

# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER



**Winter**

**January 2018**



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Front cover: Ange Elshaw, Rachel Gee & Caroline Oakes pulling off the "slightly apprehensive , mildly amused" mood of January before the start of the Manor Farm cross country event.

GOSPORT GOSPORT





Hello! It's me again – this time with a blockbuster newsletter for January 2018.

I did not board the “new-year-new-me” train on 01/01/2018. I did not make plans for any major life-overhauls. It seems that I'm not alone. Results from a YouGov survey have shown that approximately 21% of Brits made a New Year's resolution at the end of 2017. Further research has shown that approximately 35% of people who do make a resolution will not keep to it before January is out. Habits are hard to break, but fortunately we're all members of an inclusive supportive running club so hold on to your club membership for 2018.

Which brings me to the matter of running. It's hard work, and as I have been reminded by my body so often during the past month, breathing is one of the most basic essentials of this exercise. Silly fears and frustration because “I've run a marathon last month and should be able to run fast for at least 2 miles now” didn't make anything easier. I've started back at square one: meeting up with a very good friend most mornings, jogging for 2 miles at an utterly conversational pace, walk when I have to, laugh with myself a lot, some days moan a little... I'm not training for a race after all. I'm training to enjoy running again. No one is making me do this and no one is going to do it for me, and that is what gets me through to the next day's jog. I did pencil in one small goal at the front of my 2018 training diary. At the moment, that seems like an impossible dream but there's 11 months of the year waiting, therefore the task is still on. In the meantime, I'll continue with the morning jogs, breathing like Darth Vader with disciplined frustration.

I have always admired the fast and talented club runners, and we have so many such members at the moment. One specific club member's achievements throughout 2017 intrigued me. He always looked like a quiet unassuming guy and yet he was running marathons and ultra-marathons most weeks. How did he do it? I was curious. The first time I met Darren Enyon was at the Endure 24 event in June 2015. At one stage during that weekend, we ended up being the only two in the camp for a short while. He didn't say much, and as I don't hear much we sat together in silence, staring at the circle of alcoholic beverages left over from the previous evening. I have no problem striking up a conversation about almost anything with a complete stranger, but that day it felt like a mission impossible. He looked like a fast runner and it appeared that he liked Jack Daniels, so he was obviously quite alright. I got to speak to him more since that event, and being quite wowed by his epic Moroccan adventure, I had to ask him to grant me an interview...to tell the truth, I didn't ask. I said I'm emailing him some questions, which he should kindly complete and return it to me. My idea was to run the “interview” as an article in the December 2017 newsletter, but Darren was busy collecting medals until the very last week of 2017, therefore I am sharing the article with you this month. I hope you enjoy reading it as much as what I did.

Joanne Hopkins brings us up to date with some club practicalities. Please familiarise yourself with this information.

Karen Morby shares her experience of her first marathon. Thank you for the contribution Karen, and well done on your achievement. You didn't pick the easiest marathon or the brightest day for a first time.

Gill Dowling takes us with her on her road to Gold. This girl is good! Thank you for sharing your journey towards this outstanding achievement with us, Gill.



Steve Crook has all the information you may need if you're thinking about joining one of the GRR Sailing days. The May 2017 newsletter featured an article by Ben Jarvis about this, and the photos showed that these days were enjoyed by each one who sailed away with Steve. If you are considering a sailing trip and would like more information, please chat to Steve.

How was January for you? Looking at the photos from the club Facebook page, it seems you all got either very wet, very muddy or both depending on your race. Hayley brings us the results of your happy efforts. Nick Carter contributed a race review of the Stubbington 10km event. Thank you Nick. You can find his review with this race's results and photos.

There is a special section about the Awards Night to see you out this month. If you didn't attend, you missed out. It was a highly entertaining evening in celebration of the fantastic achievements of our best club runners. Congratulations to each one of you! The "photo gaps" will be featured in next months edition, once the relevant members have received their awards.

Enjoy what February brings on your running route!

*Miranda*





I would like to take a few moments in memory of the life of long standing club member Joe Ritchie. He sadly passed away on 29/12/2017 after a 3-year fight with cancer, and a few club members attended his funeral on 19/01/2018 at Portchester crematorium.

Joe was a club member for approximately 20 years. He was one of the “fast guys”, so I never really had the opportunity to run with him. However, I always admired the way he seemed to fly through a run, be it a usual club night training session, a cross country meet or time trial, looking as though it was just the most natural and easy thing to do.

I also remember that he was a great musician, and I was the last one still dancing to his band’s music at one awards night. It was a fun night!

What I will remember most about Joe is that he was a gent who never seemed to age. He always had time for a quick chat, always friendly and always smiling whenever I saw him be it at the club, in a local shop or even the occasional sighting in the White Hart pub.

Many of you knew him a lot better than me and my very sincere condolences go to his wife Lynn, his family and close friends. We will all fondly remember Joe .

*Miranda*



### SO GO AND RUN FREE

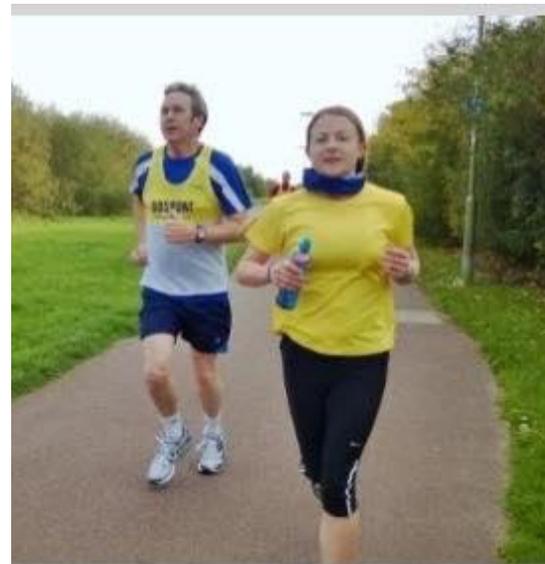
So go and run free with the angels  
Dance around the golden clouds  
For the Lord has chosen you to be with him  
And we should feel nothing but proud

Although he has taken you from us  
And our pain a lifetime will last  
Your memory will never escape us  
But make us glad for the time we did have

Your face will always be hidden  
Deep inside our hearts  
Each precious moment you gave us  
Shall never, ever depart

So go and run free with the angels  
As they sing so tenderly  
And please be sure to tell them  
To take good care of you for me

*- Author Unknown*



Hello to you all,

### Affiliation to England Athletics

Silly season is well & truly behind us but it seems some of the January sales are still going. It came to light (Thank you Lee Torrens & the power of social media) that anyone who has never been affiliated to the England Athletics before can sign up from now until March 31st for the current price of £14 which will not expire until March 31<sup>st</sup> 2019. Effectively giving you a couple of bonus months for free. This offer is exclusively for people who have never affiliated before. As well as discounted race entry fees & some online offers you will be eligible to score points for GRR when racing. Please have a look at the following for more information: <https://www.englandathletics.org/clubs--community/club-affiliation/benefits-of-affiliation>

Also if you affiliate/renew before the end of April 2018 and you are unsuccessful securing a place for the 2019 Virgin London Marathon you can enter the club ballot to win an entry.

### GRR club kit

Earlier this month with great sadness Absolute Running ceased trading, I'd like to wish the Carter family best wishes & success for the future. It was Nick who introduced me to GRR! Where can I go to procrastinate & drink coffee now?

Our new kit supplier is (located a few doors along from AR) The Print & Sew Station located at 65 Stoke Road, Gosport, Hants, PO12 1LS.

Monday	09:00 - 16:00
Tuesday	09:00 - 16:00
Wednesday	09:00 - 13:00
Thursday	09:00 - 16:00
Friday	09:00 - 16:00
Saturday	10:00 - 13:00
Sunday	Closed

We are currently working on updating the website with pictures & prices of available kit, please arrange direct with The Print & Sew Station. New members will receive a voucher to collect a free short-sleeved t-shirt. Anyone wishing to have his or her name added to a t-shirt can do so for £2.

### Personal details

Can I ask that you send me your updated details? Have you moved house recently or changed your email address, perhaps even a change of title or name?

If you have moved house & are affiliated your renewal pack may get sent to an old address. Please send any amendments to [membership@gosportroadrunners.org.uk](mailto:membership@gosportroadrunners.org.uk)

Jo Hopkins



*(Ed) How long have you been running? How long a member of Gosport Road Runners?*

(D) I first ran with the GRR's on a 5 miles TT night, a good intro! In June 2014. I had finished the GSRun before with a mate, but not thought about running as a way of keeping active. I have always played football, from first school right up until 5years ago, but I broke my metatarsal in my wrist playing football in a Hampshire league game for Horndean and was from then on worried I might break it again. Speaking to Keith Elshaw at work, he said pop along and see what you think, and so it all started!

*(Ed.) What do you find to be the most rewarding thing about running - specifically running long distances?*

(D) Apart from finishing, it's having that sense of achievement. When you look back on what you have done, whether it's a PB in a 5KM, completing a hard race or just at the end of a training run with a group having a coffee and slice of cake!

*(Ed.) How many races have you completed in 2017? Can you indicate how many of these have been longer than half-marathon distance?*

(D) In total I've finished 42 races, from 5km to 106km. Of which 27 have been longer than half marathon distance.

*(Ed.) What motivates you to run so many long- distance events?*

(D) I like the challenge. I'm not saying a quick 5KM isn't challenging, because they are! But running over technical trails and hills, I get more out of. I know trails isn't everyone's cup of tea, but for instance running over the south downs is hard to beat, in my opinion!

*(Ed.) Do you have a specific training process/program for a marathon?*

(D) I try and follow the RUNCAMP rules, mix up the runs as much as possible. I find just doing the same runs over and over aren't beneficial. So, hill work, intervals, 5KM's and long slow runs, come together very nicely on race day, whether it's a short or long race. Core work too plays a big part. Plus, can help avoid injuries if done the right way.

*(Ed.) How did you prepare—both mentally and physically for a long distance or multi-day event like the one you've done in Morocco?*

(D) I was lucky to go to Barbados 4 weeks previous. I did 4 training runs ranging from 5km to, half marathon. It was 36c with 83 humidity, so a good test! I managed to work out how far I could run on 1 liter of fluid, so I would have confidence that what I was carrying in the Sahara run would get me to the next water station. The rest was running in the heat.





*(Ed.) What kind of things do you think about as you run?*

(D) Random s\*\*\*! Random songs enter my head and stay! The other day it was God save the Queen and then the spice girls! Oh, and having food at the end! With a Costa.

*(Ed.) Race Day dawns...how are you feeling? Are you performing any superstitious rituals (for example, wearing the same unwashed socks you trained in for months, eating a specific breakfast) or do you just rock up ready to run?*

(D) UNWASHED SOCKS! My OCD wouldn't allow such a thing! Just roll up!

*(Ed.) What factors are you looking for when selecting a race?*

(D) I must admit that I have been drawn to the bling, the inner magpie rears its ugly head! But I also like the trail courses, you get to see the most amazing scenery that you wouldn't see in a car.

*(Ed.) What has been your most memorable race to date? Do you remember every race, or do they become one blur?*

(D) Finishing the Jurassic Coast Challenge was amazing,. Looking back on what we had run, with the obscene elevation along the stunning coast completing 84miles was amazing. But not finishing the South Wales 100 will always stick in my head. This has been my only DNF in any distance. It was the hardest physical thing I have ever done, and to be pulled out at mile 50, not through physical reasons, but through poor navigation skills that got me lost at night in boggy marshland over the Brecon Beacons, is something that still revolves around my head! I have unfinished business with this race, I will return!

*(Ed.) If I want to run with you, what do I need to know about you? (this can be something peculiar that you do for example, don't speak at all/ start speaking in a foreign language when you hit "the wall" etc. )*

(D) Running is a great way to get to know people, runners will talk about even the most personal things in their lives that they wouldn't normally dream about discussing! I generally like to p\*\*\* about and not take it too seriously, unless I see a Stubby in front of me and have to beat him/her!

*(Ed.) Do you run with a watch or no watch? Music or not?*

(D) A watch, I'm not one to constantly look at splits, but It's nice to have, especially if you are going for a time or pacing. Sometimes music, but as previous question, random songs keep me amused!

*(Ed.) Do you keep a dedicated training diary or just log miles on Strava (as an example)?*

(D) Strava keeps tabs on what I'm doing, along with some people too!

*(Ed.) Any Cross-training?*

(D) Nope

*(Ed.) Road or trail?*

(D) 100% Trail



(Ed.) What is your “ultimate bucket list” race?

(D.) I’ve entered the ballot for one of this year’s UTMB races, the TDS, which is definitely one I’d like to do. After the Sahara run, then it has to be MDS.

(Ed.) What mistake/s do you think “new” long distance runners make?

(D) Taking the wrong advice or trying to get to a long distance too quick. If you use a training programme then these will give newbies to longer distances a really good starter point and how to increase mileage, whilst avoiding injury. The club has runners with experience at all distances, Keith Elshaw is I’m sure, more than willing to draw up a training plan, from couch to 5KM to ultra-distances, for a small fee in the way of a JD! (No coke!)  
Running injured also has to be a big no-go, if your injured seek advice and rest, put your feet up and watch Netflix!

(Ed.) How do you motivate yourself to get through a difficult patch in a race?

(D) Knowing that feeling of achievement of finishing a run. Every step forward is a step closer to the bling!

(Ed.) Show me your medals!



Marathons & Ultra-marathons in 2017



All the Bling for 2017

(Ed.) You seem to have perfected the “medal selfie”. Which is your favourite medal? Why?

(D) Snowdonia road marathon, made from slate, makes it very personal, plus it was a lovely route.

Thank you Darren , for agreeing to do this “interview”, and subject yourself to all the probing. You had an incredible running year in 2017, and the awards you received are proof of that. May 2018 be an even better running year for you.

*Miranda Carrick*

Hello everyone my name Karen. Just over 18 months ago I started running, why? To avoid going on meds for depression and for the social interaction.

Never did I imagine I would ever stick to it let alone run a marathon. However, in December 2017 I ran the Portsmouth Coastal marathon. The training was good along with all the support and encouragement from everyone. One little non-running injury sent me into panic mode but with some good advice from the hospital and the ever-famous Mrs B, I was up and running in two weeks. Phew! Training with my running buddies was amazing - I don't know I would have done it with them all. The days seemed to quickly go by and it was race day.

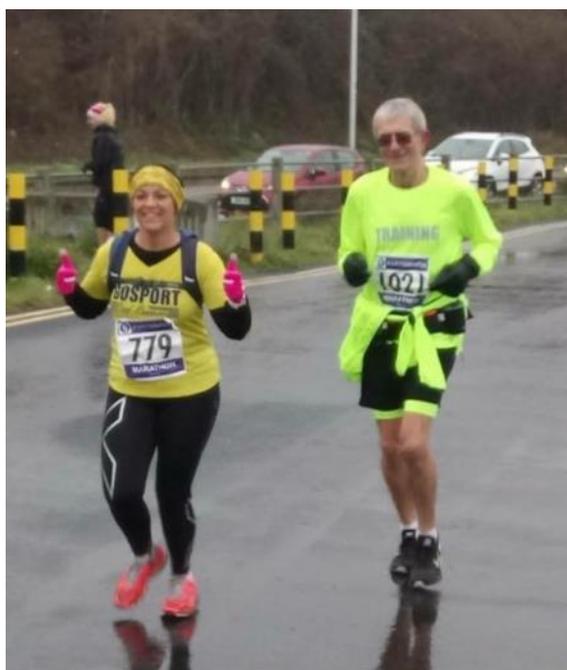
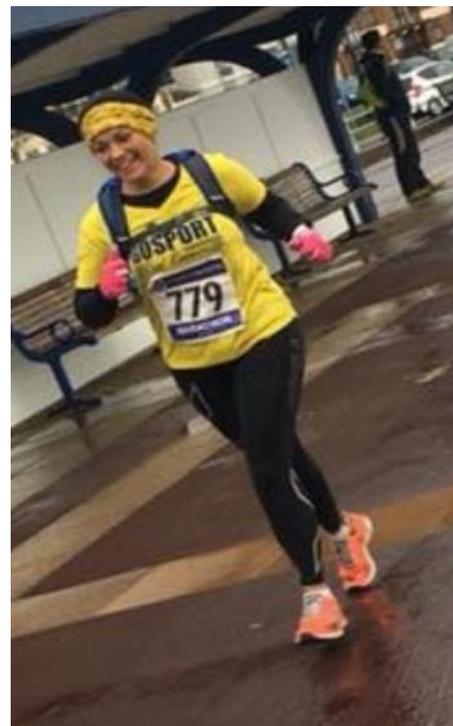
I never put any pressure on myself by setting myself a time to complete it in, just to finish was my goal. The atmosphere was amazing. It was tough at times and I wish I had completed some training on the actual course. Myself and Richard Smith, also a GRR who I had trained with, seemed to be at the same pace and ran together, we pulled each other through the tough parts.

I completed it 5 hours 48 minutes, like I said it wasn't about the time for me-just to finish and that I did.

Time to rest, or so I thought, I went in to win the club place for the London Marathon. Training continues!

I'd like to thank each and everyone of you who trained with, supported and encouraged me.

Karen xx





Do I or don't I attempt the club's Gold Standard in my 2nd year in the FV45 category, that was the big question and I never imagined I would be asking myself this even a year ago! Well I'm not getting any younger, but I had to do it. The opportunity was there. My 5k and 10-mile times I had done in 2016 were about 20 seconds out, the half marathon was close but the 10k was nearly 1.5 minutes over so needed a bit more work and this was not my favourite distance either.

It was nearing the end of the year, so I had to start signing up for races. 5k club time trials were every month so that was OK. 10k I had done Stubbington, Eastleigh and Netley before so they were fairly flat and possible. For the 10 mile although I had signed up for other races anyway, New Forest, the Great South Run or Hayling would be my best options. Half marathons on previous years I had done Salisbury, Winchester and of course the Gosport helpers half. I definitely wanted to do Salisbury again as this proved to be a fast course and our own helpers' half, but I had already started panicking in my head about this distance as they were so close to the end of the year and there would be less opportunities to go for the Gold time.

My first distance off the list was 10k in March. It wasn't a distance I did a lot of. My first year of running I had entered 5 and last year I had only entered 3 races. After not getting the Gold time at Stubbington (to my surprise just 9 seconds off) it made me even more determined to do it at Eastleigh. I knew the course but remembering it from the previous 2 years there were areas of it towards the finish that could be tough mentally and physically as you could see runners on their way to the finish line and you still had a bit of a way to go. The night before I worked out my maximum average time per mile and clicked on the BBC to get a weather update...it wasn't looking too bad. But it was still going to be a hard, close race and I couldn't get that out of my mind. All I could do was channel my thoughts and if I could get the first 2 or 3 miles under the pace I had set myself then I would feel in a better place. Tracey Wales had also entered this race and I knew she would be my best hope of getting a good start and a good time. It all slotted into place, but each mile was tight on time. Tracey had given me the drive I needed and the part of the course I remember being hard before went well as the light wind was in my favour. The last part to the finish was just as horrible as I remembered it. The crowds were amazing but where was that finish line? Pure relief and disbelief, I had done it in 45.42 with 18 seconds to spare. If I had done just over 3 seconds slower per mile it would have been a different story. That race was just pure grit and determination.

