy" Powell gained his nickname because he always seemed to be plodding, as he had done when he started running around and around the HMS Dolphin sports ground to lose weight from his 22 stone, having been threatened to lose his "submariner" status and be made to become a mere "Skimmer" – a serious status demotion!!! He entered the 1st London Marathon which he completed in 3 Hour 45 mins in spite of having done a confidence run a week before by getting dropped off in Woolston area exactly 26 miles from Gosport and running back to HMS DOLPHIN !!!.

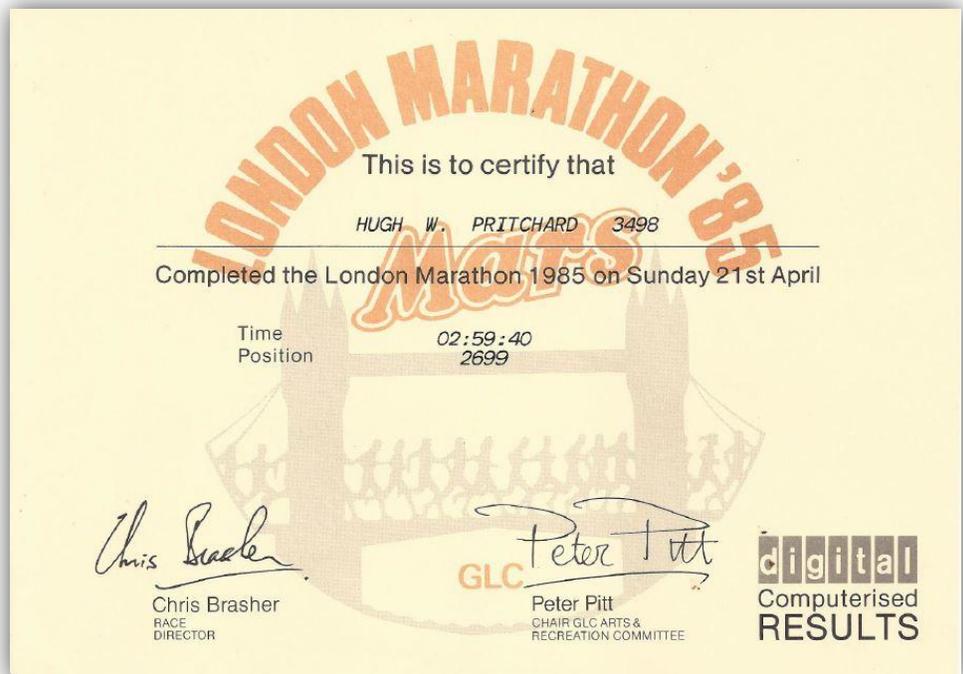
In 1982 he ran the 1st Gosport marathon and did 3 hrs 10 mins but now down to 15 stone.

However his real love was Ultras, so he dragged Bill Mills and/or myself off to the 54 mile London to Brighton (Where we won third team medals - not bad for a trio of former joggers.). The Two Bridges in Scotland 36 miles, South London Harriers 30 , the Lincoln 100km (62 miles) and others, as often as he could. They have both passed away unfortunately but although I had lots of much faster times for the marathon distance, they both always seemed to beat me by about 20 mins in the longer ultras!!

In 1983 "Running" magazine kindly published an article I wrote called "How to run a Marathon".

Also in 1983 we changed our name to the more appropriate Gosport ROAD RUNNERS as we were in reality more of a Marathon runners club than "Joggers". The blue vest which often confused us with Portsmouth Joggers, was changed to Gosport Football Club colours and the name put on the front as well as the back, so we could recognise each other in races. We had 150 members in 1978 and had grown to 220 in 1985 so in 1986 we finally wrote a constitution and formed a committee with specific officers responsible for specific aspects.

I did the coaching & organising the training routes etc for some years and for a couple of years the coaching was done by a member, "Chic" Stewart, who was a Sultan P.T.I. I wandered here & there running marathons (51 under sub 3 hrs 15 mins) but only in London did I manage to beat the three hours – just: 2 hrs 59 mins 40 secs!



My favourite race was the Snowdon 26.2 and we often took a load of runners there. When at Uni. in Stoke in 1991, I trained one of the professors and ran with her in the Stoke on Trent marathon (Not the easiest of terrains) & I still write training for her now.

I finally qualified for the 100 marathon Club (about 150 members worldwide) when running the New Forest Marathon and lots and lots of Gosport Road runners kindly turned up to cheer me on.

My over 50 PBs were:

10km - 39m.49s

10 mile - 63m.44s

13.1 mile - 1 hr 23m 25s

26.2 mile - 2h 59m 40s

Over the years the club has had fast runners and winning teams like the Winchester marathon & new Forest Half. Individual winners like Alisdair Ewing, Paul Kilcoyne, Vic Tarrant, Di Atrchison, Sabrina Trowell, Carole Clarke, Sharon Clutton & Caryl Pritchard. Together with serious supporting casts including David Oakes, John Dunbar, Roy Dodwell, Terry Brown, Dave Issitt, Adrian Walder, Eddie Taylor, Andy Close. My apologies if I have any obvious omissions.

However the club stalwarts were always around if there was any work to be done, running weekly training, arranging special events like summer relays & Christmas handicaps, manning water stations, putting up mile & other markers, attending races to collect numbers, handing out drinks keeping performance records, writing Press releases each week and a dozen other thankless but essential tasks. They included Mick Wellsted, Mick Stares, Ian Buzzard, David Day, John & Brenda Wiltshire, Dennis Hanham, Janet & Pete Lindley, Sue & Terry Andrews, Mick Trump, Sid Smith, Fred Piper, Paul Overton, Gordon Knight, Patricia Davison & Howard Baldwin to name just a few.



Sorry it is 3,000 words plus the scanned items but difficult to encapsulate 1945 -2007.

I will write an article about training methods for another month.

Hugh Pritchard

You only live twice : How to Endure24 a “ GRR in non-GRR camp “ perspective

(By Miranda Carrick)

It felt like a sketch from a 007-movie: camping with one team but running for another. With heart in one camp, head in the other it was mission Endure24: “living” in 2 camps for 24 hours.

Endure 24 is a twenty four hour race on a 5 mile trail lap that can be run in teams of 6-8 or 3-5, pairs and solo. This year’s event took place in Wasing Park Estate, Aldermaston near Reading . The website describes it as an endurance event with “free camping, hot showers (but only when there is water available) , 24 hour catering (we had our own food but the food on sale was very reasonably priced) , 24 hour massage (regrettably I didn’t use that) , entertainment (fortunately my fellow GRR campers were entertaining enough) and beautiful surroundings give it an exciting festival feel. It’s Glastonbury for runners (but with clean porta-loos)”. It was an event I wanted to do since I heard feedback from the GRR team who entered last year.

About a month before the race, Gosport Road Runners had no spaces left on any of the 4 teams entered. I resolved myself to not taking part this year, when the Victory Athletic Club / Portsmouth Joggers needed runners to fill one of their teams. After a quick reality check between “I don’t know anybody on that team; I’m socially shy; I’m not fast...” and “Hey girl, it’s an event on your things-to-do-in-2015 tick list; 5miles is quite do-able ; Running legs are running legs and these people need running legs...” , I’m on the Pompey team.

Julie Shinton arranged our travel and accommodation arrangements for 24 hours (a Victory Travel van). With my camping gear and enough food and clothing between us to last a week, it felt like I was going on a holiday...in a Victory Van to run for Victory club. Winning or what?! Most of the GRR team left on the Friday afternoon. We left Saturday morning, arriving well in time to see a running festival wake up. Wasin Park Campsite is a field and was covered with tents and cars. This event attracts participants from all over the country, and running club flags were seen everywhere. We found the familiar bright GRR flags easily, and claimed our camping spot. With no tent to pitch, we were having a cup of tea within minutes of arriving. Happy campers and considering the rural surroundings and drizzle, the Victory van was close to glamping! Now to find my running team.





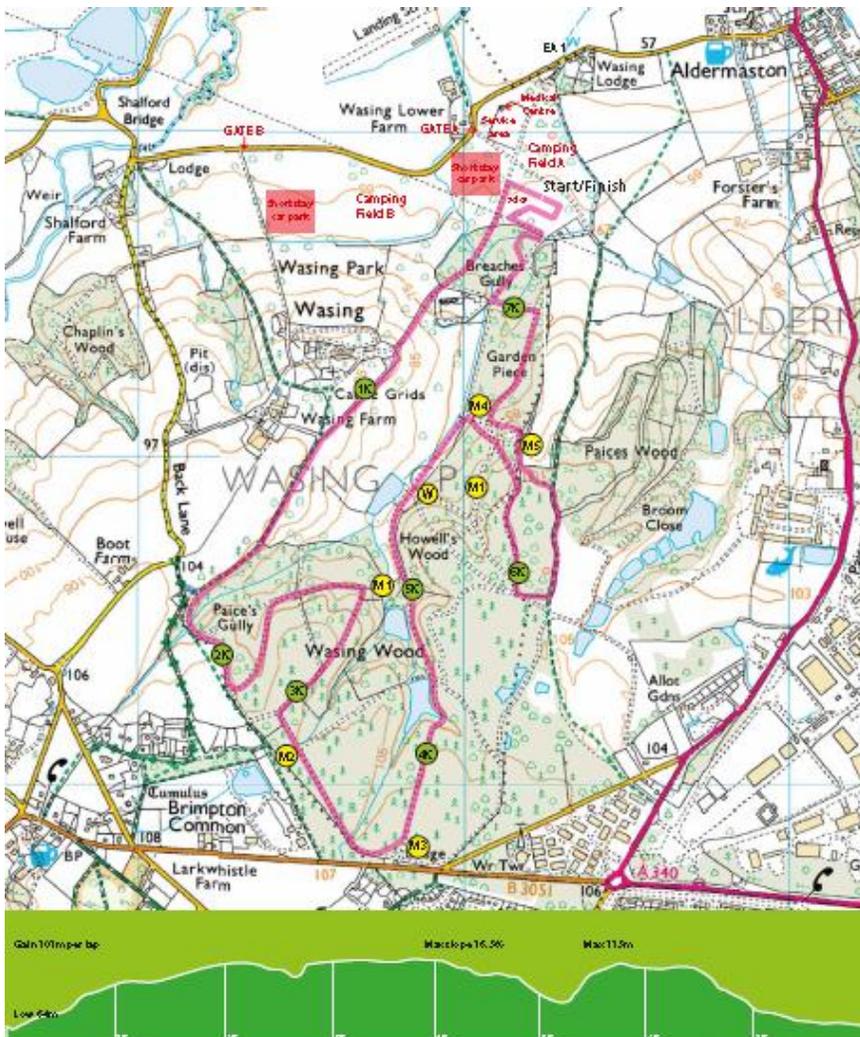
Thankfully there was a strong mobile signal and a text message to “Jo” later; I found Pompey was virtually our camping neighbours. I decided to waste no time to meet the people I have agreed my legs to for the weekend. First impression was that Jo does not look like her Facebook profile photo, and that they had a very enjoyable party the previous night. My suspicions were confirmed when they started talking about their pre-race celebrations, and none of them could give me an indication of the next 24 hours’ running arrangements. They were waiting for the man with all the plans to arrive from a Parkrun, and would let me know when he’s arrived on site. Smiling, I firmly indicated that I am not going to run for all of them for 24 hours solo, and went back to my cup of tea at the GRR camp – now amusingly a little worried. An hour or so later and no man with plans came for me yet, so back to camp Pompey I go. Relief! Everybody looked a little more awake and I was able to establish I will run third and I need to do 4 laps. I was introduced to everybody on the team I’m running with got my race number, shirt and my own predicted time per lap was noted. I was comfortable with all arrangements, the Victory runners were very friendly and a fun group (the team name was RUN4FUN). Everyone made me feel very welcome. I left their camp feeling I could Endure24 hrs of this. Back in Camp GRR team morale was good and things seemed a lot better organised than Camp Pompey. And I knew most of the people.



The air of excitement throughout the camp heightened as the time crept closer to midday, when the race started. I was overwhelmed by the number of people at the start. Some runners looked like pros, a lot looked hungover, almost everyone looked happy. The festival atmosphere totally exceeded my expectations, and the cheering support for the first runners was something I’ve never experienced. Apparently about 450 runners started the race – that’s a lot of

people on a cross country course all at one time! I even managed to recognise a few of the Victory runners’ whilst everybody was waiting for the final countdown for the race to start.

The main race for solo runners, pairs and team started at 12.00pm. Solo- and Team runners then carry on running as many laps as they can for 24 hours, and that's how the race works! For teams, each member of the team must complete at least one lap. Each team was issued with a wrist band, which must be carried by the runner on the course, and handed over to the next team member at the change-over area. Timing was by chip, which could be carried around the wrist or ankle, and each runner also had a race number which was to be worn on the front of the running top. There were two water stations on the course: one at the start and one at the half way mark. The water station at the half way mark had an endless supply of water, energy gels, bars, sweets and friendly paramedics with an ambulance parked and ready to go if necessary. There were also marshals at about 4 different points on the course with a "disco van" playing upbeat music just after the halfway mark and before the longest hill.



My first lap was due to be just before 14h00. I was waiting in the exchange area about 30 minutes before this time, just in case the number 2 guy was quicker than what he originally thought he would be. The exchange area reminded me a little of a cattle enclosure at a slaughter house: runners are anxiously waiting in an enclosed area off the running course, keeping a very keen watch for their incoming team member, when shouting and waving takes place and the wristband is handed over to the waiting team runner. The waiting runner for those teams who obviously aimed for course record, clear a way for themselves as soon as their team mate is on the home straight towards the change-over area, flying out of the area with a loud "make way" call as soon as they get the wristband. My personal concern was more basic – would I remember what the guy at number 2 look like? Unfortunately the Pompey group did not wear matching race tops, which would have it a lot easier for me to recognize my team of strangers.

Bless my good memory! With the wristband successfully handed over to me, I'm trotting out of the enclosure and on my way. To my surprise, the rest of the RUN4FUN team were waiting just outside the start area and wished me good luck with loud cheers and clapping! I'm on a high and running faster than what I meant to, therefore 2km (not mile!) saw me breathing hard. It was hot and I felt very unfit. Time come back to earth: I slowed down a bit, had a serious "this girl can" talk to myself, and started enjoying scenery – it's stunning! The sun was breaking through the clouds, making fairy lanes through the trees. The course very manageable with gentle slopes, the little lake with water lilies was perfect, the kilometer markers had motivational quotes, breathing calmed down, legs were working and I reached the half way mark feeling good. The one big hill is just after 5km where the disco van provides "oomph" to go. The rest of the course meanders through the woods and the last half mile snakes through the solo runners' campsite and to the exchange area. About 400m before the exchange area I realized that I have no idea what "Jackie" looks like! Rescuing some of the confusion, Kiernan was waiting instead to take the wristband from me. I've done my fastest 5miles on a cross country course in 4 years.

Back at camp: stretching, "shower" with wet wipes, change into clean clothes, have something to eat and drink, enjoying the GRR company, sleep for an hour then back to Camp Pompey for quick confirmation of next running leg time (and finally meeting the real Jackie). This was to be the modus operandi for the rest of the event – apart from meeting Jackie again of course.



The second lap was about 19h30. By now the sky has cleared more and it was a beautiful evening. I was looking forward to running again and planned on starting more sensible. The enclosure was again very entertaining, with the difference that the course record contenders were a little more aggressive in clearing their way out. The waterlilies on the lakes have closed by that time and nature was at peace. What I enjoyed most about lap 2 was the fairy lights around the trees in the woods between 6km and 7km. I handed over to the real Jackie with about a minute and a half slower than my starting lap. Repeat "back at camp" with a slightly longer sleep and a decent pot noodle dinner.

My next lap was due to be around 2am Sunday morning. I was secretly very worried about night running as I've never worn a head light before, let alone running with one, and my balance is dodgy even in the broadest daylight. Kiernan from Pompey lent me a head torch and made sure I knew how it worked and I was happy with how things are going so far. 01h30 saw me waiting in the enclosure. My legs felt a bit heavy but my mind was in overdrive on preparing for this lap... "go slow but please just go – and don't fall!"

With the course being the same, it was easier to break the lap down into sections. My aim was to keep my head still and focus on the light, get to 4km, read Muhammad Ali's quote 'Don't quit. Suffer now and live the rest of your life as a champion.' Then I'll be OK to tackle the hill after half way mark. Which is pretty much what I did – walking that hill part. The course was now marked with glow sticks, the marshal gazebos and disco van were illuminated with lights and the forest had more fairy lights, lifting the spirit, if not the legs. I even started to feel hardcore. Finishing this lap without incident I was elated!! ... and really impressed with my time. The verdict though is that running ahead of somebody with a “swinging style” made me feel like a hare being hunted. I had to suppress the urge to hide in the bush waiting for them to pass on the right. Time to attempt a real shower – if there's water! My problem Achilles hurt and I was tired.



Happiness is a hot Shower at 3 am-ish!!! 2 cups of Rooibos tea and a 2 hour sleep later it's porridge time. One more lap to go...how on earth would that be possible on such dead legs!? Back in the enclosure around 08h20. Bleary eyed, tight muscles, some short tempers and the course record contenders. RUN4FUN number 2 came in much later than expected, and I felt some pressure to get this lap done in a decent time, to enable Kiernan to get another lap in before the 12pm cut off. Lap 4 was mentally tough – getting tired, heavy legs to run took some talking to. The sun was out, the forest was humid, the fast runners were irritable, and the ultra-runners were more spaced out than ever. Thankfully the water lilies on the lake were now bright yellow and the snake through the solo camp to the finish was a line of cheering supporters. Success at the end – Kiernan has an hour to complete his lap, and he did another 2 laps in that time! The personal touch of the girl at the finish line, hanging the heaviest medal I own around my neck made all the tiredness disappear.

This was an experience I will not forget. My heart was properly Gosport Road Runner but my head (and legs) had to be in the Pompey camp. I got to know (and meet new) fellow Gosport Road Runners a little better. I met a whole group of people who also love running, and support their running club. Running for a team of strangers was one of the most self-motivating things I have done in a while – one does not want to be the “bad egg” so lift your heels and keep going woman! Solo endurance runners are a breed of

their own. Night running can make you feel crazy- at 6km I even flirted with the idea of doing the Endure24 as a solo runner in 2016! The body is resilient - if you can convince your mind and keep moving your legs you can Endure24.

Miranda



Meet Your New Cross Country Reps

My running journey began in 2012, I was new to the running scene but had always been fit and active working in the leisure industry for the past 10 years. I'm not afraid to admit it but in the build up to 2012 I was in a really dark place suffering with major depression and panic attacks. After many failed treatments I turned my attention to getting fit and wanted to start running. I started running on my own with my headphones in and I think many runners can agree, running for me is a form of meditation. I didn't need pills or therapy, for me running was treatment and it saved me.

As time went on I built myself up on my own towards the 10 mile mark and decided to enter my first half marathon, the Gosport Half Marathon. I entered it with a friend and didn't know what to expect. I was really nervous and I remember it being bloody freezing. I set off way too quick and got carried away with the moment. Whilst I was blowing out of my backside I remember the fantastic support from all the marshals, which carried me throughout the race. I also remember the amount of different club colours at the race, the greens, the blue and the funny coloured reds. Sorry Fareham Crusaders. For me that was the turning point and I wanted to be a part of a running club.

It took me a long time to build up the confidence to even contemplate going to a running night with the Gosport Road Runners. One cold wet Tuesday evening I plucked up the courage and put my running trainers on, jumped in the car and headed down the tennis club. I think I was actually more nervous than before the Gosport Half Marathon but I had a quiet word with myself and entered the club. I walked in to the club and it was a sea of florescent running jackets, woolly hats and gloves. I was definitely in the right place! I was welcomed in with open arms and guided in the direction of Alan Burges and Steve Cook. The friendly pair took me under their wing and we were off, straight out at 8-minute miles and loved every minute of it.

Jump forward a few years and many races and medals later. I managed to secure my club bronze award and hit my target of completing a marathon. Don't get me wrong I had a few setbacks but it was running that kept me going. As a result of my running I decided to fundraise for Mind- the mental health charity. Along my running journey I have met some amazing people and made some lifelong friends within the club.

Then I was introduced to the Cross-Country!! Wow what fun. Who wouldn't like running up big hills, getting covered in mud from head to toe and most importantly tucking in to some well-earned cake and coffee at the end of it with your teammates. For me personally the best part was hitting a big hill as hard as you can, some so big you were forced to walk. Then what goes up must come down. The down hills were the best, running as fast as you could dodging trees, big puddles and working your way through lots of mud. Most importantly doing it with your teammates beside you, what a crazy bunch.



I was super impressed with how well run the cross country was by both Kevin & Nikki. I looked up to both of them and they were excellent role models for the club and cross-country. What impressed me the most was the numbers at each cross-country. It was clear that both Kevin & Nikki put a lot of time and effort in to the organisation of the cross-country. I was sad to hear that they were stepping down as club captains especially after their huge success. I wish them both the very best in the future and hope they continue to run and enjoy the cross-country.

Adam & I decided to apply for the cross-country captaincy because we want the cross country to continue to grow and welcome all abilities. I feel we would be great role models for the club as well as inspire beginners and regular runners to partake in the cross-country season. It would be a great shame if all the hard work that Kevin & Nikki made was wasted. It would be an awesome opportunity if we could have all the Gosport Road Runners taking part in each cross-country event. A sea of yellow in this year's Southern cross-country league.

It will be a great pleasure working alongside Adam Walters as joint cross-country captains. We hope that you can join us this year in your cross-country Gosport Road Runner colours for a great seasons running.

We look forward to seeing you all in October.

Bring on the mud!!!

Terry Arnott

Hi GRRS my name is Adam Walters and I am one of your new joint cross country captains working along Terry Arnott. For anyone who doesn't know me, I have been a member of GRR for just over two years now, and have been running since 2011.

When I joined GRR someone suggested to come along and run the cross country at Staunton Country park that weekend. I was a little apprehensive but after my first muddy race I was hooked, and then went on to run all seven races last season.

The reason I stood for cross country captain is that I have a great passion for running and enjoy the challenge of cross country. I Hope my passion rubs off on fellow GRRs and can build great teams for next season. My advice to anyone who is thinking of trying cross country, is give it a go, it's for all abilities and will put a smile on your face and give you an immense sense of achievement. Me and Terry look forward to seeing you all next season.

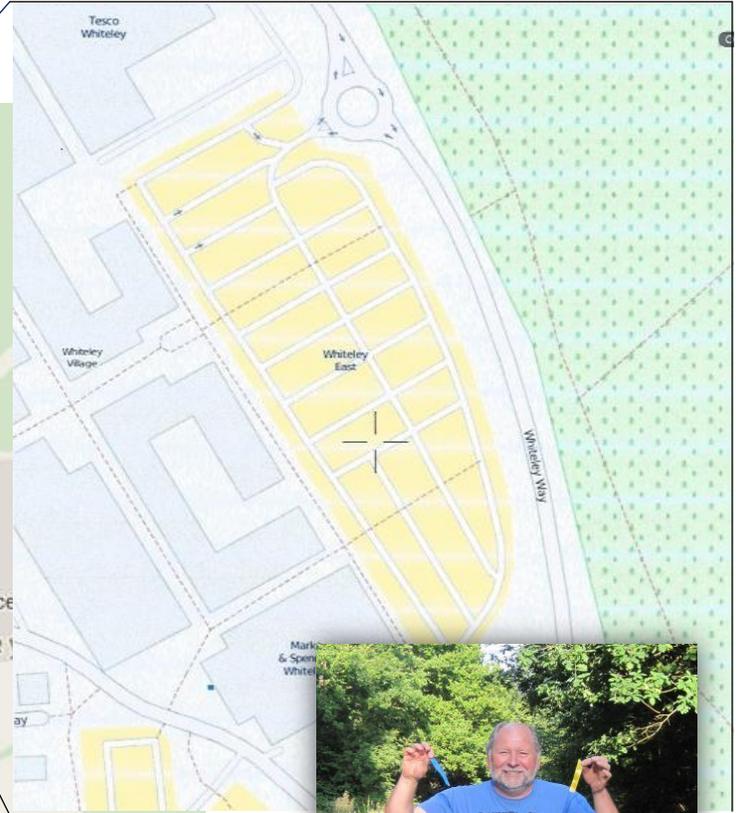
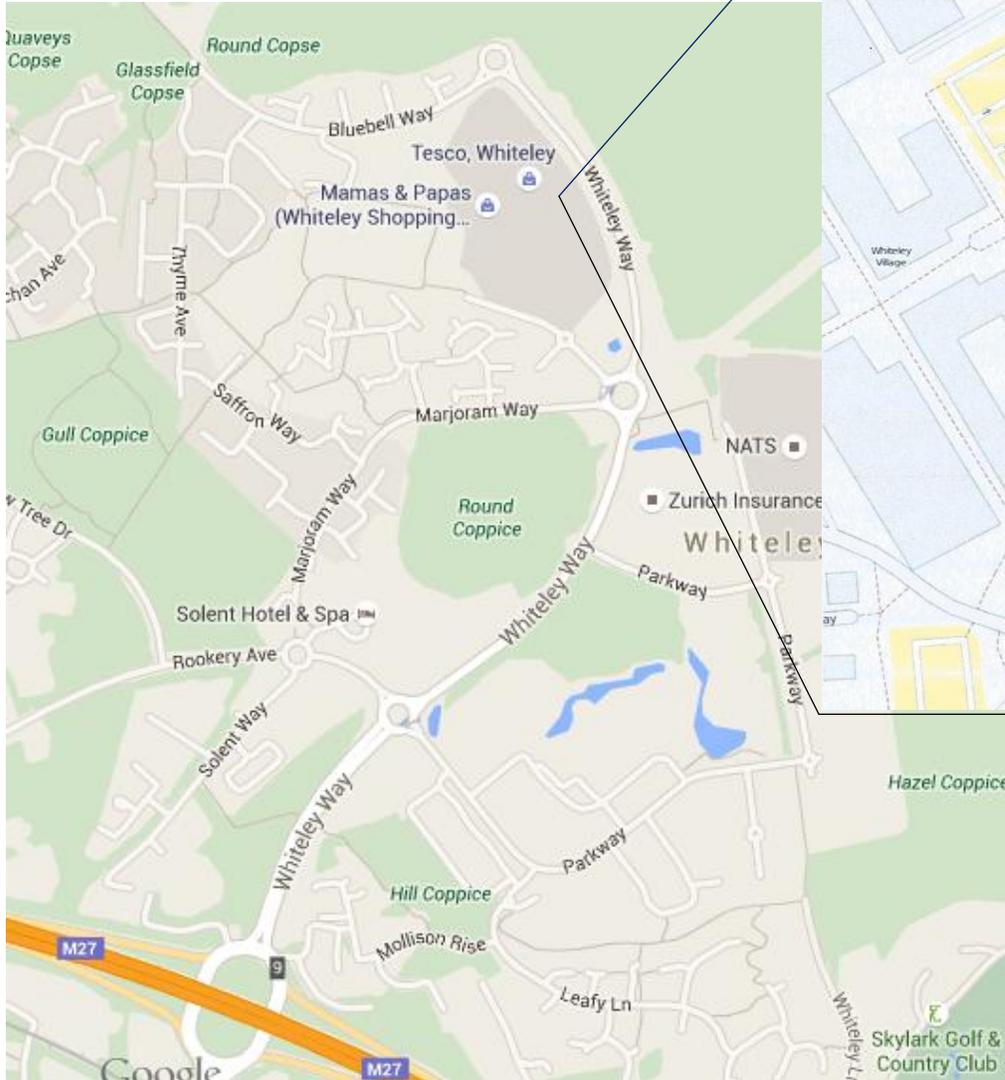
Adam Walters



The Annual "HASH"

This year's annual "HASH" will be held on **Thursday 9th July** with a **7pm start** (from the East car park at Whitely shopping centre, near Starbucks and The Harvester). Gary Francis, Andrea Edwards & Dave Croft have been beavering away on your behalf and have come up with a 4-ish mile route that will intrigue and excite you (and may even get you a little bit lost).

The Map below shows the general area, Start & Parking:



As is traditional that the club does **not** hold any other activity on that particular evening and the Clubhouse **will be closed**.

"DOUBLE YELLOW" - For those of you who haven't tried this before, I won't spoil the surprise for you but I will promise you that it's the most fun you will ever have in the woods, with a bunch of friends, some mud (hopefully) and some pieces of coloured sticky tape! Gary will explain all on the night.....



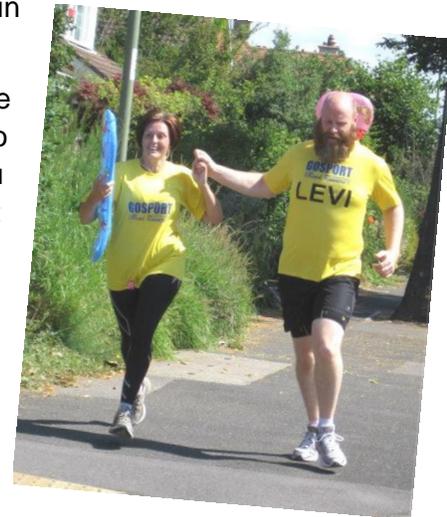
Summer Relay & BBQ:

It has been confirmed that this year's summer relay and family BBQ will be held on **Saturday 4th July** with an **11am** start time. For those who haven't taken part in this before, it is a fun (albeit sometimes competitive) relay race with legs of no longer than 2 or 3 miles. Teams are arranged equally so that each team has an equal number of similar paced runners (or if your team has a very fast runner you are likely to also one of the not so fast runners too).



The organisers tend to try and add a bit of fun to the event too by making each team run whilst carrying or wearing something unusual (in the past there have been rugby balls, foam swords, bubble wands, inflatable toys, Olympic torches, oversized bras, etc....) which all adds to the fun of the event.

This is a family event with a BBQ held at the Clubhouse afterwards so you are welcome to take along the other half and the kids if you so wish. The Club will provide BBQ stuff but feel free to bring extras (salad, crisps etc) and pudding!!



Lee on Solent Park Run:



Don't forget to come down and support the inaugural Lee-on-Solent Park Run on **Saturday 4th July** at **9am**. Auz has put a huge amount of effort into getting this event started and it would be great to have a mass of yellow there to show our support for this FREE local event.



Membership Update

Thank you to everyone who has renewed their membership, please note that after the end of June anyone who has not renewed their membership will no longer be recorded as a member of GRR.

This month we welcome Katrina Jurd to the club.

If you need any information about club membership please or see me on a club night or e-mail me at: membership@gosportroadrunners.org.uk.

Thanks,

Jo Harvey

Membership Secretary

Club Kit:

For all you new members who are wondering where you can buy official Club Kit, a full range is available to purchase at Absolute Running on Stoke Road. Full details and prices are also available at:

www.absolute-running.co.uk/gosportroadrunners



GRR Website:

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

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list. <http://www.gosportroadrunners.org.uk/>



GRR and Social Media:



The Club's Facebook page currently has 224 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc. Follow this link to see what's going on:

<http://www.facebook.com/groups/27301329294/>

For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following @gosportrr on www.twitter.com

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.

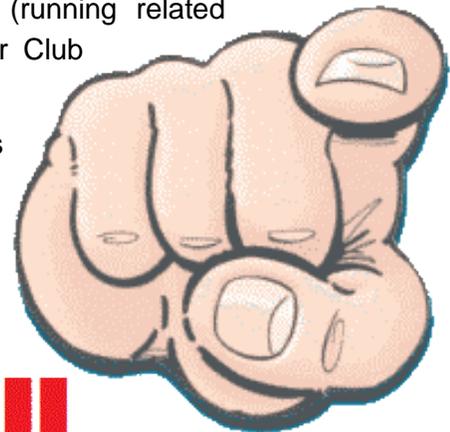


Newsletter Contributions:

If anybody has anything that they would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net



YOUR NEWSLETTER NEEDS YOU.....



I couldn't issue this month's newsletter without mentioning Gary Francis. Gary made the local press this month after he was awarded the British Empire Medal for services to the community in Gosport in the Queen's birthday honours list 2015. Gary has raised more than £50,000 in six years for Gosport-based charities and his dedication to the local community was also rewarded when he was named Citizen of the Year in 2013.

Massive congratulations to Gary and I'm sure you will all agree..... this is thoroughly deserved.

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER

July 2015

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Chairman's Corner

Dear GRRs,

With a (mainly) sunny & warm July, I hope you enjoyed this months club events. A highly successful relay and BBQ at the start of the month followed by fun Hash run in the dark, wild woods around Whitely. The latter provided the usual opportunities for GRRs to develop woodland survival skills since, and I think this might have been a first, we managed to lose not just small numbers of runners but on at least one occasion around 1/3rd of the entire group. What was especially concerning that some partners were not the first to notice that their husbands/wives were no longer visible! However, a big thank you to all the Club stalwarts who put their time and effort into setting these events up and making them a success. If you would like to volunteer to run an event (Out of Town etc) then just shout.

At the committee meeting we held a review of the Club constitution and will be holding these as draft pending a formal vote at the April 16 AGM. We spent some time trying to bring the document up to date but also ensuring that it properly reflect the club spirit. It was Adam Walter's first committee meeting as the job-share x-country captain (with Terry Arnott) so we went through the normal indoctrination routine (if you want to know more ask Adam). We also reviewed some sample trophies for award at the bash in Jan 2016 but decided that they weren't quite up to standard so will be looking at an alternative supplier. We also agreed to go ahead with a kit sharing collaboration with Victory AC in Portsmouth.

Of course July was also the start of what has proved to be the biggest running development in the area for many a year - Lee on Solent Park Run. With around 430 runners on the first event, this was the second biggest inaugural run in the Northern hemisphere in the history of Park Run! At each run since, it has hosted in excess of 200 runners. This is a fantastic result and it has been great to see so many GRRs supporting as marshals or organisers. It is this spirit that makes the club great - so a big thank you to all those members who have given of their own time to do so. And of course seeing so many Yellow & Blues out running the course is excellent.

The club also donated £300 to Lee Park Run to fund essential equipment such as a megaphone etc and the Event Director has written a Thank You letter which you can read later in this newsletter.

With 207 members we continue to have a thriving running community that welcomes runners of all levels. Thank you for your support.

Giles Cowling





Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Saturday 4th July 2015

Dartford Midnight Marathon

Position	Name	Chip Time
39	Ben Jarvis	03:50:14

Sunday 5th July 2015

Summer Plod – 21 miles

Position	Name	Chip Time
45	Darren Eynon	04:09:04

Summer Plod – 6.5 miles

Position	Name	Chip Time
14	Anthony Dew	00:55:01
31	Chris Nation	01:14:09



Sunday 12th July 2015

New Forest 10 mile

Position	Name	Chip Time
68	Richard Oakes	01:06:13
83	Kevin White	01:07:25
103	Luke Willis	01:09:06
110	Terry Arnott	01:09:22
370	Lee Westwood	01:22:28
372	Martyn Barnes	01:22:32
373	Gillian Dowling	01:22:33
399	Anthony Dew	01:24:05
440	Kirsten Maw	01:26:19
550	Amber Schothorst	01:30:59
588	Keith Elshaw	01:33:39
589	Angela Elshaw	01:33:41
592	Sharon Clutton	01:33:56
619	Andrew Hopkins	01:35:17
632	Kerry Arnott	01:36:02
638	Peter Robinson	01:36:23
660	Miranda Carrick	01:37:38

Position	Name	Chip Time
655	Debra Talbert	01:37:27
657	David Brace	01:37:28
676	Adam Walters	01:38:57
715	Chris Nation	01:42:13
792	Joanne Hopkins	01:49:38
795	Terry Ash	01:49:48
796	Mary Ash	01:49:48
794	Johanna Ross	01:49:44
827	Tania Bernice	01:55:06
830	Stephen Cawte	01:55:51
833	Emily Dodds	01:56:31
839	Nikki Leech	01:56:47
838	Ashley May Bradshaw	01:56:47
843	Sue Tingley	01:56:57
844	Susan Barker	01:56:57
845	Sarah Down	01:57:19



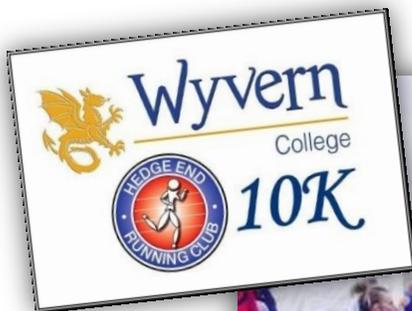
Sunday 12th July 2015

Wyvern 10k

Position	Name	Chip Time
12	Chris Buxton	00:38:16
79	Ian Pugh	00:44:34
85	Colin Gardner	00:44:56
94	Nick Carter	00:45:28
140	John Barrett	00:48:25
151	Jenny Shilling	00:48:56
188	Peter Lindley	00:51:08
197	Lloyd Durham	00:51:29
293	Zoe Perrin	00:56:18
349	Kim Carter	00:59:44
393	Janet Lindley	01:02:44



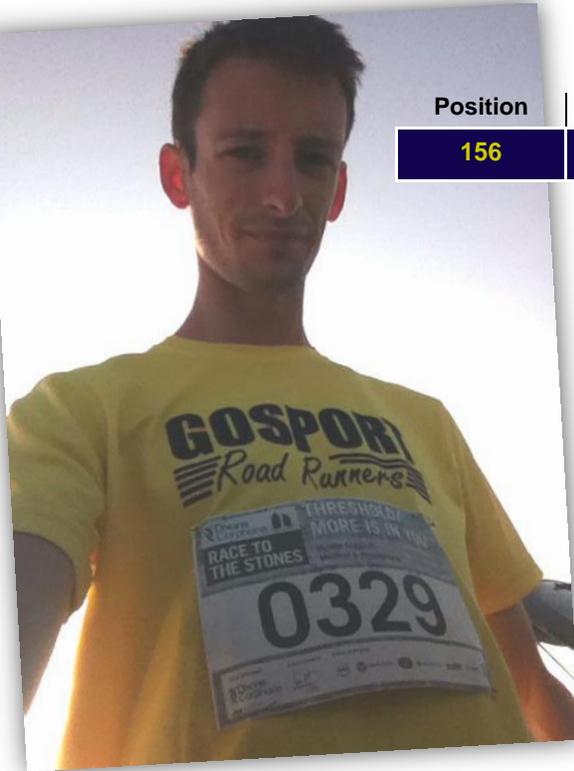
Well done to Jenny Shilling who came first in her age group at the Wyvern 10k



Sunday 12th July 2015

Race to the Stones 100k

Position	Name	Chip Time
156	Rob Byrne	13:20:49



Saturday 18th July 2015

Dorset Invader Marathon

Position	Name	Chip Time
-	Lisa Hennen	05:30:37



Sunday 26th July 2015

North Wales 1/2 Marathon

Position	Name	Chip Time
228	Lisa Hennen	02:05:51



Tuesday 14th July 2015

Absolute Running – Gosport Summer 5k Series

Position	Name	Chip Time
11	Terry Arnott	00:19:21
12	Kev White	00:19:24
14	Dan Belben	00:19:28
25	Bryn Whitehouse	00:20:55
48	Darren Eynon	00:22:48
49	Lee Westwood	00:23:06
53	Gill Dowling	00:23:28
59	Harry Carter	00:24:04
62	John Barrett	00:24:17
65	Tracey Wales	00:24:40
66	Loyd Durham	00:24:41
69	Kirsten Maw	00:24:54
74	Colin Middleton	00:25:12
82	Steven Silverlock	00:26:03
83	Zoe Perrin	00:26:16
85	Andy Hopkins	00:26:41
86	Catherine Stock	00:27:07
90	Maree O'Rourke	00:27:27
91	David Brace	00:27:28
94	Debra Talbert	00:28:01

Position	Name	Chip Time
95	Peter Robinson	00:28:04
103	Adam Walters	00:28:44
104	Joanne Hopkins	00:28:50
105	Amber Schothorst	00:28:51
112	Andrea Ridley	00:29:17
113	Johanna Ross	00:29:18
117	Caroline Oakes	00:29:47
119	Sarah Bishop	00:30:00
120	Katrina Jurd	00:30:00
122	Nicola Denton	00:30:36
124	Jenner Moore	00:31:37
125	Aaron Moore	00:31:38
127	Laura Grubb	00:32:09
128	Kerry Down	00:32:09
131	Alix Horne	00:32:35
132	Ashley Bradshaw	00:33:00
133	Laura Bishop	00:33:14
141	Jennifer Kelman	00:35:22
144	Natalie Bennett	00:40:15
146	Cheryl Teesdale	00:40:16



The remaining races in this series are:

Race 3 - Tuesday 11th August – 7:30pm

Race 4 - Tuesday 8th September – 7:30pm

Location: Stokes Bay Road, close to the Bayside Cabin Cafe

Includes: Children's 1k sprint at each race at 7.15.

You can find out more about these races, and enter online,
by following the link below:

<http://www.nice-work.org.uk/events.php?id=156>



Results Co-ordinator

Race Results

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

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

Result of the Month

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

This month, my "Result of the Month" goes to... Susan Barker for her first ever 10 mile race. Susan has been a member of GRR for over seven years but had never run anything further than 10K. Her time of 1:56:57 at the New Forest Ten was well inside her target time of under 2 hours. Well done Susan, and well done to Sue Tingley who ran with her.

Thanks.....



Brian Fisher - Results Co-ordinator

Brian Fisher

Please email you results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



Tuesday 7th July 2015



Club 10k Time Trial

Pos	Name	Time
1	Chris Buxton	39:01
2	Richard Oakes	40:27
3	Jason Grygeil	40:58
4	Rob Byrne	41:18
5	Dan Belben	41:32
6	Luke Willis	42:37
7	Andy Johnson	43:39
8	Nick Carter	44:56
9	Bryan Whitehouse	46:11
10	Lee Cabbage	46:18
11	Colin Gardner	46:30
12	Ian Pugh	47:07
13	Josh Belben	47:18
14	Kev White	47:24
15	Lee Westwood	PB 49:04
16	Terry Moore	49:20
17	Brian Fisher	49:27
18	Gill Dowling	PB 49:44
19	Dave Little	50:00
20	Tracy Wales	50:09
21	Kirsten Maw	51:38

Pos	Name	Time
22	Rachel Davies	52:01
23	Pete Lindley	52:10
24	Jenny Shilling	52:19
25	Ben Jarvis	52:20
26	Mike Stares	52:25
27	Gavan Green	1 st 10k 52:59
28	Colin Middleton	54:16
29	Yvette Eastman	54:37
30	Mike Kearney	56:49
31	Steve Silverlock	1 st 10k 57:11
32	Cath Stock	1 st 10k 57:13
33	Kerry Arnott	58:03
34	Terry Arnott	58:04
35	Peter Robinson	1 st 10k 58:06
36	Levi Hughes	59:52
37	Debra Talbert	PB 60:05
38	Adam Walters	60:42

Pos	Name	Time
39	David Wright	1 st 10k 60:50
40	Miranda Carrick	61:06
41	Nicky Edgar	61:54
42	Nicky Penton	1 st 10k 61:57
43	Jenner Moore	61:58
44	John Jeffs	62:52
45	Kate Smyth	63:04
46	Christine Nation	63:17
47	Deborah Birch	63:48
48	Amber Schothorst	65:31
49	Kim Carter	65:32
50	Tracy Moran	1 st 10k 65:32
51	Caroline Oakes	66:03
52	Joanne Hopkins	66:03
53	Ash Bradshaw	70:51
54	Jenny Kelman	1 st 10k 76:10
55	Carol Dyer	1 st 10k 76:12

That strong wind must have been very difficult especially at the start, when it was head on all along the Esplanade, probably contributing to the small number of PB's this month. Great turn out though, with 55 participants, 11 supporters and officials.

Thanks as always go out to our officials: Liz Redpath (Starter/ timer), Janet Lindley (backup timer), Gary Francis (Recorder), Dave Kirby (numbers). Supporters: Giles Cowling, Terry Weston, Dave Croft, Ken Eaden, Sid Smith, Nikki White and Karen Middleton. There was even CAKE at the finish!!

Dave Croft

parkrun is for everyone



The following are the Club member's park run results from the last month.

4th July 2015

Lee on Solent

- 430 participants completed the run.

Pos	Name	Time
6	Chris Buxton	00:18:03
17	Terry Arnott	00:19:20
21	Kev White	00:19:30
25	Dan Belben	00:19:45
34	Luke Willis	00:20:19
48	Bryn Whitehouse	00:21:11
60	Ben Wales	00:21:40
67	Paul Williams	00:21:52
91	Terry Moore	00:22:53
99	Colin Gardner	00:23:16
100	Paul Taylor	00:23:19
104	Lee Westwood	00:23:22
109	Martyn Barnes	00:23:38
113	Nick MacBeath	00:23:45
118	Gavan Greene	00:24:02
126	Tracey Wales	00:24:24

Pos	Name	Time
129	Jenny Shilling	00:24:31
143	David Croft	00:25:08
144	John Barrett	00:25:10
146	Colin Middleton	00:25:12
150	Peter Lindley	00:25:17
223	Peter Robinson	00:27:56
225	Debra Talbert	00:27:59
246	Victoria Gorton	00:28:50
262	Michael Barker	00:29:32
265	Mike Battersby	00:29:35
271	Karen Phillips	00:29:52
277	David Brace	00:30:06
289	Miranda Carrick	00:30:25
291	Jo Harvey	00:30:29
297	Eric MacGurk	00:30:45

Pos	Name	Time
298	Johanna Ross	00:30:47
299	Joanne McBride	00:30:48
301	Joanne Hopkins	00:30:50
305	Steve Wise	00:31:02
330	Alan Burgess	00:31:53
338	Ethan Lazerblade Barrett	00:32:08
340	Christine Nation	00:32:13
343	Karen Nichols	00:32:21
342	Susan Barrett	00:32:21
349	Janet Lindley	00:32:32
376	Dee Upshall	00:33:44
380	Susan Barker	00:34:15
423	Amber Schothorst	00:44:49
428	Rachel Gee	00:52:18
429	Austin Gray	00:52:20

parkrun is for everyone



11th July 2015

Lee on Solent

- *249 participants completed the run.*

Pos	Name	Time
6	Jayson Grygiel	00:19:35
13	Terry Arnott	00:20:33
16	Kev White	00:20:45
26	Paul Williams	00:21:24
33	Ben Wales	00:21:46
35	Austin Gray	00:22:01
36	Alan Burgess	00:22:10
44	Terry Moore	00:23:02
48	Tim Durant	00:23:26

Pos	Name	Time
70	Eric MacGurk	00:24:40
73	David Croft	00:24:45
100	Levi Hughes	00:27:00
103	Lee Westwood	00:27:12
102	Brian Fisher	00:27:12
104	Kevin Robinson	00:27:18
109	Maree Louise O'Rourke	00:27:35
112	Rachel Gee	00:27:44

Pos	Name	Time
131	David Walters	00:28:41
158	Miranda Carrick	00:30:02
166	Sarah Bishop	00:30:34
175	Jamie MacBeath	00:31:17
176	Nick MacBeath	00:31:18
196	John Barrett	00:32:41
195	Ethan Lazerblade Barrett	00:32:41
209	Peter Brown	00:34:39

18th July 2015

Lee on Solent

- *219 participants completed the run.*

Pos	Name	Time
5	Dan Belben	00:19:21
9	Jayson Grygiel	00:19:31
31	Auz Gray	00:21:17
32	Ben Wales	00:21:18
38	Alan Burgess	00:22:09
44	Martyn Rowell	00:22:33
45	Lee Westwood	00:22:37
53	Ben Jarvis	00:23:05
58	Nick MacBeath	00:23:30

Pos	Name	Time
65	David Croft	00:23:59
69	Kev White	00:24:11
106	Adam Walters	00:27:32
115	Mike Battersby	00:28:07
125	Joanne Hopkins	00:28:45
124	Andrew Hopkins	00:28:45
152	Levi Hughes	00:30:18
155	James Heath	00:30:28
165	Janet Lindley	00:31:38

Pos	Name	Time
166	Peter Lindley	00:31:39
183	Dee Upshall	00:33:57
189	Karen Middleton	00:34:46
203	Katie Hewitt	00:37:54
204	Peter Hewitt	00:37:55
216	Ethan Lazerblade Barrett	00:42:35
217	Rachel Gee	00:42:35
218	Susan Barrett	00:42:00

25th July 2015

Lee on Solent

- *274 participants completed the run.*

Pos	Name	Time
4	Chris Buxton	00:18:25
13	Terry Arnott	00:19:29
15	Jayson Grygiel	00:19:33
16	Dan Belben	00:19:35
18	Luke Willis	00:19:43
47	Ben Wales	00:21:32
58	Ian Pugh	00:22:07
59	Ben Jarvis	00:22:18
60	Lee Westwood	00:22:22
62	Alan Burgess	00:22:26

Pos	Name	Time
75	Martyn Barnes	00:23:24
79	Amanda Holloway	00:23:48
80	Kev White	00:23:49
86	Phil Beed	00:24:15
88	David Croft	00:24:22
92	Jenny Shilling	00:24:29
122	Nikki White	00:26:23
145	Auz Gray	00:27:29
150	Rachel Gee	00:27:35

Pos	Name	Time
161	Elizabeth Elshaw	00:28:02
169	Victoria Gorton	00:28:20
185	Michael Barker	00:29:12
190	Ethan Lazerblade Barrett	00:30:08
191	John Barrett	00:30:09
227	Susan Barker	00:34:16
230	Dee Upshall	00:34:35
269	Miles Pritchard	00:43:58
274	Keith Elshaw	00:46:47



11th July 2015

Telford

276 participants completed the run.

Position	Name	Gun Time
66	Phil Beed	00:24:04

18th July 2015

Netley Abbey

305 participants completed the run.

Position	Name	Gun Time
132	Brian Fisher	00:26:48



Hello Mr Chairman (Gosport Road Runners),

I have been meaning to write to you over the last few weeks, but as you can imagine the last month has been very hectic for us.

Your significant contribution has allowed us to purchase some of the necessary items not included within the parkrun general kit. In particular, we have bought a megaphone, 4 radios and a weatherproof pad. When your runners see these items in use they will know that this is solely down to the generosity of your wonderful running club.

To date, this is the only donation received, so you can see what an impact it has given us to prepare more strongly. In looking at contribution levels normally passed on to any given parkrun location, £300.00 is on a magnitude far beyond most.

On behalf of the Core team at Lee-on-the-Solent parkrun, we are sincerely in your debt with your much needed financial gift. When we are more established perhaps your running club would like to take on the opportunity of running the event for the day? We would obviously support you in anyway necessary, but if this is of interest to you, we would welcome it.

Kind Regards

Gary Heather

Event Director

Lee-on-the-Solent parkrun

GOSPORT
Half Marathon

This year, is our 30th anniversary of hosting the Gosport Half Marathon, (in 1985 it was a Marathon!), so many congratulations to all our members, past and present who have willingly supported the race over all these years. It's really something to be proud of. It seems that as existing members leave the club, and new ones join, our enthusiasm for the race never wanes. Indeed, many of our marshals are past members who come

back every year to support the race.

My first year on the race committee has been a real eye opener into just how much goes in to organising our event, that we willingly accept constructive criticism (except from people who complain about the weather, or the directions to the parking!), are open to change, and try to adopt best practices from other races.

Last year we had a new course, which proved in general to be very successful, and well received by the runners. We have listened to the comments from the runners, the section leaders and our marshals, so this year there will be some new features!.... Next newsletter I will give you the lowdown!

As many of you know I have/am in the process of taking over from Mike Barker, whom I wish to thank both from myself and the rest of the half marathon committee, for the amazing amount of work he has tirelessly done on our behalf. It really is a case of if Mike didn't do his job, the race would not go ahead,.....Gulp, no pressure then! and I hope he doesn't decide to leave Gosport, as I think I may still need help!

Thanks to everyone involved last year, as usual a fantastic effort, which is well rewarded by our donating to local good causes. Every year after the half marathon, we as a club donate money to local good causes. This year, after much deliberating at the committee meeting, we have donated £5,800 to the following....

Kerry

Good Causes Donations

Brockhurst Infant School - Nominated by Lizzie Elshaw.

The donation of £500 will be used to buy good quality goals and nets for the children to practice their football skills at playtime and lunchtime.

The response from the school is that the children are very excited and can't wait to start playing again. The goals that the school usually purchase are not of a very good quality, and their budget doesn't normally stretch to replacing them. Our donation for this purchase will enable the children to pursue their interests outside of the classroom, and help them to develop skills in hand-eye coordination, team work, diplomacy and to keep them engaged during free time.

The photo shows Karen Middleton, in her GRR t-shirt presenting the cheque, along with some of the pupils.



Hampshire Search and Rescue Dogs - Nominated by Sarette Martin.

We donated £250 to this team - The money will be used to purchase something dog related! Chairman and Operations Officer Kev Saunders will be deciding exactly what. Everyone on the team is a volunteer and the dogs are the volunteers' pets. No government funding is received, so the team rely on donations and sponsorship to equip the members and their dogs.

Hampshire Search and Rescue Dogs are called out by the police and or coastguard to look for missing vulnerable people, usually young people, those with mental health issues, or the elderly (often with dementia). The dogs are air scenting search dogs. They are trained to sniff out people, to come back to the handler and alert (a bark, sit or jump), and then to lead the handler back to the person.

All operational members are on call 24hrs a day 365 days a year, in all weathers. The team belongs to the Association of Lowland Search and Rescue - similar to mountain rescue, but on the flatter bits!

The team train twice a week, at locations all over the county. Closest locations to us are Woodend (Bere Forest), Creech Wood in Denmead, and Havant Thicket.

Hampshire Search and Rescue Dogs are always looking for new volunteers, so if you fancy helping to train the dogs by hiding in the woodlands so they can sniff you out, visit www.hsardogs.org.uk.



The photo shows 3 dogs L-R....Bentley, Wilson and Zak, along with team members.

Zak is a qualified level 3 (area) search dog, which means he's passed a national assessment to find 3 bodies hidden in 50 acres of woodland in 90 minutes.

Bentley and Wilson are level 1 dogs-trainees.

Solent Multiple Sclerosis Therapy Centre - Nominated by Miles Pritchard.

We donated £1,000 to this cause - This charity provides hyperbaric oxygen treatment to patients, as well as physiotherapy and massage. All donations help maintain the centre as they have a fundraising target of £80,000 per year. The hyperbaric oxygen chamber needs updating and the cost of oxygen is expensive. The charity heavily subsidises all treatments for patients. The benefits and support this centre provides for patients is immense.

Here is our Miles Pritchard presenting the cheque.

Anyone wishing to donate, or find out more about this centre in Northend, Portsmouth can look at the website, www.smstherapycentre.org.uk



Friends of Paediatric intensive care unit (PICU) at Southampton University Hospital - Nominated by Adam Walters.



We donated £750 to this good cause - PICU is where critically ill children from newborn to 17 years of age are admitted. They are cared for on a 1:1 basis 24 hours a day. They have 14 beds and over 900 admissions a year. The Friends of PICU were set up in 2006 by nursing staff and parents of children cared for at the unit, they support the children and their families by providing vital equipment and services not normally provided by the statutory authorities.

Here are our Jenny Shilling and Adam Walters presenting the cheque to Ian Macintosh (Director of PICU), along with Rosie Mitchell, part of the nursing staff, and Robyn Sargeant with baby Logan. Robyn's daughter Sydney was cared for at the unit last year,

sadly died, and Robyn has been raising money for the unit.

Each piece of equipment costs £25,000, and Robyn so far has raised £15,862 towards one. Our donation will be put towards buying a Giraffe Baby Warmer.

Mayor of Gosport's chosen charities.

We donated £1,000 - Each year as a club we donate money to the Mayor of Gosport for him to allocate to charities he has chosen to support. This year Mayor, Councillor Keith Gill is supporting The Rowans Hospice and the Accommodation Resource Centre (Two Saints) based on Forton Road. The donations will be split between the two charities.

Here are our Jenny Shilling, Janet Lindley, and Pete Lindley presenting the cheque to the Mayor and Mayoress of Gosport.



Gosport FC - Nominated by Nick MacBeath.

We donated £500 to this cause - Gosport FC is a Charter Standard Community club in Gosport. They have 22 teams with age range spanning 5 years to adult. Nick's son Jamie plays for the under 11's. Each team is responsible for raising funds to cover the cost of kits, rain coats, hoodies etc. The under 11's were desperately in need of new kit. Quite a lot of the cost was raised by all of the under 11's team taking part in the Gosport Half fun run. Except for Jamie MacBeath, who was helping marshal the main event (thanks Jamie!). Our donation will go towards the new under 11s kit.

Here is our Nick MacBeath with the team, and son Jamie (front row-orange top).



Gosport Memory Cafe (Alzheimer's Society) nominated by Pete Hewitt

We donated £400 to this cause - The Gosport Memory Cafe, at Christ Church Parish Centre, Stoke Road, enables people with dementia, and their carers to meet in a relaxed social setting over lunch, on the third Tuesday of every month. They provide information and support which enables people to make informed decisions to plan their own lives with dignity, control and choice. The cafe provides a regular meeting place for people living with dementia, and their carers, to share their experience with others.

Dave Parry, Customer Care Assistant has said our gratefully received donation will be used in the Hampshire, Isle of Wight and Channel Islands locality, which funds the Gosport Memory Cafe.

Pat Hewitt, Lead Volunteer Fundraiser added "Could you please thank everyone involved at your club, not only the members who ran the half marathon, but also the people behind the scenes who organised it."

Here is our Pete Hewitt, presenting the cheque to Pat Hewitt!



Motiv8 - Nominated by Jo McBride

We donated £400 to this cause - Motiv8 work with young people at risk of offending, or anti-social behaviour, which involves 1:2:1 support, building relationships to enable them to change behaviour and attitude, improve confidence, and raise aspiration. Young people become more involved with their community, improve family relationships, and offending and anti-social behaviour is reduced.

Motiv8 express their thanks for our kind and generous cheque which will give a great boost to their work with young people in Gosport and Fareham area. These are particularly challenging times for charities so our donation makes a real difference.

Anyone keen to be shown around their Toronto Place venue would be most welcome, the manager, Kirsty Cremer has offered. Phone 02392525026.

Here is our Jo McBride presenting the cheque, along with her son George (centre- pale blue t-shirt), who has benefitted from the services offered.



Countess Mountbatten Hospice Charity - Nominated by Deborah Birch.

We donated £1,000 in memory of GRR member George Watson, who sadly lost his battle with Cancer.

The hospice relies on donations to the charity to make a significant contribution to its running costs. Things they fund include extra nursing, services for day care patients, new and improved equipment, complementary therapies, volunteer drivers, and the upkeep of the gardens which are so appreciated by the patients and staff at the hospice.

The Countess Mountbatten Hospice supports over 3,000 people a year affected by life limiting illnesses. In addition to funding received from the NHS, the charity contributes approximately £1,000,000 a year to the hospice.

As a Committee we felt it was important to donate to such a worthy cause, and a way of remembering the lovely George Watson, who was a true gentleman, and an enthusiastic runner, especially during Gary's speed training sessions.

The photo shows our Deborah Birch presenting the cheque to Ruth Anderson, of the charity.

Along with our Denise Francis and Mike Barker is George's widow, Jean Watson, holding a photo of George. The Countess Mountbatten Hospice Charity were thrilled with the donation, and felt it was truly fantastic to have our support.



Getting to Know You

Adam Walters – Joint Cross-Country Captain

Who are you and what do you do?

My Name is Adam Walters born and bred in Gosport where I live with my Fiancée Laura. I am a MOD Civil servant and have been for nearly 16 years. I currently work at Queen Alexandra Providing Admin Support to the Military Medics working in the Hospital.

How long have you been running for and why did you start?

I first ran when was at secondary school doing cross country but didn't really enjoy as was more into my football at the time so didn't really pursue any further. Like most teenagers aged 18 onwards you then discover the joys of getting drunk at the Pub at the weekend eating Kebabs etc and this soon was more appealing than any exercise I did during this period but did play a lot of five a side football which helped keep the fitness levels up somewhat.

Back in 2010 was driving in my car and heard an advert for the great south run and starting thinking I would love to be able to run this I then started going out for little runs here and there and realised how addictive running really was I then took the plunge and signed up for the Great South Run in 2011 the idea of running 10 miles was very daunting and still find it a challenge today but I trained in all weather conditions and got excellent encouragement from my military colleagues and friends to improve my running which really helped. I went to complete the Great south Run that year in a respectable time I decided to sign up again the following year where I loved it so much I had really caught the running bug and it really hasn't disappeared since. The main reason I started running was too improve my fitness levels and still do for this reason to this day as well doing something I enjoy in the meantime.

How long have you been a member of the Club?

I have been a member of Gosport Road Runners since October 2013 and it was honestly one of the best decisions I have made in years and have never looked back and try to attend club regularly where I can and have made some great friends since joining and was made very welcome from the first time in going by the Men and Female captains Ray and Sue. Most recently I have been made the Joint Cross Country Captain where I will be working along Terry Arnott and very much looking forward to the new cross country season which starts in October.



What do you most like about being a GRR?

What's not to like about GRR the club is fab. Everyone is so encouraging and really supportive to all club members. Another thing I love about GRR is that there are different levels of runner but everyone is treated the same whether you run a 6 minute mile or 12 minute mile. Before joining GRR I used prefer running on my own but since joining the club I have got really got used to running in a group and it becomes a bit of social event instead of a run making running so enjoyable and miss it when I can make a club night. Also being in Gosport some of the routes are fabulous along the seafront particularly in the summer months as well as the monthly Out of Town runs in The Summer.

What are your running ambitions?

My initial running ambition was to run and enjoy it at the same time which I do in copious amounts but my aims changed slightly when joining GRR which was to run a Half Marathon which I did at Ealing in September which is the run I'm most proud of to this date. Since then suppose my next ambition is to just keep improving and get my times down. A long term running ambition of mine would be to one day run a full Marathon but feel I am a way off this but never say never. As long I keep enjoying running I will be happy.

What is your favourite / least favourite runs, and why?

My favourite run I have done to date would have to be the Bournemouth Half Marathon in October 2014 I loved the seafront route with fantastic views and the weather was fantastic from start to finish not so sure the run would have been so nice if the weather had been bad. Another run I really enjoy is the Great South Run as the route is flat and has fab support all the way around by the local people (even though didn't enjoy it so much in 2014 as I fell over at mile 3 and ripped my knee open which really knocked my running confidence for a while).

My two least favourite runs to date would have to be the Netley 10K due to the fact its three laps of a country park and found it a little boring and the D-Day 10k which was also laps of car park on one of the hottest days of the years I found this quite sole destroying and energy zapping. I also find Cross Country very challenging and definitely enjoy some routes more than others but nothing better really than a nice muddy hilly run on a cold wet winters morning but also something I would recommend to any runner who wants to try something different.

Tell us an interesting fact about yourself.

My main passion is football as well as being a Liverpool supporter (I know don't diss me they used to be good when I was young boy). When I was aged 15 I decided to undertake a football referees course which I passed with flying colours I went on to ref one game and I hated it due to the fact I would rather be playing than refereeing.



Brilliant, thanks Adam....

I'm going to need some volunteers if I'm going to do some more of these so don't be shy..... Let me know if you're interested, either by email (nick@macbeath.net) or catch me at the Club one night.

Midnight Marathon

(By Ben Jarvis)

Saturday 4th July 2015. Independence day if your american, but for me it was a busy day. The first lee on solent parkrun, the gosport road runner barbeque and relay and my 6th marathon, the dartford midnight marathon.

Started the day by going down to support everyone at the lee on solent parkrun. was very busy and not the greatest conditions but I was very impressed by the whole event, very well organised, a decent course and a superb turnout by GRR's as well as everyone else, over 400 runners in fact. After that it was down the club to have a gentle run with buddy as we was in a team for the club relay. Teams were announced and the baton was given out. (a fairy wand) It was starting to get hot just as people were preparing to start the relay. Off they all went and the waiting began until it was my turn to go. I enjoyed the run with buddy, seeing all the other club runners and club personnel marshaling was also a big help. 2 and a half miles done it was time for some food. burgers, hot dogs, salad, cake... whatever u wanted it was there. a very enjoyable day with the club!

Onto my marathon, i had about an hour and 40 minutes journey, was easy to find even if i did miss the turning and end up having to go through the dartford tunnel then back over the bridge to turn off. I parked up and walked to the start where i find a variety of runners, from first timers to experienced, triathletes and ultra runners. Race number collected getting ready i start talking to other clubs, some from essex, dartford and london. The race itself was 8 laps aswell as a small lap to begin the race. I was afraid the course could get boring as it was around an industrial estate as well as a small amount of houses but i found it fairly okay. Being able to see people constantly running with u or in the opposite direction of which there was only 200 runners. 2 water stations every 2km was a big help even though i didn't think i would need it. So onto the race. I went off way too quickly at the start finding out my first mile was 7.04, then not being able to get my pace down to over 8 minutes. i felt good though so just went with it. 10 miles came and i started to fell sick, as if i just wanted to throw up. I didn't stop and just started distracting myself. my pace was then starting to drop slowly. at this point i found myself running with another guy who had ran 34 marathons and he said he felt exactly the same. but didn't understand why. we both carried on and he pushed on as i continued to



slow. eventually i was getting to the point of counting backwards, working out how much time i had spare if i kept my pace as well as eventually walking parts of the course, mainly where the water stations were. This carried on for the rest of the race, slowing down even more and finding myself with two guys on the last lap who were both struggling severely, one of which was a 3 hour 20 marathon runner. we all finished within 30 seconds of each other which was nice and such a relief. under 4 hours which was my target, i had beat the midnight marathon and completed number 6!

looking back i don't know why we all suffered, whether it was not eating correctly, not drinking enough, being tired, or going off too quick..... im still not sure but i would definitely do a midnight marathon again as it is something different and i did enjoy it to a certain extent.

Time finished 3.50.14 place overall: 39th out of 200catagory rank: 18th

Ben Jarvis

HRRL:

In last month's newsletter, I included details of the upcoming Hampshire Road Race League events as I think it would be great if we could get a bigger turn out at these events to raise our club up the tables and get a few more individuals on the final table.



**HAMPSHIRE
ROAD RACE LEAGUE**
a running club competition

The first event is fast approaching: **Overton 5 (5 mile) – on 6th September 2015**

Would be great to see you there!

Keith Elshaw

Men's Captain

And entry for this race is now open. You can enter by following the link below:

<http://www.overtonharriers.org.uk/club-races/overton-5/>

Summer Relay & BBQ:

BBQ and summer relay was a great success this year. The challenge is to get the team's equal which is no mean feat. All went smoothly with no one getting lost (unlike last year) and everyone appreciating the choice of baton!!

A big thanks to everyone that helped with timing, marshalling, cooking and turned out to run and support this event.

Running Leaders:

As some of you will aware within the membership are members who have attended the level 1 leaders in running fitness course. The club is now in a position to finance several more run leaders which involves attending a one day course.

Ideally you will be an experienced club member who is prepared to offer future commitment. If you are interested and wish to be considered then please contact either myself or Keith Elshaw (Men's Captain) for more information.

Sue Barrett

Ladies Captain



Membership Update

We currently stand at 204 members with 57 who haven't re-joined.

I thought it might also be worth mentioning there that Keith and Sue are also able to take membership subs on club nights if I'm not available (my shift pattern means I work an awful lot of late shifts and during August my availability to get to club will be pretty much nil).

If you need any information about club membership please or see me on a club night or e-mail me at: membership@gosportroadrunners.org.uk.