My second distance off the list was 5k in March. Having got a PB and Gold time in the December while marathon training was something that took me completely by surprise...I really don't know how I did it! Knowing I had more goes at this distance I didn't seem to mind as much if I didn't do it, but I of course once "Go" was shouted the adrenalin kicked in. The weather conditions were perfect and a lot of PBs were had that night by other GRRs and for me another Gold time of 21.38 and 22 seconds off the cut off time.

Phew 2 done ONLY 2 more to go, 10 mile and half marathon. I was happy with the 10 mile but not feeling so great on the half, I needed opinions on races that could work to my benefit and add a few more to the list. What better place to go than on the GRR Facebook page. So, I signed up for the Meon Valley Express and the Solent half marathon.



Eastleigh 10km Gold time 45:42



Now I had my races lined up I still needed help and advice and a bit of a confidence boost. I contacted Keith via messenger - he had helped me in the past with my first marathon training plan. "Well its well within you. You've just got to pick your races, time your fitness to peak at the right time and hopefully the planets will align! We will have a chat about structure"..."The pace you need to be running is 7.40 for the 10 mile, 8.00 for the half. So, in training, 5k to 5 miles try to consistently hit low 7-minute mile, that way it will feel more comfortable when you pace the race. Don't neglect your recovery runs" Right, OK

Meon Valley Express half was my next Gold achievement in September. It had been raining days before but the day itself was dry and not too warm. The route was out and back which suited me and flat but fairly muddy. There wasn't a great number in this race, but I decided to set myself up near the front. The first few miles were way within the average mile I needed but would I be able to maintain it for the whole race. I actually started telling myself to try and slow down! The thought of starting to feel tired at 10 miles weighed on my mind. I kept sight of a tall, well built man and over 4 miles I could tell we were quite evenly matched. I knew I had to keep up. There were a couple of roads to cross so some steep sidings to contend with and a wade through a huge puddle, but I was feeling good. I hadn't done many muddy runs before, but I was soon thinking of those GRR ladies that had, it brought a smile to my face and lifted my spirits. I had decided not to take on any water at the stations right from the start but relied on gels instead...I hope I hadn't made a mistake, I had never done this before, but I didn't want to waste any precious seconds. By the turn I was almost on the man's heels and the adrenalin was starting to kick in... I could actually do this. I had banked up quite a few minutes. Just keep those legs going to a steady rhythm - a metronome some might say. There was only a mile or less to go. I came along side the man I had been chasing for all the race and we had our first conversation. I thanked him for keeping me going and he thanked me. He could hear my footsteps behind him and didn't want me to pass! Well we have covered the distance but where was the finish. It was nowhere in sight. I could see from my watch I still had about 4 or 5 minutes to spare but it wasn't helping. Had all the effort been in vain? I was starting to feel very deflated but hey I still had 2 other races before the end of the year if I didn't achieve this one. But then would I feel as good, would the weather be as nice, would I get a cold or pull a muscle...then hooray, the bridge for the finish was in view, I can do this...I will do this, thank goodness. 1 minute 48 under the Gold time and about quarter of a mile extra! Thinking back, it was a very different race to what I'd been used to. Being up near the front was very quiet and seemed very strange not having crowds of runners around me. Maybe that helped me concentrate more, just hearing the rhythm of my feet and the sound of my breathing.

The Great South Run 10 mile in October was the last of the 4 Gold distances I needed. The weather was very windy and very cold so if I didn't do it I still had the Hayling 10 but that was the last opportunity for the distance plus previous races had told me it wouldn't be a good one due to possible gusty conditions. I still doubted myself about getting my time on this race which was stupid, looking back on training runs had proved I could do the time. With Ben Jarvis saying you easily have it in you I had to prepare myself mentally and get my pace on target. The first mile or 2 would dictate how I would be and I really wanted to have a fast pace. I had to focus, take in the great atmosphere and have positive thoughts...yes, I will do this. At the last minute I decided to just use gels instead of water. It had worked for the Meon half and every second could really count this time. The first 2 or 3 miles would be the ones to set me up and they were a lot faster than I expected but I felt good. Each mile I recalculated how many seconds I had spare in case anything happened. The seconds soon banked into minutes. Then suddenly a voice called from behind me "I've been trying to catch up with you" It was Ben, I hadn't realised he was going to pace me. He had seen at the start I wasn't feeling confident and knew how much I really wanted to do it. How bad did I feel! I updated him on how much time I was up, so he could work out my progress in his own mind. A weight had been lifted and I knew from a previous 5-mile time trial how good Ben was at pacing and reassuring. "If there is a head wind, duck in behind me"... "It's going to be windy along the seafront, stay behind me".





The shouts from GRRs marshalling and others around the course was phenomenal. Everything went like clockwork and then the finish. We had done it, 2 minutes 10 seconds to spare. What a feeling, I was a Golden Girl!

Getting Gold wasn't easy even though to some I looked comfortable, you can easily do it and you're like the Duracell bunny who just keeps going on and on. I couldn't have done it without the advice and help from GRRs regards training. I spent time doing strength and condition on the field which was hard but fun and interval training mainly on grass which was hard and not fun. This definitely played a huge part in building up my strength and stamina for the 5k and 10k. It built up confidence and positivity too as you could see the difference over the weeks from your recorded time and distance. During August and September, after much encouragement from Alan Burgess, I joined him in a fast paced 5 miles once a week at club which slotted in well for the half and 10-mile distances. Keeping hydrated leading up to the races (a big lesson learnt when I had hardly drunk any water the week leading up to the Solent half) is also so vital! Then there's feeling good about yourself and being positive, soaking up the atmosphere at the start of a race and just going out there and enjoying it and not pressurising yourself too much...I know, easier said than done and easier to say after the event. But what a great journey I have had, and I would like to wish you all good luck with your future goals.

Gill





### 🌻🌻🌻 GRR SAILING DAYS 2018 🌻🌻🌻

Following the great success of this event last year, we are announcing details of this year's summer DEPRESSION FRIENDS/GRR SAILING EVENT in The Solent, taking place this coming JUNE.

These Sailing Days are open to any Gosport Road Runners and their friends and family, who are interested in joining us.

The cost is £55 per person, per day which includes the yacht charter, mooring fees, drinks/snacks and of course, Crooky's Running (optional) and Skippering Tours along with a whole load of fun and stuff!

Sailing Days currently on offer are:

- Wednesday 6th June
- Thursday 7th June
- Friday 8th June
- Thursday 14th June
- Friday 15th June

Thanks to kind donations to Depression Friends by:

Gosport Road Runners, Gosport Golden 24, Four Seasons Yacht Charter, Lorraine Down, Chris Nation, Pat Lapworth & Martyn Barnes

We are able to offer subsidised places for those who may be struggling with mental health, just PM me.

There is also the option of a two day / two night sailing trip going further afield with a night's stay onboard the boat in Lymington Marina for £120 per person on Tuesday/Wednesday 12th/13th June, with the option of an extra night sleeping aboard in Gosport on the Monday night 11th June before we set off.... Numbers are limited as there are only x3 double cabins for guests, so x6 people in total, each sharing a cabin with another person.





### PAYMENT DETAILS

There are Two ways to make a FULL payment (no deposit system this year) Places booked on a first come, first served basis....

Either via PAYPAL - to email address [te55el@yahoo.com](mailto:te55el@yahoo.com)  
Claire Crook

Or via Bank Transfer to:  
'Depression Friends'  
Sort Code: 20-30-89  
Account No: 93281396

This is to avoid having to collect cash from everyone at the Club, the numbers involved this year just doesn't allow us the time to do that, I'm afraid.

**When you pay, please add a note to this payment by including your full name and the date that you want to sail PLUS if you are on Facebook please can you confirm this by posting there so that I can see your comment and then check the payment, so I can then add you to the list :-)**

Btw -please 'LIKE' & 'SHARE' 'Depression Friends' on FB, if you haven't already, Thank You Everyone





Date	Event	Host Club
Sun 25 Feb 2018	Polecat Valley	Haslemere Border AC





### HRRL Future Events 2017/2018

Ryde 10 mile                      4 February 2018

These are brilliant events with great organisation, reasonable entry costs, medals, marshalling, support and most significantly, excellent Club camaraderie.

Come and find out!





### Recording Results for You

Well done everyone, what an amazing set of results we have had in January.

Thank you for sending the **links to race results**, informing me if you ran as someone else, letting me know if you gave your number to someone else and if you were not listed as a GRR.

Without this information I would not be able to record your achievements and ultimately cannot contribute them towards the awards at the end of the year. I would like to congratulate everyone who won an award and thank you all for attending such a fantastic evening of celebration together. Good luck achieving your own personal goals in 2018.

Please carry on sending me all of the above because – **what I don't know, I can't record!**

Hayley



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in January that stood out to me on every level and for different reasons including

**Nichola Stanley** - running a fantastic 5k TT in the blustery winds and achieving a big PB too.

**Ken Eaden** - scoring for the men's team at the Lord Wandsworth Cross Country on what has got to be the muddiest course there is.

**Michael Percival** – coming 59<sup>th</sup> in a time of 1:32:15 at the Polar Night Half Marathon (I will now stop moaning that I am too cold!!)

**Kerry Arnott** – running a fantastic time of 1:40:17 at the Dark Moors 10 mile run – off road, hilly and dark! WOW

**Ben Teye** – running the Gran Canaria marathon in an amazing time of 2:58:11 breaking the 3 hour barrier – now that's just a bit special!!

**Tom Barnard** – Windsor Duathlon getting a 3<sup>rd</sup> place position in a rather impressive time of 01:08:41 - well done!

Most outstanding to me this month was **Nick Macbeath** – who totally smashed his 5k park run in a time of 20:15 and then went on to run an outstanding time of 42:25 at the Stubbington 10k event. Sometimes it's our turn to shine – at the moment it seems to be Nick's turn! Bravo – long may it last!

Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott



Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

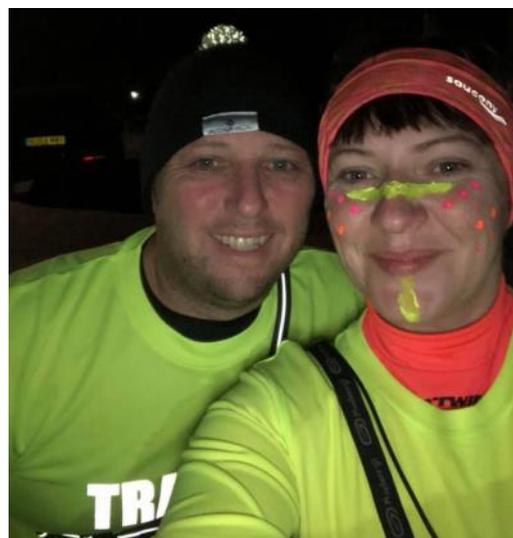
[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)







13/01/2018		Dark Moors 10m	
Pos.	Name	Time	Comments
51	Kevin White	01:17:31	
188	Kerry Arnott	01:40:17	8th cat position
313	Andy Hopkins	02:02:10	
315	Lucy Hudson	02:02:13	
316	Jo Hopkins	02:02:09	









14/01/2018		Stubbington 10k		
Pos.	Name		Time	Comments
1393	Sarah	Down	01:02:38	
1395	Richard	SMITH	01:02:55	
1408	Jackie	Brady	01:03:41	
1409	Stef	Neale	01:03:42	
1411	Jazmin	Curtis-Sewell	01:03:37	
1428	Jackie	Stretton	01:04:14	
1445	Emma	Noyce	01:05:15	
1446	Zoe	Windsor	01:05:14	
1447	Gillian	Boorn	01:05:09	
1465	Caroline	Oakes	01:05:08	
1500	Louise	Ness	01:07:11	
1517	Lorraine	Down	01:08:03	
1518	Chris	Nation	01:08:02	
1535	Naomi	Clements	01:09:28	
1586	Sue	Tingley	01:13:40	
1593	Susan	Barker	01:14:15	
1624	Karen	Harding	01:18:31	
1652	Nichola	Stanley	01:29:20	

*please note the organiser sorts the positions using gun time*









It's just one of those races that everyone looks forward to isn't it? Being one of the HRRL Races it's always a melting pot of Club colours, journeyman and novice runners.

From a local perspective, local rivalries appear to be friendlier than before and there was lots of support from marshals for all Club vests, helped perhaps to some degree by a sprinkling of yellow amongst the marshalling team. There was a time when that would never have happened so bravo to all GRR's who got involved. As always, the support from the ranks of yellow was awesome and there were lots of comments both at the time and on social media post-race, about how wonderful and inclusive Gosport Road Runners are.

From a race point of view, weather conditions were pretty much perfect as the clans gathered and the usual pre-run / race banter was no different with some returning from injury, whilst others were looking to lay down season's markers. It was today that Sam Graham asked for a little help in achieving a PB over the 10K distance and as I'm nursing an injury that's hanging around but also trying to bank marathon miles, it seemed like a good idea. You do feel pressure though in trying to get it right...not too fast or slow and knowing when to push or back off. How to push the right buttons at the right time. Of course, when pacing a local superstar, you have to factor in the constant greetings from friends and the need (from Sam) to respond.

It was a packed start line and we had some quick boys and girls in there too with 'Turbo Tom Barnard' and 'Pacey (Michael) Percival' working well together and Nikki Moxham & 'Rocket Ruby Rennison' having a good day at the office. Not too far behind them we had a constant stream of yellow vests chasing their own dreams, including Ninny Bentley who played an absolute blinder and hopefully now starts to believe in herself.

Meanwhile, Sam was working hard. I knew that because the chat had stopped and as the K markers passed it was becoming clear to me that barring a disaster, the sub 50 was on. At 8km it was simply a case of how much quicker did she want to go. The answer was, a whole 60 seconds! Good day all round. Support along the route was immense and there are some spectacular photos doing the rounds of social media showing lots of smiling faces.

Overall, another local success proving that South Coast running is in great shape.

Nick





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21/01/2018			
Gran Canaria Marathon			
Pos.	Name	Time	Comments
29th	Ben Toye	02:58:11	10th in category



21/01/2018			
3M Half Marathon			
Pos.	Name	Time	Comments
305	Bryn Whitehouse	01:37:38	



26/01/2018			
Wickham Torchlight 10K			
Pos.	Name	Time	Comments
40	Daniel Roiz de Sa	00:52:06	
42	Julia Roiz de Sa	00:52:23	6th female
142	Nicolas Boorn	01:17:13	









21/01/2018	Windsor Winter Duathlon		
Pos.	Name	Time	Comments
3rd	Tom Barnard	01:08:41	5k run 00:18:10
			20k cycle 00:30:10
			5k run 00:18:46







Fastest marathon runners in each age group

The winners are -

Distance/category		Awarded to
Marathon	M/sen	Ben Jarvis
	F/sen	Emma Robinson
	M/vet	Lee Rhodes
	F/vet	Kathryn Wealthy
	M/vet 50	Stephen Crook
	F/vet 45	Su Baldock
	M/vet 60	Brian Fisher
	F/vet 55	Kim Carter
	M/vet 70	Richard Smith
	F/vet 65	



Ben Jarvis



Emma Robinson



Kathryn Wealthy



Richard Smith



Su Baldock



Kim Carter



Brian Fisher

Fastest half marathon runners in each age group

The winners are -

½ Marathon	M/sen	Ben Toye
	F/sen	Sarah Ruby Rennison
	M/vet	Darren Eynon
	F/vet	Kathryn Wealthy
	M/vet 50	Chris Buxton
	F/vet 45	Su Baldock
	M/vet 60	John Barrett
	F/vet 55	Fiona Tomlinson
	M/vet 70	Richard Smith
	F/vet 65	Jenny Shilling



Sarah Ruby Rennison



Darren Eynon



Kathryn Wealthy



Su Baldock



John Barrett's wife Sue, accepting his award



Fiona Tomlinson



Richard Smith



Jenny Shilling



Fastest 10 mile runners in each age group, awarded to the runners who have run the fastest 10 mile time at one of the Hampshire Road Race League events which are

Ryde 10, Salisbury 10, Alton 10 Or Hayling 10

10 Mile	M/sen	Harry Carter
	F/sen	Sarah Ruby Rennison
	M/vet	Ben Wales
	F/vet	Nikki Moxham
	M/vet 50	Chris Buxton
	F/vet 45	Sharon Callaghan
	M/vet 60	John Barrett
	F/vet 55	Fiona Tomlinson
	M/vet 70	Dave Croft
	F/vet 65	Jenny Shilling



Nick Carter accepting award on behalf of his son, Harry Carter



Sarah Ruby Rennison



Ben Wales



John Barrett's wife Sue, accepting his award



Fiona Tomlinson



Dave Croft



Jenny Shilling



Fastest 10K runners in each age group, awarded to the runners who have run the fastest 10k time at one of the Hampshire Road Race league events which are Stubbington 10k, Eastleigh 10k, Netley 10K or Lordshill 10k-

10k	M/sen	Terry Arnott
	F/sen	Kerry Arnott
	M/vet	Jayson Grygiel
	F/vet	Nikki Moxham
	M/vet 50	Chris Buxton
	F/vet 45	Gill Dowling
	M/vet 60	Brian Fisher
	F/vet 55	Fiona Tomlinson
	M/vet 70	Dave Croft
	F/vet 65	Jenny Shilling



Kerry Arnott, also accepted her husband, Terry Arnott's award



Gill Dowling



Brian Fisher



Fiona Tomlinson



Dave Croft



Jenny Shilling



Giles Awards – in memory of our previous chairman. Giles was very encouraging to everyone, irrespective of their ability.

These awards go to someone who has made their best effort and represented the Gosport Road Runner team spirit.

This male has represented us in HRRL and XC events always tries his hardest and smiles every mile. He is no stranger at club nights and always supportive of other runners and isn't shy when it comes to cheering or dressing up! .....Mike Stares!



This female has represented us at HRRL and XC events. She is no stranger at club nights and always supportive of other runners. She isn't shy when it comes to dressing up or cheering on fellow GRR's. She organises fun events for us all to enjoy and is with us all on every run we do – using Barrett's rules we all beat every hill and never run before the start line – she is Gosport Road Runners ....Sue Barrett!





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

This cup is our club's fastest marathon record – the standard was set very high last year in both the males and females but this year a lady has beaten the previous to now have her name proudly on the cup .....

Su Baldock ran an outstanding marathon time of 3:45:14 at the Southampton marathon – bravo



Jane Barton Plate is awarded to the most improved female runner. As a runner becomes more experienced we look at their percentage improvement over all distances

This lady improved by nearly 10% in every single distance and rounded it all off with a magnificent marathon time of 3:49:00 knocking a huge 23 mins 46 seconds of her previous fastest time – outstanding on every distance

Well done Julia Roiz de Sa





Ron Crane plate – is awarded to the most improved male runner. As a runner becomes more experienced we look at their percentage improvement over all distances.

This man isn't best known for his 5k, 10k or even his half marathon races – he is more at one with marathons and ultra marathons – but this year he not only went epically long runs to far away places but also improve all of his other times in all other distances too –

Well done Darren Eynon



Good egg award is awarded to any club member who has gone the extra mile in supporting the club and it's members.

For many years now this lady has done just that – she is behind the scenes on most time trials and other events, she is a wealth of knowledge and she takes run groups out and takes training session too

Thank you for being such a good 'GRR' egg .....Liz Redpath





The club would like to take this opportunity to thank this runner because -

He always offers to help pace others to help them to achieve their own person goals and is often our tail runner too. He volunteers to marshal, pace at park run and is also often found behind a camera . This runner shows selfless qualities and is a great ambassador for Gosport Road Runners whilst still striving hard to achieve his own personal goals and is often seen running with his 'Buddy'

Thank you Ben Jarvis!