Thanks,

Jo Harvey

Membership Secretary

Club Kit:

For all you new members who are wondering where you can buy official Club Kit, a full range is available to purchase at Absolute Running on Stoke Road. Full details and prices are also available at:

www.absolute-running.co.uk/gosportroadrunners



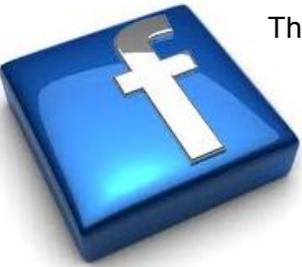
GRR Website:

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

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list. <http://www.gosportroadrunners.org.uk/>



GRR and Social Media:



The Club's Facebook page currently has 232 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc. Follow this link to see what's going on:

<http://www.facebook.com/groups/27301329294/>

For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following @gosportrr on www.twitter.com

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.

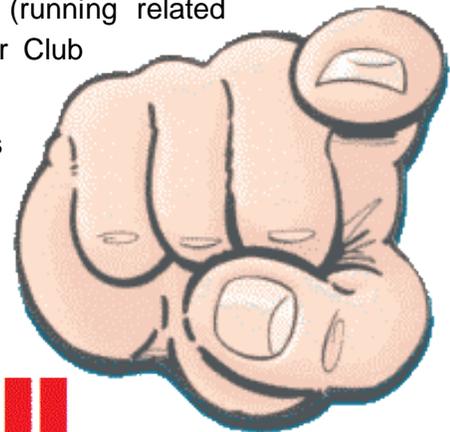


Newsletter Contributions:

If anybody has anything that they would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

Please continue to help make this an interesting read and don't leave it all to me. It's YOUR Club too after all.

Contact: You can send comments, articles, content to me either via Facebook or by email to newsletter@gosportroadrunners.org.uk or nick@macbeath.net



YOUR NEWSLETTER NEEDS YOU.....

Club Summer Relay & BBQ

Team 1

Name	Time
Alan Burgess	00:16:43
Jenner Moore	00:21:30
Deborah Birch	00:22:00
John Barrett	00:18:12
Overall Time	01:18:25
Overall Team Position	2

Team 4

Name	Time
Terry Moore	00:17:21
Adam Walters	00:21:37
Dave Croft	00:19:22
Mike Barker	00:22:10
Overall Time	01:20:30
Overall Team Position	8

Team 7

Name	Time
Gill Downing	00:18:01
Joanne Ross	00:23:01
Jo Harvey	00:22:54
Bryn Whitehouse	00:16:28
Overall Time	01:20:24
Overall Team Position	7

Team 2

Name	Time
Pete Lyndley	00:19:18
Amber Schothorst	00:20:00
Miranda Carrick	00:21:45
Martyn Barnes	00:18:14
Overall Time	01:19:17
Overall Team Position	3

Team 5

Name	Time
Lee Westwood	00:17:51
Ann-Marie	00:21:43
Pete Robinson	00:22:04
Dave Little	00:17:59
Overall Time	01:19:37
Overall Team Position	4

Team 8

Name	Time
Nick MacBeath	00:18:01
Jo Hopkins	00:22:56
Julie Mansfield	00:22:51
Colin Gardner	00:16:13
Overall Time	01:20:01
Overall Team Position	5

Team 3

Name	Time
Lizzie Elshaw	00:21:00
Kate Smyth	00:22:38
Colin Middleton	00:18:42
Terry Arnott	00:15:12
Overall Time	01:17:32
Overall Team Position	1

Team 6

Name	Time
Vicky Gorton	00:21:27
Jenny Shilling	00:19:09
Ash Bradshaw	00:25:54
Ben Jarvis	00:16:13
Overall Time	01:22:43
Overall Team Position	9

Team 9

Name	Time
Julie Shinton	00:22:22
Denise Little	00:23:11
Dave Brace	00:19:57
Kev White	00:14:50
Overall Time	01:20:20
Overall Team Position	6

Thanks to: Sue Barratt, Nicky Edgar, Andy Johnson, Sarette Martin, Keith Elshaw, Angie Elshaw, Andrea Edwards, Karen Philips, Nikki White, Rikki Hatherley, Sue Barker, Sue Tingley (BBQ, Marshals and supporters) Gary Francis, Janet Lindley, Andy Clutton (Timekeepers)

Club Summer Relay & BBQ



Fastest Team:

Kate Smythe, Lizzie Elshaw, Terry Arnott
& Colin Middleton

Time: 01:17:32

Fastest Lady: Gill Downing

Time: 00:18:01



Fastest Man: Kev White

Time: 00:14:50

GOSPORT

Road Runners



NEWSLETTER

August 2015

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parkrun



Salisbury 54321

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Absolute Running: 5k Series

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HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

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This Month's cover photo: Ben Jarvis making the August time trial look way too easy!



Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Sunday 2nd August 2015

Harting Trail 10 Mile

Position	Name	Chip Time
78	Colin Gardner	01:20:44
197	Rachel Gee	01:49:06
198	Andrea Edwards	01:49:07



South Downs Midnight Marathon

Position	Name	Chip Time
-	Lisa Hennen	05:58:09
-	Kerry Irwin-Hall	06:36:57
-	Sue Barrett	06:36:59
-	Ange Elshaw	06:41:13





Sunday 9th August 2015
Salisbury 5.4.3.2.1

50k

Position	Name	Chip Time
139	Darren Eynon	05:52:09

42k - Marathon

Position	Name	Chip Time
80	Ben Jarvis	04:33:59
251	Keith Elshaw	06:25:33
252	Lizzie Elshaw	06:25:33

33k -

Position	Name	Chip Time
65	Terry Moore	03:32:26
148	Jenner Moore	04:51:53
149	Kerry Arnott	04:51:55



21k – Half Marathon

Position	Name	Chip Time
-	Kev White	01:41:00
94	Gill Downing	02:07:17
97	Martyn Barnes	02:07:47
128	Gavan Greene	02:15:31
139	David Brace	02:21:25
168	Kim Carter	02:28:33
-	Nick MacBeath	02:28:36



Sunday 9th August 2015

Isle of Man – Half Marathon

Position	Name	Chip Time
230	Laura Cornborough	02:12:23



London Triathlon – Olympic Distance

Position	Name	Chip Time
831	Eric MacGurk	02:39:53

Tuesday 11th August 2015

Absolute Running – Gosport Summer 5k Series

Sue asked if I could include this cracking photo that Jo Hopkins took of her son, Ethan, during the Absolute Running junior 1k race on Tuesday 11th August. It shows Ethan taking a Stubbington kid in the finishing straight and thus beating him to the line. The kid looks a tad frustrated at this as according to Ethan, his dad was shouting 'he is catching you'



Tuesday 11th August 2015

Absolute Running – Gosport Summer 5k Series – Race 3

Position	Name	Chip Time
9	Richard Oakes	00:18:25
13	Terry Arnott	00:19:05
16	Kev White	00:19:26
17	Rob Byrne	00:19:30
48	Lee Westwood	00:22:53
49	Tim Durant	00:22:55
50	Loyd Durham	00:23:02
51	Jenna Knight	00:23:12
55	Amanda Holloway	00:23:37
69	David Wright	00:25:25
74	Nikki White	00:25:49
81	David Brace	00:26:18
83	Steven Silverlock	00:26:40
86	Catherine Stock	00:26:50
90	Adam Walters	00:27:03
92	Darren Dyon	00:27:23
96	Ian Pugh	00:27:41
103	Andy Hopkins	00:28:03

Position	Name	Chip Time
104	Kevin Robinson	00:28:05
105	Maree O'Rourke	00:28:07
107	Gill Dowling	00:28:23
108	Ann-Marie Stables	00:28:23
109	Katrina Jurd	00:28:25
113	Sarah Bishop	00:28:56
115	Joanne Hopkins	00:29:00
116	Kerry Arnott	00:29:12
117	Laura Grubb	00:29:13
118	Jenner Moore	00:29:13
119	Debra Talbert	00:29:28
120	Johanna Ross	00:29:33
123	Shona Rust	00:31:11
124	Andrea Ridley	00:31:27
130	Annie Shilling	00:33:44
131	Caroline Oakes	00:33:45
132	Paul Williams	00:33:56



The final race in this series is:

Race 4 - Tuesday 8th September – 7:30pm

Location: Stokes Bay Road, close to the Bayside Cabin Cafe

Includes: Children's 1k sprint at each race at 7.15.

You can find out more about these races, and enter online, by following the link below:

<http://www.nice-work.org.uk/events.php?id=156>



We just wanted to thank all the Road Runners who helped make Race 3 a success. We're conscious that it (a) clashes with a club night and (b) not everyone's cup of tea so all the more reason to thank the runners and Marshall's. Because we enjoy superb marshalling courtesy of GRR's, we reduce entry for GRR's to £5 per race as it's always great to see a large yellow wave on the promenade and it certainly makes for a friendly @ colourful rivalry with our other local clubs. This race saw some impressive pb's by club runners as conditions were perfect. No wind and light drizzle helped the course record drop to 15.35 set by Stubbies (and RAF) Danny O Boyle. All we need for our finale on 8th September now is a little sunshine and another good club presence so that we can hopefully see summer off on a high with a drink or two.

Cheers,

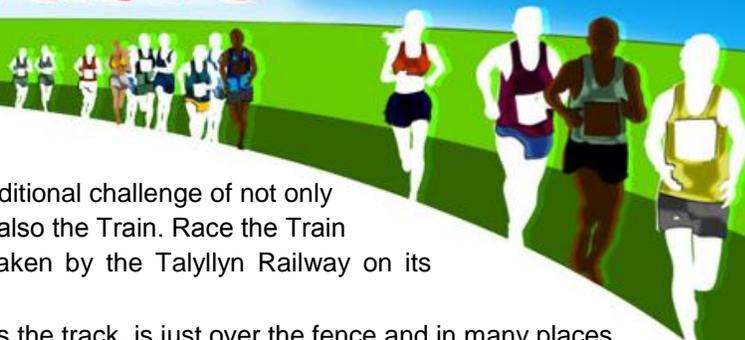
Nick, Harry & Kim.





Absolute Running 5k Series – Race 3

RACE THE TRAIN!



Saturday 15th August 2015

This unique event gives you the additional challenge of not only racing your fellow competitor's but also the Train. Race the Train takes place alongside the route taken by the Talylyn Railway on its journey to Abergynolwyn and back.

Often the Train, or for many runners the track, is just over the fence and in many places if you coincide with the train your family friends, if they are on the train, will be able to shout encouragement to you.

Rotary Challenge – 14 miles

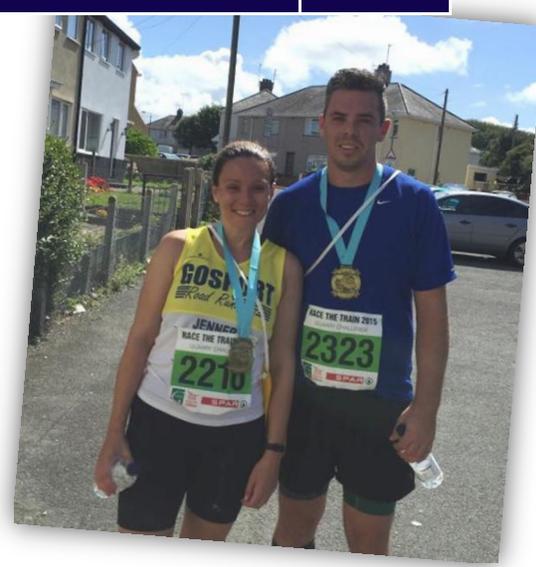
Chip Pos	Name	Chip Time
-	Train	01:47:46
412	Kev White	02:00:46
535	Terry Arnott	02:08:20
837	Kerry Irwin-Hall	02:37:32
872	Sue Barrett	02:49:27
873	Kerry Arnott	02:49:28
888	Sarah Down	02:54:24

Quarry Challenge – 10k

Chip Pos	Name	Chip Time
-	Train	00:54:00
101	Terry Moore	00:54:03
232	Nikki White	01:04:31
291	Jenner Moore	01:13:15
292	Rikki Hatherly	01:13:15

Tynllwynhen Challenge – 3.5 miles

Chip Pos	Name	Chip Time
65	John Barrett	00:25:42
66	Ethan Barrett	00:25:42



Sunday 23rd August 2015

Dorset Duddle – 32 miles

Position	Name	Chip Time
73	Lisa Hennen	08:52:00



New Forest Duathlon – Sprint Distance

Position	Name	Run	T1	Bike	T2	Run 2	Total Time
27	Eric MacGurk	00:21:53	00:01:04	00:47:28	00:00:32	00:22:05	01:33:02
58	Eric MacGurk	00:24:50	00:02:22	01:00:31	00:02:54	00:26:40	01:57:17



Wednesday 26th August 2015

Lakeside 5k Series

Position	Name	Chip Time
98	Lisa Hennen	00:23:49
112	Mike Stares	00:25:41
136	Jenay MacGurk	00:29:18



Results Co-ordinator

Race Results

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

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

Result of the Month

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

My "result of the month" goes to **Terry Moore** for his 10k "Race the Train" time of 54:03. Make no mistake this is a tough race, up and down hills and over rough ground.

Terry finished the race well inside the train's target time of 55 mins, but unfortunately the train driver threw an extra shovelful of coal on the fire, meaning the train finished in 54 mins. Terry missed beating it by 3 seconds! Bad luck Terry, a moral victory I reckon.

Thanks.....



Brian Fisher - Results Co-ordinator

Brian Fisher

Please email you results to Brian or myself at:

results@gosportroadrunners.org.uk

OR

newsletter@gosportroadrunners.org.uk



Tuesday 4th August 2015



Club 5k Time Trial

Pos	Name	Time
1	Jason Grygiel	19:19
2	Ben Wales	21:01
3	Colin Gardner	21:25
4	Alex Jenkins	21:26
5	Nick Carter	21:36
6	Alan Burgess	21:54
7	Jenna Knight	22:45
8	Martyn Barnes	23:08
9	Lloyd Durham	23:12
10	James Wales	23:13
11	Ben Jarvis	23:14
12	Gavin Green PB	23:29
13	Dave Croft	23:50
14	Tracy Wales	24:07
15	Jenny Shilling	24:20
16	Pete Lindley	24:28
17	Julia Roiz-De-Sa	25:41
18	David Wright	25:55
19	Mike Stares	25:54
20	Ken Eaden	26:25

Pos	Name	Time
21	Colin Middleton	26:42
22	Richard Oakes	26:44
23	David Walters PB	27:09
24	Brian Fisher	27:10
25	Giles Cowling	27:11
26	Tracy Moran PB	27:16
27	Adam Walters	27:20
28	Deborah Birch	28:37
29	Izzie Shirlaw	28:42
30	Sarah Bishop PB	28:53
31	Asha Abbott	28:54
32	Jo Hopkins	28:55
33	David Baker	29:42
34	Dave Kirby	30:30
35	Jamie MacBeath	30:38
36	Nick MacBeath	30:40

Pos	Name	Time
37	Sarah Down	30:52
38	Kerry Arnott	30:54
39	Chris Davey PB	31:02
40	Nikky Leech	31:05
41	Emily Dodds	31:05
42	Ash Bradshaw PB	31:44
43	Laura Bishop PB	31:47
44	Phillipa Clark	32:02
45	Jez Gaskin	32:32
46	Keith Elshaw	32:33
47	Laura Grubb	32:55
48	Emma Mundy	32:55
49	Laura Marsden	33:48
50	Andrea Edwards	33:48
51	Emma Jackson	34:43
52	Terry Ash	34:44

52 runners, 17 officials & spectators, not a bad turn out. Conditions not too bad, once again that wind along the esplanade came to the rescue blowing you on your way to the finish over the last mile and a bit. Well done to all especially those achieving a new PB.

Thanks as always to Officials, Liz Redpath (Starter/timer), Janet Lindley (Back-up timer), Gary Francis (Recorder) and Andy Clutton (Numbers). Thanks also to the supporters, Mike Welsted, Sid Smith, Terry Weston, Amber Schothorst, David Brace, Pete Phillipson, Angie Elshaw, Ray Bernice, Caroline Oakes, Sue Barratt, Kerry Irwin-Hall, Gill Dowling and Kim Carter. Thanks to all of the photographers, Terry Arnott, Ray Bernice and Gill Dowling.

Dave Croft

parkrun is for everyone



The following are the Club member's park run results from the last month.

1st August 2015

Lee on Solent

- **273 participants completed the run.**

Pos	Name	Time
1	Chris Buxton	00:17:51
13	Terry Arnott	00:19:10
23	Kev White	00:19:57
25	Andy Johnson	00:20:17
40	Ben Wales	00:21:20
68	Keith Elshaw	00:23:09
73	Nick MacBeath	00:23:24
88	Eric MacGurk	00:23:50
87	Amanda Holloway	00:23:50
98	Lisa Hennen	00:24:21
110	Peter Lindley	00:25:16
111	Ben Jarvis	00:25:22

Pos	Name	Time
113	James Heath	00:25:25
120	Nikki White	00:25:51
128	Sarette Martin	00:26:39
135	Eileen Cowling	00:26:55
142	Elizabeth Elshaw	00:27:24
143	Adam Walters	00:27:26
144	Lee Westwood	00:27:27
145	David Brace	00:27:28
158	Victoria Gorton	00:28:10
159	Levi Hughes	00:28:14
160	Phillip Moran	00:28:19

Pos	Name	Time
161	Andrea Edwards	00:28:20
163	Alex Barrett	00:28:23
164	Ethan Barrett	00:28:24
182	Austin Gray	00:29:40
190	Christine Nation	00:29:59
191	Johanna Ross	00:30:01
193	Joanne McBride	00:30:07
208	Janet Lindley	00:31:05
245	Rachel Gee	00:35:17
248	Katie Hewitt	00:36:25
249	Peter Hewitt	00:36:26

Pomphrey Hill

127 participants completed the run.

Pos	Name	Gun Time
-	Tim Durant	00:23:45

parkrun is for everyone



8th August 2015

Lee on Solent

- *297 participants completed the run.*

Pos	Name	Time
2	Chris Buxton	00:18:07
38	Terry Arnott	00:21:13
50	Alan Burgess	00:22:22
51	Martyn Rowell	00:22:25
70	John Barrett	00:23:33
77	David Croft	00:24:09
81	Jenny Shilling	00:24:23
91	Rich Oakes	00:24:56

Pos	Name	Time
120	Kev White	00:26:15
121	Nikki White	00:26:16
124	Eileen Cowling	00:26:34
126	Adam Walters	00:26:35
172	Joanne McBride	00:29:18
176	Michael Barker	00:29:42
181	Katrina Jurd	00:29:46
180	Sarah Bishop	00:29:46

Pos	Name	Time
208	Jenny Scott	00:31:26
214	Ethan Barrett	00:31:37
215	Amanda Holloway	00:31:45
238	Lily Adams	00:33:52
239	Karen Phillips	00:33:54
240	Connor Adams	00:33:55
258	Laura Grubb	00:35:31
297	Amber Schothorst	00:49:45

Richmond

284 participants completed the run.

Position	Name	Gun Time
74	Marco Grande Alonso	00:24:07
205	Salvina Cawte	00:29:50
242	Charlene Cawte	00:32:28
243	Stephen Cawte	00:32:28

Queen Elizabeth Country Park

136 participants completed the run.

Position	Name	Gun Time
96	Rachel Gee	00:31:33

Nostell Priory

162 participants completed the run.

Position	Name	Gun Time
77	Debra Talbert	00:30:48



15th August 2015

Lee on Solent

- 274 participants completed the run.

Pos	Name	Time
11	Ben Jarvis	00:19:13
12	Luke Willis	00:19:26
52	Eric MacGurk	00:22:56
61	Lee Westwood	00:23:28
64	Amanda Holloway	00:23:35
72	James Heath	00:24:02
76	Jenny Shilling	00:24:25

Pos	Name	Time
94	Fiona Tomlinson	00:25:32
122	Adam Walters	00:27:02
138	Zoe Perrin	00:27:57
152	Kevin Robinson	00:28:48
153	Maree O'Rourke	00:28:49
164	Joanne McBride	00:29:18
165	Debra Talbert	00:29:22

Pos	Name	Time
186	Nikky Leech	00:30:34
192	Janet Lindley	00:30:51
195	Linda Briggs	00:30:59
233	Katie Hewitt	00:35:03
234	Peter Hewitt	00:35:04
239	Peter Brown	00:35:42
243	Emma Mundy	00:35:59
245	Laura Grubb	00:36:03

Havant

193 participants completed the run.

Position	Name	Gun Time
25	Colin Gardner	00:22:17
34	Martyn Rowell	00:22:57
108	Rachel Gee	00:30:03
133	Pat Lapworth	00:32:19
138	Dee Upshall	00:32:30

Southwick Country Park

194 participants completed the run.

Position	Name	Gun Time
-	Tim Durant	00:23:11

Abingdon

221 participants completed the run.

Position	Name	Gun Time
30	Alan Burgess	00:22:13

Sheringham

165 participants completed the run.

Position	Name	Gun Time
10	Jayson Grygiel	00:21:00

Queen Elizabeth Country Park

193 participants completed the run.

Position	Name	Gun Time
20	Keith Elshaw	00:28:13
43	Caroline Oakes	00:33:36
44	Ange Elshaw	00:33:36

Tring

104 participants completed the run.

Position	Name	Gun Time
72	Lizzie Elshaw	00:30:29

parkrun is for everyone



22nd August 2015

Lee on Solent

- **295 participants completed the run.**

Pos	Name	Time
1	Rich Oakes	00:17:54
2	Chris Buxton	00:17:58
9	Jayson Grygiel	00:19:14
30	Ben Jarvis	00:21:19
31	Nick Carter	00:21:21
44	Alan Burgess	00:21:44
45	Martyn Rowell	00:22:02
54	Loyd Durham	00:23:07
56	Eric MacGurk	00:23:14
58	Mark Cole	00:23:19
72	Jenny Shilling	00:24:28
90	Peter Lindley	00:25:12

Pos	Name	Time
98	Adam Walters	00:25:41
113	Zoe Perrin	00:26:31
133	Eileen Cowling	00:27:29
146	Kerry Irwin-Hall	00:28:01
145	David Brace	00:28:01
147	Peter Robinson	00:28:09
154	Maree O'Rourke	00:28:44
157	Debra Taalbert	00:28:50
165	Levi Hughes	00:29:26
170	Christine Nation	00:30:02
184	Janet Lindley	00:30:53

Pos	Name	Time
189	Jamie MacBeath	00:31:09
190	Nick MacBeath	00:31:10
204	Johanna Ross	00:31:49
209	Ashley Bradshaw	00:32:06
228	Shona Rust	00:32:45
234	Charley Middleton	00:34:03
236	Colin Middleton	00:34:05
245	Karen Nichols	00:35:26
293	Ethan Barrett	00:49:43
294	Rachel Gee	00:49:45
295	Susan Barrett	00:49:50

Havant

205 participants completed the run.

Position	Name	Gun Time
168	Esther Lasham	00:35:28

Redcar

142 participants completed the run.

Position	Name	Gun Time
121	Joanne Hopkins	00:32:20
122	Andy Hopkins	00:32:20

Queen Elizabeth Country Park

106 participants completed the run.

Position	Name	Gun Time
24	Colin Gardner	00:23:46



29nd August 2015

Lee on Solent

- **268 participants completed the run.**

Pos	Name	Time
4	Chris Buxton	00:18:12
10	Rob Byrne	00:19:07
32	Colin Gardner	00:21:03
38	Nick Carter	00:21:21
43	Paul Williams	00:21:40
50	Martyn Rowell	00:21:58
60	John Barrett	00:23:05
61	Nick MacBeath	00:23:07
69	Phil Beed	00:23:36
70	Ben Jarvis	00:23:41
80	Eric MacGurk	00:24:09

Pos	Name	Time
85	Amanda Holloway	00:24:22
88	David Croft	00:24:24
105	Fiona Tomlinson	00:25:22
106	Peter Lindley	00:25:24
108	Adam Walters	00:25:31
109	Rich Oakes	00:25:45
110	Tracy Bale	00:25:46
125	Peter Brown	00:26:58
145	Kerry Irwin-Hall	00:28:12
146	Lee Westwood	00:28:13

Pos	Name	Time
148	Caroline Oakes	00:28:15
157	Elizabeth Elshaw	00:28:50
183	Christine Nation	00:30:07
191	Ethan Barrett	00:30:55
197	Patricia Lapworth	00:31:25
198	Susan Barrett	00:31:35
212	Dee Upshall	00:32:43
266	Jenny Shilling	00:49:02
264	Liz Redpath	00:49:02
265	Rachel Gee	00:49:02

Southsea

316 participants completed the run.

Position	Name	Gun Time
196	Kevin Robinson	00:28:13
200	Maree O'Rourke	00:28:19

Queen Elizabeth Country Park

98 participants completed the run.

Position	Name	Gun Time
91	Meranda Winter	00:40:33



parkrun is for everyone



Getting to Know You

Caroline Oakes

Who are you and what do you do?

My name is Caroline Oakes and I'm a Primary School Teacher. I'm originally from Portishead, near Bristol, but moved to the area in 2008. I lived in Fareham, then Portsmouth, and then settled in Gosport in 2011.

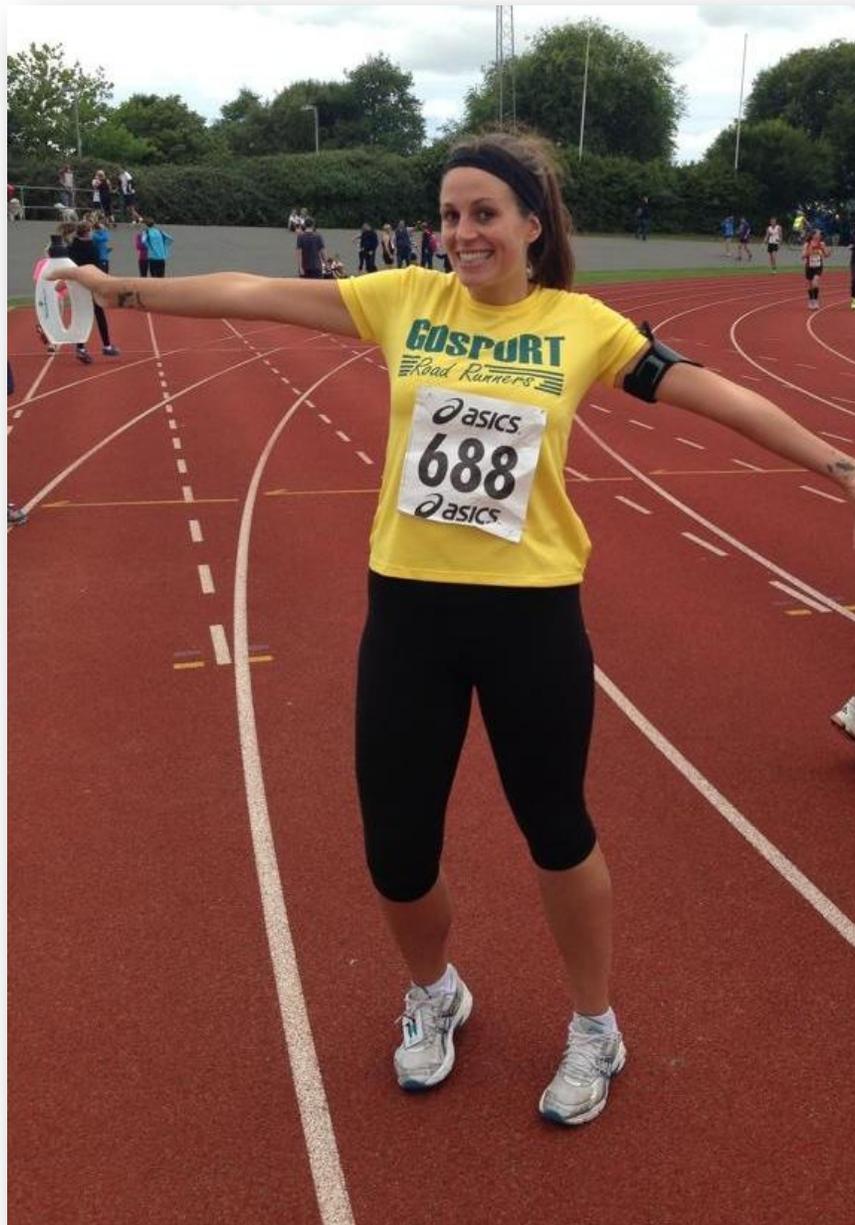
How long have you been running for and why did you start?

I have tried to run lots of times, I always just gave up too easily! I finally decided to just go for it and force my body to like it in March 2013. I'd quit smoking the year before and had put on a bit of weight. Rich was always going on about us joining the local running club (GRR) that his dad and step-mum were members of, so I thought I'd try to get up to 5k before we went along as I'd missed the beginners' course. So, like many, I began running using an app, and slowly but surely I was up to 5k, then 10k. I realised that I loved the buzz I got every time I ran a little but further, or a little bit faster, and a bonus was that I was getting less podgy!

Now I run for a number of reasons: it keeps me sane, it's MY time, it keeps me fit and healthy, it helps me to lose weight (especially now since having baby Austin!), it makes me feel like I've achieved something, it makes me happy!

How long have you been a member of the Club?

I've been a member of the club since September 2013. One of the best decisions I've made was joining GRR!



What do you most like about being a GRR?

I love being a GRR! I have to admit that I was scared of joining a running club, but the website reassured me that GRR catered for all abilities and this is absolutely true. The first time Rich and I came along, I remember Keith saying to try a 3 miler to Stokes Bay and back. I plodded along, trying to maintain conversation and breathe at the same time, while Rich just sped off into the distance! Nothing has changed there then!

I love that the club celebrates everyone's achievements, not just the quick runners, or those that run marathons. I've met some great friends at the club, and hope to meet more as the club grows with each beginners' course. I love that people of all ages can hang around together and really enjoy each other's company. People say that running is a solo sport, but to me it's been the most sociable form of exercise I've ever done!

What are your running ambitions?

My first running ambition was to run a 10k without stopping, which I achieved at the Stubbington 10k in January 2014. I then set my sights on a 10 miler, and managed that at the Salisbury 10 in March 2014. I then signed up for the Bristol Half Marathon in September 2014, which I achieved being 14 weeks pregnant! My current running ambition is to comfortably complete the Great South Run in October. Coming back to running after having a baby has been tough, and very frustrating at times. I know I'll get my pace back eventually, and all I'm focussing on is enjoying being back running and getting the miles in! Maybe one day I'll do a marathon...

What is your favourite / least favourite runs, and why?

My favourite run has to be the Bristol Half. It meant a lot to me to run through my home city. I never thought it would be possible for me to run 13.1 miles, and I enjoyed every mile of that run. Oh, and how could I not mention the naked run? That was hilarious!

My least favourite run was the Selsey 10k in 2014. It was a very hot day, my race number was 13 (which put me off), and the route wasn't very good. I wasn't very impressed with the medal either! You've got to get nice bling haven't you?!

Tell us an interesting fact about yourself.

Erm, I have 10 tattoos? That's rubbish isn't it! I'm quite boring!



Brilliant, thanks Caroline....

I really enjoy these articles and would love to see them continue so please let me know if you would like to volunteer to complete one either by email (nick@macbeath.net) or catch me at the Club one night.



By the time you read this the first HRRL event of the season will almost be upon us. If you haven't entered Overton by now it is probably too late. You can check out whether there are any late entries available here: <http://www.overtonharriers.org.uk/club-races/overton-5/>

The next race in the series is the Solent Half, a lovely, undulating run through the New Forest, past Exbury Gardens and round the Lepe shore. Entry details can be found here:



More details of the Hampshire Road Race League can be found here: <http://www.hrri.org.uk/default.htm>

Individual scoring is calculated on a descending % basis where the first HRRL runner gets 100% and the last 1%, for men and ladies individually. This method of scoring allows a simple gauge to your improving performance as the training begins to pay off. To score in the final league tables individuals must complete in at least 7 of the 12 races, and it is the 7 best scores that count. Finish in the top 60 in the ladies or men's and you receive a commemorative mug with your name inscribed.

Club teams score points through the success of their runners, and the series culminates in awards to the highest placed teams in the leagues. Clubs can have multiple teams, there are A and B leagues, which enables a wide participation from club runners of all standards, abilities and ages, all of whom are representing the club. The team event runs alongside the individual competition, and each teams score is based on individual finishing position, with 4 men per team, and 3 for ladies.

Would be great to see you there!

Keith Elshaw

Men's Captain



Rachel Gee has also advised me that she will be getting tech t-shirts printed for all Club Members who complete all 12 HRRL races this season..... so if the opportunity to represent GRR is not enough, you'll get a free t-shirt too!



HAMPSHIRE ROAD RACE LEAGUE

a running club competition

Let's get some teams together, give people some personal goals, maybe start working towards those club awards or just get members behind the club and show their support. Let's have a sea of yellow supporting these events. Great value for money too! Let's start moving up those league tables!

These runs make ideal first races as they really are very well supported, offer a great opportunity for you to represent your Club, are very friendly and definitely not elitist. For all those interested, the confirmed dates for the 2015/16 HRRL season are:

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
1	Sunday 6 th September 2015 (2pm)	Overton 5	5m	Overton Harriers
2	Sunday 27 th September 2015 (10am)	Solent Half	13.1m	Hardley Runners
3	Sunday 1 st November 2015 (10am)	Lordshill 10	10m	Lordshill Road Runners
4	Sunday 15 th November 2015 (10am)	Gosport ½ ***	13.1m	Gosport Road Runners
5	Sunday 6 th December 2015 (11am)	Victory 5	5m	City of Portsmouth Athletic Club
6	Sunday 17 th January 2016 (10am)	Stubbington 10k	10k	Stubbington Green Runners
7	Sunday 31 st January 2016 (11am)	Ryde 10	10m	Ryde Harriers
8	Sunday 13 th March 2016 (10:30am)	Salisbury 10	10m	City of Salisbury A & R Club
9	Sunday 20 th March 2016 (10:30am)	Eastleigh 10k	10k	Southampton Athletic Club
10	Sunday 8 th May 2016 (10:30am)	Alton 10	10m	Alton Runners
11	Sunday 15 th May 2016 (10:30am)	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 5 th June 2016 (10am)	D-Day 10k	10k	City of Portsmouth Athletic Club

*** As a Club member, you are not permitted to take part in the Gosport ½ marathon. All members can take part in the helpers half which is run the day before but results are obviously not included for HRRL scoring.

Races are generally pre-registration entry only, with many open for registration already.



Cross Country Reminder:

Just a quick reminder that the first cross country of the season will take place on 11th October (11am) at Pamber Forest in Basingstoke: Meet at Pamber Heath Memorial Hall RG26 3TQ. It would be great to see a group to match (or even exceed) the fantastic turnout for the same race last year.



Full details will be on the notice board closer to the date.

Adam Walters





Membership Update

....if any NEW members have yet to pick up their free Gosport Road Runners t-shirt I will have them with me at club nights on the 15th, 17th and 22nd of September - if anyone needs to pick a t-shirt up and cannot make any of those evenings please contact me directly via our Facebook page...

If you need any information about club membership please or see me on a club night or e-mail me at: membership@gosportroadrunners.org.uk.

Thanks,

Jo Harvey

Membership Secretary

Club Kit:

For all you new members who are wondering where you can buy official Club Kit, a full range is available to purchase at Absolute Running on Stoke Road. Full details and prices are also available at:

www.absolute-running.co.uk/gosportroadrunners



Gosport Half – Call To Arms

Dear All,

It's that time of the year to start your thinking about our Half Marathon (Sunday November 15th).

I sincerely hope you're going to be able to support us again this year. As always we're looking for people willing to help over the course of race weekend. There is plenty to do both Saturday and Sunday. Ken Eaden is our Chief Marshal this year and he's keen to hear from you as to your availability or not. It's equally important to let us know whether you're a yes or no.

Please drop Ken an email - marshal@gosportroadrunners.org.uk, leave a facebook message or speak to us direct. We'll be delighted to hear from you. It would help if you could confirm your email address and/or mobile number so that you can be contacted with duties etc.

Look forward to hearing from you.

Many Thanks

Dave Little

Race Director, Gosport Half Marathon

www.gosporhalf.org



GRR Website:

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

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list. <http://www.gosportroadrunners.org.uk/>



GRR and Social Media:



The Club's Facebook page currently has 237 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc. Follow this link to see what's going on:

<http://www.facebook.com/groups/27301329294/>

Newsletter Contributions:

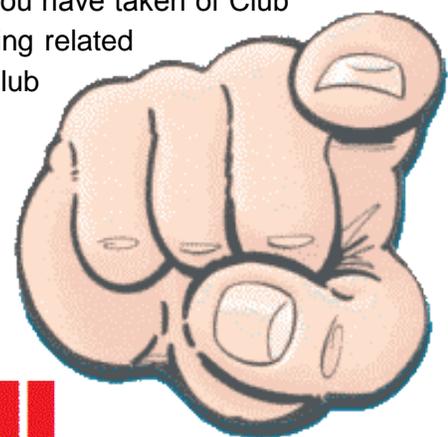
I've been doing the Club Newsletter for almost two years now (September will be two years), and with work commitments starting to get in the way, I've decided to stand down and let somebody else have a go. Colin Middleton has very kindly offered to take over from October so next month will be my last.....

I've really enjoyed my stint and getting the chance to put my own spin on the Club's Newsletter but I'm sure Colin will add just as much and make it an even better read.

Something that has made my task very easy each month is the constant support with excellent race reviews, photos, articles, etc. that I've received from you..... the Club Members. Without this support, the Newsletter would be a lot easier to produce, but it would also be a pretty boring read! Please continue to support Colin in the same way you have helped me out.....

If anybody has anything that they would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

Contact: You can send comments, articles, content to Colin either via Facebook or by email to newsletter@gosportroadrunners.org.uk



YOUR NEWSLETTER NEEDS

YOU.....

Move of the Month

Rachel thought it would be good idea to try out a new section this month..... the ' move of the month' to see what Club Members thought. Obviously, we are not professionally trained but these are stretches that most of us do (or perhaps should be doing) every week..... and it is only a recommendation after all! It will be interesting to hear what you think and whether we should continue with this sort of article.

We've all read how cross training can benefit our running in many ways. Apart from helping keep us injury free, it can help make us stronger more efficient runners, (who wouldn't want that?) Cycling, swimming, yoga etc. are all great ways to compliment our running, but in an age where people are often pushed for time due to work of family commitments, we often need something we can do when we have five minutes spare and without all the fancy equipment gyms have and we may not be so lucky to have at home. With that in mind we've asked around and found some five minute fixes that we all have time to fit in, on our lunch hour, before your shower in the morning or even while you're waiting for the kettle to boil for your morning cuppa.

SQUATS

Why:

The squat is a simple, classic exercise that should be part of every runner's routine. That's because it builds functional strength that carries over to better running. Squats activate the glutes, hips, hamstrings, quads, calves, and core muscles in a bent-knee position, which builds running-specific power to propel you forward. Strengthening these muscles also guards against injuries like runner's knee and iliotibial-band syndrome. While you're probably familiar with the basic squat, these variations have big payoffs for runners,

How:

Stand with your head facing forward, with your chest up and your shoulders down. And back. Place your feet shoulder width apart or slightly wider

Sit back through your heels like you're sitting in an imaginary chair.. Keep your head facing forward as you drive your hips back, allowing your lower back to arch slightly, without any rounding of the upper back/shoulders. Lower down, stopping about parallel to the floor, with your knees over your ankles. Press your weight through your heels as you bring yourself back to starting position.

Repeat 15 times

NB: Another reason to add squats to your week is that they burn more calories per rep than any other move! Got to be good!



GOSPORT

Road Runners



NEWSLETTER

September 2015

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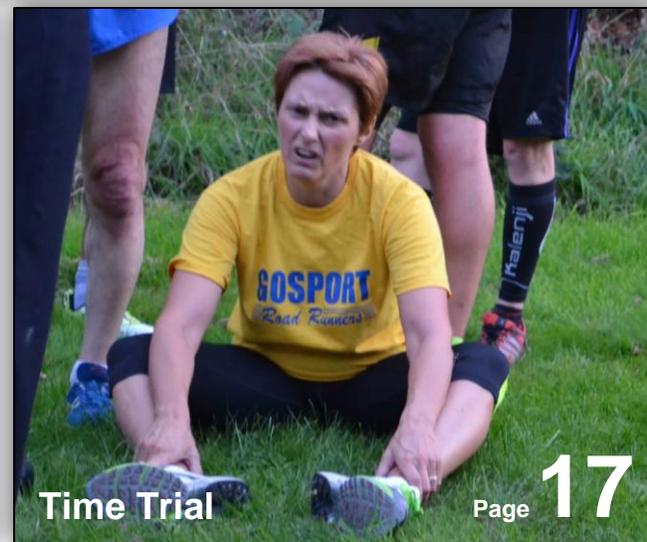
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Overton 5



Solent Half Marathon



Time Trial

This Month's cover photo: The awesome Jenny Shilling at the Solent Half Marathon.



Members' Race Results

This section covers the organised races that Club members have taken part in since the last newsletter was published. Some amazing results... well done all.

Saturday 5th September 2015

Alice Holt 10k Trail

Position	Name	Chip Time
	James Bayliss	00:50:24

Sunday 6th September 2015

Richmond Half Marathon

Position	Name	Chip Time
2,761	Meranda Winter	02:55:42

Portsmouth Tri (Standard)

Position	Name	Chip Time
114	Eric MacGurk	02:55:03
235	Fi Tomlinson	03:39:26

Portsmouth Tri (Sprint)

Position	Name	Chip Time
189	Ken Eaden	01:57:47
192	Shona Rust	01:59:58

Sunday 6th September 2015

Overton 5 miles (HRRL Event)

Position	Name	Chip Time
78	Jayson Greigel	00:31:43
149	Terry Arnott	00:34:11
153	Kev White	00:34:19
192	Colin Gardner	00:35:35
207	Paul Williams	00:36:10
209	Ben Wales	00:36:14
337	Tracey Wales	00:41:56
347	Jenny Shilling	00:42:27
354	Tracy Bale	00:42:44
393	Zoe Perrin	00:44:30
394	Ben Jarvis	00:44:30
421	Nikki White	00:45:40
422	Kerry Arnott	00:45:40
428	Rachel Gee	00:46:20
429	Sue Barrett	00:46:22
434	Caroline Oakes	00:46:44
440	Andy Hopkins	00:47:33
441	Laura Cornborough	00:47:45
446	Jo Hopkins	00:48:43
474	Ashley Bradshaw	00:54:57
479	Dee Upshall	00:55:23





Overton 5

Tuesday 8th September 2015

Absolute Running – Gosport Summer 5k Series – Race 4

Position	Name	Chip Time
6	Richard Oakes	00:18:16
9	Rob Byrne	00:18:41
12	Jayson Grygiel	00:18:52
17	Terry Arnott	00:19:19
18	Kev White	00:19:29
20	Michael Thompson	00:19:44
24	Alex Petken	00:20:00
44	Paul Williams	00:21:24
56	Loyd Durham	00:23:07
58	Gill Dowling	00:23:17
66	Lee Westwood	00:23:51
68	Amanda Holloway	00:23:53
73	Lisa Marie Hennen	00:24:17
74	Darren Eynon	00:24:21
87	Zoe Perrin	00:25:24
96	Adam Walters	00:25:49
98	Colin Middleton	00:25:50
99	Steven Silverlock	00:26:03
108	Catherine Stock	00:26:47
110	Kerry Arnott	00:26:49
109	Nikki White	00:26:49

Position	Name	Chip Time
112	Caroline Oakes	00:26:56
116	Kevin Robinson	00:27:10
117	Mike Battersby	00:27:11
119	David Brace	00:27:16
122	Maree O'Rourke	00:27:21
124	Laura Cornborough	00:27:27
125	Johanna Ross	00:27:33
126	Ann-Marie Stables	00:27:37
127	Debra Talbert	00:27:40
137	Victoria Gorton	00:28:28
149	Laura Grubb	00:29:31
150	Jenner Moore	00:29:37
151	Jo Hopkins	00:29:38
152	Shona Rust	00:29:39
158	Andy Hopkins	00:30:41
166	Andrea Ridley	00:31:40
180	Ashley Bradshaw	00:33:14
181	Laura Bishop	00:33:22
188	Isabel Shirlaw	00:34:33
192	Natalie Bennett	00:35:11
195	Jennifer Kelman	00:35:24



Terry Arnott has written a cracking article on the Absolute Running Summer 5k Series.... You can read it on page 29

Thursday 10th September 2015

Patriot Day 5k (Naval Support Area, Bahrain)

Position	Name	Chip Time
	Auz Gray	00:24:14

Saturday 12th September 2015

Hambledon Hilly 10k

Position	Name	Chip Time
47	Mike Stares	00:58:30

Sunday 13th September 2015

The Bounder 10 mile

Position	Name	Chip Time
68	Kerry Irwin-Hall	01:51:47



The Bounder is a 10 mile trail race which starts and finishes in the Hampshire village of Broughton. Its run by a club called the Broughton Bounders. I decided to try this race quite late really, but it was £12.00 entry on the day if you're affiliated so it seemed good value. The parking is by the local allotments, in a field! The race HQ was in the local cricket field hut, had toilets, and a cake stall (made by locals!). At registration I handed over my money and a poster advertising our half marathon, (never miss an opportunity), and got chatting to a lady who used to live in Gosport 20 years ago. She is entered in our race already! The race is not chipped, you start off on a country lane, and it's basically ready, steady, go! True to form I started at the back as I hate being overtaken by hoards..... however in a field of probably less than a hundred, it's hard to then overtake yourself. So the first mile is uphill, then you go across a stubble field, and up a track. There are a few road crossings but there were loads of marshals, and only one who said "not far now" when there were still 4 miles to go (git). It was very very hilly! In fact I found it harder than the plod! One of the hills is a dead ringer for the chalky one that leads to Harting Down on the SDW only longer! However, I managed to overtake 11 people before the end, and so I wasn't last! Would be great to get a few GRRs to go next year. There were trophies for best team (Eastleigh) and then first man and lady, then 1st man and lady over 40, over 50 and over 60. Take note Jenny and Janet, there were no ladies over 60! The first man was around 1hr 5min, so it's a really hard race. The First Lady over 40 (my age group) did 1hr 33min. I was 1hr 51.

At the end there was tea and coffee, cake!.... and a barbecue. I had my usual coffee and cake for £1.00 and it was excellent. Everyone was really friendly, the organisers were great and I have a nice medal and a massive blood blister on one toe to come home with. Will definitely do it again, but it was by far the hardest 10 miler I've ever done.

Kerry



Sunday 13th September 2015

Bishops Waltham 5 Mile

Position	Name	Chip Time
29	Mike Stares	00:42:20

Great North Run (Half Marathon)

Position	Name	Chip Time
5,407	Paul Street	01:48:20
20,902	Pete Hewitt	02:16:28
-	Jo McBride	02:26:59

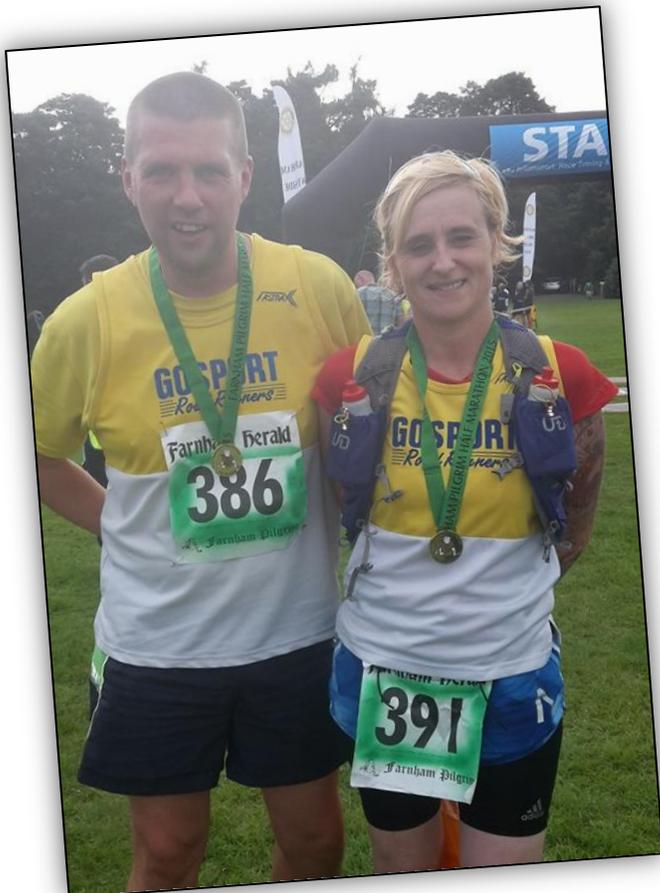
New Forest 10k

Position	Name	Chip Time
14	Rob Byrne	00:41:52



New Forest Half Marathon

Position	Name	Chip Time
69	Terry Arnott	01:32:33
192	Marytn Rowell	01:40:05
422	Terry Arnott	01:49:00
959	Kerry Arnott	02:07:51
1,050	Jenner Moore	02:11:58



Farnham Pilgrim Half Marathon

Position	Name	Chip Time
-	James Bayliss	01:55:45
341	Nick MacBeath	02:18:14
342	Nikki White	02:18:14

Seb Tallinn Marathon (Estonia)

Position	Name	Chip Time
847	Tim Durant	03:54:47

Sunday 13th September 2015

Baccus Half Marathon

Position	Name	Chip Time	Position	Name	Chip Time
394	Catherine Stock	02:31:35	1,155	Caroline Oakes	04:49:57
914	Eric MacGurk	03:47:49	1,153	Maisie Elshaw	04:49:58
1,027	Mike Battersby	04:07:26	1,152	Julie Shinton	04:50:00
1,148	Keith Elshaw	04:49:54	1,200	Jo Harvey	05:03:09
1,149	Lizzie Elshaw	04:49:55	1,201	James Heath	05:03:11
1,150	Lee Westwood	04:49:52	1,218	Kirsten Maw	05:04:40
1,147	Adam Walters	04:49:50	1,290	Meranda Winter	05:22:39
1,154	Ange Elshaw	04:49:50			

Baccus Marathon

Position	Name	Chip Time	Position	Name	Chip Time
69	Lisa Hennen	04:48:51	70	Ben Jarvis	04:48:51



Sunday 19th September 2015

Tour Des Fleurs 20k (Dallas USA)

Position	Name	Chip Time
122	Bryn Whitehouse	01:40:52

Two Tunnels Marathon

Position	Name	Chip Time
84	Lisa Hennen	04:49:09

Purbeck Marathon

Position	Name	Chip Time
152	Darren Eynon	05:11:22
273	Keith Elshaw	06:33:00
274	Ange Elshaw	06:33:00



Sunday 19th September 2015

London Duathlon



Position	Name	Run 1 10k	Transition	Bike 44k	Transition	Run 2 5k	Overall
291	Paul Street	00:47:18	00:01:59	01:27:27	00:01:32	00:25:16	02:43:32
694	Ray Bernice	00:51:33	00:03:11	01:36:48	00:01:53	00:34:03	03:07:28

Saturday 18th / Sunday 19th September 2015

Equinox 24hr Race – 10k Laps

Position	Name	Total Laps	Distance
-	Ben Jarvis	13	80.6 miles
-	Kirsten Maw	11	68.2 miles





Wednesday 23rd September 2015

Tolkein Run – 26.95 miles

Position	Name	Time
-	Sue Barrett	06:29:06
-	Kerry Irwin-Hall	06:29:06
-	Sarette Martin	06:29:06

Sunday 27th September 2015

Loch Ness Marathon

Position	Name	Chip Time
2,093	Steve Wise	05:19:10

Berlin Marathon

Position	Name	Chip Time
8,867	Meranda Winter	06:25:53

Ealing Half Marathon

Position	Name	Chip Time
1,205	Nick Carter	01:45:42
2,916	Kim Carter	02:03:41
4,030	Julie Shinton	02:30:39



Ealing
HALF MARATHON 2015



Sunday 27th September 2015

Solent Half Marathon (HRRL Event)

Position	Name	Chip Time
36	Chris Buxton	01:25:57
69	Rob Byrne	01:31:01
82	Kev White	01:33:33
88	Dan Belben	01:34:18
149	Paul Williams	01:40:01
178	John Barrett	01:46:21
224	Lisa Hennen	01:55:40
231	Jenny Shilling	01:56:57
262	Fiona Tomlinson	01:58:43
253	Keith Elshaw	02:00:50
258	Nikki White	02:03:07

Position	Name	Chip Time
261	Sharon Clutton	02:03:43
262	Ellie Blaiklock	02:03:44
275	Nick MacBeath	02:08:23
280	Adam Walter	02:10:36
289	Caroline Oakes	02:15:35
290	David Brace	02:15:37
300	Sarah Down	02:18:56
305	Ange Elshaw	02:20:53
306	Joanne Hopkins	02:20:53
344	Pat Lapworth	02:35:11
345	Rachel Gee	02:35:11



**Solent
Half Marathon**



Sunday 27th September 2015**Henley-on-Thames Trail Half**

Position	Name	Chip Time
25	James Bayliss	01:54:53

Butser Hill Challenge

Position	Name	Chip Time
36	Ben Jarvis	00:43:03
52	Colin Gardner	00:45:38
94	Mike Stares	00:52:41
136	Jenay MacGurk	01:07:08
139	Eric MacGurk	01:07:17

Results Co-ordinator

Result of the Month

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

This month, my "Result of the Month" goes to..... Adam Walters for his Solent Half Marathon time of 2:10:36, knocking over 14 minutes off his previous best. This was one of THREE PBs for Adam this month!

Thanks.....

Brian Fisher



Please email you results to Brian or Colin at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



Tuesday 1st September 2015



Club 5m Time Trial

Pos	Name	Time
1	Jason Grygiel PB	32:05
2	Kevin White	33:08
3	Terry Arnott	33:32
4	Michael Thompson	34:55
5	Colin Gardner	35:19
6	Mark Harold	35:28
7	Paul Williams PB	35:29
8	Pete Brown	35:44
9	Alex Petken	35:49
10	Josh Belben	37:28
11	Gill Dowling	38:10
12	Ben Jarvis	38:10
13	Pete Phillipson	38:25
14	Terry Moore PB	38:41
15	Martyn Barnes	39:00
16	Dave Croft	39:23
17	Guy Sheppard	40:35
18	Pete Lindley	40:49
19	James Wales	41:40
20	Tracy Wales	42:03

Pos	Name	Time
21	Mike Stares	42:06
22	Mike Kearney	42:38
23	Angie Elshaw PB	42:47
24	Keith Elshaw	42:47
25	Nikki White	43:24
26	Adam Walters PB	43:35
27	James Heath	43:36
28	Ken Eaden	44:37
29	Kerry Irwin-Hall	44:39
30	Colin Middleton	45:11
31	Kerry Arnott	45:52
32	Pete Robinson	46:11
33	Gavin Green	46:15
34	Melissa Pink PB	46:34
35	Debra Talbert PB	46:50
36	Mike Barker	47:17

Pos	Name	Time
37	Joanna Ross PB	47:45
38	Joe Ritchie	48:15
39	Ann Marie Stables PB	48:39
40	Jo Hopkins PB	48:39
41	Sarah Down	49:05
42	Jenner Moore	49:06
43	Dave Kirby	51:04
44	Tina Kraan	53:34
45	Sid Smith	53:35
46	Nicky Leech	53:36
47	Lynn Jones	53:46
48	David Baker	53:56
49	Philippa Clark	57:39
50	Lara Bishop PB	57:40
51	Sue Barratt	57:40

Another brilliant night for a Time Trial reasonably cool, with virtually no wind for, or against. Great turnout 52 participants plus 13 Officials & Supporters.

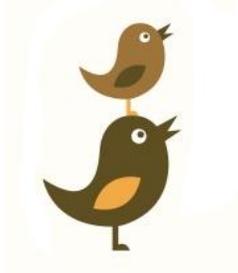
We as always are very fortunate to have a great team of officials, for which our thanks go out; Liz Redpath (Starter & Timer), Janet Lindley (Backup Timer), Gary Francis (Recorder) and Andy Clutton (Numbers). Thanks also to the supporters Nick MacBeath, Lynn Ritchie, Jenny Shilling, Phil Shilling, Giles Cowling, Eileen Cowling, Mick Welsted, Terry Weston, Kristine Chien & Karen Middleton.

Dave Croft



There was obviously something strange in the air at this month's Time Trial!

parkrun is for everyone



The following are the Club member's park run results from the last month.

5th September 2015

Lee on Solent

- **309 participants completed the run.**

Pos	Name	Time
2	Chris Buxton	00:18:09
6	Jayson Grygiel	00:18:54
27	Nick Carter	00:20:59
28	Rich Oakes	00:21:00
35	Alan Burgess	00:21:31
38	Martyn Rowell	00:22:00
43	Paul Taylor	00:22:31
69	David Croft	00:23:59

Pos	Name	Time
103	Adam Walters	00:25:48
131	Tracy Bale	00:27:15
141	Kim Carter	00:27:48
142	Rachel Gee	00:27:49
148	Levi Hughes	00:28:15
154	Michael Barker	00:28:51
155	Jamie MacBeath	00:28:53

Pos	Name	Time
156	Nick MacBeath	00:28:54
160	Mike Battersby	00:29:02
188	Janet Lindley	00:30:07
293	Linda Briggs	00:40:26
299	Andrew Hopkins	00:41:30
307	Joanne Hopkins	00:46:45
309	Dee Upshall	00:49:26

Southsea

290 participants completed the run.

Position	Name	Gun Time
53	Tim Durant	00:22:30

Havant

262 participants completed the run.

Position	Name	Gun Time
182	Lucy Hudson	00:33:11

Southampton

628 participants completed the run.

Position	Name	Gun Time
40	Michael Thompson	00:19:42



parkrun is for everyone





12th September 2015

Lee on Solent

- 249 participants completed the run.

Pos	Name	Time
1	Chris Buxton	00:18:27
32	Ben Wales	00:21:55
36	Paul Taylor	00:22:24
39	Alan Burgess	00:22:58
60	Lee Westwood	00:24:11
69	Tracey Wales	00:24:52
78	Jenny Shilling	00:25:20

Pos	Name	Time
90	Nick Carter	00:25:59
93	Mike Kearney	00:26:14
112	Mike Battersby	00:27:38
113	Levi Hughes	00:27:40
117	Kerry Irwin-Hall	00:27:56
118	Peter Robinson	00:27:58
128	Karen Phillips	00:28:41

Pos	Name	Time
132	Rachel Gee	00:28:52
133	David Brace	00:28:53
134	Martyn Rowell	00:28:54
137	Jamie MacBeath	00:29:03
148	Christine Nation	00:29:50
174	Shona Rust	00:31:34

19th September 2015

Lee on Solent

- 276 participants completed the run.



Pos	Name	Time
10	Dan Belben	00:19:34
32	Benjamin Wales	00:21:31
35	Alan Burgess	00:21:47
37	Miles Pritchard	00:22:16
85	Tracy Bale	00:24:46
86	Peter Lindley	00:24:48
89	Kev White	00:24:53
94	Nikki White	00:24:58

Pos	Name	Time
97	Michael Stares	00:25:05
104	Adam Walters	00:25:17
121	Mike Battersby	00:26:31
137	Rachel Gee	00:27:19
138	Tim Durant	00:27:20
167	Christine Nation	00:29:38
170	Kerry Irwin-Hall	00:29:49
169	Janet Lindley	00:29:49

Pos	Name	Time
171	Sue Barrett	00:29:50
198	Nikky Leech	00:30:47
206	Charley Middleton	00:31:52
207	Colin Middleton	00:31:53
263	Andrew Hopkins	00:38:42
269	Joanne Hopkins	00:41:43
276	Tracey Wales	00:46:49

Havant

237 participants completed the run.

Position	Name	Gun Time
63	Lee Westwood	00:25:52

Southampton

554 participants completed the run.

Position	Name	Gun Time
38	Michael Thompson	00:19:43

parkrun is for everyone



26th September 2015

Lee on Solent

- **235 participants completed the run.**

Pos	Name	Time
15	Ben Jarvis	00:20:11
26	Ben Wales	00:21:20
34	Martyn Rowell	00:21:55
57	Lee Westwood	00:23:45
60	David Croft	00:23:54

Pos	Name	Time
82	Tracy Bale	00:25:05
116	Colin Middleton	00:27:49
122	Christine Nation	00:28:15
123	Melissa Pink	00:28:18
194	Jenny Scott	00:33:44

Pos	Name	Time
195	Rachel Gee	00:33:52
223	Liz Redpath	00:39:14
234	Mimi Donaldson	00:53:57
235	Sue Barrett	00:53:58

Havant

187 participants completed the run.

Position	Name	Gun Time
22	Kev White	00:22:53
42	Nikki White	00:24:40





**HAMPSHIRE
ROAD RACE LEAGUE**
a running club competition

Well done to everyone who turned out for the first race of the new HRRL season at Overton. Our ladies are currently 6th in the A 2nd division and 4th in the B 2nd division. Our men's

teams are 2nd in the A 3rd division and 5th in the B 2nd division. So, a great start but we can do better, and YOU can make a difference!! We had 8 men and 11 ladies at Overton, let's try and get more runners at these races. By the time you read this, the next race, The Solent Half on 27th September will probably have taken place. The next event is the Lordshill 10 mile, Sunday 1st November at 10:00AM, more details here, <http://www.lordshillroadrunners.org.uk/lordshill-10-mile/>

To see the full league tables and to check your individual position go here <http://www.hrll.org.uk/default.htm>

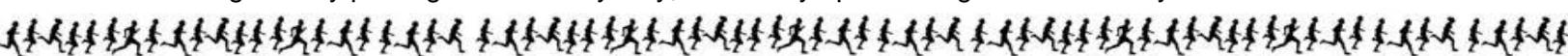
Keith Elshaw

These runs make ideal first races as they really are very well supported, offer a great opportunity for you to represent your Club, are very friendly and definitely not elitist. For all those interested, the confirmed dates for the 2015/16 HRRL season are:

<u>No.</u>	<u>Date</u>	<u>Race</u>	<u>Distance</u>	<u>Host Club</u>
3	Sunday 1 st November 2015 (10am)	Lordshill 10	10m	Lordshill Road Runners
4	Sunday 15 th November 2015 (10am)	Gosport ½ ***	13.1m	Gosport Road Runners
5	Sunday 6 th December 2015 (11am)	Victory 5	5m	City of Portsmouth Athletic Club
6	Sunday 17 th January 2016 (10am)	Stubbington 10k	10k	Stubbington Green Runners
7	Sunday 31 st January 2016 (11am)	Ryde 10	10m	Ryde Harriers
8	Sunday 13 th March 2016 (10:30am)	Salisbury 10	10m	City of Salisbury A & R Club
9	Sunday 20 th March 2016 (10:30am)	Eastleigh 10k	10k	Southampton Athletic Club
10	Sunday 8 th May 2016 (10:30am)	Alton 10	10m	Alton Runners
11	Sunday 15 th May 2016 (10:30am)	Netley RVCP	10k	Southampton Athletic Club
12	Sunday 5 th June 2016 (10am)	D-Day 10k	10k	City of Portsmouth Athletic Club

*** As a Club member, you are not permitted to take part in the Gosport ½ marathon. All members can take part in the helpers half which is run the day before but results are obviously not included for HRRL scoring.

Races are generally pre-registration entry only, with many open for registration already.



THE SOUTHERN CROSS COUNTRY LEAGUE

As a Gosport Road Runner, many of you may not be aware of the Club's involvement in cross country running. I certainly wasn't until I was introduced to it by one of the Club's previous Cross Country Reps. I always thought that Cross Country was more elitist and, as I hated hills, I thought that I'd be left behind or let the Club/Team down. I couldn't have been more wrong.

The Southern Cross Country League (previously known as the Hampshire Division of the Today's Runner Winter League) has 23 running clubs who compete in 7 multi-terrain events held between October and March each year. There are some 250 runners at each race and a team comprises 5 men and 3 women. The League has grown from strength to strength over the years and there is a considerable amount of friendly rivalry between the member clubs.

For all those interested in being cold wet and muddy, these are the remaining dates for the 2015/16 cross-country season.....

<u>Date</u>		<u>Location</u>
Sunday 11 th October 2014	-	Pamber Forest, Basingstoke
Sunday 8 th November 2014	-	Queen Elizabeth Country Park
Sunday 13 th December 2014	-	The Bourne Woods, Farnham
Monday 28 th December 2014	-	Lord Wandsworth College, Odiham
Sunday 24 th January 2015	-	Manor Farm & Country Park
February 2015		To Be Confirmed
March 2015		To Be Confirmed

All races start at 11am. The QE Country Park run is preceded by a one minute Remembrance Day silence.

Courses are a mixture of woodland trails and parkland and are usually not usually more than 5 miles in length.

Racing in this league is more about friendly competition and making sure everyone enjoys the events. One feature of this friendly atmosphere is that each host club provides refreshments (for £1/£2) after each event while the results are prepared and presented.

All races are free to enter and are open to Club members of ALL abilities.

Club colours must be worn by all runners.

You WILL get muddy.....

Pamber Forest, Basingstoke - Sunday 11th October

The first race of the 2015/16 Southern Cross Country League is on Sunday 11th October, at Pamber Forest in Basingstoke. The race will be a 5 mile single lap through forest and fields along undulating tracks and footpaths.

There are details of this race and the travel arrangements on the notice board at the rugby club.

Your Club Cross Country Reps

This year, the Club has new Cross Country Reps; Terry Arnott and Adam Walters. Terry & Adam will be updating the details on the notice board each month with the forthcoming race details but if you have any questions or queries in the mean time you can catch up with them at the Club one night or you can contact them via their email address: crosscountry@gosportroadrunners.org.uk



16th SEB TALLINN MARATHON

13th September 2015
(By Tim Durant)

Let me start with a quote from the Marathon article I wrote for the GRR Newsletter last October:-

"It was going to be my fifth marathon in a fifth country and, in all likelihood, was also going to be my last"

Well, as another marathon season is upon many of you, I was stupid enough to make that six marathons in six countries a couple of weeks ago! I guess it all goes to shows that 'Never Say Never Again' is an accurate description of many runners, myself included. I'm a tourist runner and the draw of visiting another two countries (Estonia & Finland) far outweighed the commitment needed to run another marathon. As such, seven of us set off early Friday morning on the 11th September to catch our flight from Gatwick. We were all going to be running one of the distances on offer (Marathon, Half Marathon or 10k) in Tallinn and as none of us had been to Estonia before it was really going to be quite an adventure.

For a bit of background, the Tallinn Marathon is run early in the autumn marathon season and so if you're going to take part you need to start training by the beginning of June in order to get a full training program in. Of course, if you've been ill or injured since March, then just forget that and start your training sometime in July! Not the best of preparation but there was a bonus to be had which I didn't expect; I very quickly realised that I wouldn't be breaking any PBs on this trip and, for the first time in a long time, I remembered what it was like just be happy to be able to run long distances and forget about my times. Better still, one of our group was running her first marathon and so I gallantly offered to run it with her. This was a great move, as it still gave me a target to aim for but one that my limited training would hopefully be able to achieve.

I should also say that, similar to running in the UK, you can't guarantee the weather in Estonia. Tallinn is on the coast of the Gulf of Finland (part of the Baltic Sea) and can be very cold and windy. So with good planning, most of us used our limited baggage space (after running gear) to pack warm clothing, only to find that we were paddling in the sea on Saturday morning and buying sun cream to use on race day. Luckily (!) it did rain towards the end of our trip so the hat, scarf and boots were eventually worn, but I am glad that I also took flip flops because they were the most used of all my footwear.

Our trip was a two centre one that started in Tallinn and finished in Helsinki. We flew into Tallinn airport and took a short taxi ride to our accommodation, right in the centre of town and no more than five minutes walk to the start/finish line. It was cheap as chips and so was the food & drink, as we found out during our 'carb loading' events on Friday & Saturday night. Better still, Tallinn is a beautiful City with lots to do and see.