The club would also like to thank this man because he supports the club in all that it does. He is often seen at club Time Trials and offers his wealth of knowledge and expertise whenever asked. He is a key person at the Gosport Half Marathon and is often seen standing on street corners or trails cheering on runners during events. Despite having heart surgery in 2017 Gary Francis still continued to do so very much for our Club – thank you Gary!





President's shield – best male novice.

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

This male joined us and 'didn't get running' – he persevered, upped his distance, tried new terrain and over came injury to then have an epiphany and 'get running' – he then went on to complete his first marathon in December.

Well done Dave Kitching, still a fair weather runner – but there is always something we can all improve upon!



Glenys Smith – best female novice

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

This female joined the club unsure and almost frightened by the aim she had set for herself. She over came many personal hurdles on her running journey but 'never gave up'. Encouraged by others she went from strength to strength a most noticeable battle being fought in the summer 10k TT – when mind had to over take matter – this being the stepping stone to this lady realising 'she can do it!' She ran off road for the first time during the summer cross country and went on to be successful in her goal of running the |Great South Run – now looking at wanting to run a half marathon in 2018 – Bravo Stef with and 'f' Neale !





Brenda Wiltshire Plate – In memory of long-standing club member Brenda Wiltshire

Awarded to the male and female winners of the club 10 k Time Trial

The winners are ...

Brenda Wiltshire 10k Plate M	Michael Percival
Brenda Wiltshire 10k Plate F	Nikki Moxham

Fastest male and female senior

Awarded to the runners who have completed the qualifying number of events in 4 or more varying distances

The winners are ...

Fastest Male Sen	Ben Toye
Fastest Female Sen	Sarah Ruby Rennison





Fastest male and female vet.

Awarded to the runners who have completed the qualifying number of events in 4 or more varying distances

The winners are .....

Fastest Male Vet	Kevin White
Fastest Female Vet	Nikki Moxham



President's shield for best Vet

This lady has represented Gosport Road Runners in Hampshire Road Race League events and cross country events too. She is always keen to run or support club time trials and is a good representative of the GRR's vets

The winner is .....





Club standard awards –

Bronze award – for runners achieving bronze times in 4 or more distances in their age group category.

Bronze is a challenging target to achieve – huge well done to all who have worked so hard to get their bronze award.

They are ....

Lee Rhodes

Emma Robinson

Laura Woodhams

Tom Barnard

Robert Hylands



Emma Robinson. Robert Hylands & Laura Woodhams

Club standard awards –

Silver award – for runners achieving silver times in 4 or more distances in their age group category

Silver awards times are even more of a challenge to achieve – bravo to all who have worked so hard to achieve their silver award

They are .....

Sarah Ruby Rennison

Michael Percival

Fiona Tomlinson

Yvette Eastman

Julia Roiz de Sa

Kathryn Wealthy



Julia Roiz de Sa, Fiona Tomlinson, Yvette Eastman, Kathryn Wealthy & Sarah Ruby Rennison

Club standard awards

Gold award – for runners achieving gold times in 4 or more distances in their age group category .

Gold times are fast and not easy to achieve – but these runners have proved that it is not impossible to have the golden dream and achieve it -

They are .....

**Gillian Dowling**

**Ben Toye**

**Su Baldock**



The Golden Girls :Gill Dowling & Su Baldock





### GRR Website

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

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



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

### GRR and Social Media



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

Follow this link to see what's going on:

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

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

<http://twitter.com/gosporrr>



### 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](mailto:newsletter@gosportroadrunners.org.uk)



# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER



Winter

February 2018



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*Cover photo: Mud running beauties - Sharon Noble, Caz Harms and Karen Harding*





Hello!

We've almost reached the border between Winter and Spring. February gave us a few days which were brimming with the essence of Spring, but often reminded us that Winter is still ruling for now.

February was the month of love and of Lent – that's probably the reason it's the shortest in the calendar! This month I'm sparing you the usual "Reflections and Lamentations of Miranda". I'm still not running very much, I'm still not happy about that but fretting about it too much will only get me a free place on the GRR Depression Friends Sailing Day yacht. In the meantime, I'm admiring your achievements and will cheer you as a marshal at the club time trials, so you better look perky as you pass me.

It's a short newsletter this month as there wasn't a lot of material to work with. Hayley shares her Silver club standard experience at the Worthing Half Marathon with us, whilst Jo Hopkins takes us to her Personal Best at the Malta Half Marathon. Thank you both for these excellent contributions and congratulations on your achievements.

Andy Brown and Jackie Brady are our new LIRF's. I'm quite certain they will be very successful as running leaders and an asset for the club.

Hayley also brings us the results. There are some pretty quick times! Well done to each one of you who participated in a race this month.

There are a few more photos of members who received their awards, but could not attend the Awards Night.

I hope the past month has been kind to you all, and that March will bring you many happy running hours.

### Miranda

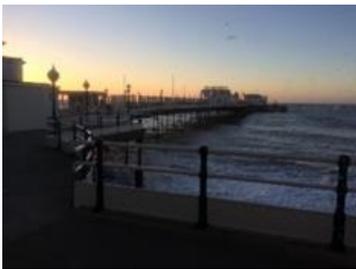




I have had Freiberg disease in my foot which means running on tarmac can hurt – sometimes it feels like having meat stuck in-between your teeth, other times I am forced to stop and realign the bones in my foot. This is why I run off road nearly all of the time – it hurts less.

I have a deferred Southampton marathon place from 2017, which had been worrying me, it's on tarmac! I needed to test my foot to see how far I would be able to run on marathon day before I would have to walk the rest of the way. I booked the Worthing half marathon to test it, not knowing that a week before the event Julia RDS would 'make me' run 15 miles on tarmac – which I did and without too much discomfort. This then sowed the seed – can I run Worthing 'well' rather than survive and walk when it hurts too much?

It was now my hopeful aim to hit 2 hours 10 mins – but Jo and Julia laid down the gauntlet and both suggested I would break the 2 hour barrier. Once this seed was sown I began to wonder if I could do it? I ran for 1 hour on tarmac in the week and was nowhere near fast enough so thought it would be impossible. I tried again with an 8 miler and again off pace by some way. Disheartened I had to accept that I couldn't do it – but it had been a nice dream.



Race day – very cold and extremely windy – sub 2? it's not going to happen! 2:10 is an awesome time so let's do it!! I had planned to not look at my speed and 'run comfy' – I could hear the mile 'beeps' but didn't look until mile 6 – blimey I was faster than I could have possibly dreamt at 52:38 mins!! Mile 7 we turned into the head wind – it was like SAS are you tough enough for



3 miles with the pace dropping rapidly. Side wind at mile 10 and able to assess my time 1:29:30ish – I could do this but I was exhausted from the previous 3 miles. I new I had to get my speed back up to reach target so started shouting at myself (in my head) to '**shift it Sparshott**' and '**run like the zombies are coming to get you**' and '**if you don't cross the line in under 2 hours they will stop making Freddos**' (the usual stuff us runners say to ourselves to keep moving forwards – right? no? oh so it's just me then!!) **DIG DEEP!!!**

13.1 miles on my watch 1:57 – all I have to do is get to the line which was there about 0.1 of a mile away. One last burst of effort and I crossed in 1:57:53!! Unable to breath slight panic set in but it soon went and I was able realise what I had achieved. **Thank you Julia and Jo** for setting my target high I wouldn't have tried if you hadn't suggested it to me.



Worthing half marathon is a very well organised event with closed roads and support all the way round. Frequent water stops and awesome bling! It is not a cheap event but if you are wanting to try to get a good time (winds allowing) you really won't get a faster course. The mayor was the most supportive person there, leaping, cheering, high fiving as many runners as he could whilst ringing his bell!! (a potential GRR I thought when I saw him!) For me – back to the mud

and plodding with a huge sense of achievement.



*Hayley Sparshott*



I'm currently sat on the return flight home to a freezing Gatwick & hoping the runway remains open for us to land, wondering if we could possibly divert to Cyprus for next weekends racing, I can only wish.....

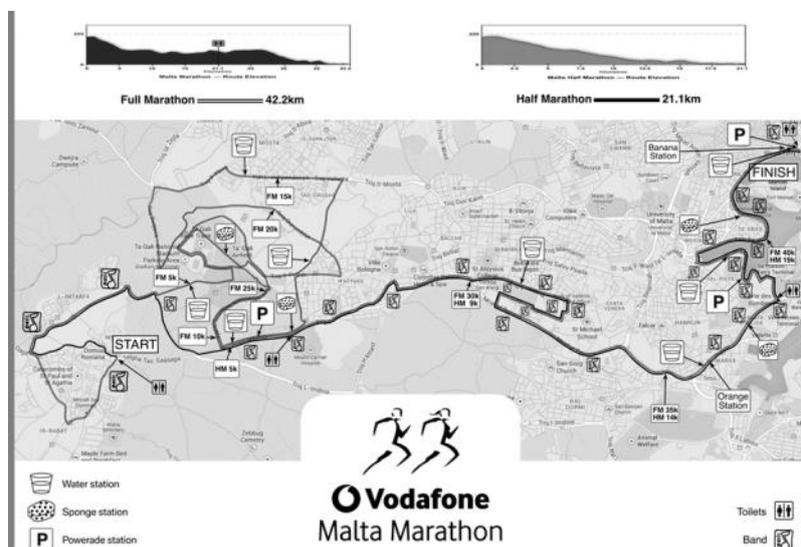
There were lots of Pompey Joggers 60+ & Baffins Fit Club, some Isle of Wight runners to name but a few of the local clubs. Brian's previous running club Cove Joggers were also there & he had a lovely time catching up with them.

I booked through Running Crazy & organised my own flights. Everything was quite straight forward with clear instructions. I arrived early Thursday & was met at the airport by Malcolm of Running Crazy & he swiftly ushered us to a taxi straight to the hotel. I was handed an information pack including a list of meeting times (optional) & some maps. Malcolm's number was included should I need anything & informed us he would be at the bar 7pm every evening if needed. It was good to know if any concerns or problems then he was easily reached, very reassuring.

The night before the race we met Malcolm in the foyer & he gave us a brief of race day & where toilets were etc. he handed out our race packs which included the bus transfer ticket for the morning. There was a pasta party at a local restaurant, it was optional to attend but as the town was getting busy I thought I'd make use of the reserved booking & the previously tried and tested food. We were also walked to the point where we would need to catch the bus to the start line in the morning. Bellies full & requiring a short, slow walk back to the hotel we all wished each other well & best wishes for the next day.

As usual I didn't sleep well that night, possibly as I had eaten too much! The breakfast staff had come in extra early as the breakfast bar would be opening from 5am for the marathon runners, so I listened to those moving around & could hear the coaches rolling along the seafront transferring people to the start line. Soon enough it was time for the alarm to go off, kettle switched on & porridge pot made whilst double checking I had everything ready. As it was early I took an electrolyte drink & a biscuit to have on the coach journey to the start, anyone that knows me will know my day revolves around my next feed & my varying stages of hunger, I knew the porridge wouldn't get me all the way through. We gathered in the foyer & Malcolm handed out bin bags to those of us who had decided not to take coats or hoodies to the start, where if you deposited your goody bag with your coat etc inside it would be whisked by the awaiting DHL vans to the finish area for collection on production of your race number.

Malcolm had also offered to take ours instead of use that service & they would be left at hotel reception as it was only a 10 minute walk from the finish line. Typically we had windy (well it is a little exposed Island) and wet weather, until race day that was! Straight off the bus we all did the usual find the toilets & queue & managed to find Fiona & Steve who were staying elsewhere on the Island. I chose to go use the public toilets rather than the stack of portaloos but the queue just didn't seem to move (I made out of the loo with less than 5 minutes to spare), although the time did pass quickly as people pointed out I was wearing my OX buff so we chatted about WSR events & the PJC Gand were everywhere, lots of great banter with them all weekend, one of them in fact is napping next to me as I type. Myself & Andy spotted Kerry & Zoe and headed over to them, Kerry had signed up to walk the race with the rest of us running, although seeing her steady progress during her recovery I knew she would be swift! We all agreed we would be doing our own race so not to wait for each other etc and 0915 the start klaxon sounded, I think it took us nearly 2 minutes to get to the start line thoroughly enforcing Captain Barrett's rules & walking until then. The course had a small incline at the start then went straight into quite a downhill, in fact most of the course was downhill, there were a few inclines but nothing hideous definitely a possible PB course. I glanced at my watch & instantly worried, I'm doing my 5k pace! The excitement of the start line & the downhill combined encourage you go much faster than you should. The clouds had gone & it was getting warmer with each step, I felt like I spent at least the first half of the race putting the brakes on, I was feeling good but conscious that I still had a long way to go. I decided to have a Dextrose tablet (they are like Lucozde tablets) at every 5k & to make use of every water station which there were plenty of & well spaced, there were also 2 x Powerade stations & 1 offering orange segments, also some sponge stations. It was heating up alright and with every drink of water I poured the remaining of the bottle over myself. There were also 33 music stations mostly live bands which really gave you an added push too. I would often trot by with my hands in the air or applaud the bands as I went by, it gave me such a buzz!



I had been cat & mousing with a couple of Pompey girls & between mile 8 to 9 I caught them again, I was told I looked strong as I ran by & I shouted there's less than a Victory 5 to go who hoo! I didn't see them again until the finish. I was still running well, this is new territory for me, it had taken me 3 years to get my sub 60 minute 10k in January. I had no idea how long I could keep running at the pace I was doing, I decided to reign it in a bit & even walked up the next incline. The biggest battle now was my head, telling me I've set out too fast, I'm going to burn out, it's going to be a long walk to the finish, oh if only I set out slower, I've never gone over 10k at this new found pace & now I'm scared.



That's when the clock watching started, only 5k to go ! I knew if I pushed hard enough it could all be over in 30 minutes or even less. I was drenched wet through & ready to finish, the final decent into the harbour & I was trying to spot our hotel, the end bit seemed to last forever, I tried to pick up my pace as I now just wanted it over, I wanted to see the clock as I was sure I was on for a PB. The harbour sweeps to the right but I just couldn't spot the hotel, I had now convinced myself I was perhaps farther away from the finish than I thought & was about to let up on the speed until I saw them, well at first I spotted Auz! Yes I saw them before I heard them ha ha ha, we really do have the best supporters - what a sight for sore everything! Auz, Rachel, Sue & Kellee, I swept over to the right for a sweaty high five & a much needed boost as I had given that finish push far too early, the finish line I knew was close as could see it from the hotel balcony but had they moved it?

It certainly seemed like it, I saw Brian & like the gentleman he is , he offered me his water. I obviously looked like I needed it by then. I declined I was not going to slow down now. Then Malcolm pops up with the ever ready video recorder & runs along side too, gets a bit of footage & wishes me well and tells me to go for it. I can see the clocks, the announcer says 10 seconds to get under 2hour 15 minutes, come on you can do this, push, push..... yes I'm going for sub 2:15 this would most definitely be a PB! I gave it everything I had & I'm certain I had done it – just.... 2:14:59 I had scraped through by 1 second – phew! Sadly as you can see in one of the photos I think the heat got to a few of the runners, although I must admit there seemed to be plenty of 1<sup>st</sup> aid response & ambulances along the course & I sincerely wish everyone is recovered.



The only bit I would have liked to change was the finish funnel, marathon runners to the left & half marathoners to the right. It was congested & stifling hot under the gazebos with no air getting through. I think a there were a few of us gasping for air.. Other than that I loved it!

I slowly started walking back toward the GRR cheer squad , cheering in the friends I'd made along the way & fellow GRR's whilst remembering to stretch out. Then once we were all home safe I made off to the hotel to the roof top pool for some cold water therapy on the legs, which along with the stretches did the job. I managed to continue to go both up & down the 4 flights of stairs of the hotel.

Once again a post race gathering had been organised by Running Crazy & decided to go to it. After the meal some of the pictures & video footage that Malcolm had taken during the day was played on the tv screens in the pub with much hilarity, as you can imagine the various groups all erupted when one of their own was shown. The video can be seen on Running Crazy's Facebook page or website if you wish. A little gift was presented to Zoe as she was our group leader which was a lovely gesture.



I would absolutely go back and do this one again. If you're thinking about doing this race, I would suggest work on your quads as you'll be having a lot of downhill. You can organise it all yourself & probably get a cheaper rate but in all honesty I would go through Running Crazy again as all the transfers & race packs were all taken care of & made the whole experience stress free. I liked the official photos too - if you signed up with your race number any pictures would be automatically uploaded to your Facebook account, so no warnings, just a true representation of you were feeling at the time. It also included race info & where on the course you were at the time.

Oh and my chip time was even better than I thought, I certainly did get under the 2 hours 15 minute mark, thank you gravity.

Jo Hopkins





Andy Brown and Jackie Brady recently qualified as LIRF's. Congratulations to you both!

In case you were wondering what the LIRF course is, the England athletics website (<https://www.englandathletics.org/courses-and-bookings/leadership-in-running-fitness>) describes this as follows:

“A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders....

The course will enable you to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress. It focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club. “



### Recording Results for You

Well done everyone, what an amazing set of results we have had in February.

Thank you for sending the **links to race results**, informing me if you **ran as someone else**, letting me know if you **gave your number to someone** else and if you were **not listed as a GRR**.

Without this information I would not be able to record your achievements and ultimately cannot contribute them towards the awards at the end of the year.

Please carry on sending me all of the above because – **what I don't know, I can't record!**



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in February that stood out to me on every level and for different reasons including

**Nicolas Boorn** – for smashing his way through the 2 hour barrier on a half marathon and only just missing his bronze time 1:50:29

**Ben Jarvis** – for getting an outstanding 10 mile time of 1:09:40 at the Ryde HRRL event which is very undulating

**Michael Percival** – being all so painfully close to breaking the 1 hour barrier at Bramley 10mile 01:00:19.

**Dave Kirby** – running a solid 33:34 in the 5k TT in the freezing cold on feet he couldn't feel until 2.7 miles into the run! Not an easy task.

**Darren Eynon** – being quite spectacular running his second marathon in 3 days in an outstanding time of 03:32:28 and coming 1<sup>st</sup> at Dirty Running

**Jackie Brady** – coming 3<sup>rd</sup> at Polecat Valley XC

**Kerry Irwin-Hall** – running the Malta Half marathon in 2:45:06, what a superb return into the competitive running world.

Most outstanding to me this month was **Kieran Chaplin** running the Wokingham half marathon in an amazing time of 1:38:07 a huge personal best time and his bronze time in the bag!

Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott



Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)





27/01/2018		Warmley Forest Park 5k	
Pos.	Name	Time	Comments
24th	Amanda Mole	00:36:02	

04/02/2018		Chichester 10k	
Pos.	Name	Time	Comments
218	Kevin Allen	00:40:59	
669	David Whiting	00:50:20	
1062	Adam Mundell	00:57:30	
1203	Amy Gower	01:00:51	



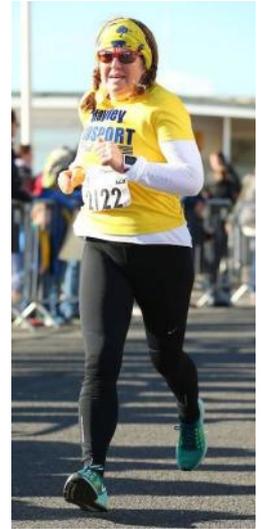








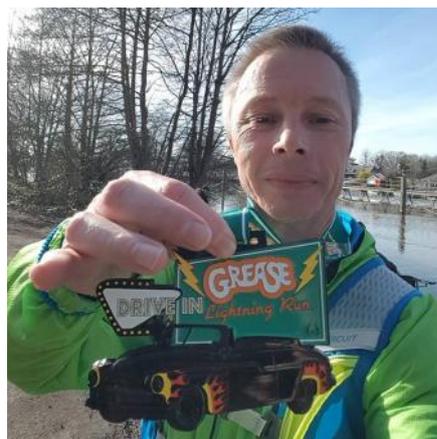
11/02/2018		Worthing Half Marathon	
Pos.	Name	Time	Comments
941	Hayley Sparshott	01:57:53	



11/02/2018		Bramley 10miles	
Pos.	Name	Time	Comments
20	Michael Percival	01:00:19	BOOM



16/02/2018		Greased Lightning Run	
Pos.	Name	Time	Comments
11	Darren Eynon	04:05:11	







18/02/2018		Wokingham half marathon	
Pos.	Name	Time	Comments
602	Kieran Chaplin	01:38:07	

18/02/2018		Dirty Running	
Pos.	Name	Time	Comments
1	Darren Eynon	03:32:28	26.2 miles BOOM
	Jane Cockayne	03:25:06	19.7 miles
	Claire Tallack	03:15:06	16.4 miles





25/02/2018		Winchester 10k	
Pos.	Name	Time	Comments
139	Kevin Allen	00:42:28	
224	Kieran Chaplin	00:45:04	
463	Chris Sparshott	00:49:32	
728	Geoff O'Flanagan	00:54:47	
1354	Nichola Stanley	01:34:30	
1355	Ceri Winson	01:34:40	













Ben Toye : fastest half marathon senior, fastest male senior and Gold club standard award.



DEC 3rd VICTORIA 5K  
 JAN 14th STUBB 10K  
 FEB 4th RYDE 10M  
 MARCH 18th EASTLEIGH 10K  
 APRIL 8th SALISBURY 10M  
 MAY 6th ALTON 10M  
 MAY 20th NETLEY 10K  
 JUNE 24th LORSHILL 10K.





Lee Rhodes : fastest marathon male Vet and Bronze club standard award.





### GRR Website

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

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



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

### GRR and Social Media



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

Follow this link to see what's going on:

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

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

<http://twitter.com/gosporrr>



### 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](mailto:newsletter@gosportroadrunners.org.uk)



VISIT [WWW.GIRAFFEUK.COM](http://WWW.GIRAFFEUK.COM)  
20% OFF your next online order use **VIPER20** at the checkout

10 WAYS TO WEAR MULTIFUNCTIONAL HEADWEAR

Chalkboard, Mask, Hat, Scarf, Headband, Beanie, Bandana, Headwrap, Headband, Headband

Photo Grid

# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER



**March 2018**





Hello from Sunny South Africa!

We marched through March. “March” is an interesting word, isn’t it? Yes, I know it refers to the third month of the year, has 31 days, and is named after Mars, the Roman god of war. The March equinox marks the beginning of Spring in the Northern Hemisphere and the beginning of Autumn where I am now, although the average temperature here has been more than 25 degrees Celsius since we arrived and Autumn is nowhere in sight. I’m sure you’ll agree that the weather gods threw a few surprises for us in Gosport ... the month started off so promising with beautiful sunshine and blossoms, only to be captured for a few days by a beastly snow spell. It seems I have now fully embraced the traditional British culture, opening a conversation with a discussion about the weather... Moving on.

“March” can also refer to walking in a disciplined, military manner or with determination. This can be as part of an organised protest or to force someone to walk somewhere quickly – my mother perfected the move of marching us by the arm out of a room, when we were kids. It can be used as a verb, a noun or a phrase. Versatile, don’t you agree! The most significant meaning I personally derive from this word is making progress. Marching is moving forward. To move forward is to progress and improve. I think this is a very useful definition of the word for us, not only as recreational club runners/athletes but also as people. Regular and consistent training make you a better runner and you progress. Your progress as a person often starts with self-acceptance, and not comparing yourself to others. You decide what your personal progress is – it’s unique to each person. So whether you’re marching to your own tune or to the beat of the drummer during April and in the months to come, make it outstanding.

Nick Carter is back with an exercise of the month. This month’s move with strengthen your lower body and remind you why “leg day” should never be forgotten. There are a few photos from the Baffins Parkrun take-over, featuring our very own “blade runner”. Thank you, Hayley for sending these to me.

Julia Roiz de Sa shares her incredible race experience of the Cyprus Marathon with us, whilst Brian Fisher and Hayley Sparshott have a few important reminders. Hayley also brings us the race results.

There are a few more photos of members who received their awards but could not attend the Awards Night. I think this photo section is now complete, but please do let me know if you received an award and there is no photographic evidence of this.

I’m off to enjoy the sunshine. Till next month, happy running!

*Miranda*



## # DB Jefferson Squat #

Good for glutes quads and posture.

Good for Beginners and Advanced lifters.

Points of note.

# Wide stance

# External rotation of the femur improves glute activation.

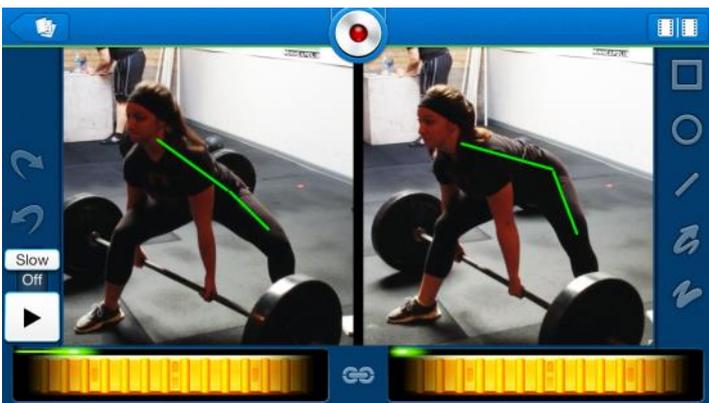
# Generous range of motion

# Upright posture

## Jefferson Squats Instructions

1. Place a barbell on the floor.
2. Stand in the middle of the bar length wise.
3. Bend down by bending at the knees and keeping your back straight and grasp the front of the bar with your right hand. Your palm should be in (neutral grip) facing the left side.
4. Grasp the rear of the bar with your left hand. The palm of your hand should be in neutral grip alignment (palms facing the right side). **Tip:** Ensure that your grip is even on the bar. Your torso should be positioned right in the middle of the bar and the distance between your torso and your right hand (which should be at the front) should be the same as the distance between your torso and your left hand (which should be to your back).
5. Now stand straight up with the weight. **Tip:** Your feet should be shoulder width apart and your toes slightly pointed out.
6. Squat down by bending at the knees and keeping your back straight until your upper thighs are parallel with the floor. **Tip:** Keep your back as vertical as possible with the floor and your head up. Also remember to not let your knees go past your toes. Inhale during this portion of the movement.
7. Now drive yourself back up to the starting position by pushing with the feet. **Tip:** Keep the bar hanging at arm's length and your elbows locked with a slight bend. The arms only serve as hooks. Avoid doing any lifting with them. Do the lifting with your thighs; not your arms

<https://www.bodybuilding.com/exercises/jefferson-squats>



Plie Dumbbell squat

## Variations



Dumbbell squat

**Date/Time:** Thursday 8th March 7pm

**Venue:** Mount Batten Leisure Centre Athletics Track

**Attendees:** Kevin Allen, Caroline Mcguigan, Katja Reipert, Ruby Rennison, Richard Pelley, Jazmin Josephine Ann, Caroline Musto, Kathryn Wealthy, Mick Stares, Dominic Deboo, Kieran Chaplin

**Coach:** Geoff Watkins

**Training session structure:** Warmup - 3 laps followed by sprints

**Workout -** 3 x 300 metres with a short active recovery between efforts followed by 1200 metres (3 laps of the track) followed by a short active recovery before repeating the above (3 times in total)





An amount of £190.00 was raised for the “Blade Runner Bucket”.

It’s amazing how the community pulled together.



Having been to Paphos with a group of GRRs last year, I was keen to go again when Nick Carter put a shout out for anyone interested. Last year I did the half marathon. I hadn't even contemplated running the full as I find running in the heat difficult. This year is my 40<sup>th</sup> year and I have set myself a few challenges so I decided to enter the full marathon.

There were 6 of us doing the full marathon; Myself, Nick and Kim Carter, Kerry Sawyer, Darren Eynon and Jane Cockayne. The day before the race Darren had his 50<sup>th</sup> birthday and he was running his 50<sup>th</sup> marathon in Paphos to celebrate.



Darren celebrating his big 50

On the Saturday we had also met up with Adam Holland a UK Marathoner who had come over hoping to beat the course record. We went for a 5K run with Adam and had some fun on the exercise bars on the seafront.



The Gosport gang with Adam Holland



On race day we met in the foyer at 6am to walk down to the bus station where would be taken to the start by Aphrodite's rock. The half and 10k runners had a lay in as they were starting at 8.30 and there start line was half a mile from the hotel.



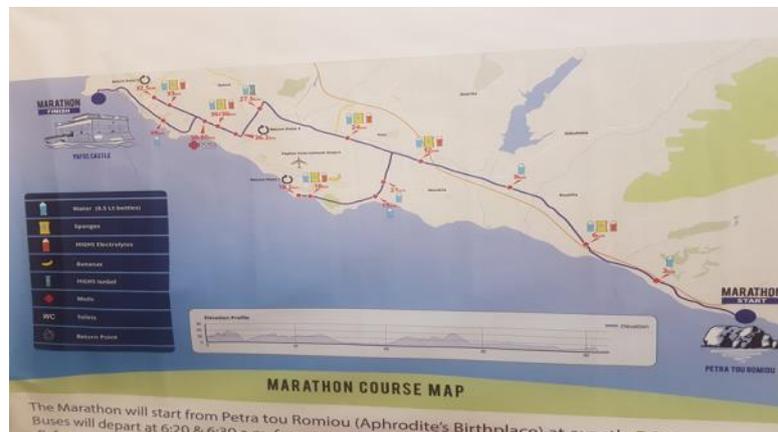
We were one of the 1<sup>st</sup> buses to arrive at the start so thankfully were close to the front of the queue for the 4 port-a-loos. We had around 30 minutes before we were due to start so we took a few silly photos to try and calm the nerves. It wasn't long before it was 7.30 and 345 people lined up in the road and set off running, going straight up a hill!





Darren ran off in the distance. The rest of us were close together for the first mile and then gradually became more spaced out. I didn't really have a race plan but I was hoping to finish in under 4.30. My 1<sup>st</sup> mile was around 10 minutes and the second 9 minutes after that I hovered between the two for the next few miles. The course itself is run along the main road and on some dual carriageways so its not the most scenic but there are parts of it the run along the coast so there are some nice views and some breeze at times.

There are a few out and back sections on the course also so it was nice to see fellow GRRs a number of times during the run. I chatted to an IOW runner who was running her 1<sup>st</sup> marathon with her husband for his 50<sup>th</sup> birthday and then I got chatting to a Lady from Telford. I ran with her for around 5 miles up to the half-way point. We hit 13.1 miles at 1hr 59mins, I was feeling surprisingly good and once I had no one to talk to I realized that my pace was getting quicker. I started overtaking runner after runner for the next few miles. It was getting hotter but there were plenty of water stations, electrolyte drinks and wet sponges so I kept pouring them over my head as much as possible. At around the 18-20 mile mark we joined up with the half marathon route and it was nice to see Debbie Humphreys and Chris Nation on route for a quick chat!



When I hit 20 miles I was still feeling strong and at this point I realised that if I kept up the pace I could possibly get under 4 hours. Something that hadn't even entered my head at the start. So I kept going expecting that I would hit 'the wall' at some point. 24 miles in and I was hot and tired but I knew I was on the home straight along the coast and into the town and unless something went drastically wrong I knew I would come in under 4 hours.

The last mile seemed to go on forever but coming round the corner to the finish line the wall of noise from the GRR's and 545ers was amazing. A few more seconds and I was over the line in a time of 3 hours 56 mins and 42 seconds, a time I never expected to get in the heat of Cyprus.





I just had time to collect my free beer (one of many) and head back to the rest of the group (the half and 10k runners were all finished ) before Jane Cockayne came in with a fantastic PB. She was ecstatic, especially after finishing the Paphos marathon last year in agony after running with a fractured pelvis! We then stood and cheered the rest of the GRRS home. We stayed for the award ceremony in the hope we had done enough to get a team prize. A team needs at least 4 runners to be eligible for a prize and we had 6 so were in with a chance. We were all elated when they called our name out for the 3<sup>rd</sup> place team– the 1<sup>st</sup> 4 GRRS finished in a time of 15:58:58 and to my amazement I also got the runner up prize for the 35-39 age group so got to stand on the podium twice!



My moment of Glory!



GRR Marathoners on the Podium!



If anyone is thinking about doing a race abroad I can recommend going to Paphos. Although the course isn't as scenic as others, the atmosphere at the finish is fantastic, especially if you are in a large group like we were. There is also unlimited free beer for all runners! There are the options of 5k 10k, half marathon and full marathon. They are also hoping to introduce a kids race and 'Golden Mile' for next year. Put Sunday 17<sup>th</sup> March 2019 in your diary. I hope to see some of you there!



Marathon Team with our 3<sup>rd</sup> place award



Me with race winner Adam



Darren completing 50 at 50



Here are a few photos of the silliness after the race!





### Back by popular demand!

April's Out-of-Town (Bluebell) run will take place at 7:00 pm on Thurs April 26<sup>th</sup> starting at the Meon Shore car-park near Titchfield Haven Nature Reserve. (see map) Nearest postcode: PO14 3JT

It is hoped the Bluebells will be out by then and there maybe the chance of spotting a Badger!

The run is about 5.5 miles, open to all and will be easy-paced with frequent re-grouping. This is an off-road run and could be wet and muddy in places, old trainers or trail shoes are recommended.

Contact the run leader Brian Fisher for further details.



All members need to provide evidence for their awards gathered from events over the calendar year. Only events that have a UK Athletics (UKA) race licence with a course measurement certificate for road events and those with Trail Running Association permits with a UKA course measurement certificate can be used to gain award times. This includes all parkrun events for your 5k times and our club time trials which have been accurately measured.

Providing me with a Strava, Garmin or similar will not be accepted as they are not accurate and cannot be verified. Any events that do not comply to the above will also not be accepted as qualifying times.

It is your responsibility to ensure that any event you consider entering to achieve your award times have the necessary course measurements to allow you to use them to claim your award at the end of the year.

*Hayley Sparshott*





## Awards

It's that time of year when I am asking for our club perpetual trophies to come back to the club to be placed back in our trophy cabinet for us all to see.

Take one last look at them in your home and feel very proud of yourselves for being so awesome.

Many thanks

Hayley Sparshott



### Recording Results for You

Well done everyone, what an amazing set of results we have had in March.

Thank you to those who have sent the **links to race results**, informing me if you **ran as someone else**, letting me know if you **gave your number to someone** else and if you were **not listed as a GRR**.

**If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you.**

Without this information I will not be able to record your achievements and ultimately cannot contribute them towards the awards at the end of the year



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in March that stood out to me on every level and for different reasons including

**Darren Eynon** – completing his 50<sup>th</sup> marathon the day after his 50<sup>th</sup> birthday in Cyprus in an amazing time of 3:32:05!

**Sarah Down** – running a fantastic 5k TT and pushing herself hard to achieve 25:25

**Wendy England** – getting back out there and running 100 Acre event

Most outstanding to me this month is **Paul Street** running the Larmer Tree marathon in a time of 5:10:12 – a very hilly, very muddy course which is difficult to run on normally but even more difficult after the deep snow leaving the downhills even more difficult to manage than the steep up hills - bravo

Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott



Please email your results to Hayley at:

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25/03/2018		QECP Spring Marathon	
Pos.	Name	Time	Comments
49	Hayley Sparshott	04:52:10	5th in age category
123	Claire Tallack	05:59:56	
124	Jane Cockayne	05:59:57	



25/03/2018		Colchester Half Marathon	
Pos.	Name	Time	Comments
2370	Nicolas Boorn	02:26:52	



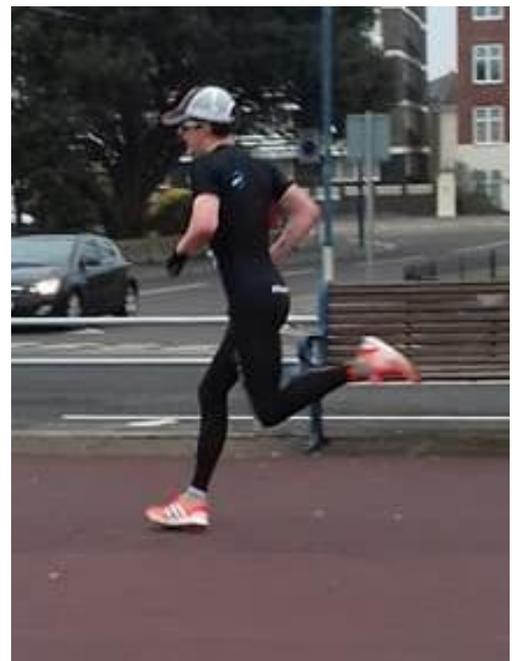




## Race Results: Multi-sport



25/03/2018			
Portsmouth Duathlon Series (race 2)			
Pos.	Name	Time	Comments
4	Tom Barnard	01:15:31	1st in age group
		0:25:25	7.5k run
		00:31:04	18.5k bike
		00:18:05	5k run
97	Eric Macgurk	01:36:21	
		0:35:59	7.5k run
		0:36:19	18.5k bike
		00:25:35	5k run
108	Richard Law	01:38:45	
		00:34:09	7.5k run
		00:37:35	18.5k bike
		00:25:50	5K run





# AWARDS





Chris Buxton : fastest half marathon senior, fastest male senior and Gold club standard award.



Jasyon Graygiel: fastest male Vet 10km.



Michael Percival : Brenda Wiltshire Plate - male 10km & Club Standard Silver award





### GRR Website

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[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)

# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER

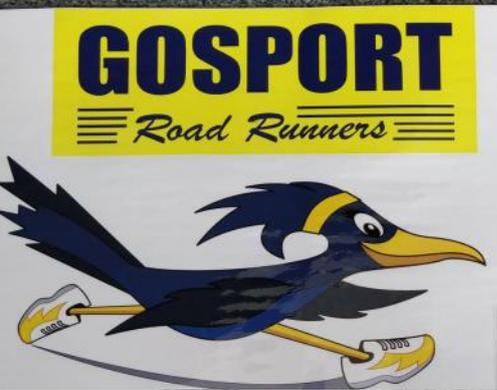
**SPRING**

**April 2018**



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- 10 &11 -London Marathon 2018 : Nick Carter
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- 16- Ode to a GRR : Stef Neale
- 17 & 18 - Memorial Club Run (photos)
- 19 -Summer Cross Country: Mike Barker
- 20 -Membership Reminder: Jo Hopkins
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Did you know, the word April is derived from the Latin verb which means “to open”. We know it’s the month of the growing season and flowers begin to open. For us runners, or maybe it’s just my perception, the Summer marathon season unofficially opens during April. It’s a month when new challenges appear, and opportunities present themselves. Have we used it to the full?