SEB TALLINNA MARATON

As previously mentioned we paddled in the sea (avoiding the jelly fish), walked around the cobblestoned streets and walls of Tallinn old Town and also 'Walked the Edge' at the Telecommunication Tower on the outskirts of the City. An exhilarating walk around the edge of the tower at 175 meters above the ground, only broken up by a chance to sit on the edge for a chat and photo.



Well the good thing is that, after doing that, running a marathon is always going to seem easier. It also took our minds off of the early start we were going to have on Sunday and the 26 miles we needed to run in order to claim our medal.

Collecting our race numbers went smoothly and the T-Shirts were a bright (GRR) yellow. The expo was fun with several clothing tents, as well as a stage with the local radio station 'playing the tunes' and several other tents selling food, gels & cooling sprays. Essential preparation and sightseeing complete we had a relatively early night, after attending the inevitable 'Pasta Party' of course.

Sunday arrived and the three marathon runners (Kerryanne, Andy & I) set off bright and early in the cold morning mist. Bag drop and final preparation was completed with plenty of shivering & clattering teeth but by the time we were on the start line the sun was already warming things up. The run started at 9am and the forecast was temperatures of 12-18 Degrees Celsius with bright sunshine, and so it was to be. Luckily the Half Marathon wasn't due to start until midday and the 10K at 2pm, so Alison & Josh who were running the half and Rachael & Angela who were running the 10k, were all able to cheer us off at the start and then go back to our accommodation for a while before coming back to see us complete our first lap.

Two 'out and back with a lap of the town at the end' loops were run at a steadily slowing pace and apart from a little pain on the hills and cobble stones at the end of each loop, it went surprisingly well.

Rachael & Angela were even able to see us finish before starting their race, which was a great boost at the end of our 26 miles. In fact, the timings of each race were great, as we were almost all able to see each other start or finish our respective races and, before we knew it, it was 3.30pm and we were all together again to celebrate our achievements ☺



Sunday evening was spent having a lovely meal in the centre of the old town and then it was time to pack and get ready for our ferry to Helsinki on Monday morning. We spent two nights in Helsinki and, although it was somewhat more expensive than Tallinn, it was certainly worth a visit. It also meant that I could go out for a short recovery run on Tuesday morning and tick off another country that I had run in!

And so to next year..... another country and another marathon??

Tim Durant

Seb Tallinn Marathon

Position	Name	Chip Time
847	Tim Durant	03:54:47

Tolkien Run

23rd September 2015
(By Sue Barrett)



What can I say, Tolkien run was epic!!!!

It's organized by Travis Wilcox, a running event company run by a husband and wife team. They also organize a Cakeathon, Fudgeathon, Chocathon, etc.... They seem obsessed by food related running events.

Anyway, the premise of the Tolkien run was a simple one. Loops of 3.85 miles, as many or few as you like within 6 hours.

Kerry and I left home at 4.45am, quite possibly the earliest time I have ever had to leave for a run! It was based in a location called Shampire Hoe, near Dover.

It's hard to describe the location exactly but think maybe Gilkicker with a visitor centre (but no fort) and most importantly toilets!

We met Sarette at the start, a few Pompey Joggers and some runners from Bosh (an online running group). There were only 60 or so runners and everyone was incredibly friendly. A few had even gone for hobbit inspired fancy dress.

The route was about 0.7 of a mile of hilly cross country, followed by a long stretch of sea wall, touch the knob at the end (of the railing) then turn around and run back again.

After each loop you were given a wrist band, 1 band = 3.85 miles and so on. You could finish after 1, 2, 3 loops or whatever, just ring the bell and you were presented with a medal and your goody bag. 4 laps gave you. A half marathon, 7 a marathon and 8 an ultra.

After each loop we chilled a bit, helped ourselves to the fantastic buffet, cake, crisps, fudge, you name it, it was there!

We had nothing preconceived about how many loops we would do but the day when so well we managed 7, just over the marathon distance.

A fantastic no pressure, well organized, friendly event, giving you the option to run any distance from just under 4 miles right up to ultra. Worth it for the medal at least, plus the goody bag only contained food – result!!



Sue Barrett



I had to include a photo of the sea wall especially for Sarette as I got the impression that she really enjoyed this part and didn't see enough of it on the day.

Bayside 5k Series

(By Terry Arnott)

When I first heard of the Bayside 5K early last year I was still fairly new to running and had not long signed up for the Gosport Road Runners. I didn't know much about the race other than it was a friendly fast 5k series down Stokes Bay. I thought great I love running down the beach so sign me up, at £6 what a bargain.

I managed to persuade a few people to join me as I was quite nervous and didn't want to go on my own. We all rocked up at the bayside and collected our race numbers amongst the other runners. There were many club runners and it was clear that the stubby runners were out in full force followed closely by the Fareham Crusaders. I was one of half a dozen Gosport Road Runners and I'm not going to lie it was quite intimidating as we made our way to the start line. The adrenaline pumping as nervous legs start to jump up and down on the spot waiting for the horn to sound. 5-4-3-2-1 and we are off... Wow what a race! Such a buzz running with runners from other clubs. It wasn't intimidating it was exhilarating!

The rest of the series was a real treat. You couldn't beat a 5K race on a nice summer's evening where all the local clubs get together, race hard and have a laugh.

2015

It's that time again marathon season is in full swing and everyone is training super hard. The club has had massive success with its beginners courses. Plenty of new faces wanting to get stuck in and get results. The club is changing with the announcement of a new men's captain as well as cross country captains. Even a brand spanking new park run right on our doorstep. The running community is absolutely buzzing in Gosport.

The Bayside 5K series is here again and the GRR's response is awesome. Everyone is talking about it and excited for what's to come. There is friendly banter on Facebook and Twitter between members and other clubs.

I arrived at the bayside for race 1 expecting the same as last year, a sheer dominance from the Stubbys and Crusaders. Well I was pleasantly surprised. The queue for registration and number collection was out of the gated entrance. The queue was a mixed yellow in colour with the odd spec of green and claret. I collected my number with a massive smile on my face and instead of being nervous I was super pumped up.

With a slight course change we had to take a short walk across the road and over to the car park where the new start line was. As all of the runners were making their way to the start line it was clear we were out in full force. We had a large majority of our beginners here which was absolutely fantastic to see right up to our more experienced runners all stood side by side ready to race. What a feeling and we were all feeling it! This time there was no feeling of intimidation if anything the shoe was on the other foot. 5-4-3-2-1 we were all off and Team GRR was smashing it!!



There were some amazing performances, many PB's and even some awards won at the end of the night. All the club runners got together at the end of the night had a beer and something to eat and celebrating others achievements. There were sweets given out for the winning kids and wine giving out for the winning adults. But most importantly it was a chance to come together and have a laugh a real sense of camaraderie. There was even a real spanner thrown in the works. The Gosport Road Runners even won the overall team event placing 3 runners in the top ten. You should have seen the faces of the other Clubs. Priceless! Even though we had 3 in the top 10 the award went to the whole team as it was a real team effort. It's what the Gosport Road Runners are all about coming together in great numbers and giving it our all.

The magic continued throughout the series the Gosport Road Runners failed to disappoint. They turned out in great numbers and even finished the series with a bang. There were a nervous few minutes at the end of the series where all 3 clubs had taken a piece of the pie for the team even. It all went down to the final event. The Gosport Road Runners were triumphant and took the series overall and as a result Rich Oakes, Rob Bryne & Jason Grygiel all bagged themselves a bayside 5K summer series t-shirt. Well done guys you done yourselves proud. The team event award was one of the many highlights for the season.



Plenty of Gosport Road Runners picked up bottles of wine for their awesome running. For me personally the highlight was the massive turn out from the GRR's in general and the interest from the beginners. It's a sign of exciting things to come from the club.

Also in the kids races there are some up and coming starts in our community and I'm excited to see where they go. So a massive well done to them to!

Lastly and most importantly the up and coming cross country is fast approaching. Myself and Adam would love it if we could have a similar turn out to the bayside 5K. All abilities are welcome to join us in 5 miles of mud. We are encouraging everyone to car share as parking is very limited. If your struggling to get transport drop either one of us a message and I'm sure we can sort something out. Trail shoes are not essential but recommended as the courses can be very slippery. Club colours are a must..... we want a massive sea of yellow throughout this year's cross country and most importantly let's have a laugh and stay for cake afterwards.

Keep up the hard work team and see you all on the 11th October at Palmber Forrest in Basingstoke. Race starts at 11am but get there early.

Terry Annett



Equinox 24

23rd September 2015

(By Ben Jarvis)

The logo for the Equinox 24 event. The word "EQUINOX" is written in a bold, orange, sans-serif font. The number "24" is inside a black circle with a white border, and the letter "X" is also in the same orange, sans-serif font. The entire logo is set against a black rectangular background with a thin yellow border.

Work had finished and off me and Kirsten went, finally making our way up to Leicestershire to take part in our first solo race. equinox 24. this is a 24 hour event, running 10k laps starting at midday on Saturday, running through the night and finishing at midday on Sunday. We got to the campsite around 19.30 where it was starting to get dark. we found a nice spot near the start/finish straight so that we was able to jump on and off the course when it was needed.

We unpacked the tent and got the main frame up, ended up unpacking the car, sorting out all our bits and bobs and having out dinner in the dark with our head torches on. Finally time to relax and off to have a look around the site.

As we walked over everyone was coming out of the beer tent and heading to the start line, of which they were preparing for a beer run!!

After tasting some of the nibbles from torque bars we decided to watch the start if the race before going into the main tent to watch the rugby, yes i know going away camping and still getting to watch England in the rugby world cup!

Kirsten actually seemed to enjoy watching the game after a while and it was soon over, after taking a few pictures and looking at what we could buy, we finished our walk and headed back to the coldness of the tent. soon we was in our pj's, or in Kirsten's case... pjs, hoody, hat, gloves, socks, duvet, sleeping bag, and the rest of her house.

Morning of the race came, beautiful sunny day, even if it was a tad cold. i was up fairly early registering us both, talking to a few other racers, having a walk around and deciding on what i could stuff my face with before the race.

After a while we were both up and dressed, go pro was out and on its adventure and we were getting chatty to a lot of the other first time solo runners, including a guy from buff who looked about 60!

So after sorting out kit, our food and our race numbers we walked over for the race briefing trying to keep cool in the shade as it was starting to warm up.... long day ahead, 24 hours in fact. race brief finished, toilet done and go pro ready.... off to the start line, beginning to get nervous and talking about our race strategy of how the hell to run for 24 hours.

Race started and was a nice gentle start, lots of solo runners and lots of chat going on to keep the pace low. Cheers coming from every direction and first chance we got to head out on the course. nice start to the course but wasn't long until the first hill. After about 2 miles we came to the first lovely sight. some horse fields and then heading over the lake which looked amazing in the sun. up the first of the major hills, probably about 3/4 of a mile at a steady incline. to the top and started to get moaned at by kirsten for being grumpy... wanted to get into the race until i started to enjoy the views.

We got to the top and was a lovely run along the top of the hill getting to the water station. after that it was just up and down small hills until we had to take a massive dip down a hill along the bottom where we found what everybody kept talking about.. (all we kept hearing was about a hill)

There was a sign saying "that hill" hmm must be pretty bad, oh yes it definitely was bad!

Once up there it was a lovely run back down another hill, round the lake and back onto the field. all the way around was different running groups and clubs clapping and cheering. Even some guys with cattle bells! through to the finish to pass the baton onto the next member of the team..... oh wait! we are solo so don't stop, off we go again.



After about 6 laps i decided to stop and have some food. i wasn't hungry but had to eat so i grabbed my pasta, went and bought a cup of tea, decided to put 4 sugars in it! then over to the tent where i met a few people to talk to.

Food down and an hour of rest, off i go again for another few laps.

I got to 12.10 am and decided i would stop for the night, have a massage and get some kip. kirsten was waiting at the massage tent in about 10 layers.

A massage down and a few hours sleep i got up, got some more running bits on, chucked my head torch on and off i went. Started running with a lady from a team and ended running the whole lap with her. 3 laps down and seeing kirsten back on the course i stopped again. went and had a cup of tea again and had a nice time watching the race and getting sorted for my last lap.

Before my last lap i went down to speak to totten runners as they had been cheering us the while race, that was nice to be able to do, a good way to enjoy the race and the morning.

Kirsten stopped and we both decided to do the last lap together, this didn't last long as i ran off and ended up waiting near the finish for kirsten.

Was a lovely way to finish, running through the camp with our Gosport colours on, feeling good and enjoying each others company. holding hands through the finish and we was finished. 24 hours and about 20 minutes. not bad for our first solo attempt.



i completed 13 laps which made a total of around 81 miles

kirsten completed 11 laps totalling around 68 miles.

felt better than we thought we would, had our picture taken and then had a shower, then was time to get the tent down, packed up and start our journey home.

we stopped twice, ending up meeting some other runners from the event. nice way to end the weekend, and what a great weekend it was. very friendly, very well organised and a lovely course. capped off with a beautiful weekend of weather.

Ben Jarvis

401 Challenge

Keith has asked me to publish the following email that he received earlier this month as it would be great to offer some GRR support:

On Friday 09 October 2015 Ben Smith and the 401 Challenge team will be visiting our area and it would be fantastic for our great local running community to try and show as much support for this challenge as we are able to. In short Ben is attempting to run 401 marathons in 401 days around the green and pleasant lands of the UK; for the full lowdown please visit the website and browse: <http://www.the401challenge.co.uk>

The format for the day will see Ben start his run from the Croton Community Centre in Stubbington around 10am on the Friday (09 Oct) morning, and will be running twice round a route that is 13.1 miles. This will allow runners to join Ben at any point around the route, completing as much or as little as they choose; please follow the link for the details of the route:



Check out this map on MapMyRun: 13.23 mi 401 Challenge Half Mara Ben Smith Distance: 13.23 mi <http://www.mapmyrun.com/routes/view/701675591>

At the time of writing Ben is planning on running around 11min/mile pace for the full marathon distance. The route has been devised to incorporate a mixture of urban, rural and coastal elements into the route, whilst covering as much of the collective patch of Hampshire as is possible. The route will allow runners of all abilities to participate and join at any point and it would be fantastic if as a collective we can muster as many people from our brilliant running community to accompany Ben for his adventure on our doorstep. It would be great to see the local clubs colours out en masse to support this run and show off our great running community, to that end could I please ask for your support in putting this information out to as many people within your clubs/organisations as you can.

Club Kit:

For all you new members who are wondering where you can buy official Club Kit, a full range is available to purchase at Absolute Running on Stoke Road. Full details and prices are also available at:

www.absolute-running.co.uk/gosportroadrunners



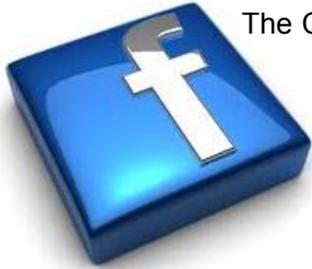
GRR Website:

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

Not all details are posted on the Club's Facebook page so make sure you add the GRR website to your favourites/bookmarks list. <http://www.gosportroadrunners.org.uk/>



GRR and Social Media:



The Club's Facebook page currently has 242 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc. Follow this link to see what's going on:

<http://www.facebook.com/groups/27301329294/>

For the more sophisticated amongst us, the Club also has a Twitter feed which can be accessed by following @gosportrr on www.twitter.com

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.



Newsletter Contributions:

As I said in last month's newsletter, I've been doing the Club Newsletter for two years now I've decided to stand down and let somebody else have a go. Colin Middleton will be taking over from next month as this is my last one..... I've really enjoyed my stint and getting the chance to put my own spin on the Club's Newsletter but I'm sure Colin will add just as much and make it an even better read.

I wanted to thank everyone who has contributed to my newsletters over the last two years as, without these contributions from you the newsletters would have been a lot harder to produce..... and they would also have been a pretty boring read! So THANK YOU!!

Please continue to support Colin in the same way you have helped me out..... If anybody has anything that they would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photographs that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably), etc. Basically anything that you would find of interest or think other Club Members will enjoy reading each month.

Contact: You can send comments, articles, content to Colin either via Facebook or by email to newsletter@gosportroadrunners.org.uk

**YOUR
GOSPORT**
Half Marathon



NEEDS

YOU.....



I've been asked by Jenny Shilling if I could include a plea from the Race Committee for GRR members to volunteer to make some cakes to be sold on Half Marathon Day.

There will be a notice going up on the board at the club at the beginning of October for you to add your names to if you would like to volunteer.

**Help
Wanted**

Marshals

Ken Eden is also after volunteer marshals for our 30th anniversary half marathon, being held this year on 15th November. If you are able to help out in any capacity please forward your name to any member of the Race Committee.

Also..... for all those who are in possession of marshal bibs from last year or previous, could you please hand these back to Ken, or Mike Barker.

If you are able to help out please email:
marshals@gosportroadrunners.org.uk

That's all Folks!



Over to you Colin!.....

GOSPORT

Road Runners



NEWSLETTER



AUTUMN

OCTOBER 2015



* Cover Photo - Chris Buxton, Pieces of Eight, Portsmouth, 4th Oct.



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Welcome

Hello & welcome to the Gosport Road Runners newsletter for October 2015. Its been another bumper month for Gosport Road Runners, with road races, parkruns, and the start of the cross country season now under way.



You may remember from last month, that Nick MacBeath stood down as newsletter editor after two years. Nick did an excellent job bringing us a smart, informative, and fun to read newsletter. I hope I can continue producing something of the same quality that Nick gave us.

The old phrase “if it aint broke, dont fix it!” comes to mind. I’ll make some changes of my own here and there, and I welcome comments and ideas, but I’m sure you’ll agree that the way Nick produced the newsletter worked pretty well so for the time being, i’m following his lead.

Thank you to everyone who has kindly supplied articles, photos, results and ideas for the newsletter. Its been a steep learning curve producing this for the first time, and I’m sure as I go on, things will get easier.

If you have anything you would like to contribute towards future editions, please feel free to send it over to me. your help will be greatly appreciated.

Enough rabbit from me, enjoy the newsletter.

Colin

Contact:

You can send comments, articles, photos and other content to either via Facebook or by email to

newsletter@gosportroadrunners.org.uk





As well as many others from around the UK have had chance to run with the fantastic Ben Smith. He is a normal guy with a normal life who chose to give everything up to raise money and awareness for two anti-bullying charities, Kidscape and Stonewall. He is aiming to raise £250,000 and run in 309 different locations around the UK. His challenge is to run 401 marathons in 401 consecutive days, this includes 10 official marathons.

His name is Ben, he is 33 and from near Bristol. He gave up his corporate job, sold his house with all of his belongings and now lives in a motor home. Following a nervous breakdown he tried to take his own life when he was 18, when he was 31 he started to turn his life around.... with RUNNING!!

He has been running for roughly 3 years and doing marathons for only 2 years. Just shows you what you can achieve with the willpower and mental strength.

Onto his visit of Gosport on Friday 9th October. In Stubbington at around 9.30am, we all met at the community centre where there were lots of runners already gathered, around 35 I think. This included a few Gosport road runners, a couple from Fareham crusaders and lots of Stubbington Green.

I decided to run with the group to show my support and I thought it would be a great experience to be able to run with someone like this.

After a speech, a few pictures and some wristbands given out we set off, past a load of school children giving high 5's and cheers. Through Stubbington and into Fareham before heading towards hill head and lee on Solent. This is where I left, just after 7 miles. Everyone that had run with him got a picture, this is so that Ben can do a book about his challenge and put every single picture in his book. So I got my picture thanked him for his time and made my exit.

What a great way to start my birthday off. Such an inspiration and to be able to have a nice run with the other clubs around was also a nice change. Showing a great community support, along the route he also met a few other Gosport Road Runners as well as other people from other clubs.



This wasn't the end of my experience running with Ben; two days later Darren Eynon and I met up with him again at the Isle of Wight marathon.

We went over with plenty of time and met Ben just as we turned up. Here we had a chat, went and got ready then had a few pictures taken with the local news, as well as a few selfies of course.

While getting ready for the race, Ben constantly had people coming over to him giving him money for the charities as well as wishing him good luck, then just before the race it was also announced that he was running!



The race started and me and Darren had decided to run part of the way with him. I think we ran just over a mile before we started to push on and take the race into our own hands.

We both finished in 4 hours 18 minutes, and just had time to recover when Ben came round the corner jumping, having a laugh, high fiving everyone and finishing in a good time of 4 hours 20.

Once he had recovered from what had seemed to be a nice easy run for him we had some more pictures, chat about the race and course, a nice cold cider and some food.

Here we said our goodbyes and we wished him luck with his challenge.

Ben is an amazing guy doing an amazing thing. 401 marathons in 401 consecutive days. Travelling all around the UK to raise awareness for anti-bullying charities. Raising money and helping people achieve personal bests, whether it's a mile or a marathon he is trying to get people out running, for no reason other than the love of running.

Ben





This is advertised as “More than just a Marathon” – NO KIDDING!

It turned out to be the most beautiful, yet most brutal marathon we have ever done!



We headed over to Swanage, Dorset and found a nice parking spot right by the finish tent... perfect! We spotted Darren just before the start and took the GRR picture and wished each other a good ‘run’. We also met up with a couple of other friends from Bosh run (a virtual running club) and again had our picture taken with them – one of them being Jess Gray who managed to be 1st lady to complete this run in 3 hours, 51 minutes, and on the back of her also winning the UK Ultra Distance Trial Running Championships which is just phenomenal.

Well we set off at 9.30am upwards, which was only to be the theme of the day! We made our way slowly and carefully up onto the Jurassic Coastal path which was technically challenging with mud and sheer drops to contend with, but it gave us absolutely stunning views of the Jurassic Coast, before turning us slightly inland through fields. It was really difficult to get any sort of rhythm going as the terrain was ever changing. The sun was shining, there was no real breeze and the ups and ups and downs and ups just kept on coming.

Keith started to feel very unwell and by 17 miles he was totally overheated, feeling sick and dizzy, which had me really worried, so much so I didn’t tell him to ‘man up’ at all, and obviously because I’m a wonderfully supportive wife (plus it was about time I reciprocated and looked after him on a run for a change!).



So, we started steady and got steadier, jogging small distances then power walking and trekking up the monster hills (3000 feet of them!)

We went through the deserted village of Tyneham and up along the ridge of the Purbeck Hills towards Corfe Castle, passing its battlements then across the Swanage railway line to then head back onto the ridge via a 3 mile long hill. This was followed by another punishing downhill which led us to the road and back onto the seafront finish.

We were greeted by cheers, a fab goody bag, including t’shirt, medal, a bottle of cider and a fantastic tub of ice-cream. Personally, I finished feeling good and strong but that was probably because we ran/walked and took in the atmosphere and the scenery, of which I will never forget.

I would also like to go back and give it another go, but its not a course that would ever get any easier but the views certainly make up for that! We had no choice but to invoked the epic words of ‘Barrett Rules’, as there was at least one if not more ‘sheep hills’ (only 4 times as long), several ‘f’off hills’, plenty of XC mud and some sheer drops to boot.

Darren did fantastically well on a very technical course – well done you!

And actually it may have been our slowest ever marathon time, I think we get a well done too for sheer grim determination and getting it done!

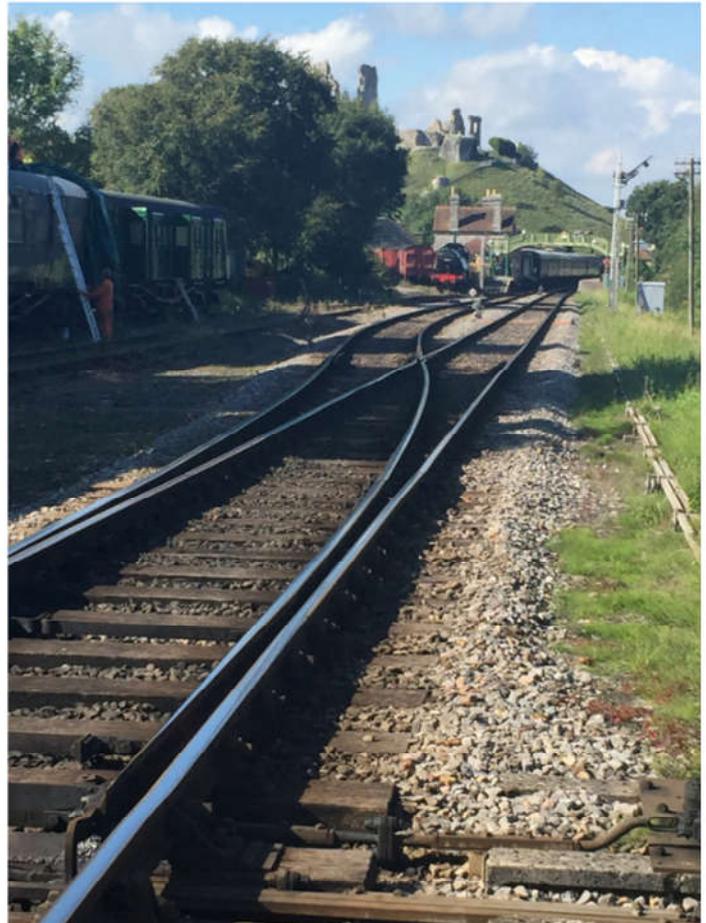
Ange

Corfe Castle, downhill before the final 3 mile uphill slog towards the finish





Darren, Keith and me at the start.



We walked across the Swanage Railway line with Corfe castle in the background.



A view I just had to share, it was stunning (the bench looked good too!)



So a few more miles in and we were preparing for 'the hill' at 10 ½ miles, a slow mile before and then it came into view. All I could do was try and psych us both up for it by saying it didn't look that high... It did Ben!

But we were running it no matter what, I wasn't being beaten today! We hit it hard and steamed up running all the way, even smiling at the top, we had smashed it and both had witty remarks ready for the arrival at the top. I went with the classic "where's this hill then? Is it coming up?" I don't think many ran up it, and we we're both really pleased with ourselves, what an achievement – marked by an extremely quick following mile where I had to slow Ben down as he went off quite fast, we were both full of adrenaline but I had to reign us back.

The next 5 to 10 miles were smooth and undulating with a couple of little steep hills but nothing to concerning. There was a really interesting long downhill section through some woods too, which was a series of switchbacks and like nothing I've ever run before. We had a lovely section alongside a river that was crying out to be jumped in, but we restrained ourselves! Then we hit the section we'd already ran at the start and knew there were 2 more long steep hills to come but that the last 1 ½ miles were all downhill and we knew we could push a bit now.

The mile 7 hill came back round at around mile 22 or so and for a few minutes I was running on my own, but I didn't want to finish alone, we started together and we would finish together, so I eased up and Ben soon caught up, we hit one more hill at about mile 25, which was longer and steeper than I was expecting this late on, but we said we'd power up it and actually made up a few places, something I didn't expect this late in a marathon, we passed 5 or 6 guys on that hill.

Then came the downhill to the finish, about a mile and half of high speed barrelling down the twisty paths and roads around the Eden Project, it was a spectacular finish to what had been a spectacular run. So pleased for Ben to have smashed his marathon PB by around 7 minutes (I think) and only 2 minutes off my best, so we were both happy.

A 10 minute wait for a well needed massage was a mixture of bliss and hell, but sorely needed! Both of us came in at 3:35:44 in 22nd and 23rd – what a result!

We then found out that my run hadn't registered as I wore my timing chip on my wrist, rather than my ankle, so effectively I hadn't run.... I felt like I'd run believe me! A quick talk to our new friend the race director and my time was added and they put me a few milli-seconds behind Ben, I didn't mind because we both had the very nice gold medals and t-shirts and we knew we'd done it together.

A short 4 hour drive and we would be home, back to normality, to a roast dinner and a well needed lay on the sofa for an hour! A fantastic weekend, a fantastic result, and a great representation by team GRR – we went and we beat some of the big boys at their own game in their own back yard, and I couldn't have been prouder. Was a nice training run for my 10in10 campaign for May next year, and a proper challenge. I'd recommend it to anyone who wants to run something unique, even the half looked a great run and you can't argue with a pasty and a beer afterwards!

Top work Ben thanks for a great weekend

Rob



Great South Run 2015 – My first (and last?) 10 mile run!

by Lou Harrowsmith

Way back at the beginning of the year, dear other half of mine, Dave McAllen, kindly signed us up for the Great South Run. I was in training for Eastleigh 10k at the time and October seemed like a long way off and lots of time to get up to that distance. Hmmmm, who was I kidding?

As usual life got in the way and although I had done the odd run between end of March and July, I hadn't done anything over 10k. Dave arrived home mid July and then a round of holidays and visits ensued which meant no running was done at all (despite taking running gear to Florida - rather wishful thinking in hindsight!)

A 3k run (including hills - go me!) in the countryside of France was my first run in almost two months at the end of August and I felt like I was never going to be able to walk again, let alone run. However, as September got underway so did my determination to do some training so that GSR was at least a faint possibility. Unfortunately when I am overwhelmed at work and finding it hard to fit life into 24 hours, the first thing to go is running and so the three weeks before GSR only saw me running on Sunday mornings. No one can say I haven't been religious about my Sunday morning runs which were all between 6 and 8 miles – well, once I did 8 miles but hey, once is enough right?

WRONG!

Race week dawned and I felt rough. A cold was threatening all week and I was dosed up with Sudafed to get through the last week before half term. Saturday found me grumbling that I already ached all over why on earth was I thinking I could run on Sunday. Mr M fed me with pasta, gave me a prep massage and packed me off to bed early in readiness for the big day.

Sunday morning was a perfect running morning – even a newbie like me could see that! Sunny but not too warm and no wind, which having heard numerous horror stories about the last seafront miles, had me breathing a sigh of relief (At this point in the day I could still breath). Mr M gave me my birthday present early – a Gosport Road Runners jacket, complete with name, and off we set.

Meeting other GRRs at the ferry was a good way to begin. Lots of vastly experienced runners basically out for a nice bumble, but enough first timers not to feel like I was completely out of my depth. Bags dropped off at The Pyramids, we headed off to meet everyone by the Wave 105 tent for a quick photo (I think this is done so that bodies can be identified later after the event should the worst happen and you are found in a snotty heap by the roadside at the 8 mile mark) and then just time to join a massive queue for the loo before beginning. This is obviously obligatory. Even if you don't need to go when you start queuing, you know the minute you leave the queue you will definitely need to go and sure enough, by the time you get to the front, the call of nature is well upon you!

Forgetting that I am not as spritely as he, Mr M had put us down for some ridiculously quick time which meant we had orange bibs. Time taken to relieve ourselves led to relief as we found a spot amid the white runners. Maybe green would have been more apt but we had a run to save our legs for. A nice little warm up (torture for me, I run because I don't do aerobics. I am the person who goes the opposite way to everyone else so this bit is just an opportunity to look foolish from the off!) and soon we were off.





Mile one was pretty straight forward. I hate the first mile of any run. Any aches and niggles come out and just trying to get a good rhythm but it flew by nice and steady. My sister had brought my son along to watch and we knew to watch out for them by the bagpipes and sure enough they were there which was a nice boost.

Running past HMS Victory seemed to come and go really quickly and the dockyard was a blur. The pace was consistent and even seeing friends go past wasn't a bad thing. A quick chat, lots of encouragement and they were off... and I kept plodding. There are some very strange spots where no one cheers, they just look at you as if you are creatures from an alien planet – I found that quite bizarre. I appreciate they are probably looking for their loved ones but even so you'd think they'd give a little clap to these crazy people who are running by and providing their morning's entertainment!

The 5k marker and knowledge that a drink was in the offing was a welcome sight. I never take a drink on a 5k but I think the whisper of a cold I'd been carrying and the warmth of the morning meant I was thirsty by this point. Winston Churchill Avenue saw many people cheering and that was a real boost. The kids by the bridge shouting 'Ogey, ogey, ogey,' got lots of 'Oi, oi,oi' initially but by the third time the runners had used their voices and just carried on in their own worlds. Dave loyally stayed with me, encouraging me and reminding me to watch out for discarded water bottles.

We played a game of tag with two Paras in full kit for the entire stretch; one minute we were overtaking them, next they were overtaking us and back and forth it went for the entire road. I think we did eventually pass them but I'm sure in my delirious state later on, they probably just sauntered past! It was really nice to see other GRRs ahead of us or coming up behind us on that two way stretch and being able to give a wave and a smile is such a lift to your spirits. I'm the first to admit that I don't attend the club enough to know many people, but everyone encourages everyone else and that is great.

By the 6 mile point I was starting to feel the effects of the unseasonably warm October day. I'm not a lover of Lucozade – bit too sweet and sickly for me – so that was a no brainer. The shower tent, whilst short lived, was just what I needed though! I think I'd have been happy with a light drizzle at that point! Seven miles saw me feeling the lack of training. I was feeling quite dejected as we ran towards Eastney but the locals and their music helped as did their shouts of 'Come on Gosport'; never have I been so happy to hear Taylor Swift singing but a bit of 'Shake it off' was just what I needed to mentally shake off the negativity I was feeling at that point.

Turning on to the seafront I could understand why on a windy day it is such a killer. It's 'only' two miles to the finish but it feels like such a long way. I was now into uncharted territory. I'd never run this far before and wasn't sure I could run this far today! My legs just didn't seem to want to work anymore. Every step was hard work and I really wanted to walk. Only the fact that I knew if I stopped I wouldn't be able to go again kept me 'running' and yes I am using that term loosely! A jelly baby or two was a well earned mini sugar rush and once the 9 mile sign was in sight I knew I could make it (even if it was looking likely that the photo taken at the start would be required to identify my body by the finish line).

Throughout the race I was very much focused on just keeping going, one step at a time. When I am out on familiar roads I give myself little targets, just to the lamp post, just to the pub, etc, and although I know the GSR route, having never run it I couldn't put it into the same perspective. Knowing where my sister and boy were going to be was a real force to keep me going, and seeing their faces and hearing their cheers 400 metres from the finish line was all I needed to complete.



Mr M who had kept me going throughout, took my hand to cross the finish line at the same time. Slowing to a walk, I really did think my legs were going to give out at one point and it was all a little bit of a daze. I'd actually done it. I'd run 10 miles! I didn't stop and walk once and I had completed it in 1 hour 49 minutes and 28 seconds.

The day before I had told my friend if I could do it in 1 hour 50 I'd be pleased, and I'd beaten it – just!

The euphoria of actually doing it ensured I was able to walk to the ferry and chat to family and friends about the race even if I was adamant I was NEVER running that far again! I'd stick to 10ks and be happy.

Three days on and the aches and pains have all but gone and a little like child birth, I've already started to forget... maybe just a little half marathon next?

Lou

Congratulations!

to everyone who took part in the Great South Run 2015





This Marathon was a new addition to the Race-for-Life series, and was launched this year as the first women-only Marathon in the UK. There was also a half-marathon option. The event was available for runners or walkers, as long as the distance is completed within 8 hours. As with all Race-for-Life events, most ladies participated to raise funds for research into all types of cancer.

The Marathon route was a two-lap loop of the half-marathon route. This did not bother me at all as the course is scenic, following the wide tarmac- and tow paths of Lee Valley, along beautiful lakes, open countryside and the River Lea. There was one long steady incline between mile 5 and 6 (and again at 18 miles) but the climb was awarded with incredible views across the valley. There was also a small army of volunteers cheering the runners every step up this hill, and pacing to this, together with the pumping music played by a DJ, one could become “Queen of the Hill” before you know it. Apart from Clayton Hill, the course was flat and virtually traffic free. Most ladies enter the Race-for-Life events because their lives have been affected by some type of cancer. Family members were therefore encouraged to run/walk with the participants from miles 11 to 13 (half-marathon) and/or miles 24 to 26 (full marathon). Many parents with young children and ladies with elderly parents, made use of this rare opportunity.

In true Race-for-Life tradition, the pre-event organisation was excellent. I received my race pack containing time-chipped race number, a sponsorship form, training program, details of the event and a very pink technical race shirt, within a week after completing the on-line registration form. On race day the start area was teeming with ladies of all ages, most wearing the pink race shirt. A handful wore their running club race shirt, and I was sticking out like a sore thumb in my bright yellow GRR vest. The start area was easy to find, and had a festival feel. Various fast-food trailers were in position, the pre-race massage tent had a small queue and the information tent was manned with helpful volunteers. I originally entered the half-marathon but changed it to the full marathon a few weeks before the race when getting to Snowdonia became an issue. I was required to pick up the new number on the day, and this went without incident.

Continuing the Race-for-Life style, pre-race warm-up was loud, effective and fun. The Marathon “any time sub-5 hour” wave was set off bang on time. The first few miles of the race felt like a parkrun – it was sunny and warm, and I felt very comfortable. I could not get enough of the stunning countryside views – it was hard to believe that one was half an hour’s drive outside London city! The Hubs (water/first aid/toilets/food) were a surprise – approximately every 3.5miles, well manned, and seemingly unlimited supplies. The most welcome was half a banana and pieces of protein bars given at mile 19.

As with any race I’ve done, the finish line was where things happened. Huge crowds lined along the last mile, sprint finish (where that strength came from, I would never know as my legs were shot from mile 21), medal round neck, water, goody bag, protein drink and I’m done ...a new PB by approximately 25 minutes! Such a shame “nature called for 4 minutes” at mile 9, or I would have made the club’s Bonze time.

This is not a traditional city-centre road-race marathon. It is however very well organised, and offers ladies of any age (over 18 years) the opportunity to take part in a half- or full marathon event in stunning, tranquil park surroundings. In my opinion it is ideal for a first race over this distance, because one can do it at your own pace whilst soaking up a traditional Big Event atmosphere. Also, if you’re looking for a marathon PB course, try this one.

Miranda





Seven Gosport Road Runners (Brian Fisher, Lisa Maria Hennen, Kirsten Maw, Ben Jarvis, Darren Eynon, Jack Coulbert and Rachel Davies), three hundred miles from home, wearing plastic ponchos congregated in the Llanberis Electric Mountain Visitors Centre early on Saturday 24 October 2015.

For me, this was a marathon at home having grown up on Anglesey and spending much of my childhood walking in the hills. Unsurprisingly, it was a typically 'damp' autumnal morning and Snowdon was hidden under a blanket of cloud. Standing next to Llyn (Lake) Peris and looking at the road beyond, leading to the top of the Llanberis Pass some 376 metres above sea level, I couldn't help but be reminded that we are at a slight disadvantage training in the flats of Gosport.

However, the Gosport adrenalin was pumping and we were all standing there well up for the challenge but with one really important question, for how long do we run in our plastic ponchos and, knowing that we must respect the environment, what do we do with them when we take them off...?

At 1030am, to an "Ogi ogi ogi" and a rustle of plastic, we were off, and the atmosphere was just brilliant. The first hill said hello and then we had the most wonderful run down into the Nant Gwynant valley taking us to Beddgelert and the half way point. Lisa Maria Hennen, Brian Fisher and I had formed our own little peloton and with our yellow GRR tops, I felt proud! A number of supporters were heard to say "They've come a long way". With legs beginning to grumble, at mile 13 our second climb arrived – one of those 'I look like a gentle hill but actually I'm a killer and I am going to go on for a long time'. Mind over matter time helped by Lisa 'the positive spirit of marathons' who, with a smile on her face, kept reminding us just how stunning the scenery was whilst I devoured my glucose tablets and Brian became.....very focussed. "Can I start swearing yet?" "No" says Lisa, "Let's save that for the mother" (of all hills at mile 21).



Mile 13 to 20, what struck me most at this point in the marathon was the calm and tranquillity. The supporters and marshals were brilliant and well placed but for the rest of the time you could soak up the silence and, along with the quiet chatter amongst the runners, the sounds of the countryside. Whilst there is a place for the mass crowds - they don't belong here. And then at mile 21 we arrived in the sleepy village of Waun Fawr - "Oh" "GOSPORT" "GOSPORT" "GOSPORT" "GO GOSPORT"my mum, representing every member of the GRR community. Ben Jarvis, some half an hour plus before us, took the first hit and I am not sure he has got over it since...? It was, however, the best thing, having not seen my parents for a number of months, to have that support and at that point.

So, the mother of all hills was exactly that. As we trundled our way up and up we were reliably informed that "people have used this hill to train for Everest you know". Some runners were still running, most of us were walking and there was a lot of pain but all in the knowledge that in four miles time we would start our dramatic descent back into Llanberis. This is one part of the National Park that I have not experienced before, we had the sunshine now and the place looked stunning and I do miss it. Moving from 376m to 120m above sea level in approximately 1.5 miles, Brian was in his element – I had not seen his legs move so fast. Before we knew it, we were rounding the corner into Llanberis High Street and legging it across the finish line. We did it.

The marathon was everything that those of you who have done it before said it would be. The seven of us travelled 26.2 miles and climbed 838 metres with an average climb rate of 32 metres per mile and do you know we did ourselves proud. We don't have mountains in Gosport to climb but my goodness us GRRs can run mountains and we do it in style.

Rachel

**See the results page for some more pics of the runners.*



YOUR GOSPORT ≡ Half Marathon ≡



**NEEDS
YOU.....**



I've been asked by Jenny Shilling if I could include a plea from the Race Committee for GRR members to volunteer to make some cakes to be sold on Half Marathon Day.

There will be a notice going up on the board at the club at the beginning of October for you to add your names to if you would like to volunteer.

**Help
Wanted**

Marshals

Ken Eden is also after volunteer marshals for our 30th anniversary half marathon, being held this year on 15th November. If you are able to help out in any capacity please forward your name to any member of the Race Committee.

Also..... for all those who are in possession of marshal bibs from last year or previous, could you please hand these back to Ken, or Mike Barker.

If you are able to help out please email:

marshals@gosportroadrunners.org.uk



Southern Cross Country League Race 1 Pamber Forrest 11th October 2015.

Race number one at Pamber Forrest in Basingstoke arrives and the weather is absolutely beautiful. In a way it was kind of disappointing that it wasn't raining, as the promise of mud was pretty slim. The weather conditions had been kind to us in the build up to the race so we all woke up knowing there wouldn't be much mud to crawl around in. It didn't dampen spirits as racing conditions were spot on for a fast 5-mile race.



As you all know Adam & I are the new cross country captains and we were both really keen for a good turn out. If anything we wanted to continue the hard work and enjoyment that the previous captains Nikki and Kevin White had achieved. It was clear that we were both nervous. Adam was keen to get every ones names written down and I was keen to find the organiser to get all of the relevant paper work. As well as welcome everyone and try and guide them all in the right direction. Let alone even consider thinking about our own running performance,

It's as if the actually running was the last thing on our mind. We all managed to meet around the finishing area and erect the Gosport Road Runners team flag. Adam & I even managed to get everyone's name down without any serious problems. All the paperwork was in order, everyone had the correct footwear and wearing club colours and we were good to go.

There was a team photo and a final head count, did I count right? 35 runners! Wow 35 Gosport Road Runners I was absolutely buzzing. The first race and one of the furthest races away and we have 35 runners. Would have been 36 but poor Sarah Down was unwell on the morning and she was kind enough to take charge of the clipboard.

It was time to go! We all had to walk around 100 metres to the start line, which was half way up a small hill on a field. The organisers said a few words and moments later bang we were off. 15 seconds in the lungs and legs of team GRR's were going fast and hard. Adrenaline pumping through our bodies as we hit the first track where the large pack thinned out. I sprinted hard up the first small hill as I knew you needed to be in front of the pack on the first track as for the next mile it was hard to over take. I could see Richard Oakes and Chris Buxton but they were quickly pulling away with the lead runners. Come on lads go for it!!!!





I couldn't remember the route from the previous year so I tried to relax and steady my pace although it was difficult as the runners in front were pulling away even though we were running up a hill. For a split second I thought to myself why am I doing this? This cross country is hard graft. I looked at my watch and we were only 1 mile in.

Only one mile in!!! One mile in and 6:30min miles. Slow down Terry! Slow down. Did I slow down? No there was a Stubby runner behind and a Farnham runner in front so I dug in and kept going.

3 miles in and we hit some real mud; some mud that if you jumped in to you might just loose a shoe. Because there were many of alternative routes no one really jumped in and lost any shoes. If only there was rain the night before.

4 miles and it hit me. My legs were heavy and I was blowing, had some serious carpet tongue and in need of a drink and some cake. It was nearly over and then it hit me. I remembered the b*****d hill at the end! There was a sense of caution on the last mile. Do I slow down and save my energy for that last little bit at the end or do I go for it? I did take my foot of the gas for a few minutes. All it took was a few runners to over take me and I was off again. I could feel the big hill and the big finish coming. It wasn't long and I good see.

We had a nice big down hill followed by one big ass hill. As I approached the bottom of the hill I caught up with two runners I decided to attack the hill in a low gear and keep the pace going. I was feeling good so decided to over take the two runners not thinking about how long this hill was. I still had 3 quarters of the way to go.

Oh no have I got enough in the tank? Will they catch me? Luckily enough I dug deep and pushed hard. My legs were on fire! I wanted to throw up, I wanted that finish line now.





Yes I made it; I crossed the line and received my finishing position. I had done it pure relief. Whilst I took a moment to catch my breath it sunk it how awesome that race was and why I love running.

Once I caught my breath and the adrenaline had settled down I took the clipboard and paper work from young Sarah and cheered the team home. It was apparent to see that everyone taking part felt the same way I did including everyone from team GRR.

Everyone handed the position cards in with a massive smile on their faces. The Gosport Road Runners cross country team was buzzing. We could smell the coffee and cake. Once everyone had helped out and packed away we made our way back to the hall for some well deserved refreshments.

The GRR overall results were

The men came 10th.
The ladies came 14th
We as a club came 13th overall.

For me personally race number 1 was awesome and I like to thank Adam and everyone else for their hard work. I was super impressed with the turn out from people who had never done the cross country before. I very much hope that it continues.

I very much look forward to seeing everyone at Race 2 on the 8th of November 2015 at Queen Elizabeth Country Park.

Look forward to seeing you all there

Terry

For all those interested in being cold wet and muddy, these are the remaining dates for the 2015/16 cross-country season.....

- Sunday 11th October 2014 - Pamber Forest, Basingstoke
- Sunday 8th November 2014 - Queen Elizabeth Country Park
- Sunday 13th December 2014 - The Bourne Woods, Farnham
- Monday 28th December 2014 - Lord Wandsworth College, Odiham
- Sunday 24th January 2015 - Manor Farm & Country Park
- February 2015 To Be Confirmed
- March 2015 To Be Confirmed

All races start at 11am. The QE Country Park run is preceded by a one minute Remembrance Day silence. Courses are a mixture of woodland trails and parkland and are usually not usually more than 5 miles in length. Racing in this league is more about friendly competition and making sure everyone enjoys the events. One feature of this friendly atmosphere is that each host club provides refreshments (for £1/£2) after each event while the results are prepared and presented.

All races are free to enter and are open to Club members of ALL abilities.
Club colours must be worn by all runners.
You WILL get muddy.....





Cross Country Point Scoring System

Firstly I would like to say thank you for everyone who ran at the First Cross Country Race at Pamber Forest on 11th October the turn out was fantastic and the effort put in by everyone was immense.

Since taking on the Cross Country Captaincy I immediately thought of ways to make it more fun and bring a little bit friendly competition to all club members running. The best way I felt was to bring in a individual point scoring system for all runners participants.

How it works?

1. The Point scoring is very simple each runner is scored on what position they finish in each race. For Example If a runner finishes 40th they gain 40 Points and if another runner finishes 120th they gain 120 points and so on
2. There will be separate scoring tables for Male and Female runners.
3. At the end of the season one male and one female runner will need to have scored points in 4 races out of the 6 races to qualify for a Memento(still to be decided) those scores are then averaged out and the Runner with the Lowest average will be the winner.
4. The Latest Scoring Tables will be displayed on the club noticeboard after each race so people can keep an eye on how they are doing.
5. Finally this a very informal way of getting some friendly competition within the club and another way of attracting more runners to cross country for the forthcoming season and continue on from the success of the first race. There will also be a memento for anyone who runs in all six races in the season.

Terry and Myself will look forward to seeing you throughout the Cross country season.

Adam

Joint Cross Country Captain



Race Results from your Results Co-ordinator

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

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

Result of the Month

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

This month's result of the month goes to Bryn Whitehouse for his Great South Run time of 1:12:24.

Great time Bryn, your best run yet.

Thanks...

Brian Fisher



Brian Fisher - Results Co-ordinator



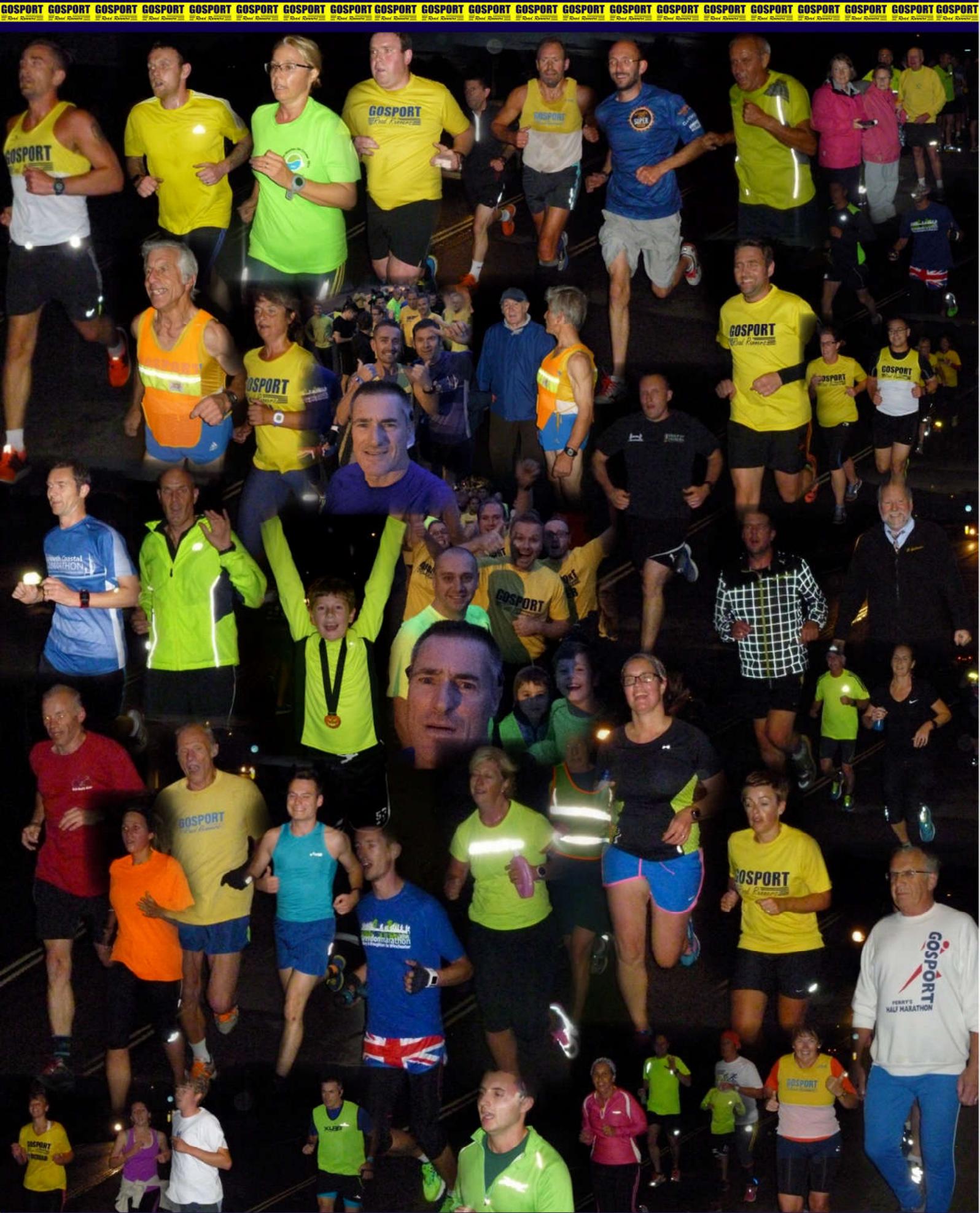
Bryn at the Great South Run

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk



RNLI - 10km

Pos	Name	Time
83	Jenay Macgurk	01:00:06
265	Annie Shilling	01:07:27
267	Caroline Oakes	01:07:34

RNLI - Pieces of Eight

Pos	Name	Time
4	Chris Buxton	00:50:24
8	Ben Jarvis	00:52:28
19	Colin Gardner	00:57:54
37	Eric Macgurk	01:04:00
218	Karen Middleton	01:30:24
247	Meranda Winter	01:53:05



Clarendon Half Marathon

Pos	Name	Time
295	Shirley Faichen	02:50:01
296	Steve Cawte	02:50:09

Clarendon Marathon

Pos	Name	Time
23	Rob Byrne	03:33:46

Glasgow Half Marathon

Pos	Name	Time
4067	Yvette Eastman	01:55:08

Race for Life Marathon

Pos	Name	Time
133	Miranda Carrick	04:34:27



Bournemouth Half Marathon

Pos	Name	Time
925	Jenny Shilling	01:52:18
1048	Tracey Wales	01:54:12
1067	Fiona Tomlinson	01:54:28
2071	Kevin Robinson	02:12:52
2084	Maree O'Rourke	02:13:04

Bournemouth Marathon

Pos	Name	Time
1538	Ange Elshaw	05:03:29
1561	Martyn Barnes	05:05:15
1577	Laura Cornborough	05:07:46
1691	Andy Johnson	05:21:30
1750	Jenner Moore	05:33:53



Alton Downland Challenge

Pos	Name	Time
10	Kevin White	00:44:22
51	Nikki White	00:56:10
81	Sarah Down	01:04:24

Basingstoke Half

Pos	Name	Time
954	Ken Eaden	02:14:37

Atlantic Coastal Challenge - Day 1

Pos	Name	Time
83	Lisa Hennen	06:19:28

Atlantic Coastal Challenge - Day 2

Pos	Name	Time
TBA	Lisa Hennen	06:39:23
7	David Wright	06:27:48

Atlantic Coastal Challenge - Day 3

Pos	Name	Time
50	Lisa Hennen	08:46:13



Wimbledon Common Half Marathon 11/10

Pos	Name	Time
369	Meranda Winter	02:52:28

Isle of Wight Marathon 11/10

Pos	Name	Time
81	Ben Jarvis	04:18:06
82	Darren Eynon	04:18:06

Royal Parks Half Marathon 11/10

Pos	Name	Time
6841	Nick MacBeath	02:00:55

Exeters Great West Run 18/10

Pos	Name	Time
3076	Paul Williams	01:41:55

Denmead 10km - 18/10

Pos	Name	Time
6	Chris Buxton	00:38:54
29	Terry Arnott	00:42:24
53	Colin Gardner	00:46:30
74	Terry Moore	00:49:47
85	Gillian Dowling	00:51:37
105	Michael Stares	00:53:50
106	Nicola White	00:54:04
107	Kevin White	00:54:05
121	Adam Walters	00:56:05
136	Kerry Arnott	01:00:20
143	Jenner Moore	01:02:01
156	Ashley Bradshaw	01:06:22
163	Sarah Down	01:08:51
166	Susan Barker	01:12:02
167	Sue Tingley	01:12:02



Darren Eynon, Ben 'Mr 401' Smith, and Ben Jarvis at the IoW Marathon

Eden Project Marathon 18/10

Pos	Name	Time
22	Ben Jarvis	03:35:44
23	Rob Byrne	03:35:44



**HAMPSHIRE
ROAD RACE LEAGUE**
a running club competition



Sussex Border Path Ultra

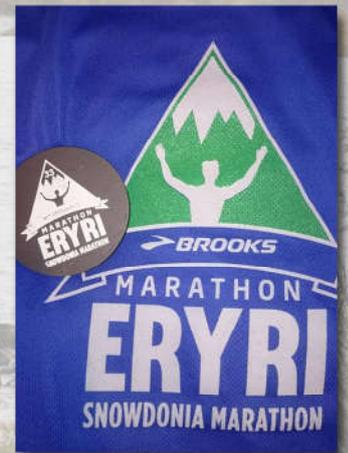
Pos	Name	Time
	Michelle Hayes	13:35:00

Leicester Marathon

Pos	Name	Time
51	Jayson Grygeil	03:16:52

Snowdon Marathon

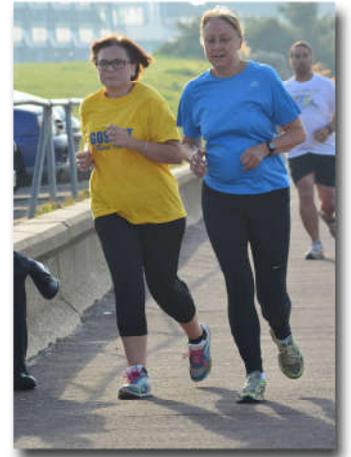
Pos	Name	Time
509	Ben Jarvis	03:55:30
794	Darren Eynon	04:13:35
1128	Lisa Hennen	04:34:13
1129	Rachel Davies	04:34:15
1130	Brian Fisher	04:34:22
1699	Jack Coulbert	05:32:49
1713	Kirsten Maw	05:38:30





Lee on the Solent

Pos	Name	Time
37	Tim Durant	00:21:55
80	Adam WALTERS	00:24:53
81	Ben JARVIS	00:24:54
82	Eric MACGURK	00:24:55
90	Michael STARES	00:25:37
133	Debra TALBERT	00:28:45
136	Janet LINDLEY	00:28:56
138	Susan BARRETT	00:29:02
137	Peter LINDLEY	00:29:02
144	Nick MACBEATH	00:29:11
155	Pippa WHITE	00:29:31
185	Karen NICHOLS	00:32:16
189	Peter BROWN	00:32:30
200	Carol DYER	00:34:06
219	Linda BRIGGS	00:36:32
243	Joanne HOPKINS	00:39:21
257	Jenny SHILLING	00:44:46
258	Rachel GEE	00:44:47



Durridge Bay

Pos	Name	Time
15	Alan BURGESS	00:21:41

Southsea

Pos	Name	Time
175	Colin MIDDLETON	00:27:55

Havant

Pos	Name	Time
39	Kevin WHITE	00:23:37
45	Nicola WHITE	00:23:47
154	Sarah DOWN	00:30:09



parkrun is for everyone





Lee on the Solent



Pos	Name	Time
9	Jayson GRYGIEL	00:19:14
33	Alan BURGESS	00:21:45
41	Eric MACGURK	00:22:33
45	Phil BEED	00:22:48
57	James HEATH	00:23:13
73	David CROFT	00:24:01
77	Tracey WALES	00:24:07
91	Mark COLE	00:24:57
108	Peter ROBINSON	00:25:49
132	Kim CARTER	00:27:22
157	Lee WESTWOOD	00:28:16
166	Joanne HOPKINS	00:28:40
167	Jenny SHILLING	00:28:54
195	Annie SHILLING	00:31:22
196	Caroline OAKES	00:31:25
205	Ethan 'LAZERBLADE' BARRETT	00:31:55
210	Pippa WHITE	00:32:07
213	Dee UPSHALL	00:32:15
219	Rachel GEE	00:32:51
251	Christie BREEN	00:38:04
261	Shona RUST	00:40:53

Southsea

Pos	Name	Time
87	Keith ELSHAW	00:23:57
171	Kevin ROBINSON	00:27:10





Lee on the Solent

Pos	Name	Time
2	Chris BUXTON	00:18:17
26	Martyn ROWELL	00:22:13
34	Phil BEED	00:22:51
39	Stuart OUTEN	00:23:14
41	Terry ARNOTT	00:23:20
40	Lee WESTWOOD	00:23:20
52	Terry MOORE	00:24:31
54	David CROFT	00:24:44
67	Michael STARES	00:25:47
88	Rachel GEE	00:27:45
89	James HEATH	00:27:45
96	Kerry DOWN	00:28:13
99	Peter LINDLEY	00:28:26
111	Pippa WHITE	00:29:36
119	Nikky LEECH	00:30:07
128	Steve WISE	00:30:35
129	Jo HARVEY	00:30:35
131	Kaleigh DANIELS	00:30:48
139	Dee UPSHALL	00:32:08
142	David BRACE	00:32:30
141	Ethan 'LAZERBLADE' BARRETT	00:32:30
146	Ashley BRADSHAW	00:32:49
151	Amber SCHOTHORST	00:33:03
152	Susan BARRETT	00:33:04
166	Janet LINDLEY	00:35:30
165	Liz REDPATH	00:35:30

Folkestone

Pos	Name	Time
9	Michael THOMPSON	00:21:40

Havant

Pos	Name	Time
22	Colin GARDNER	00:22:17
49	Tim DURRANT	00:24:37
55	Kevin WHITE	00:25:00
62	Nicola WHITE	00:25:15





Lee on the Solent

Pos	Name	Time
5	Rob BYRNE	00:18:09
21	Paul WILLIAMS	00:21:40
25	Nick CARTER	00:21:48
36	Mark COLE	00:22:37
75	Peter BROWN	00:24:58
79	Adam WALTERS	00:25:12
97	Lee WESTWOOD	00:25:58
119	Andrew HOPKINS	00:27:34
149	Jenny SHILLING	00:28:54
152	Joanne HOPKINS	00:28:58
155	Nikky LEECH	00:29:03
160	Fiona TOMLINSON	00:29:24
165	Christine NATION	00:29:32
180	Dee UPSHALL	00:30:35
185	Ethan GEE	00:31:24
187	Jamie MACBEATH	00:31:27
188	Nick MACBEATH	00:31:28
221	Andrea EDWARDS	00:33:13
222	Angela ELSHAW	00:33:13
223	Keith ELSHAW	00:33:23
231	Caroline OAKES	00:33:50
233	Patricia LAPWORTH	00:33:51
246	Martyn ROWELL	00:34:35
258	Austin GRAY	00:35:34
259	Rachel GEE	00:35:34
284	Lisa HENNEN	00:39:08
285	Eric MACGURK	00:39:09
313	Ethan 'LAZERBLADE' BARRETT	00:52:06
314	Kerry IRWIN-HALL	00:52:07
316	Susan BARRETT	00:54:15

Southampton

Pos	Name	Time
86	Michael THOMPSON	00:21:11



to Austin Gray and Rachel Gee for completing their 100th and 50th parkrun. Well Done Guys.





GRR Website:

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

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



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

GRR and Social Media:



The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/27301329294/>

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

<http://twitter.com/gosportrr>

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.



Newsletter Photos:

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk

GOSPORT

≡≡≡ *Road Runners* ≡≡≡



NEWSLETTER



Autumn

November 2015



* Cover Photo - Tracey Moran, Debra Talbert, Joanna Ross, Katrina Jurd and Sarah Bishop, Helpers Half Marathon, 14th Nov.

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Let's call it a training run for the Pompey Coastal Marathon! - by Keith Elshaw

We heard about this race from a few friends that did it last year and they said it was a great race, and with the added incentive of being built around Remembrance Sunday and also the anniversary of what would have been Ange's dad's 70th birthday, so we signed up.

We decided to make a weekend of it and stay in a hotel at Eastbourne which is about 10 miles away from the race venue, Bexhill on Sea. The event has 3 adult races, a 5K, a 10K and the Half marathon and it also has a couple of kids races, so there is something for everyone.

Our race, the Poppy Half, started at 12:30pm so we had time for a late breakfast and a leisurely drive to the race HQ at De La Warr Pavilion. It was a little windy when we arrived and all thoughts of anything close to a PB were dispelled immediately.

The course is two loops of 8K and one 5K and roughly half would be run into a very strong headwind; so we decided we would just try to enjoy it.

We collected our numbers from Race HQ which seemed to be a not so smoothly run operation, but because of the staggered start to all the races it didn't seem to matter. We got ready and went to find the bag drop which seemed to be an unguarded area in the finish tent, oh well, runners are an honest bunch, it will be fine.

Then, while waiting for the start it started raining. We had decided to wear coats which proved to be a good decision.

At precisely 12:37 ish, we were off, for the first 1.5K into the wind; before we got to the turnaround point the quick runners were coming back towards us, some on the left, some on the right, it seemed to be a bit of a free for all. At the turnaround it felt so much easier with the wind behind us. At the end of the first 5k loop, you pass a water station close to the finish and then head off further along the prom for another 1.5K before turning round and heading back into the wind.

It was at this point that we had a vicious shower of hailstones!! and with the wind horizontal into our faces it wasn't very pleasant!! Luckily it didn't last long and we made it along to the far end and a bit of relief from the wind again as we turned back.

We tried to relax and enjoy this bit as we knew it would get harder again very soon but it's surprising how much running in the wind takes out of you and we were tiring. Turning again for the last 3.5K into the wind and the wind and rain decided to pick up even more or it may have been the sea blowing in our faces! So, sheer determination and stubbornness got us to the final turn round and we knew that it was all downwind from here.

The course was mostly flat aside from a little slope at one end where we run off the prom up along a suburban road and back down again and a nasty little hill right at the finish. We crossed the line in 2:14 and we were both quite happy with that in the circumstances, and it was useful as a training run for the Portsmouth Marathon as that can get quite wet and windy.

In all, would we do it again? Probably not, the weather was awful, which put a dampener on things, plus the 3 lap format got a little annoying at times, having to run past the finish 4 times before we actually got to cross the line!! The medal was good although they did put the wrong date on it, not that that bothers me, but it would annoy some people, the marshals were very quiet, but it was a horrible day so I'll excuse them for that, but it just didn't seem to be a very slick, well run event.

Keith



Hi I'm Ashley Bradshaw I started with the club as a beginner back in the spring this year.

The idea was to get out more, apart from Wednesday Night Yoga class my social life and exercise regime was non-existent, I spent so much time creating stock in preparation for craft sales, night after night it's a little isolating to say the least!
(us artist/creative types can be a little introvert)

So I braved the sports shop in Stoke road, and the not at all scary Mr C gave me a number for 'Lisa's Solent Runners' and I brought my first pair of Asics running shoes too!

This toughened me up a little each Monday eve along the sea front from September 2014

I went from a non-runner with wheezing asthma, walk run walk run between lamp posts to being able to keep jogging along the prom in the dark wind and rain with Lisa Hennan glued to my side encouraging me on through tears and side stitches, just a little bit more...

I had my first taste of a time trial that Christmas that Lisa had organised along Hill Head cliffs in freezing cold December weather and a first MEDAL for running.... I even ran Christmas morning and boxing day which assisted with helping me through the festive season and in to the new year and my birthday (2nd January just in case!)

So with a little experience under my belt and feeling much braver I started the beginners group in the spring of 2015 after remembering Sharon Clutton saying ages ago that I should join.

So it only took 4 years...

The biggest turnout of 40 turned up on the first day! I met lovely people who didn't mind me huffing & puffing or hardly moving at times. Everyone made me feel welcome and accepted.

Thankfully Amber organised core strengthening and speed drills training sessions over the duration of the following months to assist with her coursework training and the regular runs and time trials gradually appear to have improved me physically and emotionally due to the camaraderie within the Gosport Road Runners ladies and gents.

So I signed up to do a race The Netley 10K! I love my quality blue embroidered towel I received,

Amber came back for me on a very hot Hayling Billy trail run and got me past a few other runners before the finish line then paired me up with Sue and Sue at my first 10 mile race at the New Forest who assisted me greatly in completing the course, I was elated and very grateful.

Next was the Overton 5 and then more recently the Denmead 10 km, during which both the ladies paced me to a strong finish.

Sunday it'll be Lordshill 10 mile Road Race once again I shall be looking to my buddy's, the two Sue's for their good guidance and pacing to help me finish.

Apart from the good breakfasts together that we all share and the park runs not to mention the out of towns and BBQ, Gosport Half..... as well as the awards evening and disco to look forward to, I never imagined that when I joined how much there is to be part of in the first year....!

Ashley





Monday Hills

Monday Hills is an unofficial club meet. I say unofficial, as its not run by the club, from the clubhouse. You don't even need to be a club member to attend. Its simply become a set time of day for people to meet and go for a run.

There are two lots of Monday Hills, morning and evening. Obviously people work, or have other commitments at different times of the day, so two lots of hills sessions have evolved. Monday Hills always starts at the Oast & Squire Pub Restaurant (2 Peak Lane, Fareham, PO14 1RJ).