This past month the Carrick family had the privilege of travelling through South Africa for our holiday. I’ve been to many of the places we visited before, but this time I was adamant to see it as a tourist – mainly for the benefit of my kids. How different do things look when you open yourself up to a new experience! Colours, sounds and smells merged to make cities vibrantly alive. Watching goats, cows, chickens and dogs compete with cyclists, vehicles and pedestrians for a space on the roads through rural villages distracted attention from the potholes. It was life in the open in a bustling bold, loud way. Unsurprisingly I’ve also noted the runners - they’re everywhere. Fit young businessmen running through Sandton and Cape Town at lunchtime, wearing expensive running shoes and high end technical kit. High school children competing in their school’s athletic events or training in their sport (rugby or hockey) with all the focus of conditioned athletes. Workers and school children running to commute in the rural areas of KwaZulu Natal and the Free State. Big ladies wearing neon pink kit, jogging in the fields outside Mthatha. Club runs at dusk. Ebotse parkrun with an attendance of 846 people. Trail runners negotiating the snaking trail up Table Mountain. Pensioners running on Brenton Beach – their 2018 Two Oceans Ultra Marathon finishers’ T-Shirt standing out against the endless sandy beach. Lean “proper athletes” doing interval training as part of their Comrades Marathon preparation on the Durban beachfront. Ironman competitors on what must have been a recovery run, a few days after the event in Port Elizabeth. I could watch this forever, and it made me realise once again that running is open to anybody: If you can walk, you can run. If you can run, you can run faster or further. If you can run a flat stretch, you can run up a hill. If you can run on the road, you can run off road. You just have to forget about the negative memories of old injuries or obstacles, open your mind and will, then open the front door and go do it... and that’s why I’ve renewed my club membership. Yes, this editorial is essentially a self-chat!

Let’s get started with the newsletter shall we. Ben Jarvis brings us “Question Corner” this month. You’ll get to know one club member through a list of questions he sent out. I’m hoping this will be a monthly feature.

We are very privileged this month! Two experienced, club runners share their race experiences with us. Nick Carter takes us through this year’s London Marathon, and Steve Crook runs us through the White Horse Half Marathon. Both these motivating gentlemen are not only fast runners, they also write lively articles. See for yourself.

Trevor Giles takes us to his podium place in Florida, with a few photos and description of the Broward County 5km race.

Stef Neale (who is in my opinion) our unofficial resident poet, gives an ode to all Gosport Road Runners. I like this as it spoke directly to me. Linked with the club’s annual Memorial Run which was on 24/04/2018, the poem is a celebration of being a GRR club and remembering those club members who are no longer with us.



There are a few other important bits, until Hayley returns with the Results section. This has the longest multi-sport section to date, and it clearly shows that you are embracing new challenges. Absolutely inspirational stuff!

I previously overlooked Steve Crook's photo in the Awards section. He's too fast, so it's an easy thing to miss. This is now included with a photo of our Cross Country champions.

May is waiting. Go enjoy it.

*Miranda*





*Who are you? Tell us a bit about you 😊*

Marie Bowers. Married to Mike, retired to Hampshire in 2011 to be near family in Southampton and love being here near the sea. Originally from South Wales so my name rhymes with Barry, Carry, Harry, Parry ..... often wonder if I should drop the "e" and become Mari?

*When did you Join Gosport Road Runners*  
2016.

*What first made you come to the club?*

Persuaded by Janet and Sue to join the beginners' course.

*Did you use the beginners' course? If so was it helpful?*

Yes, especially when I did it for the second time :)

*Why did you decide to join Gosport Road Runners?*

Special fees offer after beginners' course and Keith's promise of a free T-Shirt.

*What was your first race?*

4th July 2015 Lee-on-the-Solent parkrun was the first time in my life I'd ever attempted a race. First as GRR was Gosport 5k Summer Series. Struggled to fasten the tag to my shoe and couldn't believe I came first in my age category. (yes, I know I was the only one, but it got me a bottle of wine!).

*What is your favourite race or event and why?*

Still has to be parkrun. Love the atmosphere, love the scenery, always lots of other friendly GRRs there.

*What is your favourite distance to run and why?*

5k - not done many others! Hoping to tackle a 10k soon though.

*Do you have a favourite Medal or T-shirt?*

Parkrun 50, that felt like such an achievement.

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

Don't like slip sliding, don't like getting muddy, don't like wet feet - so road every time.

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

Wake up, drink coffee, get there.

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

Recovery routine? Well, I stretch and drink water, will that do?

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

Both, but usually need to race to keep up with the chats :(

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

Intervals so no-one has to wait for me to catch up.

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

Great South Run, feels like it's almost within reach.





Well...this was going to be it. The big hurrah! My last marathon ever, 3rd London and a PB somewhere in the region of 3.35.

There is a common theme with me and Marathon running– that of under achievement. In 2011 I simply didn't train properly and naively assumed that a lifetime of being fit and having a positive mindset would see me home in good fashion. How arrogant! I barely crawled over the line in 4.04 and collapsed by the baggage lorry. I couldn't get up. The body had given up. Arms, legs, head all gone. Forward to 2012 and I was going to be better prepared and like everyone that makes that commitment, training started well but inevitably (for me) tapered off and I 'winged' it again, coming in slower than the year before albeit less distressed.

The memories of those two attempts prevented me from entering again until inspired on by a member of the club, Steve Crook. I thought I'd have another stab and get a time that I felt did my ego justice. This time, I did train properly with the help of a couple of fellas who had formed a triathlon coaching group (Endurance Hub). I didn't follow their plan to the letter, but the inaugural Birmingham Marathon saw me achieve my pb of 3.56. This was progress, but I could do better. There were girls in the club beating my times easily (Julia Bentley) and I wanted to be quicker.

As Kim and I always go to Paphos each March for their fabulous Cyprus Marathon, I thought I'd use their 20th anniversary race as a springboard to finally lay London to rest before hanging up my marathon shoes. This time I really did train more sensibly, helped to no end by Steve Crook and others but an unfortunate Achilles/calf strain two weeks before the run saw my training and confidence take a knock. Still, Kim and I had a special weekend planned to celebrate her 60th birthday and my retirement from marathons. It was happening.

Enter the Weather Gods who gave us unprecedented temperatures and the degree of difficulty ramped up again. Still, the mood around London was pumped. Runners everywhere. In hotels, cafes, on billboards and TV. Game on. Of course, on the morning of the race, not wanting to give up the chance of an all-inclusive breakfast, I piled my plate high with everything I could lay my hands on whilst others around me did what I should have done. Porridge. Banana. Some had toast. I was going to be ok. It'll be fine. There were 3 hours before Her Majesty got proceedings started! We thought we'd box clever and get to the race village early and beat the rush. Well that didn't happen. Everyone else had the same idea so the underground was absolutely rammed. Not good if you don't like crowds. Fortunately, the underground staff were excellent. Very helpful and positive which helped no end. A big 'Thanks ' to them. You made a difference guys. Once we'd met up with other Gosport Road Runners we jostled our way to our respective starts at either Blackheath or Greenwich and dropped our bags off before taking in the atmosphere.

There's no denying the level of organisation that goes into this and it is a well-oiled machine. As the time came to muster in our start pens we could all see Her Majesty on the big screen being escorted to the Dias where she would ultimately press a big red button to start the race. But first the National Anthem and this was a moment for me. I'm a bit of a Royalist so I was hoping for a little respect for the Queen. That's an understatement...it was wonderful to join in the singing of and subsequent applause for her anthem. I won't lie, I was close to tears. This was going to be awesome. Let's go! Off we went.





Old ground. I'd been here before. Stay calm and follow the plan but at 3 miles I knew that I'd gone off at least 45 seconds a mile quicker than target pace. My Achilles was complaining and by Mile 5 I wanted out. I just couldn't see how I was going to complete this. But then an epiphany. Already people who looked like proper runners (thin people) were dropping out with heat exhaustion and I knew that for anyone to finish this in one piece, would be a huge achievement. So, spurred on by a crowd that can only be described as immense, I told myself to enjoy my swan song. It would take as long as I needed to cross that line moving in a straight line and a smile on my face. Jog/walk it was for the next 22.5 Miles. I think that most runners around me did at least 27 Miles as they zig zagged to find any form of shade or liquid.

Then eventually, there it was. The Embankment and The Mall just around the corner where I knew TV cameras were waiting to record your agony or achievement! Well they weren't having me this time. I knew that all of our club runners were being tracked by friends and family so I was at least going to finish with a run and so I did. I crossed the line in 4.48. My slowest ever yet probably most rewarding as I'd battled with my head and won. During those 4 hours and 48 minutes I came to conclude that whilst I understand why for some, the marathon is up there and the pinnacle of sporting achievement for them, it's not for me. I don't enjoy many things that take longer than an hour to complete. I'm not disciplined enough to eat properly, and I therefore always set myself up to under achieve. I respect the distance. I respect those that regularly run the distance but it's back to doing what I enjoy now. Running for fun and fitness.

Life is short. Find the things that make you happy and do them. Good luck to anyone thinking of taking on the Marathon. Listen to the advice...there's a lot of it. Don't scrimp on the training or cheat on your diet. You may find a new passion or like me, find that there are other things out there. Anyway, if I did 27.5 Miles, I'm an Ultra Runner right?

*Nick*





Back in January I was looking for a half marathon to race as preparation before my first London Marathon. I couldn't find many options within reasonable travelling distance of Gosport and the White Horse event, near Wantage in Oxfordshire had the benefit of being about an hour's drive from my mum's house, which means an OK race commute and a great support squad. So, £20 paid online and I was in.

Whilst there is a structure to the way I train, I choose to run without a watch. Instead, I do all of my running based on "feel." I map my training runs into an online log so I can keep track of distance but for accurate timing I only use races. Not an approach followed by many and probably not optimal in terms of racing performance but in terms of supporting the reasons why I run: to feel free, alive and high, it works for me.



As my training mileage comes down, in the three weeks taper before a marathon, I like to run one or two 'timed' events to give a steer on what kind of shape I'm in and as a guide to what I can target as a finishing time for the 26.2 miles soon to come. The half is also a chance for a 'dress-rehearsal' for London in terms of trialling practical things such as breakfast and running kit.

The Race entry confirmation and instructions all arrived in good time via email, as did my bib number by post. The entry list confirmed that this was to be a relatively small field (c450 runners). The event is managed by the White Horse Harriers Running Club and incorporated the Oxfordshire Half Marathon County Championship. From what I could gather the route appeared to be on minor roads. It also appeared to be relatively flat, although the course profile seemed to trend upwards towards the end, with a couple of squiggles that could easily be mistaken for blips on a cardio-chart. I am always suspicious of "mainly flat" course descriptions accompanied by poorly presented graphic profiles: what are they hiding?! Anyway, the event communication was excellent.

After my traditional rubbishy night's sleep pre-Race, the day dawned to reveal the promised rain, light winds and 8°C. I followed my normal race-morning rituals with the addition of one new element: a smoothie breakfast, thanks to the guidance of my nutrition consultant, our very own, Mr Terry Arnott! No room for details here but I believe this may well be having a positive effect on my running this year.

We arrived at the suggested parking location about an hour before the start and found plenty of (free) parking. Race HQ was a short walk away and clearly signposted (bag drop, refreshments, toilets) and marshals were on hand to answer questions. I went for a warm-up jog and soon it was time to wander over to the start. This was clearly a popular event with local running clubs and it had the feel of a slightly smaller version of our own half marathon, organised by runners for runners. There was no attempt to arrange runners into estimated finishing time sections but it was a chip-timed race so I didn't stress over getting into a particular starting spot. Most people around me were talking about finishing times that I expected to beat and I looked forward to a controlled, steady paced run with an ambition of working my way past a few folk in the latter stages.



The p.a. burred its traditional, unintelligible nonsense, there was a vague "3-2-1-go" followed by a forlorn moan from an inadequate air-horn and we were "off."



As always there was the initial scramble as people attempted to hit their stride from the line and the impatient zig-zagging of runners anxious to be clear of the congestion. For once I relaxed and let the 'lamb's' go 'frolicking' off up the road. Within 800 metres, things had calmed down and positions had started to settle. I found myself running shoulder to shoulder with a guy in a Kidlington vest. He had a slightly faster stride rate than me but the difference in our stride lengths meant that we ran together for the next 2 miles. I was tempted to ask him what his time target was, but I realised that that might be akin to trying to find a pacer and that wasn't part of my plan, so we tip-tapped on in silence. At this point a dead-ringer for 'Shaggy' from 'Scooby-Doo,' with the loping stride to match, lolloped past. Slap-slap, slap, slap. He was breathing pretty hard and I hoped I might see him further on.

Kidlington and I gradually overhauled a few runners and we weren't more than 25m apart for 4 miles. At 6 miles he took off with a bit of a flourish but the gap only got to 75m and then he stalled. At 7 miles Kidlington reeled in Shaggy and soon after that Shaggy was mine. Not long after that I could see the Kidlington gap ahead of me closing too.

I'd had a joyous, steady/easy run so far, 4 strides to every inhale or exhale, and I now fancied a shift from my version of "green" to "amber" effort, 3 strides per breath. I have no finishing "kick" to speak of, just varying levels of steady and I wanted to practice for the latter stages of the marathon by running the last 6 miles at just below my threshold pace. I also wanted to drop Kidlington.

Kidlington duly came and went out the back and from 7 miles I wasn't passed by anyone. There were a steady stream of targets for me to chase and I had a great time trying to close them down. I got to "two Golden Miles" from the finish with no-one behind me and decided not to go for the eye-bulging, nose-flared, dry-heaving finish for a change. However I will admit to passing a young lady just two strides from the finish line, as I figured she has a long running career ahead of her and she needs to learn to race 'through the line.'

I had a lovely race and was chuffed to finish with a chip time of 1.30.28, finishing 49th/457.





The nature of the course is that it is all on quiet country lanes, mainly through lovely countryside but with many bends and blind corners. The first and last couple of miles use the same road with a nine mile loop in between. I liked it. The course is very well-marshalled and sign-posted with runners kept to the left and traffic denied access to the race route. I probably saw a dozen vehicles coming the other way throughout the whole race. There were 4 water stations (served in cups, by hand). The course profile map didn't lie. It is mainly flat with just a couple of inclines of little more significance than Haslar Bridge. Good PB potential. No headphones permitted. There is a two and a half hour cut-off time.

Of more interest to some GRR's than any of the foregoing may be the fact that there is no T-shirt or finisher's medal. You get a commemorative mug. See pic!!

It's a fair trek from Gosport but if you have friends/family within striking distance and you fancy a no-frills, well organised, smallish, friendly April half marathon I can recommend it. This was the 36th edition of the race. I would do it again.

*Steve*



This was their first 5km event ever and I am the first Brit that entered, and also the first to win a trophy coming 3rd in my age group! I came 70th overall out of a field of over 450.

It was 26c and 86% humidity making it a tough race having come from the UK 's cold and miserable weather !

*Trevor*



I've been thinking about club recently and got a few words down on paper. Not sure if suitable or not but figured I'd let you see for yourself. Having not been at club as much as I'd like, due to juggling family life and work, I realised that it actually doesn't matter because as soon as you step through the doors of club, there is always a friendly face to pick up where you left off. So below is my Ode to GRR's past, future and present.

*Stef*

Gosport's own answer to life's ups and downs

Open to anyone, for just a few pounds

Start with beginners, aim to do more

Put on those trainers, get out the door

Others are waiting to see you tonight

Reach deep inside, aim for new heights

Time trials are monthly to help you improve, don't worry bout timing, be glad you can move

Rest when you need

Others won't judge you

Always a warm welcome, is waiting to greet you

Decide to join up and you won't look back, before too long, you'll be doing intervals down the cycle track

Run for a hobby, charity or personal gain

Unsure how to run, then here you must train

Never done cross country, then give it a go

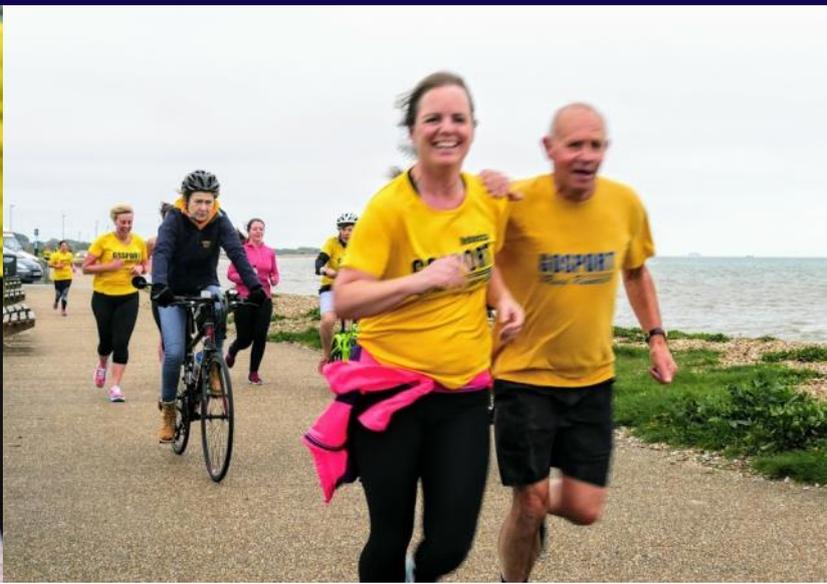
New to hill training, ask others, they'll know

Everyone catered for, no one left out

Run with your heart, hear the yellow family shout

So please don't worry about what's gone before, today is the day to go through that door.









Membership renewals due April 1st

Due to a change in data protection legislation the membership form details have been updated to comply with the recent changes. It's also a chance to double check your details are correct.

Even if you have already joined for the following year each member must fill out the membership form. You can do it electronically and email back to me on [membership@gosportroadrunners.org.uk](mailto:membership@gosportroadrunners.org.uk) or print out & fill in. I realise some of you do not have access to a printer so there will be some forms available on the notice board at the club.

The link for the form is :

<http://www.gosportroadrunners.org.uk/wp-content/uploads/2018/04/2018-GRR-New-Membership-Application-Form.docx>

Membership renewals remain the same price for another year £22 single £36 joint & £40 for a family membership. If you are affiliating to the England athletics they have increased their prices by one point to £15 this year.

I realise some of you will have joined in the new year & made use of the new member offer, you are already paid for the following year, but I still require you to complete the attached form.

If anyone is uncertain or has any questions, please contact me on [membership@gosportroadrunners.org.uk](mailto:membership@gosportroadrunners.org.uk)

I would also like to assure you that your private details are not passed onto any 3rd parties outside of Gosport Road Runners unless you wish to affiliate then you will be registered with England Athletics in accordance with the UKA.

Regards,  
Jo Hopkins

### Recording Results for You

Well done everyone, what an amazing set of results we have had in April.

Thank you to those who have sent the **links to race results**, informing me if you **ran as someone else**, letting me know if you **gave your number to someone** else and if you were **not listed as a GRR**.

**If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you.**

Without this information I will not be able to record your achievements and ultimately cannot contribute them towards the awards at the end of the year.



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in April that stood out to me on every level and for different reasons including -

**Kayleigh Park** – being hot on her Dad's heels in the 5k TT and getting over a 1 minute PB

**Colin Gardner** – running 3 minutes faster at Salisbury 10 this year compared to last year and being the second GRR to finish.