Morning hills start at 9:15am, and evening hills at 6:00pm. Both sets of hills sessions are usually advertised informally on the GRR Club Facebook page.

Morning hills are a lot more regular, there is a select group who always try to attend, and so there is much more chance of this session being on. The route is never totally fixed, and can be altered, but I have provided an example map below.

The group usually heads down into Titchfield, and can be seen running up Coach Hill, or West Street, and then heading up Southampton Hill. They usually make their way over the grassland (or marshland in the winter) and almost always take in the now famous 'Not Fisher Hill'. Routes are usually about 5-6 miles, always feature lots of regrouping, and are catered for all abilities. Morning hills have the advantage of year round daylight, and take place in all weathers. Plus, I hear they often go for breakfast afterwards.



Example Morning Hills Route



Monday Hills cont.

Evening hills are still regular, but can be affected by work schedules, traffic, weather etc. Runners still usually cover anywhere from 4-6 miles, and the route is generally decided on the day. Many of the same hills that are used in the morning sessions, are also used in the evening. Winter time means early darkness, so evening hills will nearly always be on-road rather than taking on the marshland, and 'Not Fisher Hill'. Summer evening hills can often cover the off road routes, but again, it's usually decided on the day.

As with morning hills, the runners regroup often, and all paces and abilities are catered for. Sometimes, the evening hill runners can be seen doing different exercises in the quiet residential streets. The residents must be used to it by now.

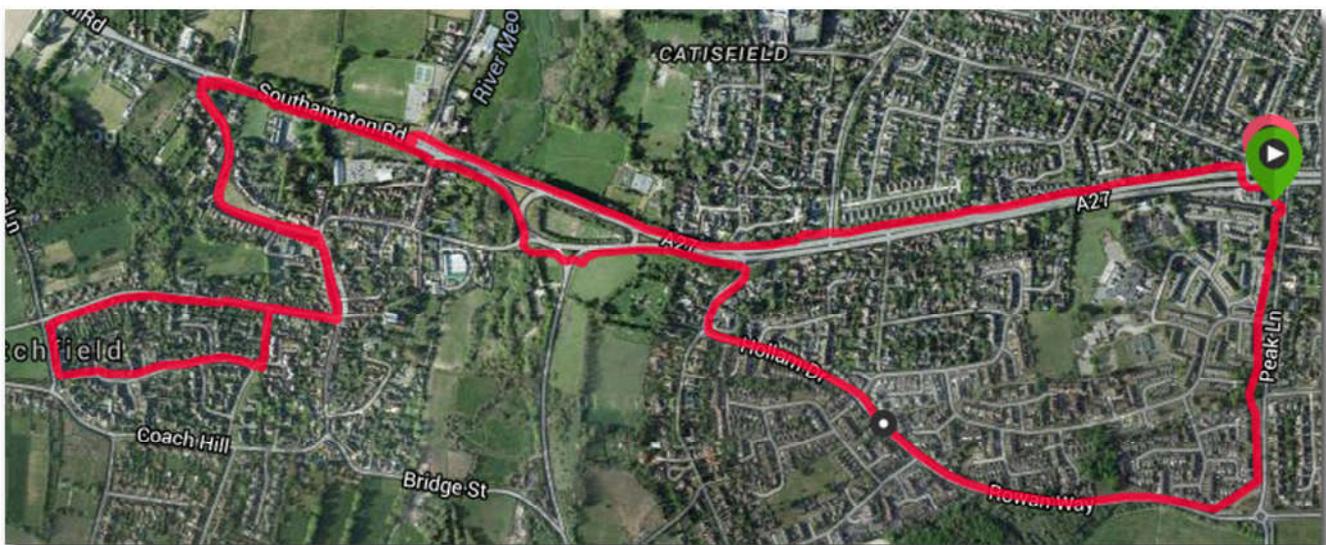


There are also special Bank Holiday Monday Hills (9:15am), which can include different routes, and longer or shorter routes, depending on preference.

Whatever hills session you fancy, they are always fun, they are always sociable, and most importantly, no-one gets left behind.

If you think you fancy having a go, keep an eye on the club FB page, and put your name down.

Colin



Example Evening Hills Route



Southern Cross Country League Race 2 Queen Elizabeth Country Park 8th November 2015

The Second race of the Season took place on Sunday 8th November. The morning started off early with myself picking up fellow GRRs Lee Westwood, Bryn Whitehouse (taking part in his first XC well done Bryn) and Darren Eynon.

On our merry way we went and got to QECP fairly early. Up went the flag, right way around this time, the weather looked overcast but the forecast was dry according to peoples various expensive smart phone weather apps. This really wasn't the case as the rain came down pre-race, classic Cross Country conditions but as typical GRRs we sucked it up and smiled and with the heavy rain and wind the day before meant people were in for a nice muddy Hilly treat.

As the pre-race preparations went on, more and more people started to arrive and I knew we were in for another great GRR turnout. This was the case, we had 31 Runners including a couple of first timers, Bryn Whitehouse and Ann-Marie Stables well done both of you.

As the race start loomed we all made our way up to the start which meant climbing a little hill, a clear indication of what was to come in the race and the general profile of what QECP is like. As all got the start line the race director from Portsmouth Joggers was there and as it was Remembrance Sunday all the runners observed a two minute silence to honour those who lost their lives in conflicts past and present. A nice touch and well respected by all runners from all clubs. As the two minute silence ended the buzzer went off and the race was started.

The race itself was a tough one, personally I think one of the toughest in the season and this was no different. With all the heavy rain from the previous 24 hours the route was particularly slippery, even for the seasoned XC runners out there. With lots of hills and lots downhills which were particularly difficult to manoeuvre especially with the conditions under feet, I personally nearly fell over a few times.

I have always seen QECP as a bit of nemesis for me so was extremely happy to get round particularly with the first hill which is a bit of monster and seemed to go on forever. During this run I worked to Barrett rules quite a lot as I found some up the slippery up hills hard work, so saved my legs for the downs and ended up running a good race. I wasn't quite able to outsprint fellow GRR Michael Barker on the last bit but overall I enjoyed the second race of the season.

I would also like to thank Jo Oakes, Toby Bettridge, Karen Phillips and Jenna Knight (who would have run if she hadn't got lost even when using Sat Nav) for their support on Sunday and the Excellent Photos by Toby.

Both the Men and ladies team put in Great Effort Overall results were as follows

Mens team 15th
Ladies Team 21st
Overall team result 20th

Terry and I would like to thank everyone who ran at QECP and Hope to see you all at Farnham on 13th December.

Adam

Joint XC Captain





Race Results from your Results Co-ordinator

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

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



Brian Fisher - Results Co-ordinator

Result of the Month

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

I dedicate this month's "Result of the Month" to all those runners who joined GRR this year and ran the Helper's Half as their first half marathon. Some had joined us after a beginners course having never run a mile before.

So well done: Debra Talbert, Katrina Jurd, Tracey Moran, Johanna Ross, Anna-Marie Stables and Pete Robinson. Apologies if I've missed anyone. You all did great in very challenging conditions.

Thanks...

Brian Fisher

Club Awards

We are getting towards the end of the year and it's time for me to start thinking about the Club Awards. If you think you have achieved the required standards for a club award please contact me asap.

I would also like to know if you think you might get there before the end of the year, perhaps you are doing the Coastal Marathon for the last distance for example.

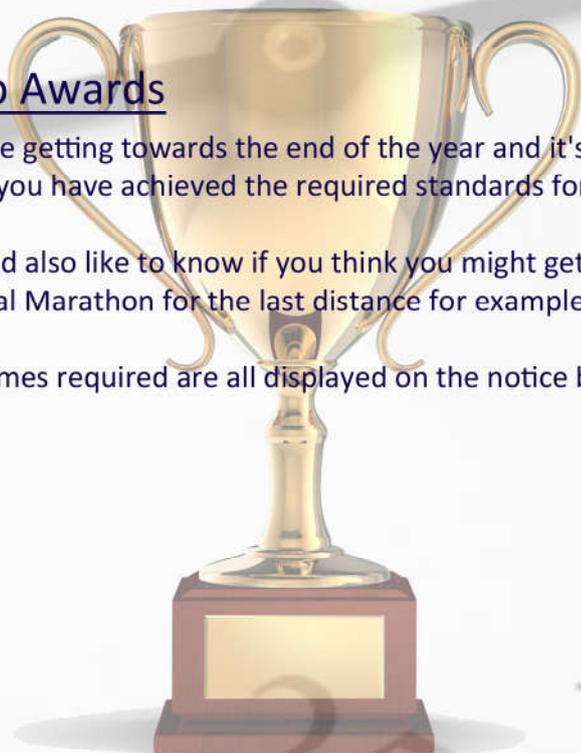
The times required are all displayed on the notice board at the club.

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk





HAMPSHIRE ROAD RACE LEAGUE

a running club competition

We had a great turn out at Lordshill with 16 men and 16 ladies representing GRR. There were some fantastic achievements with our first 5 males all running under 70 minutes for the 10 miles.

Jenny Shilling again came first in her age category and Pete and Janet Lindley both came third in theirs.

After taking a break from competing in the league while we hosted the Gosport Half we now look forward to the next race in the calendar the Victory 5. Please note, there are 2 events being hosted by City of Portsmouth athletic club at the Mountbatten Center on 6th December 2015 but only the 5 mile race is included in the HRRL.

You can of course enter the 10K if you wish. Further details to be found here.

<http://www.portsmouthathletic.co.uk/>

For more details on the HRRL and to check on your individual position in the league go here

<http://www.hrri.org.uk/default.htm>



Pos	Name	Time
79	Rob Byrne	1:03:15.2
91	Richard Oakes	1:04:07.6
120	Terry Arnott	1:06:18.6
129	Jayson Grygiel	1:06:47.7
139	Dan Belben	1:07:27.4
187	Kevin White	1:10:24.8
250	Colin Gardner	1:14:12.6
277	Tim Durant	1:15:26.9
312	Benjamin Wales	1:18:11.5
324	Terry Moore	1:19:06.4
336	Martyn Barnes	1:19:59.4
347	Tracey Wales	1:22:05.0
355	Gillian Dowling	1:22:47.3
377	Peter Lindley	1:24:56.4
408	Adam Walters	1:27:40.0
409	Jenny Shilling	1:27:42.2
421	Fiona Tomlinson	1:28:27.7
425	Laura Cornborough	1:29:01.2
435	Rachel Gee	1:30:08.9
442	Nicola White	1:31:16.5
443	Kerry Arnott	1:31:17.1
447	Peter Robinson	1:31:51.5
457	Keith Elshaw	1:33:42.7
458	Angela Elshaw	1:33:43.3
460	Caroline Oakes	1:33:53.5
480	Michael Barker	1:38:19.2
484	Jenner Moore	1:39:09.8
490	Sarah Down	1:40:51.1
500	Susan Barrett	1:43:15.4
501	Janet Lindley	1:43:16.1
513	Sue Tingley	1:52:44.8
514	Susan Barker	1:52:51.6





Virtual Trophies for Sue Barrett for doing what a ladies captain does best, and for Adam Walters for providing the best 'Man on a Mission' photo.





Bayside Duathlon

This was a new event for the area, and although not just a running event, it was attended by a good amount of GRR members.

There were two events

Super Sprint: 2.5km Run / 10 km Bike / 2.5 km Run

and the

Sprint: 5 km Run / 20 km Bike / 5 km Run



Super Sprint

Pos	Name	Time
5	Nick Carter	00:44:38
6	Darren Eynon	00:45:29
9	Shona Rust	00:55:12
11	Shirley Faichen	00:58:26

Sprint

Pos	Name	Time
12	Chris BUXTON	01:14:35
23	Ben JARVIS	01:19:47
39	Eric Macgurk	01:26:09
55	Martyn Rowell	01:31:18
58	Alan Burgess	01:33:25
65	Loyd Durham	01:35:57
83	Jo Harvey	01:45:35
85	David Wright	01:45:47
89	Sarah Bishop	01:50:20
90	Andrew Hopkins	01:51:26
103	Joanne Hopkins	01:59:48
104	Katrina Jurd	01:59:48
107	Andrea Ridley	02:03:08



Club 5km Time Trial - 3rd November

Wow! for a November night that was a warm one, perhaps a reason for the relatively small number of PB's.

Very comfortable perhaps for our Officials and Supporters:- Liz Redpath - Starter & Timer, Janet Lindley- Backup Timer, Alan Burgess - Numbers, Gary(Just in time) Francis- Recorder. Gill Dowling, Shona Rust, Lisa Hennan, Kerry Irwin-Hall, Brian Fisher, Ken Eaden, Ian Buzzard, and Mike Welsted.

David

Pos.	Name	Time	
1	Rob Byrne	18:05	PB
2	Terry Arnott	20:06	
3	Richard Oakes	20:08	
4	Kev White	20:14	
5	Mike Tompson	21:00	
6	Alex Petken	21:22	
7	Paul Williams	21:44	
8	Nick Carter	21:46	
9	Josh Belben	21:58	Guest
10	Tim Durant	22:13	
11	Paul Street	22:32	
12	Loyd Durham	23:16	
13	Gary Insley	23:55	Guest
14	Dave Croft	24:25	
15	James Wales	24:41	
16	Guy Shepard	24:50	
17	Tracy Wales	24:57	
18	Yvette Eastman	25:12	PB
19	Jenny Shilling	25:21	
20	Mike Kearney	25:37	
21	Zoe Perrin	25:38	
22	Steve Silverlock	25:58	
23	Mike Stares	26:02	
24	Pete Robinson	26:12	

Pos.	Name	Time	
25	Laura Cornborough	26:15	
26	Keith Elshaw	26:20	
27	Emma Haw	26:29	Guest
28	Pete Lindley	26:30	
29	Adam Walters	26:56	
30	Colin Middleton	27:40	
31	Ann Marie Stables	27:59	
32	Mike Barker	28:19	
33	Clair Bates	28:24	Guest
34	Kate Smyth	28:38	
35	Sarah Downs	28:43	
36	Melissa Pink	28:44	
37	Angie Elshaw	28:57	
38	Nicky Leach	30:12	PB
39	Kerry Arnott	30:53	
40	David Baker	32:37	
41	Phillipa Clark	32:42	
42	Laura Marsden	32:59	PB
43	Sue Barratt	32:59	
44	Jenna Moore	32:59	
45	Emma Jackson	34:50	
46	Louise Millson	36:51	
47	Terry Weston	36:59	



The Velothon Marathon - 8th Nov.

Pos	Name	Time
5th	Rob Byrne	03:11:14

Poppy Half Marathon - 8th Nov.

Pos	Name	Time
529	Angela Elshaw	02:13:51
530	Keith Elshaw	02:13:52

Ballbuster Duathlon - 8th Nov.

Pos	Name	Time
371	Lisa Hennen	04:49:27

Athens Marathon - 8th Nov.

Pos	Name	Time
	Sharon Clutton	05:00:22
	Andy Clutton	05:01:27
	Ray Bernice	05:05:21
	Shirley Faichen	05:26:11

Pitmans "Sub 40 Sub 40" 10K - 8th Nov.

Pos	Name	Time
	Eric MacGurk	00:48:21
	Lisa Hennen	01:04:04

Las Vegas Marathon - 15th Nov.

Pos	Name	Time
590	Paul Street	04:00:21

Las Vegas Half Marathon - 15th Nov.

Pos	Name	Time
13058	Ray Bernice	02:39:39
13061	Tania Bernice	02:39:39

Hell of a Hill 5x Marathons - 11/15 Nov.

Name	Time
Lisa Hennen	
Marathon 1	06:15:42
Marathon 2	06:32:55
Marathon 3	07:08:12
Marathon 4	07:05:43
Marathon 5	06:53:29
Total	33:55:01

FOR DETAILS OF THE HELPERS HALF
SEE PAGE

23

Meon Valley Marathon - 22 Nov.

Pos	Name	Time
27	Ben Jarvis	04:07:54
63	Darren Eynon	04:53:11

Ethiopia 10km - 22 Nov.

Pos	Name	Time
	Pippa White	01:28:30

Meon Valley Half - 22 Nov.

Pos	Name	Time
45	Terry Arnott	01:55:39
46	Kevin White	01:55:40
119	Nikki White	02:38:39
120	Kerry Arnott	02:38:44
121	Sarah Down	02:38:48

Hayling 10 Mile - 29 Nov.

Pos	Name	Time
10	Rob Byrne	01:01:22
20	Chris Buxton	01:05:42
46	Terry Arnott	01:09:23
56	Kevin White	01:10:51
93	Ben Jarvis	01:14:18
98	Darren Eynon	01:14:26
101	Paul Williams	01:14:32
162	John Barrett	01:20:30
194	Martyn Barnes	01:23:22
198	Gillian Dowling	01:23:47
209	Lisa Hennen	01:24:30
210	Eric MacGurk	01:24:32
255	Nicola White	01:28:27

Pos	Name	Time
300	Peter Lindley	01:33:11
328	Ellie Blaiklock	01:36:08
329	Sharon Clutton	01:36:08
348	Kerry Down	01:40:03
349	Michael Barker	01:40:03
351	Jenner Moore	01:40:33
360	Sarah Down	01:41:39
389	Shona Rust	01:51:03
397	Susan Barker	01:53:10
406	Denise Francis	01:55:58
419	Louise Millson	02:05:08
420	Karen Middleton	02:05:08



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Havant

Pos	Name	Time
18	Colin GARDNER	00:22:52

Moors Valley

Pos	Name	Time
64	Martyn ROWELL	00:22:21
264	Ethan GEE	00:29:30
265	Rachel GEE	00:29:31

Northampton

Pos	Name	Time
21	Michael THOMPSON	00:20:58

Lee on the Solent

Pos	Name	Time
23	Benjamin WALES	00:22:47
43	Nick MACBEATH	00:24:24
48	Lee WESTWOOD	00:24:51
54	Jenny SHILLING	00:25:30
63	Adam WALTERS	00:26:23
72	Kim CARTER	00:27:13
78	Caroline OAKES	00:27:31
83	Levi HUGHES	00:27:44
88	Miranda CARRICK	00:28:02
104	Elizabeth ELSHAW	00:29:08
169	Andrew HOPKINS	00:34:20
207	Joanne HOPKINS	00:49:47
211	Sarette MARTIN	00:49:51



parkrun is for everyone





Southsea

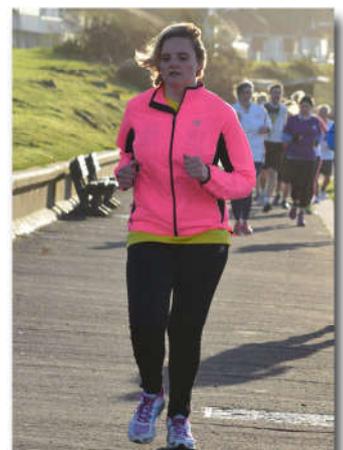
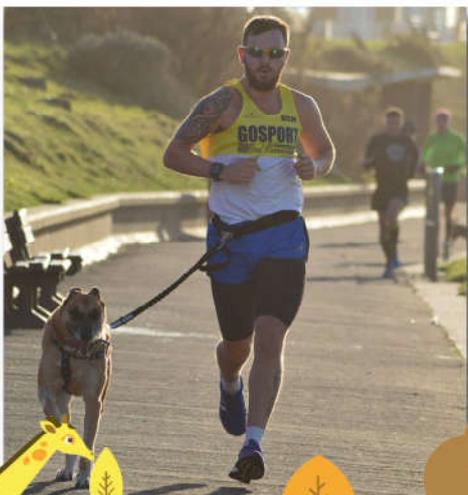
Pos	Name	Time
40	Colin GARDNER	00:22:09

Oak Hill

Pos	Name	Time
21	Alan BURGESS	00:22:19

Lee on the Solent

Pos	Name	Time
7	Ben JARVIS	00:19:13
45	Tim DURANT	00:22:59
47	Martyn ROWELL	00:23:15
63	Nick MACBEATH	00:24:05
67	Adam MUNDELL	00:24:10
86	Dave I WRIGHT	00:25:45
109	Mark COLE	00:26:48
110	Jenny SHILLING	00:26:50
111	Michael STARES	00:26:51
126	Elizabeth ELSHAW	00:27:30
162	Colin MIDDLETON	00:29:25
167	Kaleigh DANIELS	00:29:41
169	Melissa PINK	00:29:50
182	Rachel GEE	00:30:30
183	David BRACE	00:30:35
186	Dee UPSHALL	00:30:50



Review of the Epson SF810 GPS Watch - by Brian Fisher

Pros:

- Built-in heartrate sensor, so no chest strap required.
- Comfortable strap.
- Good Runsense statistics.

Cons:

- Complicated setup
- Display has smaller text than Garmin, harder to read



Out the Box & Setup:

The SF-810 is a similar size and weight to my Garmin 610. It comes with a USB charging cradle which holds the SF-810 firmly in place and connects it to your PC, unlike my Garmin's charger which is fiddly to fit.

There is an optional AC adaptor available.

The strap I found more flexible and comfortable than the rigid Garmin strap. The battery was completely flat upon opening the box and took about 75 mins to fully charge.

Run Connect software has to be downloaded from the Epson website and installed. Once the software is installed you have to create a user account with the Epson Runsense View website. It is to here that all your training data is uploaded from the SF-810.

You configure the SF-810 by telling it which country you are in, what language, what measurement details you wish to use (ie metric or imperial) and you can add personal data like age, weight, height etc.



Using the SF-810:

Unlike the Garmin you have to turn it on with one button (A), then press a second (C) to get it to seek out satellites. I found that on the whole it logged onto the satellites quicker than the Garmin.

Once logged on you press button (C) again to start your training measurement. The button which you press to start and stop measurement is in the same place as my Garmin's.

There are four measurement screens that can be scrolled through by pressing a button.



I like to have current pace, distance run and time run on show in one screen, which isn't a standard setting, so needed to change one screen. You can configure all these screens with the items you want to display. It is possible to use their smartphone app to make the changes from your phone; my phone wasn't compatible, so I had to refer to the full manual which I downloaded from the Epson website. It was a complicated and long-winded setup process; but I did figure it out in time!

I don't worry about heart rate in my training. Just as long as I have a heart rate then I am happy! However I did like the built in HR monitor which works by reading your pulse on your wrist under the watch. On my first test run it recorded the whole thing and I got an impressive graph of my heart-rate.

However on the next run it didn't perform as well. On a cold 10 mile early morning run it only recorded for about 50% of the time. I have read other reviews which said that the monitor doesn't work very well in the cold. Of course this could be due partly to my own physical condition (I'm no spring chicken!).

I found the display harder to read than my Garmin's, mainly because the text was smaller and the font not as bold.

When you have finished your run and stopped the measurement you reset the SF-810 by pressing button (D) as you would with a Garmin. The watch is then ready to record the next activity.

Connectivity:

Putting the SF-810 into its charging cradle the runconnect software starts up on your PC and you can upload your run to the Epson Runsense View website. There are apps for iOS and Android phones (but not iPad) and Mac.



My Android phone wasn't compatible. The Runsense View website can be configured to share the data with other fitness apps including Strava and RunKeeper.

If you want to access your run data perhaps to use with other applications, you have to download it from the Runsense View website, and only in .gpx or .csv formats.

I found this good enough for my purposes although the fitness program I use on my PC, SportTracks, had to have each run's data manually transferred in by me which was tedious.

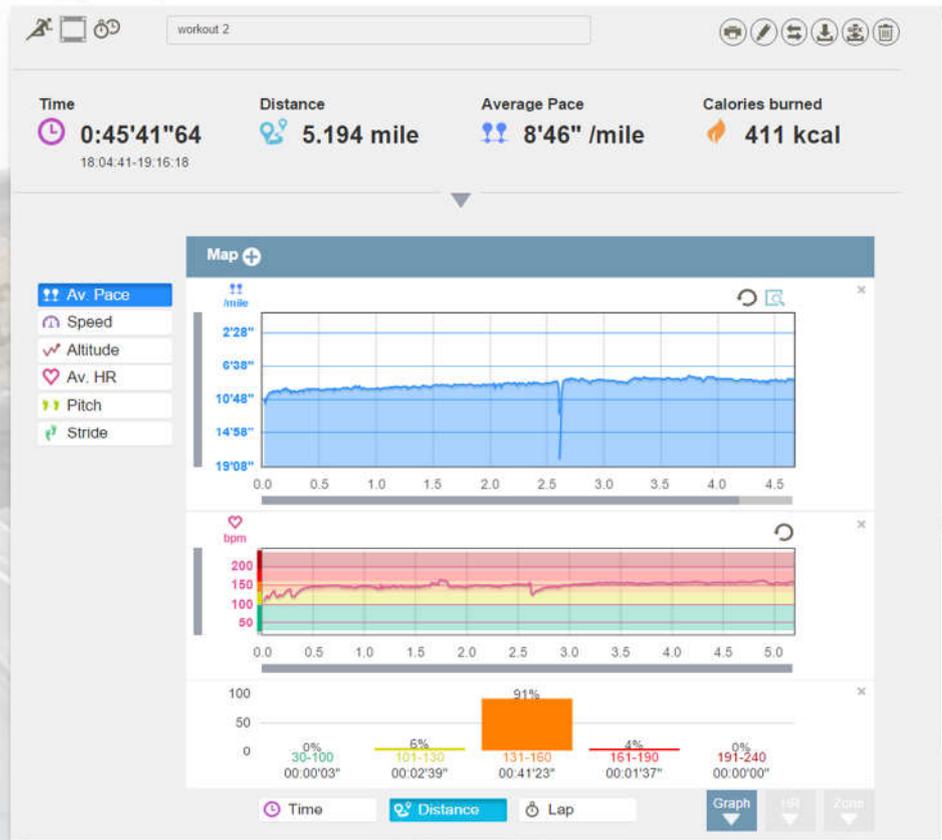
However I found the Runsense View website gave very good statistical information and if I was starting out again I would be perfectly happy to rely solely on Runsense to record my activities.

Conclusion:

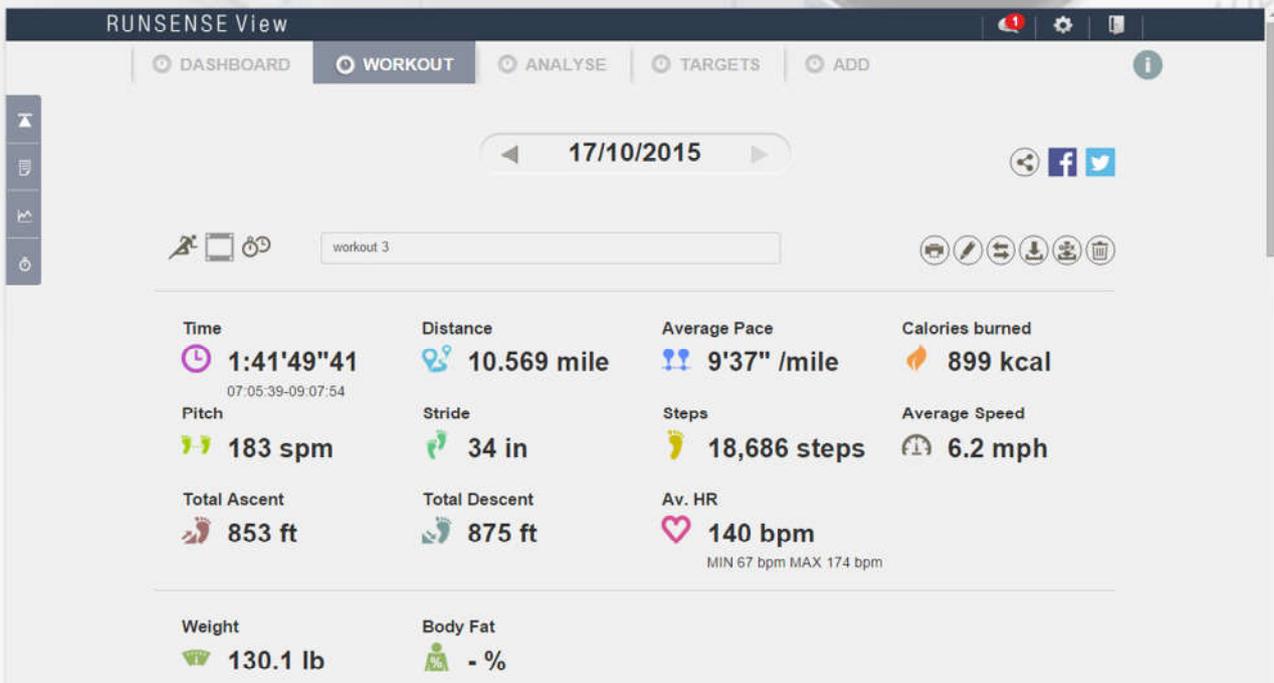
I had bought my Garmin Forerunner 610 just two weeks before testing the Epson SF-810. Had I still been looking for a new GPS then this model would be given serious consideration.

I have to say though that the price tag of around £200, twice what I paid for the Garmin 610, may play a big part in my final decision.

Brian



Some statistical screenshots taken from the website





Another year passes, and another successful Gosport Half Marathon has taken place. This year though it was a special one, the big 3-0!. The committee would like to express their thanks to every member who played a part in the success of this years event, no matter how small that part was.

This race could not take place without the volunteers who spend many many man hours working hard to make sure things go as well as they could do.

Obviously we dont have results to post in the newsletter, see the Helpers Half for that, but we can give you some facts, and figures, along with a selection of the reviews, comments and thanks we've recieved from those who paid to run in the event we take so much pride in.

The Race Commitee needs more volunteers, those to help on the day, and those to help throughout the year in the organisation of the event. If you think you could help, Please get in touch!

Thank You to you all, see you all next year!

Almost **1600**
Runners

1700+ Bananas



180 Cones

80p

Goodie Bag
Contents

2250 Goodie Bags
at **£0.73** each

140+ Child
Fun Runners

562 Dundee Cakes
cut into **4** pieces



500 barriers =
11 Football Pitches long



130
Road Signs

**ROAD
CLOSED**



1 Mile of tape





250 Road Pins



150 direction signs

21 Water Tables



12000 Water Pouches

4000 Plastic Cups

The average age of the support crew that has distributed and collected this equipment over the last 10 years is

62



Over **6** Wheelie Bins of Waste

25 Bag Packers

180+

Volunteers

Thank You



A small selection of reviews

Just want to say thank for the excellent Half Marathon, this was my third time I have ran this one and I am already planning to run it again next year.

Absolutely fantastic. Wonderful atmosphere and the support from the Gosport Road Runners was amazing. Fantastic goodie back and tee shirt too. Well done to all and thank you

I had to pull out of your race on Sunday after being sick. First of all I would like to thank Zoe, the really lovely marshal who got me back to my car. She was really kind and didn't make me feel bad about having to pull out. Her kindness meant a lot, please pass on my thanks. Thanks for organising a great race and I hope to be back to complete the course next year!

Thank you for another superbly organised race. I managed a PB despite the windy conditions. The changes to the course this year made for a much better experience than last year and the previous route which took in the airfield

Really enjoyed the half on Sunday despite the wind. Great organisation and superb marshalling throughout, all cheering runners on and offering encouragement totally impartially. A credit to Gosport.

A great run and well organised, safety of the runners is paramount as we run on the roads. To top it off the marshals most from Gosport runners club are amazing and make it a great run.

My first time running the Gosport half, it was incredibly well run! Information was clear, tag and number pick up on the Saturday meant I had time to prepare myself, the course itself was well marshalled, only feedback I would give would be to extend the water point at the corner of lee sea front so that the runners who are 2 miles in to their second lap can grab a drink, as it was a long break between mile 6 and mile 10. That being said I have no real criticism, I loved this morning, I love the goodybag being a canvas bag I can use it again and I loved the t shirts! Big thank you to the organisers and the marshals along the route, you guys stood for hours in cold wind to look after us, definately going to enter again next year xxx

Just wanted to say a big thank you to everyone involved in organising yesterday's race. This was the second time I have run the race and I must say the route was much better this year (apart from the wind!). The organisation was fab prior to Sunday and parking and collecting my number was easy. I think the rule of no earphones is completely fine and was totally clear so anyone who got disqualified for it deserved to be!! Thank you very much and see you again next year.

Excellent marshalling, best goody bag, just could you loose the wind for next year

Thanks for yesterday, it was hard as the wind was blowing me backwards . Any way great organisation and friendly as usual . Absolutely brilliant. Still a lot of music attached to runners so disrespectful . Looking forward to a faster run next year

Dear Gosport Road Runners, today's race was superbly organised, well marshalled (friendly marshals) energetic Samba band, challenging wind chucked in for free and a most welcome goody bag at the finish.

Just wanted to feedback - I went to watch the race to support my fellow club runners and the marshals were fantastic and really helpful helping us to get to a good view spot at Salterns Park and park the car etc. It does make a difference. Thank you



GRR Website:

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

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



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

GRR and Social Media:



The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/27301329294/>

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

<http://twitter.com/gosportrr>

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.



Newsletter Photos:

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk

GOSPORT

Road Runners



NEWSLETTER



Winter



December 2015



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GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT

GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT GOSPORT

I first fell in love with running back in 2004. I was in boarding school in Shrewsbury, Shropshire and it was very isolated.

I always disliked sports and running, but one day I took off on the school field and didn't stop, when I left and went home I would run 5-10mi a night after college and have been running since. Twelve strong years next year.

Since joining GRR I have come on in leaps and bounds. I never thought I knew everything about running I just thought what else is there to learn. I joined a Halesowen AC when I left school and didn't settle, I was just interested in running not the other stuff.

I feel I have never been accepted or liked, having Asperger's Syndrome and learning difficulties, and found it hard to settle in at first but I'm glad I stuck at it. I don't do well with spontaneous things or change and I have surprised myself that I can adapt

I went every Tues and Thurs night, and I've learned a lot, for example, how to maintain a certain pace/time.

I've built friendships and most of all I'm proud to be part of GRR family. I'm not where I want to be in life but I keep striving to be the best I can be.