**Katja Reipert** – coming 10<sup>th</sup> in her age category at the Portsmouth Duathlon race 3

**Jade Leahy** – running her first marathon at Brighton in a time of 4:57:42

**Caroline Musto** – running Southampton Half marathon in the heat and getting a fantastic time of 1:53:21

**Rachel Gee** – running the Bad Cow Half Marathon her first event back from a long time off running, may it be the first of many.

Most outstanding to me this month is **Stephen Crook** running the London marathon in the hottest temperatures since 1981 in a superb time of 3:22:35 and coming 76<sup>th</sup> in his age category – whilst making running look effortless and easy! I would like to add to this that I know exactly how many miles of training went into achieving such an outstanding result and I know the dedication involved. This cannot be achieved without both of these and so very much more – not for the faint hearted, I salute you Crooky!



Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott

Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



















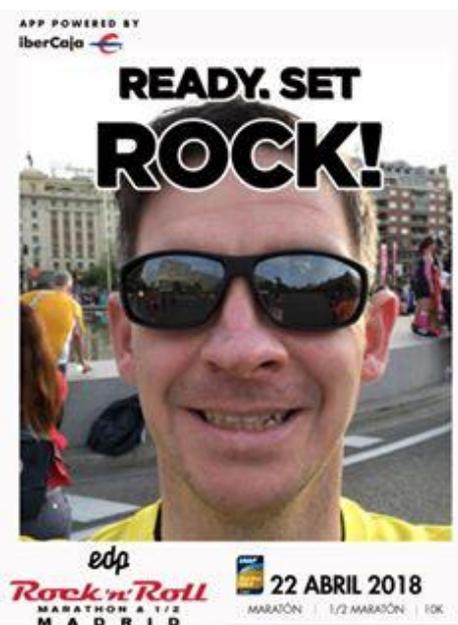


22/04/2018		Southampton 10km	
Pos.	Name	Time	Comments
705	Lynne Lemmis	01:01:38	



22/04/2018		Southampton 1mile fun run	
Pos.	Name	Time	Comments
65	Julia Roiz de Sa	00:08:22	6th in cat position (14years and over)

22/04/2018		Rock-'n-Roll Madrid half marathon	
Pos.	Name	Time	Comments
653	Kevin Allen	01:33:00	







28/04/2018		Twyford Trail Run 10k	
Pos.	Name	Time	Comments
4	Kevin Allen	00:45:45	4th overall

28/04/2018		Bad Cow Half Marathon	
Pos.	Name	Time	Comments
139	Keith Elshaw	02:39:05	
153	Pippa White	02:48:29	
171	Austin Gray	02:29:39	
193	Lesley Thompson	03:07:24	
206	Angela Elshaw	03:18:09	
207	Rachel Gee	03:18:10	
212	Carol Collins	03:22:41	







14/04/2018			
New Forest Spring Sportive			
Distance	Name	Time	Comments
70miles	Andrew Hopkins	04:54:17	Bronze award
82 miles	Daniel Roiz de Sa	04:26:41	Gold award
82 miles	Julia Roiz de Sa	05:44:34	Silver award
82 miles	Joanne Hopkins	05:54:00	Silver award











# AWARDS





M/Vet 50 : Stephen Crook receiving his award





Cross Country Champions: Hayley Sparshott & Ben Jarvis



### GRR Website

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

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



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

### GRR and Social Media



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

Follow this link to see what's going on:

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

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

<http://twitter.com/gosporrr>



### 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](mailto:newsletter@gosportroadrunners.org.uk)



# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER

SPRING

May 2018



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*Cover photo: Gosport Road Runners in the mist . Dave Kitching flying past marshals at the club take-over of Lee-on-the-Solent parkrun.*

*Contents page: Ben Jarvis and the invisible Ninja*







May I make a confession?

I have running envy! In a nice way though, because I'm generally a nice enough person... the husband might occasionally disagree but that's not here nor there. However, please don't confuse running envy with jealousy! Jealousy is the feeling of anger or bitterness when someone wishes they could have the qualities another person has. That's never a nice thing (even if some of your medals are something which could sway one a bit towards a darker psychological side). Envy on the other hand, occurs when one lacks a desired attribute enjoyed by another. That's what I have a little bit of. As clarification: For now I'm still unable to run, whilst you can. Ah, but if I just wait another few months for this clot thingy to clear up, I can run again. Limbo time. Nothing to cause self-anger or bitterness (not mentioning your medals!). In the meantime, I continue to admire your race results and achievements. I thoroughly enjoy looking at the happy yellow clad photos. I still have my yellow vest, which will hopefully still fit me by the time I'm running again! That is however another month's issue. Staying with the present, let me give you the May 2018 Newsletter. Thank you very much each one who contributed this month.

We dive off with Kellee Read's informative review of the 2018 Swimathon, before moving to muddier puddles with Pippa White. She completed all races in the 2017/2018 Southern Cross Country League and wrote an excellent article which should have been published last month. Somehow it got lost in Cyber Space, but Pippa kindly guided it back to me. It's here this month, and it's well worth a read.

May's biggest and best surprise in the newsletter mailbox was a highly entertaining article from the legendary Mr Dave Kirby. He's one of the very first club members and as far as I can recall, this is the first article I've seen from him. I feel privileged to be given the opportunity to share this with you.

Mike Barker reminds us of the Summer Cross Country, whilst Steve Cawte has the details of the June Out of Town run. Please read and attend.

Sophie Hurlo runs us through the Colchester Zoo at a personal best pace, whilst Colin Middleton leads us out on the Houghton Trail run.

Ben Wales brings us the Gosport Half Marathon Charity Presentation Evening. What a fantastic idea! This will certainly become a memorable evening in the Club's Annual calendar.

Hayley brings you the race results. Yep, you all had another great month—see for yourself!

Till next month, happy running!

*Miranda*





What happens when GRR's can't run, yes they get moody and take it out on those they love, (and those that run) but when we come to terms with the situation we look around for something else to fill the void of running. In this instance swimming seemed the best solution. So, on Friday 27<sup>th</sup> April 2018, Gosport Swimathon welcomed 5 GRR's (only 2 were disgruntled injured runners).

The Swimathon took place at Gosport Leisure Centre, and offered 3 distances, 1.5k, 2.5k and 5k, and is measured by laps of the pool. We all opted to take on the 2.5k (100 laps of the pool). Each swimmer is given a different coloured hat and organised into lanes, depending on pace. Each lane has a volunteer, counting the number of lengths completed by each swimmer. Swimmers are set off individually, but the option to rest between lengths, take a drink or visit the loo is no problem. We all finished at different times, but in true GRR style we waited together on the side of the pool and cheered home the last swimmer. We all received a medal and had tea and biscuits after the event (a request of cake has been submitted for next year).

This event was well organised and far more enjoyable than I thought, there was no pressure to swim at any set pace or style, the objective is to just complete the set distance. We will all definitely be back and possibly consider the longer distance next time.

*Kellee*





January saw much more racing activity locally. On three Sundays I had three races, Stubbington 10k (nice new xc long sleeved shirt), Manor Farm (85m ascent) and then the Chilly Hilly. Manor farm is the one where Sarah Down arrived very early so that the solitary table, next door to the loos that smell, in the middle of the quagmire could be bagged. As one of the closer XC races to Gosport, we had a much better turn out. This one I remember for David Croft taking photos on the last hill 100m from the end and telling me to 'smile' just after I'd asked how much further and I heard 'mile'. My legs stopped. Happily (and as a result of all this self-enforced running in January) I beat a couple of friends from other clubs which was a splendid feeling. The best bit of advice for this one is to park in the carpark BY the tea place not near the start. Tea was lovely though – the Stubby cakes are wonderful.

The final event was Polecat Valley – or Devil's Punchbowl (228m ascent). This is the newest race in the series and had a little route change this year. I seem to remember running down to the bottom of the Devil's punchbowl last year and looking at a hill thinking "why not climb that?". This year that hill was included so I've decided not to think when I run every again. It was the most disappointing tea of the season but the thrill of having completed all 6 made up for it. It was also very, very cold and I was so very grateful to Alan Burges' gloves that got me around.

Cross country in this league is relatively laid back, inexpensive running. Costs are limited to a share in petrol money and (optional) tea – with a pair of trail shoes as the weather gets wetter. There aren't any t-shirts to fill drawers, or medals to hang up in pride of place BUT equally, there aren't any t-shirts to find a home for or medals collecting dust in a collection. There IS good conversation, interesting courses, beautiful scenery and hills that can be walked. I will continue to see it as an excellent next step for returnees to running progressing from 5k, and good hill training for those moving towards longer distances. In addition, final places overall reflect the points achieved over all the races so someone like me can do better overall than another faster runner who misses a couple of races..

I am so looking forward to the start again in October and I'm trying to get more hill training in this year so that I can actually score in one of the races and beat the Victory AC ladies XC captain in every event. Do look at the dates and see what you can do to come and join us all - have I mentioned the cake...?

*Pippa*





International 3 Day March Of Ieper,48th.Year  
Held on 10th. to 12th.May 2018.

Introduction: The Ieper 100km.International March is centred around the small Flanders town of Ieper, Known as "Wipers" to the British troops of the 1914-1918 war. It is held annually over Ascension weekend which coincides with a Belgian National holiday, taking in the Thursday, Friday and Saturday this year.

The March is broken down into one day events and the routes taken usually cover most of the 1914-1918 battle fields of the Ypres Salient covering key points from that period. The Menin Gate-recording the names of 55,000 men- who have no known grave- Hill 60,Hell Fire Corner ,Shrapnel Corner, Mount Kemmel, Railway Wood, Paschendale Ridge-150,000 men fell here in only three months-Zillebeke, Sanctuary Wood, and Hill 62,to list but a few. Here is a really unique way of walking or running amidst the poppies of the old battlefields, a chance to see for yourself the Immortal Salient "That corner of a foreign field, which is forever England". Distances which may be entered are 8km,15km and 35/40km per day. In recent years a 50km has been introduced on the Saturday for the stout hearted. There is a commemorative medal for those who complete the course, and whilst on the March you are covered by civic insurance. This event is not classed as a race, nor is there a strict time limit, provided that you are back before the admin pack up, you may go at your own pace, taking as long or as short a time as you wish.

I first entered this event in 1989 after being coerced by our chairman at the time, Howard Baldwin. He in turn had been talked into it and returned full of enthusiasm to raise a team from Gosport Road Runners. In the event I was the only one -mug- to volunteer. Joining a mob called the "Wessex March Team" consisting of ex-T.A.'s, regular servicemen, police and other reprobates from all walks of life, it proved to be a great experience. Why would an ex-matelot want to walk in Flanders? Well the Royal Navy division fought in the Salient and I thought that was a good an excuse as any. I haven't walked every year, but this was my twelfth, and it is a 100 years since the end of The Great War.It was a must! This year was slightly different as it clashed with The Festival Of The Cats, a long running event in Ipres.

Our journey out via the tunnel was very quiet and uneventful. Ypres is only an hour from Calais and we were staying with a friend who has a house 5 minutes' walk from the Menin Gate. Getting our priorities sorted we shopped for beer & wine and other goodies.

Our first day started at lunchtime on the Thursday; 30km.for us. Very hot and you start to wonder if you have trained enough. Do you ever? Lots of old friends from previous years and new ones. Teams and individuals from the military and civilians from all over .Check points at regular intervals and excellent "water stations", cake, yoghurt and ice creams ,apart from the excellent bag meals our host had provided. Cycling clubs out in force; extreme caution is required - they move at speed and don't take prisoners! Finished at 8-ish and back to the house for an excellent dinner and a couple of beers.



Day two, the big one: 40km or 50km for the nut cases! Always out to the French border on the middle day, Mount Kemmel and Mon Des Cats. Two fairly serious hills in an otherwise flattish landscape. Very hot; can see for miles, Arras in the middle distance and the slag heaps at Mons in the far distance. Stunning day, am I really in Belgium? Narrow lanes, Hawthorn in full blossom, masses of wild flowers and birds, especially Cuckoo's, and I identify at least four individuals. Then I pass yet another cemetery and can see the church at Messines on the next ridge. Yes I am definitely not walking down an English country lane. There are tractors working and I eye them warily. All sorts of ordnance is still coming to the surface, and it is still claiming lives. Shells stacked on the roadside awaiting collection by the Belgium army, "The Iron Harvest". Reach the French border and pause at Cafe Aux Tourist for a traditional Picon: a mix of wine, spirits and other "flavours"... " Only one " or I'll be in the ditch down the road! I step out now by myself as I am conscience that I am on parade in the evening for the daily Last Post ceremony at the Menin Gate. Sore feet, hope they are hot spots and not blisters!

Get back to the house in time for a shower and change into a suit. Time for a swift beer or two. Hobble to the square-some blisters-take part in the parade and march with a British Legion platoon, which is odds and sods from all over the place. Lay a wreath at the Menin Gate on behalf of The Wessex March Team. After the march past, up to the Burgomasters reception, free beer! Just a couple, still a day's march in the morning. Am conscience that my host likes to socialise until 3ish in the morning but he is subdued so I have a grip on the situation.

Day 3 and we all have aches and pains, could be something to do with my companions ages? Another hot day. The weather has been glorious. No rain, the gods are with us! If it starts to rain seriously in Flanders you need to think about building an Ark. I start to think about all those soldiers that fought and died in some terrible conditions in these very fields."R.I.P. Tommy Atkins". More relaxed today, stop at cemeteries we haven't visited before and look at other features and memorials along the way. Visit Johan Vandeville at the Dreve on the edge of Polygon Wood. Drink coffee would you believe! An expert on the war underground, his programmes feature on Channel 4, he is currently putting together a memorial called "Brothers in Arms" a whole story of its own. Finish at 3 in the main sport's stadium. Congratulate one another on a successful march and try to drink the local brewery dry. Relaxing dinner from our host's and watch The Cat festival on Sunday.

Mid- morning tunnel crossing on the Monday and there is tentative talk about next year!!! really.....

*Dave Kirby*

*P.s. If anyone would like any further info. on Ipres I am only to pleased to be of assistance. Not being an expert on the Western Front, I can obtain first hand knowledge from various sources. Good beer, good restaurants.. Every one should go to Ipres at least once in their life—spend a weekend and reflect.*





A reminder that the annual Alver Valley club cross country run takes place at 10am on Sunday 1st July. The route is slightly under five miles and starts by the new children's playground in Cherque Way.

There will be a baggage area which will be particularly useful if you are jogging, cycling or walking to the start.

Yellow vests a must and taking your own mug for your hot/cold drink after the race is one less plastic cup.

Hopefully as many members as possible will run but if you are unable to do so would please consider marshalling. Marshals should be at the children's playground car park at 0845hrs where you will be taken to your position on the course

*Steve Cawte and Mike Barker*



### GOSPORT ROAD RUNNERS OUT OF TOWN

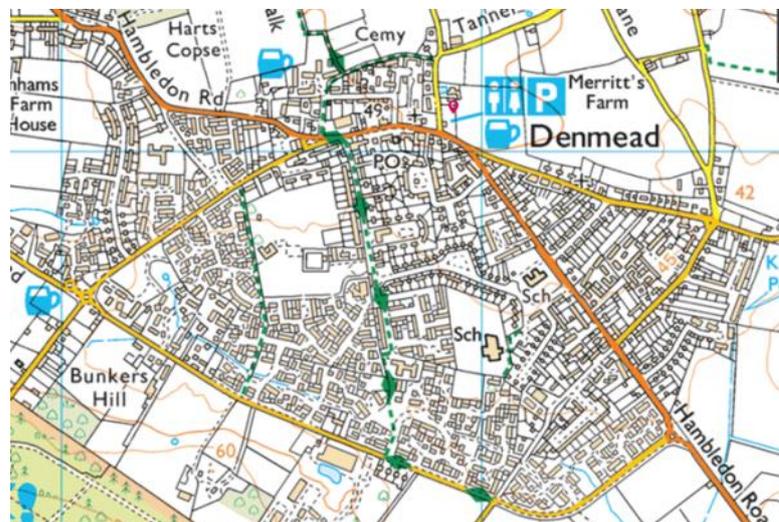
JUNE 28<sup>th</sup> 2018 – 7PM

KIDMORE LANE CAR PARK (PO7 6JZ)

NEAR THE HAMBLEDON ROAD (B2150)

APPROX. 6 MILES

ANY SHOES WILL DO IF DRY, BUT TRAIL SHOES IF YOU HAVE.





First thing on Sunday 20 May we (myself and Nick Boorn) woke up to a chilly over cast day in Colchester to run the first ever Colchester Stampede 10km in my new GRR colours. Not as chilly as the original postponed date of 4 Mar 18, back when the Beast from the East was visiting.

We arrived at the zoo to a fairly large queue which was cleared pretty quickly thanks to the direction of all the marshals. We gathered on the main car park area outside Colchester Zoo's entrance which had been sectioned off to make room for refreshments, portaloos, a massage tent and even a stage which was currently the home of a terrible band who managed to keep everyone's spirits up because they were 'that bad'. After a wander about the sun started to break through the clouds and the warm up team moved aside the band and began going through a warm up to music for everyone to join in with. Whilst we were all warming up/dancing, the runners with a sub-43 minute finish time were direct through a secret entrance into the zoo. Pre-race nerves were kicking in now but the groups were being directed through quite quickly.

Not sure what my finish time would be being thick with cold, I held back to the final group. We were all eventually directed through the secret gate past the tiger's enclosure, along the path through the zoo, taking in the sights. As we entered the 'Edge of Africa' section of the zoo, we saw the rhinos and the giraffes and while we were taking a selfie we heard a voice saying 'Welcome to your start line everyone, start when you're ready, enjoy your race'. That was it, within seconds we'd crossed the start line and we were running. Past the zebras, warthogs, hyena (who were definitely laughing at us), then past the elephants and out the zoo onto the main road out into the countryside nearby.

The marshals were all so enthusiastic and encouraging. Most of them had tambourines or just had a certain style for cheering us on. The course was one large undulating loop going past some stunning houses which all seemed to have such friendly occupants. They all came out to give us a cheers and a smiley wave which we obviously returned. After the loop the finish was going up the road we'd started on, which happened to be a disgusting hill but never before have I been pleased to smell elephant poo, as I knew it was nearly done. In through the side entrance into the zoo, past the same animals and continued down towards the secret entrance again. Past the tigers' enclosure and we were coming out of the secret gate once more to be greeted by a steep slope before it veered off to the left leading us to the finish line.

So many people out watching by the time we got out onto the final stretch and being in my new GRR shirt with everyone shouting my name, I actually felt the support. Crossing the line with the sun beaming, in my home town, in my GRR top was such a good feeling. Even better feeling when they handed me my medal and goodie bag with various snacks and a stylish Colchester Stampede tech top.



All in all it was a really good event and we even got entry into the zoo included plus when showing our medals we got 20% off our post-run breakfast in one of the restaurants inside the zoo. What more does anyone want from a race? PB? Oh and I got that too.





After completing the run we decided to take advantage of the free entry and discount breakfast. Full English out in glorious sunshine. To work off the ridiculous amount of food we'd just consumed, we felt it only right to enjoy the day round the zoo. All the different animals seemed to be enjoying the sunshine as much as we were. We caught a Penguin show with one of the zoo staff and he mentioned Newt, the only penguin that hasn't received any adoptive sponsors yet. Little did I know I'd be getting a little closer to this fuzzy friend later in the day. All the animals were so chilled out whilst basking in the warm weather.

My cousin's girlfriend works in the zoo and sent me a congratulatory message after hearing I finished. When she told us to go and meet her I thought I'd get a cuddle and a chat not handed a latex glove and a bowl full of fish. The day had just got a whole lot better. Secure behind a fence, she opened the door and in came 20 little Humboldt penguins ready for dinner. Nips on my bare legs made me realise this was not some awesome dream it was real and these guys wanted fish. One fish at a time I finally got to meet cheeky Newt. Can't understand why no one wants to adopt him. But I had an old one attach itself to me. Little blind, little unsure of its surrounding but seemed to know if it stuck close to legs, it would get food. It was almost like its wing was hugging my leg at one point. Once the fish was gone we called in a day, just one last visit to the Elephants and Rhinos before we left.



Lots of smiles and lots of photos taken. What a fantastic day as a whole, and all of it done dressed in yellow.

*Sophie*



Back in September 2017, we got a dog. I'd wanted a dog for years, we'd had one when I was a kid, and I really wanted my family to have the pleasure of having one. Karen was easily convinced by the idea, but for years, it was just never the right time.

Then on July 4th, 2017, Cali and her sister Betsy were born. Cali and Betsy are true GRR Pups. Their Mum 'Rosie' belongs to Jennifer Desmoulins & Matt Johnson, and their Dad 'Mickey' belongs to Terry & Kerry Arnott. They might even be the first GRR Puppies, but I have no evidence to back this up.

I'll save you the gory details, but when a Mummy Dog and a Daddy Dog meet each other at the Ox Race Weekend, 2 months later, 2 bundles of black fluff are born.

We'd already arranged with the respective owners, that Cali was coming home with us once she was old enough. Betsy was staying with Jen & Matt. As she was born on 4th July, and Jen is a native of the West Coast - USA, her name had to have a US theme, and Cali fits her perfectly.

Anyway, it's now late April 2018, Cali is very much a part of the Middleton family, and I get a message from Jen asking if I was interested in a dog friendly race...the next day. The Houghton Trail Event is held in the lovely little village of Houghton, not far from Stockbridge. They have a 4km Fun Run, a 11km Run, a 5km Fun Bike, a 14km Mountain Bike, and a 32km Mountain Bike.

I looked up the event online, and although you could sign up on the day, I could still sign up online, and all for a princely sum of £12.50 (incl booking fee). I paid and arranged to meet Jen & Matt the next day.

12 hours later, and the whole family made our way to Houghton. This was going to be my very first run with Cali on the lead. I'd run with her a few times at Alver Valley, but she'd always been off the lead. The time had come to see what this Canicross running was like.

Arriving in Houghton, we found somewhere to park, there was loads of parking laid on in fields, and we made our way to register in the Village Hall. Once we got to the Village Hall, we bumped into Kerry Irwin-Hall, and a short while later Colin & Isabel Gardner.

I registered, and got my number, and we waited for the event to start. There was a lot of dogs, Cali was a bit overwhelmed, she's very sociable, and wants to meet them all, but there was just too many. Then Jen, Matt, their boys and the dogs arrived. As soon as Cali and Betsy see each other, they are all over each other. Matt was also running, but he was only running with Rosie. Jen suggested he run with both Rosie and Betsy, and he reluctantly agreed. He'd not run with both before and wasn't sure what to expect.

Finally, it was time to go. The runners with dogs had been asked to start at the back of the pack. This proved to be a bit chaotic, as we gradually made our way through the pack of slower runners and finally found our place in the field. Matt very quickly left us from the start, as we made our way through the pack. I personally feel that the runners with dogs should have been sent off first, and maybe even a few minutes earlier. This way the fast runners could catch us and pass us, but there would be no interaction between the runners with dogs, and the slower runners.





The route was nice, with a mixture of trail, road, stones, grass etc. It takes in part of The Test Way, and The Clarendon Way, with a few hills and styles thrown into the mix.



Cali was quick, she's a natural at this, and was running straight ahead of me...most of the time. She seemed happy to run, pulling me along at the same time. She was running faster than I could manage on my own, and it's taken a few days for my muscles to recover from running at the speed I did. We had a few water stops, and one abrupt stop when she saw cows for the first time. But mainly we ran straight through the whole 11km. Cali just ran and pulled and ran and pulled. I couldn't have asked for a better first time running experience with her.

Finally, we neared the finish, and crossed the line of our very first race together. I was worn out, but Cali looked fresh as a daisy.

There were no timing chips, no prizes, and no pomp & ceremony. Everyone got the same small medal, there was a stall to buy drinks and cakes, and decent toilet facilities. There was free massage on offer, and free race photos posted up on the Houghton website for runners to download.

I'd highly recommend it, and I'm pretty sure we'll be doing it again next year.

Later that afternoon, Karen and I had to take Cali for a 2-mile walk, as she wasn't as worn out as we'd hoped. On our walk, we bumped into Kerry and Mickey, so she'd also got to see her whole family in the same day too.

My next race with Cali is the Ox Light Doggy Run in May. I'm really looking forward to this, and to many more in the future. Cali has well and truly established herself as the 5th member of the Middleton Family.

*Colin*







### CHARITIES AND GOOD CAUSES – CHEQUE PRESENTATIONS WITH NOMINEES



Oakley Waterman Caravan Foundation - Respite accommodation for children with life threatening conditions - **Claire Tallack & Andy Clutton**



Meon Valley District Explorers - New venture requiring equipment - **Angela Elshaw**



Alverbridge Nursery - Remedial work to outdoor play area - **Paul Street**

Marvels & Meltdowns - Support for families with children affected by ADHD, Autism & SPD - **Dave Kirby**



Rowan's Hospice - Support for cancer patients & families - **Dave Little**



Operation Help the Homeless Helping street people in Gosport, Fareham and surrounding areas - **Geoff O'Flanagan**



Harbour Cancer - Support for cancer patients & families - **Catherine Stock**



Baycroft School - E-reader pens for students with learning difficulties - **Dave Kitching**



Alver Valley Parkrun - Purchase of defibrillator - **Dee Upshall**



3rd Gosport Sea Scouts - Urgent renovation works to kitchen - **Zoe Windsor**



Simon Says - Child bereavement support, Gosport - **Emma Noyce**



12th Gosport Scout Group - Repairs to the equipment store roof - Kerry Irwin-Hall



Lloyd Durham - Prosthetic blade for running - Sue Barrett



Swan Pre-School (Rowner) - Desperate for a new garden - Dave Kirby

### CHARITIES AND GOOD CAUSES - TABLES AND GROUPS

Stokes Bay Junior Parkrun - Raising funds for PA system, fund items - Rachel Gee



Jasmine Hamp - Purchase of adjustable changing table - Alan Burgess

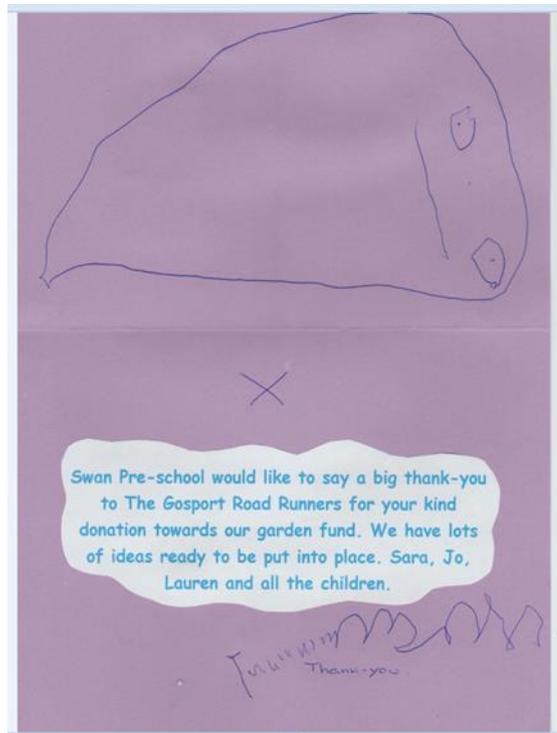


Geoff wraps it up very nicely – all done!!



### THANK YOU LETTERS TO THE CLUB AFTER THE EVENT





**A GREAT EVENT – NEXT STOP – GHM 18 NOV 18**

### Recording Results for You

Well done everyone, what an amazing set of results we have had in May.

If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you. This will mean that your results can contribute towards awards at the end of the year and be mentioned in our monthly newsletter.

Many thanks to everyone who has sent me links to race results.



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in May that stood out to me on every level and for different reasons including -

**Alan Burgess** – running 35:56 in the 5 mile time trial. What a superb time and run with such great style. Someone I certainly look up to and hope to try to run 'just like Alan'.

**Ed 'the brew' Anderson** – in the Gosport Summer Series race 1 getting a great time of 23:58 and digging deeper than deep heading into the wind still smiling (just) when there was 'nothing left'

**Kev Allen** – getting a time of 1:09:00 at the HRRL event Alton 10. On a warm day and on that course – wow!

**Miles 'chuckles' van der Lugt** – getting a fantastic PB at Netley 10k (HRRL event) with a time of 43:47 – the man deserves a biscuit!

**Marie Bowers** – coming 8<sup>th</sup> in her category at Bognor 10k in a fabulous time of 1:22:24 totally on it!



Most outstanding to me this month was **Ben Toye** coming 2<sup>nd</sup> at the Hereford 10k event in a time of 36:58 which for him is not a PB (yeah I know we can all dream of ever getting close to this time) but this was his first event since being broken – and what a come back 2<sup>nd</sup> place overall!!! Bravo

Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.



Hayley Sparshott

Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)





Thank you to our officials - Liz Redpath, Janet Lindley, Sue Barret and Gary Francis.

Thank you to all our marshals - Sid Smith, Terry Weston, Rebecca Hylands, Eileen Cowling, Nicky Hayward, Andrea Edwards, Jo Hopkins, Loyd Durham, Clare Parsons, Hayley Sparshott, Jacqui Tombs, Miranda Carrick, Gill Thomas, Yvette Eastman, Su Baldock, Paul and Debbie Humphreys, Jackie Torrens and Stephen Crook as tailrunner.







06/05/2018		Stokes Bay 2k Promenade run	
Pos.	Name	Time	Comments
2	Philip Silver	00:07:44	
6	Chris Sparshott	00:08:18	
7	Gavin Llewellyn	00:08:20	
13	Tom Reader	00:09:59	
16	Honor Reader	00:10:15	

06/05/2018		Haywards Heath 10 mile	
Pos.	Name	Time	Comments
47	Kevin Allen	01:16:19	















13/05/2018		Hereford 10k	
Pos.	Name	Time	Comments
2nd	Ben Toye	00:36:58	bravo



19/05/2018		Cumbrian challenge (tougher 30km)	
Pos.	Name	Time	Comments
3	Who dares wins Rodders	06:27:38	team of 4 men headed up by Daniel Roiz de Sa beating military teams and all for Help the Heroes







20/05/2018		Southwick 10k	
Pos.	Name	Time	Comments
75	Katja Reipert	01:01:25	

20/05/2018		Clanfield 20k	
Pos.	Name	Time	Comments
10	Kevin Allen	01:30:47	5th cat pos



20/05/2018		Colchester Zoo Stampede 10k	
Pos.	Name	Time	Comments
859	Sophie Hurlo	01:07:11	
860	Nicolas Boorn	01:07:12	



20/05/2018		Hackney Half marathon	
Pos.	Name	Time	Comments
5093	Caroline Musto	01:50:02	





Netley 10km team







13/05/2018 London Revolution (bike ride) 300km			
Pos.	Name	Time	Comments
	Ben Jarvis	13:29:34	that's 186 miles!!!



20/05/2018 Fareham Triathlon			
Pos.	Name	Time	Comments
99	Richard Pelley	01:25:50	00:10:36 swim
			00:41:41 bike
			00:29:39 run
132	Fiona Tomlinson	01:31:38	00:10:27 swim
			00:47:07 bike
			00:30:54 run
			2nd in cat pos!

20/05/2018 Swashbuckler Triathlon			
Pos.	Name	Time	Comments
144	Lee Rhodes	05:17:23	00:39:36 1.9km swim
			02:39:44 90km bike
			01:58:03 21km run



### GRR Website

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

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



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

### GRR and Social Media



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

Follow this link to see what's going on:

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

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

<http://twitter.com/gosporrr>



### 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](mailto:newsletter@gosportroadrunners.org.uk)



# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER



Summer

June 2018





Ahhh, Joyous June! Summer Solstice; long, hot sunny days; signs of sunburn; beach days with friends; “braaivleis” (BBQ) for dinner; fairy lights in the garden; FIFA World Cup on TV... June was just one seriously glorious month.

Welcome to the June Newsletter. I’m blown away with the number and quality of contributions received this month. Thank you! The club newsletter cannot exist without contributions from the members, and I am very privileged that so many of you have assisted in making the June issue possible. Fortunately, there’s more than enough material for the “photo sections”, and I could probably cut down on that section, but I find it very difficult not to share your overwhelming participation and achievements at races.

I’m going to throw you straight into the pages. Ben Jarvis is officially introducing our new mascot. You’ll note it is not just a cute little birdy but there was quite a bit of work involved in making the final product possible. Thanks Ben and the project team. I’m certain it will be very popular with all our club members. Ben is also back with the Question Corner and you therefore have the opportunity getting to know another club member a bit better.

Do you know what to eat when training? I don’t and it I think it shows on my thighs! Help is at hand with Kim Carter’s practical advice on what to eat to fuel your training sessions. This nutrition advice is coming from a very experienced, qualified athlete so you can trust it to work. No more excuses to blame your “jeans”, Miranda!

Mr Dave Kirby is taking us on The Pathfinder March. I thoroughly enjoyed reading his entertaining and informative article! You will too. We seem to fortunately have a group of older club members with a wealth of running stories, and Dave has taken the lead in sharing these with us. More of the same please.

Most of you know Eileen Bartlett as the very kind lady who takes photos, but did you know she used to be a very talented and successful athlete!? I did not (but then again, I miss about 80% of information unless it’s provided to me in writing). I was therefore totally surprised and very impressed when I received her contribution, outlining her running history “so far” - this implies to me there are more miles in her legs!

Kevin Allen is one of the fast guys at the front and being one of the quiet ones at the back, I haven’t spoken to him before. It was great to read about his running journey up to now and getting to know him a little better through this. Thanks for your contribution Kevin and all the best with your marathon training.

Hayley had a fantastic running month. Did you see her results!?! This woman is really something special. Run through the Dorney 10km review with her.

The GRR Beach Clean Up headed by Jenny Shilling was in May. Can you believe the amount of rubbish they collected in such a relatively short time? This is an excellent and worthy example of Gosport Road Runners actively being involved in the community. Thank you, Jenny and the team.

You like the HRRL races, don’t you? I have included the club results for the 2017-2018 season and listed the 2018-2019 race calendar. As far as I understand, these dates are preliminary dates, so best check each event website before you plan your race diary.

Hayley brings us the results. There are a lot – and they’re all impressive! I noted the increase in the participation of multi-sport events. You, dear Gosport Road Runners, surely are a group of very talented athletes. Aren’t you exhausted?

Go seize July!

*Miranda*





I would like to introduce our new mascot for Gosport Road Runners, Hugh! This is something I have been trying to sort for a couple of years and have now finally completed it.

As some of you may be aware we used to have a roadrunner mascot, this had to be taken away due to copyright laws etc. Trying to get us to get a new roadrunner image which didn't resemble the Disney image was tricky. I found a few images online and then stumbled across one from a club in America called New Jersey Road Runners. After a few messages and conversations, I found that they had their bird image designed and were happy for us to use it as a template and make into our own. This became a bit of a challenge for me as I'm not really that good at art or techy stuff! I asked around and found that Colin Middleton could help. He did what he could but also had lots going on so couldn't finalise anything. Then Chris Sparshott stepped in. He helped design the bird and made it unique to our club. He spent lots of time doing this and we had many discussions about tweaking the bird, colour combinations, headbands etc. Once this was done, it was time to take it to Print and Sew, our local printing specialists. From here we had some bits printed and few more colour tweaks made until we found the perfect combination. This meant we could have a very good printed image and a super clean, embroidered product.

I presented this at our AGM this year and we now have a poster on our awards cabinet for all to see. I then started trying to figure out a name - after all we can't just call it the GRR bird can we?! I asked our club members for some suggestions for names. Some random stuff came back including Spikey, Go Go Gadget Bird, Birdy, Grrrrrrrrrrr bird plus more but the majority seemed to like our original idea - the original roadrunner Hugh! A few of you may remember Hugh Pritchard - he was the founder member of our club in 1983, and ran it as President with volunteers from the membership for a number of years. It seemed fitting to honour his involvement in and many contributions to the club in this way.

Now everything was finalised, I could get things printed and embroidered for people to see and this is all available from Print and Sew. Please don't feel like you *have* to get this printed on your kit, as you don't! This is totally optional and it's your choice whether you want to add it on to your kit or not.

If you are interested, printing prices are as follows:

Printed to any garment: £3

Embroidered to your jacket/hoodie: £6

The printers know where it goes so please do not try and put it somewhere different. The image is printed as follows:

Vest: on the back at the top

T-Shirt: right breast of shirt

Jacket/hoodie: right breast side at the top

Any questions please contact me or see me at the club.

*Ben Jarvis*



Advice for those who want ideas on how best to fuel pre- & post work out.

Kim is an ex body builder and as winner of Miss South Coast Muscle 1987 and a lifelong love/hate relationship with food and dieting offers some simple tips that members may find useful. Nutrition is a hot potato. This advice is meant for those with no health issues, allergies or those on restricted diets. It's also not gospel. You are the athlete and you know your body. Some can run half an hour after eating, others like me need 3 hours to feel comfortable.

For those with no restrictions on budget, there are legion over the counter pre- & post work out shakes, bars and supplements. This advice is for those on a budget and can be adapted to your likes & dislikes. There's no 'magic' foods or drinks, tablets or otherwise that will make you a better runner but you can never outrun a bad diet!

**PRE- workout:** Wholemeal bread sandwich with ham/cheese/salad/peanut butter/jam. It's almost a perfect 'go to' food. A mix of carbs for energy & protein to stop you feeling hungry. Alternatives could be a hard-boiled egg or two and a banana. The good old Mars Bar will have no more calories than many 'energy' bars for sale at almost double the price. Malt loaf/tea cake etc. with a little butter will also fit the bill. We all know about hydration but that aside, caffeine is proven to increase your exercise tolerance and give you that much needed lift before a workout.

**POST session:** There is an ideal 20- minute window to replenish the body with nutrients which repair any damage on a microscopic level. This needs to be quick and easy to eat/drink & assimilate. The best for this is chocolate milk shake. Most pre- packaged milk shakes use semi skimmed milk therefore are low in fat and although contain sugar, your body needs this to replace depleted muscle stores and is easy to get down.

In conclusion, these are just a few ideas and every coach, athlete, gym or magazine will have their own ideas and advice. See what works for you but nothing new on race day!

*Kim*





### *Who are you?*

Nobody special, but I'm known by many names; some which can't be repeated in public but mostly as Gillian

### *When did you Join Gosport Road Runners*

I joined GRR 18 months ago .

### *What first made you come to the club?*

I had heard people talk about the benefits of joining a run club on a Facebook called Run Mummy Run and I figured it would be a good idea as I was training for my first 10k race.

### *Did you use the beginners' course? If so was it helpful?*

I didn't use the beginner's course as I had already completed the C25K programme.

### *Why did you decide to join Gosport Road Runners?*

I'd mentioned wanting to join a club to my running shoe supplier and he recommended the friendliest club in the area. He wasn't wrong! .