Bryn





Mile and a Half to Half Marathon (A Pacers Story) by Kevin Robinson

In 2013 my running experiences and journey was kick started in the most unusual and unexpected way. I was serving onboard HMS Kent and we were due to deploy to the Gulf for just over 6 months, around this time I started to notice Maree running around the upper deck with increased vigour yet she still seemed to be struggling.

I took it upon myself to see if she would like me to help her run and train. Now the main worry of any person in the Forces is that annual fitness test of 1.5 miles (2.4Km), this is something that at the time Maree had always struggled with. Now to do the distance onboard a Type 23 Frigate it is 11 laps of the upperdeck, which was alternated in direction everyday due to the camber of the deck.

As I said to begin with she struggled and I kept telling her it was more about doing the distance than it was about time. I used to set off at about 10.30/mile pace and we slowly increased our pace and distance each week. We ran just about everyday of that deployment increasing our distance from 1.5 miles up to around 4-5 miles and each time we would go that bit faster.



Yes there were moments of doubt and anger at herself and moments where loud voices and perhaps a few choice words were used by myself to 'encourage' her to complete the run. Please bear in mind we were running in temperatures of around 40-50°C. Hard work and very monotonous of running around a warship, but by the end of it she was running her fitness test faster than females over 10 years younger than her. Her PB for 5K at the end was down from 34 mins to 29.04.

In early 2014 the running bug had truly caught Maree and she decided to join the mighty GRR, from there obviously I had to join as she felt like she needed me to keep pushing her. Her first ever running medal came from AR's 5k Summer Series and now she loves to take part and push for her personal best and of course never doing it if there is not a medal involved. The more she ran with the club the more she wanted to run further and faster.

That year also saw her take part in her first Great South Run; we began slowly increasing our distance from 4 – 6 miles and then up to 8 at quite regular weekends so we were fully prepared. As we ran further I could see the pain yet pure effort she was putting in so she could achieve this goal. So the day came and with her proud mother in attendance we set off, I set a pace of 10min/mile for her and she kept strong all the way through, only once did she need a bit of pushing. She finished in 1 hr 42min; I was so proud of her and could also see the monster I had created. She wanted more and more!!

So 2015 began with her first competitive 10K at Stubbington with a run of 1hr 2 mins not a bad start to the year. Now she was hooked it was all about the running and the kit, so we spent more time in our very own Absolute Running shop than anything else.





Now of course she needed a new challenge, so bring on the half marathon, she chose Bournemouth. At the time I knew she did not realise the terrain and thought it was similar to Portsmouth, how wrong was she!!! We decided to do a recce in the summer and from there the realisation of hills in Bournemouth hit home but by now it was too late we were signed up.

So the big day arrived and I set her a steady pace of 10min/mile for the 13 miles, she managed this really well until we hit 8.5 miles and the hill climb. This part took its toll on her body and mind and at 12 miles she was ready to stop and it took all the encouragement and motivation I had to keep her going. At the end there were tears and joy of having completed but also the famous words of 'I am never doing a marathon'! She did it in 2 hrs 13 mins, damn respectable for a first shout.

A few short weeks later was round two of the Great South Run, this time I wanted her to break 1 hr 40 mins so a challenge was thrown down to her which she picked up with increased vigour, what made this even more impressive was that she did these two big runs whilst doing her Senior Rates Leadership Course (5 weeks of physical challenges).

This time round she pushed herself harder and faster than she had done finishing the run I 1 hr 37min knocking 5mins off her previous year. So Maree is stronger and faster than she has ever been running her last fitness test in 12min 20s, which is quicker than an under 25 female.

Now as we approach the New Year we have to say goodbye to Maree as she embarks on the next part of her career in Naples. I have no doubt she will wear her GRR tops with pride showing our European cousins what a great and friendly running club is all about. I am sure you will join me in wishing her the best and for the future and wish her fair winds and following seas wherever she goes. It has been an amazing journey full of joy, a few tears, some tantrums and above all else great achievements.

It has been a pleasure running with Maree and training her and it is a journey I would recommend to anyone do it help a fellow runner. Now I wonder what it brings for me next having brought Maree on so far do I push myself further now or find a new person to train? The offer is there...



For now many thanks for reading and best of luck to all our runners for what should be a great 2016.

Merry Christmas and a Happy New Year to everyone.

Kevin





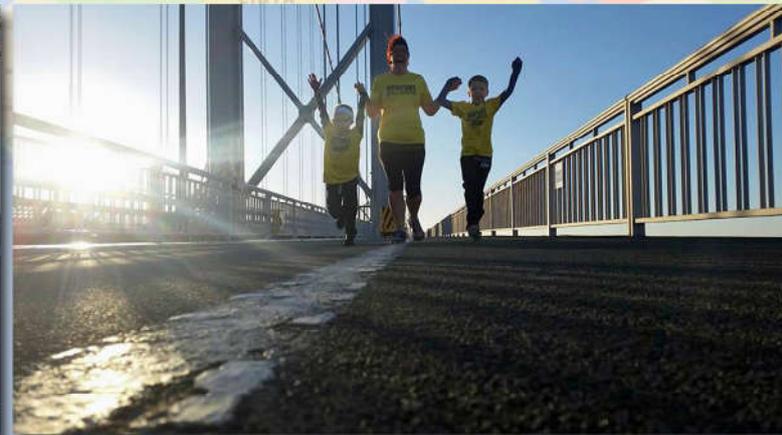
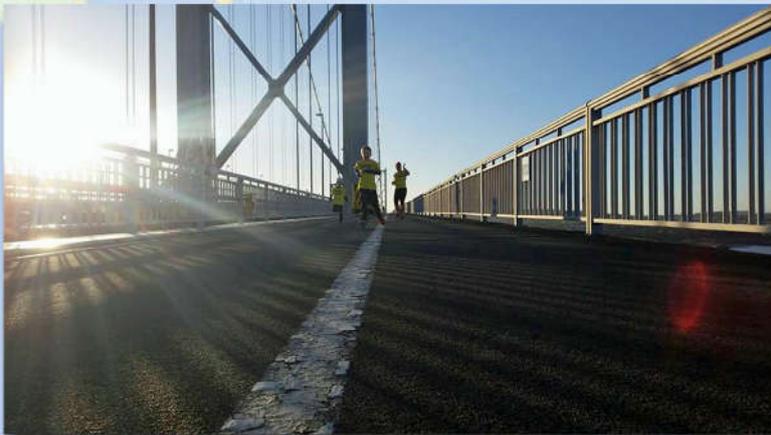
Gosport Road Runners - On Tour

This is a new feature i'm trying. If you go away on holiday, or on business, or just for a day out somewhere fun, take your GRR top, snap a few pics and send them in to the Newsletter.

I'll feature them in an article, and everyone can see that you've been flashing the Blue and Yellow.

The lucky person to be featured in the first one of these pages in Maree Louise O'rouke. Maree went to visit her Brother in Scotland, and took her nephews for a run along the Forth Road Bridge. Along with Maree, the boys also had matching GRR tops.

Thanks for the photo's Maree, and best of luck from all at GRR on your upcoming move to Naples.





“That's a long way to go for a 10k”

Sometime back in 2014, and in response to a particularly bad day and bad birthday present, I sent an application form in for a charity fundraiser run. At the time I was living in Surrey whilst my husband was deployed to Bahrain with the RN.

My relationship with the charity, Hamlin Fistula UK, goes back more than ten years when I set up a regular donation to support their work. They help women suffering from obstetric fistula, a debilitating childbirth injury, to return to normality. They also train midwives to improve the experience of childbirth in Ethiopia. In the UK there is one midwife for every 30 expectant mothers. In Ethiopia it's less than 1 per 13,000 expectant mothers. If something goes wrong then prayer is often the only option.

So, I had a fundraising target and a running target. At this point I hadn't run properly for years. And the last time I'd bought trainers to run in they cost £30.

Running story: long story cut short. Run some, run more, find parkrun, have some vicious injections, move house and parkrun, join GRR. Love running!

Fundraising story: time on facebook, time talking, nice friends, nice family, talks to others, hit target. Fundraising hard work but ultimately rewarding and so very life changing for the recipients.

The Great Ethiopian Run (GER) was set up 15 years ago by the group who set up the 'Great Run' series. A 10k race around the streets of Addis Ababa at an altitude between 2260m and 2360m (according to the GPS on my phone).

There are about 40 thousand runners, marshalled by the (heavily armed) military. A slightly different marshalling plot from the Gosport half that I'd helped out at the weekend before. Every runner got a tshirt that had to be worn during the race and a medal. That was the extent of the goodies.

So how did it all work? I flew out with the charity and fellow fundraisers overnight on Wednesday 18th Nov, arriving at 2300m on the Thursday morning. On the plane we met the Tyne Bridge Harriers who had won 14 places (flights and hotels) for achievement in the Great North Run. The increase in altitude on arrival in Addis Ababa was noticeable with breathlessness for most and nosebleeds for a few. As fundraisers we visited the hospital we were supporting in the afternoon and the associated midwife school on the Friday. On Saturday we did a city tour until about 4 then as one of the approx 600 international runners, joined the pasta party at the Hilton organised by the GER team in the evening.

This included meeting Haile Gebrselassie (a hero from my early running career) who ran his final race with us on the Sunday. Sunday morning we left early to walk to the race start. Altitude was, by this point, more comfortable for most of us so the time spent in the city before the race was worthwhile. The collecting area was a free for all. A glorious party with fancy dress, a lot of selfies and runners in both heels and plimsolls. A confusion over the actual start time and then we were off in a mix of run/walk slow/fast and selfie moments. After a couple of km there was some scaling of central reservations, at 5km we ran past the live animal market and open sewer (it IS a 3rd world country) and then up to the water trucks. Water bottles were thrown into the crowd and I was pleased to have water with me.

By this point I realised that there was no chance of a particularly good time so enjoyed photo bombing groups of runners and making friends with others. I laughed at those who had stopped for a beer and squealed around the hoses.

Eventually, and after one of those long 1.5km climbs, I arrived back in the square and the finish. The clock was running (I took my time picture) and joined the medal queue.

Cont...



The runners finish in 3 groups. Each group gets a medal, so the first third get a green ribboned medal, the second yellow and third red – the colours of the Ethiopian flag. A simple yet effective way to see how you did.

I laughed as we went along the route. I made instant friends. I ran because it was the most fun thing to do in Addis that November morning. I ran as part of a joyful celebratory party. I ran because running in Ethiopia is something that anyone can do and they do it!

As a team we joined up afterwards and celebrated with coffee and cake then a final dinner before half of the party left on the very early Monday flight home.

Things to note for a trip to do this in 2016/2017: arrive a few days early because it will help, wash hands with soap and water then use alcohol rub, brush teeth in bottled water, don't eat salad unless it's washed in boiled water, get the injections in with plenty of time, prepare to be bowled over by a crazy city and fall in love with Ethiopia.

Pippa White





Southern Cross Country League - Race 3 - Queen Bourne Woods - 13 December 2015

The Third race of the Season took place on Sunday 13th December took place at Bourne Woods in Farnham on a Drab mild Winters Morning. After Collecting Fellow GRRs James Heath Dave Wright and Jenna Knight up we were on our Merry way up to Farnham.

After arriving we stuck the flag up near the race HQ always reminds me of Tribes setting up for battle with all there different club colours and flags be flown with Pride, this is one of the things I love about Cross Country as it gives each club its own Identity and many different runners of different standard cross country really is for everyone no matter what speed you are.

Prior to the Race more people started to arrive and I knew we were in for another Great turnout even though it was a particularly long trek out to Farnham for this race we had a Superb turn out of 32 Runners Including the Following Cross Country Newcomers that were Jenny Shilling, Laura Cornborough, Dave Wright, Angela Hurst well Ladies and Dave you were all fab.

The Head of Scribe for the day was your Fellow Joint XC Captain Terry who wasn't running due to the fact he has been ill with the wretched winter cold which seems to be hitting lots of people at the moment. As well as Terry supporting, there was also excellent support from our Club Chairman Giles Cowling as well as support from Terry Moore and the Bishops thank you everyone for coming such a long way on a drab December Morning.

Personally I found the run it self very Challenging and struggled with some of the big hills which I think a lot of people struggled on various parts of the route but I can report everyone got round in one piece.

Both the Men and ladies team put a Great Effort Overall results were as follows

Mens team 19th - Ladies Team 16th - Overall team result 19



Myself and Terry would like to thank everyone who ran at Bourne Woods and Hope to see you all at Lords Wandsworth College on Monday 28th December where we can run off the christmas festivities

Adam





Southern Cross Country League - Race 4 - Lord Wandsworth College - 28 December 2015

So my first cross country run, and I was promised mud. I got mud.

Having little experience with off road running I wasn't too sure what to expect with a cross country race, surely nothing like what we all remember from school! As a self-professed 'non off road runner' who doesn't like getting muddy it surprises me to this year have run a 100k trail race along the ridgeway, 4 trail marathons (and a very boggy Portsmouth marathon) I think perhaps I like it after all, but none of that prepared me for the mud at Lord Wandsworth.

It's unusual I had the opportunity to do the run as cross country always seems to fall on a day I'm working or have something else booked but the appeal of running untimed and purely for position was something different. I made sure I agreed to give someone a lift (no backing out last minute then) I set off with Loyd around 8.45 for the drive up, we chatted about his former successes with cross country and what he had achieved earlier in his running career, always nice to look back on these things I think.

We arrived to a sea of yellow, a very well organised GRR contingency which settled the nerves straight away, I still get nervous about races no matter what distance, I get that sinking feeling that I'll let myself down, but so far so good...!

I was surprised to see such a large turnout of other clubs too, I realised I must of been missing out on something here... With 5 minutes to go everyone assembled on one side of a school sports field ready for a mad dash to the other side for a small gate, I like a quick start but this was like something from braveheart!

Off we went, and I must have got across the field in around 15-20th place, having no idea how I'd get on let alone how quick the others around me were I settled down to something around 10k pace, and once we got out into the bog the field quickly spread out and settled down. I think at about a mile in I was at a comfortable pace and had given up on trying to keep my feet dry, I'd had a few people come past me but I actually found a bit of space and was happy plugging through the mud, thanking the marshals and trying to miss the tree roots and save my ankles!



For those of you that did this run you will know what I mean by the hill. At around 2 miles there is a sharp left hand corner immediately followed by a hill, according to my strava app it's 0.1 miles long with 97ft of height gain, so a 16.6% gradient which is not to be sniffed at!

I powered up it first time and must have made 6 places, but was blowing hard at the top! I remembered something I'd said to Ben Jarvis at the Eden project marathon about running up hills as I take great pride in not being beaten by them, I said "think light thoughts, and you will be light, take big strides and glide to the top" it has always worked for me, just glide up!

It was a hard hill, and when you got to the top it was more slippery mud, not exactly perfect for recovering as it was hard to concentrate on where to land your feet!

Second time round and I put my head down, glided up and was only a couple of seconds slower, I must be doing something right! Also managed to set the course record on strava for that hill, so I think I can say I beat that one :)

Cont...



Southern Cross Country League - Race 4 - Lord Wandsworth College - 28 December 2015

Had an interesting battle for the last half a mile against a Hart runner and I just pipped him with 200m to go and we had a nice handshake and pat on the back at the end, that's one of the best things for me, a hard run against someone who is pleased for the race to the line.

I got my slip of paper for finishing with a 10 on it, thought nothing of that really, I couldn't be 10th surely, but I was! Awesome! Absolutely over the moon with that for my first experience of running cross country proper, was really pleased to get some decent points for Gosport.

Seem to be having a run of 10th's at the moment too which made it ever more unbelievable, 10th at Hayling 10 mile, 10th at Portsmouth marathon and another 10th here, I'm not complaining mind!

Was more than happy watching the rest of the GRR team come in too, some great individual performances as well as a decent team result I believe, as always it was truly epic being part of what felt like the best supported (and cheered on) team there. Always a pleasure wearing yellow.

My trail shoes are still caked in mud, but I think I'll be using them again... Perhaps

Rob Byrne

It has been a great turn out this year, it has been amazing to see so many GRRs get motivated to come out and give it there all in some brutal terrains from swampy mud, to sand, to some big hills, everyone just enjoys themselves.

Lord Wandsworth was a good but tough one, the last mile, you have a hill which you feel like your running straight up a building. A few people slipped, including Captain Adam himself, but he shook it off like the top guy he is.

Big shout out to fast Rob who came tenth and never seems to surprise, great efforts from all and roll on the next XC event at Manor Farm in 3 weeks.

I personally, have a love/hate relationship with cross country, but come the morning at the start line, and I'm like a lion looking for its prey. Lord Wandsworth was a very swampy and muddy, up to your knees and it took me an hour to clean my trail shoes. The mud was half way full in the bath tub, the hill on last mile helped make it for me.

Bryn Whitehouse





Race Results from your Results Co-ordinator

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

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

Result of the Month

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

This months Result of the Month, goes to Darren Eynon for brinkmanship! He squeezed into the Bronze award with his last race of the year at Portsmouth!

Darren made the qualifying time for the Marathon: 3:49:57, three seconds inside the required time. A great time for a hard course!

Thanks...

Brian Fisher



Brian Fisher - Results Co-ordinator

Club Awards

It's the final few days of 2015 if you think you qualify for a Club Award, I need to know by Mon 4th Jan.

The Club are upgrading some of the trophies this year as some are past their sell-by date. With the exception of the three silver plates and the Good Egg trophy the rest are to be offered to the last holder. So if you were awarded the Fastest Male or Female Vet, Best Vet or Novice ladies awards you may keep the trophy you hold. If you do not wish to keep it please return it to me.

The Awards evening for 2015 will be held on Friday Jan 29th at the Rugby Club. More details will be announced later.

Please email your results to Brian or myself at:

results@gosportroadrunners.org.uk

or

newsletter@gosportroadrunners.org.uk

Club 5km Time Trial - 1st December

Yet another warm evening, comfortable for participants, supporters and officials.

Thanks as always to, Janet Lindley - Starter/ Timer, Rachel Gee - Backup Timer, Sid Smith - Numbers, Gary Francis - Recorder. Supporters -Shona Rust and Mike Welsted.

A surprisingly low turnout for such benign conditions

David

Pos.	Name	Time	
1	Rob Byrne	17:06	PB
2	Jason Grygiel	19:09	
3	Dan Belben	19:16	
4	Josh Belben	20:44	Guest
5	Bryn Whitehouse	21:08	
6	Paul Williams	21:18	
7	Alan Burgess	21:45	
8	Gill Dowling	23:14	PB
9	Guy Sheppard	23:35	
10	Daniel Thompson	23:48	Guest
11	Keith Elshaw	24:30	
12	Steve Moltini	24:46	
13	Dave Croft	24:47	
14	Jenny Shilling	25:14	
15	Brian Fisher	25:40	
16	Darren Eynon	25:41	
17	Emma Haw	25:43	PB
18	Mike Kearney	25:46	
19	Adam Walters	25:52	
20	Ken Eaden	26:24	
21	Pete	26:34	
22	Mike Stares	26:37	
23	Kevin Robinson	26:58	
24	Marie O'Rouke	27:00	
25	Melissa Pink	27:39	

Pos.	Name	Time	
26	Lorna Harper	28:09	Guest
27	Nikki Leech	28:18	PB
28	Ann Marie Stables	28:30	
29	Deborah Birch	28:36	
30	Rory Fall	28:39	
31	Kate Smyth	29:08	
32	Ellen Williams	30:42	Guest
33	Dave Kirby	31:23	
34	Phillipa Clark	33:14	
35	Amber Scholthorst	33:15	
36	Sue Barratt	33:16	
37	John Jeffs	DNF	



The club 10k Christmas handicap race took place on Saturday morning of 5th December. It's an event that can be won by any GRR, regardless of pace! The premise is very simple, you put your name on the list along with your predicted 10k time (which Keith and I will promptly amend as loads of you will fib I am sure).

So if I say it's going to take me 55 mins and Keith says it's going to take him 50 then I would start 5 minutes ahead of him. Basically the slower runners start first and the fastest last. If done properly then everyone should finish together. Prizes for the first man and lady back and also the man and lady closest to their predicted time, hence no watches to be worn.

Afterwards we have soup and rolls and do the club draw for the London marathon places.

Name		Prediction	Given Time	Pos	GUN	CHIP	Difference
Julia Roiz de Sa	First lady	58.00	54	1	58.40	50.40	7.20
Nikki Leech		63.00	62	2	61.06	61.06	2.54
Emma Willis		63.00	62	3	61.24	61.24	2.36
Bryn Whitehouse	First Male		45	4	62.13	47.13	
Ray Bernice		48.00	48	5	62.25	48.25	0.25
Rob Byrne		38.00	37	6	62.27	37.27	0.33
Miranda Carrick		58.00	55	7	62.28	55.28	2.32
Jenny Shilling	Nearest predicted Lady	51.00	50	8	62.53	50.53	0.07
Terry Arnott		40.00	40	9	63.13	41.13	1.13
Adam Walters	Nearest predicted Male	54.00	52	10	63.56	53.56	0.04
Ben Jarvis		40.00	40	11	63.58	41.58	1.58
Steve Crook		42.30	42	12	64.07	44.07	1.23
Kayliegh Daniels		65.00	60	13	64.56	62.56	2.04
John Jeffs		65.00	60	14	64.57	62.57	2.03
Guy Shepherd		53.00	48	15	65.05	51.05	1.55
Luke Willis		45.00	44	16	65.19	47.19	2.19
Terry Moore		45.00	45	17	65.30	48.30	3.30
Mike Stares		52.30	50	18	65.55	53.25	1.05
Ken Eadon		55.00	55	19	66.08	59.08	4.08
Paul Street		46.00	45	20	66.22	49.22	3.22
Mike Barker		54.30	55	21	66.57	59.57	5.27





Well done everyone that ran and supported the GRR Christmas 10k handicap. The event was won by Julia, First Lady and Bryn, first male, and nearest their predicted times were Adam and Jenny.

We also did the VLM draw, the male place went to Henry with Paul as reserve and the female place went to Yvette Eastman with Shona as reserve.

Thanks all from Sue and I.

Keith





HAMPSHIRE ROAD RACE LEAGUE

a running club competition

We had another great turnout at the victory 5, its great to see so many of you supporting the club in this league.

The next race is the Stubbington 10k which we usually have a massive GRR presence, the event is now sold out so if you haven't got a place why don't you come along and support the runners on the route somewhere?

The following event is the Ryde 10 miler,
Race Date: Sunday 7th February 2016 – Start Time 11am.

Further details here.

<http://www.rydeharriers.co.uk/races/the-ryde-10-mile-road-race/>

This is a lovely undulating run on the I.O.W in the past we have refunded runners ferry fares to make it more attractive to club members, which is something I'm sure we will do again this year, please await further details from your committee.

For more details on the HRRL and to check on your individual position in the league go here

<http://www.hrri.org.uk/default.htm>

Pos	Name	Time
61	Robert Byrne	00:29:01
137	Terry Arnott	00:31:31
148	Ben Jarvis	00:31:59
155	Jayson Grygiel	00:32:08
172	Daniel Belben	00:32:30
250	Bryn Whitehouse	00:34:40
293	Benjamin Wales	00:35:41
327	Nick Carter	00:36:35
340	Colin Gardner	00:36:59
351	Paul Street	00:37:28
389	Tracey Wales	00:39:06
394	Gillian Dowling	00:39:17
419	Nick Macbeath	00:40:12
425	Jenny Shilling	00:40:28
428	Keith Elshaw	00:40:36
438	Fiona Tomlinson	00:41:17
458	Adam Walters	00:42:19
467	Michael Stares	00:42:49
490	Laura Cornborough	00:43:35
502	Peter Robinson	00:44:19
511	Rachel Gee	00:44:36
538	Zoe Windsor	00:45:41
541	Caroline Oakes	00:45:48
540	Susan Barrett	00:45:49
542	Angela Elshaw	00:45:50
560	Michael Barker	00:47:23
611	Dee Upshall	00:51:57
613	Ashley-May Bradsha	00:52:06





This year's Portsmouth Coastal Marathon was my 5th marathon. I wasn't planning on doing this one because I've done it before, and although its local, once was enough for me. I then went and signed up for a bigger run in 2016, and someone told me that the PCM would be a good training run, with the aim to be marathon fit as I enter the new year.

It had been 18 months since I'd run a previous marathon. That had been the South Downs in 2014, and although I'd been to spectate and support at a couple in that time, I hadn't really felt like I was missing out.

My training started in September, and although I'd been fairly good with sticking to my plan, I hadn't been quite as dedicated as I should have been. I still managed to get the miles in though, and even with home and work getting in the way, the long runs were done roughly when they were meant to be.

I went into the race full of hope. I felt good and I felt ready. I'd done up to 20 miles in training, and I knew what to expect, so I didn't really think I had much to worry about. I was treating it as a training run, and even went so far as to follow only my pace on my Garmin watch. I checked my time once at the halfway mark, and it felt good not to worry about it.

The night before, I made a last minute change to my kit, and decided to run in trail shoes. They are a well-worn pair, so I knew I could run in them, but I hadn't done any recent training in them. I was going to commit one of the cardinal sins of running, and go into an event with untested kit.

As we were all getting ready for the race, the excitement on people's faces was obvious, some more than others...Yes Bryn, I mean you mate! It was an excellent atmosphere, and everyone seemed in really good spirits.



We started at 9:15, and there was a nasty black cloud heading our way. A little rain wasn't going to bother me, I started at a nice slow and steady pace, and followed the crowd.

Mile after mile went by, and I was really getting into it. I was thinking this was going really well, my pace was good, people were chatty, the supporters were excellent, and even the rain wasn't too bad. This could be my best marathon so far!

The muddy beach was muddy, the off road bits were muddy, and the Billy line was muddy.



Finally, I reached the halfway point, and I felt really good. Although I think I'd been concentrating on the halfway mark so much, that it suddenly hit me that I had to do it all again.

By mile 17, I was getting fed up. I was hungry, I was tired, and I wasn't really feeling the same marathon love any more. I'd started to walk on occasion, and I was mentally beating myself up about not completing the marathon without walking.

By mile 19 I was truly fed up. The end seemed a very long way away and then it started to rain. It didn't just rain; it threw it down. Suddenly, I was totally soaked right through, and the strong cold wind just made me feel freezing.

Cont...



Now the mixed walking and running tactic was even worse as while I wasn't running, my body was getting colder and colder.

I kept on going, until I saw the sign telling me I only had 3 miles to go. Easy I thought, that's only 5km, it'll be done in no time. Then I checked my pace and I was walking along at 19 minutes per mile. One hour! One whole hour it was going to take me to finish. This spurred me on, and I started to put more effort in.

Finally, I could see the crowd at the end, and the thought of actually stopping made me push harder towards the line. I even looked happy, which I think was just down to wind!

I did enjoy it, in a weird kind of way. While I was running it, I didn't think "Why!!!", or "I hate it", or any other really negative thoughts, I just wanted to get to the end. I don't think I'd do this race again, that's twice now, and I don't really have the desire to try for a third attempt, but I will certainly do more marathons.

I do know that I wasn't quite fit enough, and I have more work to do to improve that. Hopefully with things being less hectic in work, I'll have more energy and will be more dedicated to my training plan. I am also glad I made the swap to trail shoes. I had no issues with them or my feet, and I think they did help in the wet and muddy conditions.

I strongly believe anyone can run a marathon. If I can do it, then anyone can. It takes so much work though. Not many people can just get up and do it. Most of us have to train really hard, and it really does dictate how you live your life for a few months. I find I am always learning something new when training for something like this. We learn from our mistakes (well, we're supposed to anyway). Next time, I'll hopefully be fitter and better prepared.

If you think you want to do one, then do it! Just think hard about it, and then make sure you train properly for it.

Colin Middleton



I wasn't due to run my first marathon until September 2016, the Wolverhampton Marathon. I always wanted to train and do at least ten half marathons before I ran a full one, but at cross country, Terry Arnott and Terry Moore convinced me that I was ready to run it.

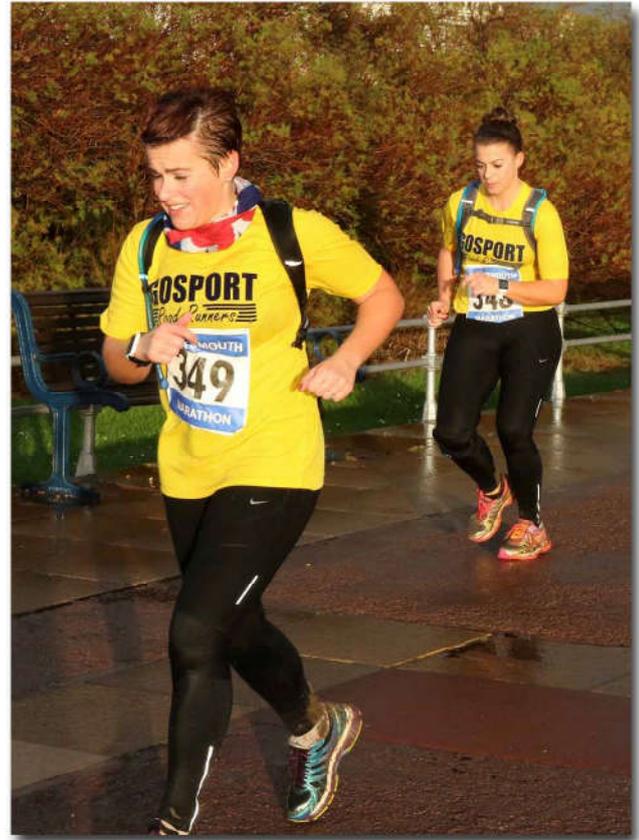
I been doing the 10-15 mi every week but not followed a dedicated training plan. When I heard I could get a place to do it I instantly knew I wanted to, after much talk with club members and my family to get some encouragement and wisdom.

I asked Giles if I could have his place and that was it, I began the preparations mentally and had few changes on the race-day outfit, I ate my body weight in food and was amazed by the support from everyone. I couldn't of asked for a better club to be a part of. I want to give big shout out to Terry Arnott, Terry Moore & Kevin White and everyone else for being behind me.

The weather and terrain were all hard at times but made it more fun when I look back on it, and even though I had to walk at times I finished strong which was my main goal.



Bryn Whitehouse





Lee on the Solent

Pos.	Name	Time
50	Ethan GEE	00:25:36
51	Martyn ROWELL	00:25:37
52	Ray BERNICE	00:25:41
53	Paul Martin STREET	00:25:42
70	James HEATH	00:26:44
82	Rachel GEE	00:27:49
122	Amber SCHOTHORST	00:32:18
131	Karen NICHOLS	00:32:39
141	Christie BREEN	00:33:00





Southampton

Pos.	Name	Time
80	Michael THOMPSON	00:21:33

Alice Holt

Pos.	Name	Time
27	Tim Durant	00:23:51

Lee on the Solent

Pos.	Name	Time
16	Dan BELBEN	00:19:55
30	Benjamin WALES	00:21:26
59	Mark COLE	00:24:00
65	Paul Martin STREET	00:24:51
66	Ray BERNICE	00:24:51
71	Adam WALTERS	00:25:20
95	Lee WESTWOOD	00:27:30
103	Miranda CARRICK	00:27:56
113	Jenny SHILLING	00:28:25
140	Pippa WHITE	00:30:22
157	Karen NICHOLS	00:31:54
168	Dee UPSHALL	00:33:57
195	Martyn ROWELL	00:38:24
196	Amber SCHOTHORST	00:38:25
207	Sarette MARTIN	00:44:46





Havant

Pos.	Name	Time
48	Colin GARDNER	00:23:49

Northampton

Pos.	Name	Time
38	Michael THOMPSON	00:21:18

Lee on the Solent

Pos.	Name	Time
4	Chris BUXTON	00:18:55
26	Tim Durant	00:22:34
42	Paul Martin STREET	00:23:58
47	Ray BERNICE	00:24:09
52	Nick MACBEATH	00:24:32
68	Jenny SHILLING	00:25:28
86	Brian FISHER	00:27:06
88	Peter LINDLEY	00:27:12
116	Ken EADEN	00:28:32
131	Michael BARKER	00:29:19
162	Dee UPSHALL	00:31:34
173	Rachel GEE	00:32:15
185	Michael STARES	00:33:36
214	Pippa WHITE	00:36:49
219	Janet LINDLEY	00:37:48





Chipping Sodbury

Pos.	Name	Time
44	Tim Durant	00:22:11

Lee on the Solent

Pos.	Name	Time
2	Rob BYRNE	00:17:24
17	Ben JARVIS	00:20:00
18	Dan BELBEN	00:20:03
22	Terry ARNOTT	00:20:42
51	Phil BEED	00:23:15
69	Mark COLE	00:24:25
72	Colin GARDNER	00:24:31
73	Marco GRANDE ALONSO	00:24:32
90	Terry MOORE	00:25:28
98	Jenny SHILLING	00:25:56
100	Fiona TOMLINSON	00:26:12
106	Nick MACBEATH	00:26:42
112	Peter LINDLEY	00:27:03
122	Elizabeth ELSHAW	00:27:22
125	Lisa HENNEN	00:27:30
126	Eric MACGURK	00:27:31
131	Michael BARKER	00:27:51
144	Ken EADEN	00:28:34
151	Kerry DOWN	00:28:50
156	Tracy SLADE	00:29:07
161	Debra TALBERT	00:29:34
171	Salvina CAWTE	00:30:13
183	Charlene CAWTE	00:31:33
186	Caroline OAKES	00:31:49
214	Janet LINDLEY	00:34:55

Newcastle

Pos.	Name	Time
198	Pippa WHITE	00:31:18

Netley Abbey

Pos.	Name	Time
117	Steve WISE	00:33:35



26.12.2015





GRR Website:

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

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



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

GRR and Social Media:



The Club's Facebook page currently has 253 registered members and is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc.

Follow this link to see what's going on:

<http://www.facebook.com/groups/27301329294/>

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

<http://twitter.com/gosportrr>

Twitter is not used as frequently but is still a good place to catch up on important Club matters and general information.



Newsletter Photos:

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

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

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

Email them to me at

newsletter@gosportroadrunners.org.uk