### *What was your first race?*

My first (official) race was the Women's Running 10k series on Southampton Common. I had done the Mini Great South 5k in 2013 but that time was awful so I don't count it! lol

### *What is your favourite race or event and why?*

My favourite race is the GSR as it's a good doable yet challenging distance for me and I'm really enjoying seeing my progress and pb's each year. The atmosphere is electric and you just get swept along with the crowds and the goodie bag is usually worth the effort too :)



### *If u could do any other sport what would it be and why?*

I regularly used to ride horses and am hoping to return to that sport in the next few years, taking part in low level eventing (dressage, show jumping & xc) but if I could try a new sport I think I'd do pentathlon because it involves a range of sports that I enjoy and it would be a huge challenge and keep the mind firing.

### *If u could have one more meal... What would it be?*

I am a sucker for a Chinese so anything sweet and sour based followed by a huge rocky road cake. I'm currently on the 8 week blood sugar diet so the thought of sugar sends me into a childlike tantrum lol

### *What would be your superpower?*

I have always wanted to be able to read people's minds so I know what they're really thinking so mind reading and control would be awesome.

### *Favourite movie*

Hmm, too many to list but I'd have to say the Back to the Future collection is high up there and the film Wonder is awesome.

### *Dream job?*

My dream job would be to own a trekking centre in Cornwall, Wales or somewhere out in the vast countryside. We'd offer riding lessons and taster days of polo, western riding, driving, natural horsemanship etc and regular barn dances.

### *Beer cider or spirit?*

On a good night out? All of the above! lol

### *Best holiday*

Best holiday by far was Mexico. We stayed in Xcaret on the border of the theme park and I particularly loved snorkelling in the river safari and swimming with dolphins. The beaches and sea snorkelling were spectacular too.



### *Most embarrassing sporting moment*

The finish of the xc at the Devil's Punch bowl! I was shattered from crawling up "Bastard Hill" and my legs were heavy. Dashing for the finish line I was taken out by a rogue tree stump on the path and flew through the air spectacularly before landing on my side in the finishers funnel for all to see. I had cuts and bruises and ended up with damaged nerves in my back but I think my pride was hurt the most lol

### *Favourite cake!*

That's a hard one. It's a toss up between black forest gateau and red velvet. Or rocky road. Ooh, or cherry Bakewell... lol

*Gillian Horn*





I entered this event in 2005. Why revisit now! Well, I have been reading recently that more people are running this long distance than ever before. For the Masochist's amongst you this might hold a certain degree of interest!

Introduction: Up until 1940 it was quite acceptable that if a bomb fell within a mile of the target, it was incredibly, considered a success. With our backs to the wall, and despite the efforts of the Navy in the battle of the Atlantic and the Army in the Western Desert, we ain't going to win this war if we don't get our fingers out and improve on several fronts, including our bombing techniques. Enter "The Pathfinders". Founded on the 15<sup>th</sup> August 1942 at RAF Wyton in Huntingdonshire, on the orders of the Air Ministry. Drawn from the cream of Bomber Command, these crews, flying various aircraft over the next four years, successfully marked targets for their colleagues in the main Bomber stream. A whole story of its' own, far too complex and long to recount here.

The Pathfinder March was inaugurated in 1997 by Sqn.Ldr.Sugden. Alarmed at falling numbers attending annual reunions he wanted to commemorate the Pathfinder Force which operated out of RAF Wyton, RAF Gravelly, RAF Oakington, RAF Warboys and their satellite bases from 1942 to 1945.

This is an annual 46 mile long distance challenge walk/run taking in the four main airbases. It takes place as close as possible to the 21st. June, to get the maximum amount of daylight. Walkers set off at 4am with 20 hours to complete the walk (13 years later, I've only just learnt this.) The "disturbed ones" who try to run it, set off at 8. The walk is a gruelling test of strength, stamina and map reading skills. The participants have a "walkers' card" which is marked off at eight checkpoints around the course, and your progress is recorded.

Participants have several ways of completing the March. They can walk the route, either on their own or as part of a group. Relay walk the route-several persons each walk a part of the route (normally checkpoint to checkpoint earlier on,) maybe two later as points get closer together. They can run the route in the same manner as a full distance walker. They can relay run the route in the same manner as a walking relay team.

How I ever got into this in the first place is now rather vague, but I think it went as follows: My walking buddy was recovering from cancer, what a good way to aid his rehabilitation. Who suggested the Pathfinders? It is denied by everyone I think might be involved. Start long distance walks from Gosport every few weeks, with varying distances up to 35 miles. Regular readers will notice there is no mention of the amber liquid. I can't remember if we were still taking the ourselves seriously, broke, or just being plain boring. On reflection we did call in at the odd pub for a sherbert or two!!! Six months or so of this and off to the quaintly named village of "Ramsey Forty Foot" in Fen country, within striking distance of the start at Wyton.

Our host drives us to the start and we are off on a misty, but close morning. A field of a couple of hundred or so. Hardly going to get killed in the rush at the start, unlike some races I could think of. The misty start soon heralds a sunny morning and the heat to come. Come mid-morning and there are not a lot of people around. Learn later that they have either retired or we have become strung out. The usual water stations manned by scouts and cadets and frequent refreshments around the course from our hosts, wives and friends who are part of the back- up team."God bless them".

By late morning it is hot! Out on the open Fen you think you are frying! Tiredness creeps in and by late afternoon we are not talking to one another and our fingers are like pork sausages! You now concentrate on just getting to the finish.





Pass a group of 'erks' who enquire if anyone has a SATNAV to pinpoint a stream. My buddy is very helpful and tells them if they care to look over that hedge all will be revealed. Hobble quickly on in case the dagger looks we get turn to violence!

Early evening we stop at our last checkpoint in a village hall at the back of beyond. Haven't seen anyone for several hours but incredibly, inside are half dozen walkers, some only just semi-comatose. Goodness me, do I look as rough as that?! Sheer willpower now for the last few miles. Cross the finish line at RAF Wyton at 1930-ish. Fifteen hours, not too shabby. Too tired to care much, despite our friends' and relatives' jubilation. Fall asleep on the way back to the house. Can't finish my fish and chips, retire early and sleep for ten hours. Haven't slept that long since I was two years old! Up sharp next day, feel fantastic, eat a large breakfast and drive home.

Over the intervening years, from time to time, we have often asked one another if we had been asked to walk another four miles to make it a round fifty, could we have done it??? Of Course We Could!.....?

*Dave Kirby*



*Ed : This year's event was held on 23/06/2018. If you would like more information visit the official event website <http://www.pathfindermarch.co.uk>*

*To think we have club members with such a wealth of running experience! Mr Kirby might just become my favourite contributor. MC*



Joanne thought I might like to let our members know my running history, of how I got started in 1978, and why I started, right up to today.

Well, I had been having panic attacks and had obvious mental health issues, plus I wanted to lose weight, so a friend suggested I start jogging, which nobody had heard of then. I started very tentatively wearing gym shoes and beach shorts and waited until it was dark. But although I was hopeless at first, within a month my panic attacks had gone, and I'd got the right (ish) gear. After a year, I could run about seven miles and a friend at work told me to join the local athletic club....Plymouth.

I did and it was the start of the cross-country season, so off to Swansea the coach full went. I lined up with the senior ladies, both excited and scared, with totally the wrong shoes on, and I came dead last of 33 runners, but I was completely hooked. That was in September, by March the following year I had progressed to 6th. I won the trophy for First Lady over 35. I got noticed by Sid Clark, a distance coach at Plymouth, who thought I had potential at x-country and long-distance running, so we started training together. That summer 1980, he entered me for my first marathon, the Avon ladies International, held in London....this was a year before the first London Marathon.



Everyone wanted to see if a marathon could be successfully run in London. We ran the first 10km in Battersea Park and then onto the streets of London. I did my worst ever time of 3.38, but once again I was hooked. Two months later in Shropshire I did 3.11. Won a Swiss Army knife. Hmmm... The following year, after a very successful x-country season, Sid entered me for the Southern ladies' veterans x-country race in Enfield. I won that by a country mile. I was so delighted.

First London Marathon came up in April and I was on the start line. My finish is on YouTube, all in red (Plymouth's colours). I ran with the "running waiter" and we both did 3.06. I did various track races over the summer of 3000mtrs, as that was as far as ladies were allowed to run on the track then. No 5 or 10 thousand metres then. I did 5.04 for a mile, 4.45 for 1500 metres and 2.26 for 800 metres. I even did the 400 hurdles for my club gaining precious points. But I'm no track runner.







I finally made the decision to join Gosport Road Runners in January 2018 after many conversations with Chris & Hayley Sparshott – This was a big deal for me, I have social anxiety and I was stepping out of my comfort zone. Within a matter of weeks, I had become affiliated and had attended a few club nights just to try and move past my anxieties. Since I have joined the club I can feel that I have become a better runner, I have gained new technics and better understanding of how to improve running ability. I have also gained friends that I am able to talk to about running and build a better understanding of pushing yourself, friends that understand what an achievement it is to complete a full marathon, something I never thought I'd have the confidence to do.

I always said if I ever did enter a marathon I would want to do one in America, something away from the huge commercial events, one big enough to enjoy the experience. In the end common sense prevailed as I thought about being on my own in a location I didn't really know and being miles away from home.

With the above in mind I still insisted that I didn't do a local run for my first and maybe only marathon. I searched long and hard for a run that matched such a criteria, plus allowing me time to train for the run. I found the Newport Marathon in May 2019 which I'm still very apprehensive about as I've never ran that distance!

It's going to be a huge challenge for me as it is for anyone that can complete a half marathon, I've said to friends that have completed a marathon, they are hero's and warriors - to be able to run for that distance and time is super human.

Kevin





### Run Dorney 10k – 9<sup>th</sup> June 18

Target time 52:00.

I just wanted to take this opportunity to say a monster huge THANK YOU to the many coaches at GRR and several runners who have supported and helped me to achieve this goal!

Run Dorney 5k, 10k & Half Marathon - 8th June 2018	
Search	
HAYLEY SPARSHOTT	
<b>Net Time</b>	Race No: 726
<b>00:49:48</b>	Gender: Female
Overall: 57 / 205	Category: V45
Gender: 10 / 100	Status: Finished
Categ: 2 / 14	Club: GOSPORT ROAD RUNNERS
	No Laps: 0
	Fastest Lap:
	Average Lap:



I also wanted to say to everyone that specific training for specific events works **once you have a strong foundation in place**, it's just like adding another layer or icing on a cake. Build your foundations first – icing is no good if the cake's not baked!

The training at our wonderful club that helped me most was Sue Barret's Dell of Doom aka **Barret's Beasting** and Rob Hylands intervals on the cycle track aka **Hylands Hammering**.

With their 'gentle encouragement' (being shouted at and told to shift it, stop moaning, put some effort in, 'chase me' and 'I'm coming to get you') I have sped my run pace up by nearly 2 min/miles since the beginning of February. These sessions in addition to taking on board the expert advise from Kim Carter, Nick Carter, Dave Croft, Ben Jarvis and Ben Toye and 'running with it all in my head' helped me to achieve and surpass my target time. Hard work pays off – have a goal and dare to dream!



'If you have the courage to start you'll find the strength to finish'

Thank you Gosport Road Runners.

On Saturday 19th May a group of Gosport Road Runners and their families did a beach clean at Stokes Bay. This was organised in conjunction with Streetscene who delivered litter pickers and bin bags to us, and then arranged to collect the rubbish afterwards. It was a very enjoyable couple of hours and is something that I will be looking to organise again in the near future, in the hope that more people will be able to join us. I will try and arrange for the next beach clean to be on a Sunday which will enable people who work on a Saturday to come along. I will post this on Facebook when a date has been decided.

Included are photos of the band of beach cleaners and the amount of rubbish picked up in just under 2 hours.

*Jenny*



If you are interested, the final results for the 2017-2018 HRRL season are below

*Miranda*

### Ladies teams

#	A-Division 1	score
1	So'ton AC	10
2	Winchester	11
3	Hedge End	23
4	Lordshill	27
5	Stubb'ton	31
6	Denmead	41
7	PompeyJ	47
8	Farnham	51
9	Totton	64
10	Eastleigh	69
#	A-Division 2	score
1	Fareham	17
2	IOW RR	21
3	Salisbury	25
4	Alton	27
5	Gosport	28
6	Overton	28
7	Hardley	32
8	Victory	37
9	New Forest	60
10	Netley Abbey	60
#	A-Division 3	score
1	Ryde	12
2	PortsmAC	20
3	Solent Sis	33
4	Spitfires	44
5	OSRunners	46
6	Romsey	56
7	Liss	62
8	Hart RR	82
9	Blackwater	91
10	Royal Navy	99
11	Andover	104
11	Havant	104

#	B-Division 1	score
1	Winchester B	8
2	Hedge End B	23
3	Winchester C	27
4	Lordshill B	29
5	Denmead	35
6	Stubb'ton B	40
7	Fareham	41
8	IOW RR	51
9	Gosport	57
10	Farnham B	60
11	PompeyJ	60
12	Hedge End C	62
13	Lordshill C	75
14	Victory B	82
15	Eastleigh	97
#	B-Division 2	score
1	Salisbury	17
2	Stubb'ton C	24
3	Totton	31
4	Alton	34
5	Stubb'ton D	38
6	Overton	45
7	Ryde	56
8	Hardley	64
9	Victory C	73
10	Spitfires	78
11	Farnham C	80
12	New Forest	104
13	Blackwater B	122
14	Blackwater C	128
14	PortsmAC	128





### Recording Results for You

Well done everyone, what an amazing set of results we have had in June.

If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you. This will mean that your results can contribute towards awards at the end of the year and be mentioned in our monthly newsletter.

Many thanks to everyone who has sent me links to race results.



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason.

There have been some magnificent results in June that stood out to me on every level and for different reasons including -

**Gavin Llewellyn** – getting a PB in the 5k TT and running a fabulous time of 21:38

**Wendy England** – at the Harry St Ledger 10k for having the courage to start and the strength to finish!! Bravo

**Chris Sparshott** – running the Gosport 5k Summer Series in a time of 22:15 and being almost back on form after his 'post marathon brokenness' may this trend continue

**Caroline Musto** – running Hayling Billy 5 in a time of 37:20 not too shabby at all!

**Gill Dowling** – running 46:11 at the HRRL event in Eastleigh coming 10<sup>th</sup> in her age category

**Dale Poulter** – running Lordshill 10k in a time of 44:25 and achieving his award time after several very close attempts – perseverance at its best!

The result of the month for me is **Loyd Durham** running the Gosport Golden Mile event in a time of 12:38 just 19 weeks after his lower limb amputation. Loyd's determination to overcome adversity and succeed when so many others would have given up and wallowed in self pity is beyond anyone I have ever met before. May this be the first result of many that I have the privilege to record for Loyd and may he continue to go from strength to strength. Bravo Loyd.



Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott

Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)









26/05/2018			
Stornaway Half			
Pos.	Name	Time	Comments
131	Gill Thomas	02:11:59	retrospective result



02/06/2018			
Jurassic Coast 100KM			
Pos.	Name	Time	Comments
18	Daniel Roiz de Sa	17:28:00	WOW



02/06/2018			
Queen Elizabeth Olympic Park 10k			
Pos.	Name	Time	Comments
2	Ben Toye	00:35:54	boom



Saturday, 2 June 2018

67	59	-7
FATIGUE	FITNESS	FORM

- 17:25 5 km 05:36 min/mi 2018
- 28:19 5 mi 05:40 min/mi All-Time
- 35:14 10 km 05:40 min/mi All-Time
- 204bpm 5 sec Heart Rate 2018
- 183bpm 5 min Heart Rate 2018
- 182bpm 10 min Heart Rate All-Time
- 180bpm 20 min Heart Rate All-Time



03/06/2018			
Mud Monster			
Pos.	Name	Time	Comments
97	Kevin Allen	02:07:23	



































23/06/2018			
Giants Head Marathon			
Pos.	Name	Time	Comments
109	Hayley Sparshott	05:36:27	6th age cat
110	C'Mon Kieran Chaplin	05:36:27	
424	Carol Collins	07:44:10	



23/06/2018			
Race to the King 54 miles			
Pos.	Name	Time	Comments
159	Edward Anderson	11:58:05	
160	Dan Roiz de Sa	11:58:05	



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23/06/2018	Lordshill 10K (HRRL)		
Pos.	Name	Time	Comments
192	Jayson Grygiel	00:43:27	
215	Dale Poulter	00:44:25	
260	Sharon Callaghan	00:45:47	
318	Julia Roiz de Sa	00:48:28	
319	Colin Gardner	00:48:38	
341	Chris Sparshott	00:49:42	
350	Kevin Busch	00:49:40	
361	Will Harlow	00:50:29	
371	Robert Hylands	00:50:43	
382	Anna Clodfelter	00:51:17	
383	Miles van der Lugt	00:51:17	
384	Nicolas Boorn	00:51:13	
388	Jenny Shilling	00:51:28	4th age cat
420	John Barrett	00:52:52	
433	Sam Graham	00:53:22	
458	Fiona Tomlinson	00:54:29	
468	Jackie Tombs	00:54:56	7th age cat
493	Michael Kearney	00:56:48	5th age cat
494	Geoff O'Flanagan	00:56:51	
495	Gavin Llewellyn	00:56:53	
496	Gill Dowling	00:56:58	
533	Lee Torrens	00:59:14	
534	Mark Jakins	00:59:15	
577	Steve Calder	01:02:30	
603	Joanne Hopkins	01:04:16	
604	Kim Carter	01:04:16	
611	Chris Nation	01:04:59	
634	Sophie Hurlo	01:13:53	
642	Sue Tingley	01:18:52	
641	Sue Barker	01:18:52	









23/06/2018	GoTri Bayside Triathlon		
Pos.	Name	Time	Comments
3	Jason Belben	00:29:18	
4	Stuart Wood	00:29:30	
7	Rebecca Brown	00:31:17	
11	Tom Reader	00:37:41	
13	Charles Cope	00:38:53	
18	Loyd Durham-Dent	00:54:20	





Lorraine Down swanning in Cape Verde



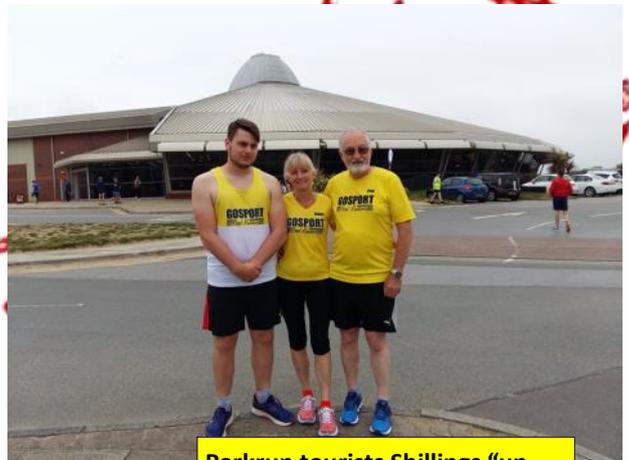
Anna Clodfelter on a photoshoot in Spain



Mike & Marie Bowers chasing deer in France



Rob Hylands planning his next "beasting" in Bergen



Parkrun tourists Shillings "up north"



### GRR Website

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

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



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

### GRR and Social Media



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

Follow this link to see what's going on:

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

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

<http://twitter.com/gosporrr>



### 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](mailto:newsletter@gosportroadrunners.org.uk)



# GOSPORT

≡≡≡ *Road Runners* ≡≡≡

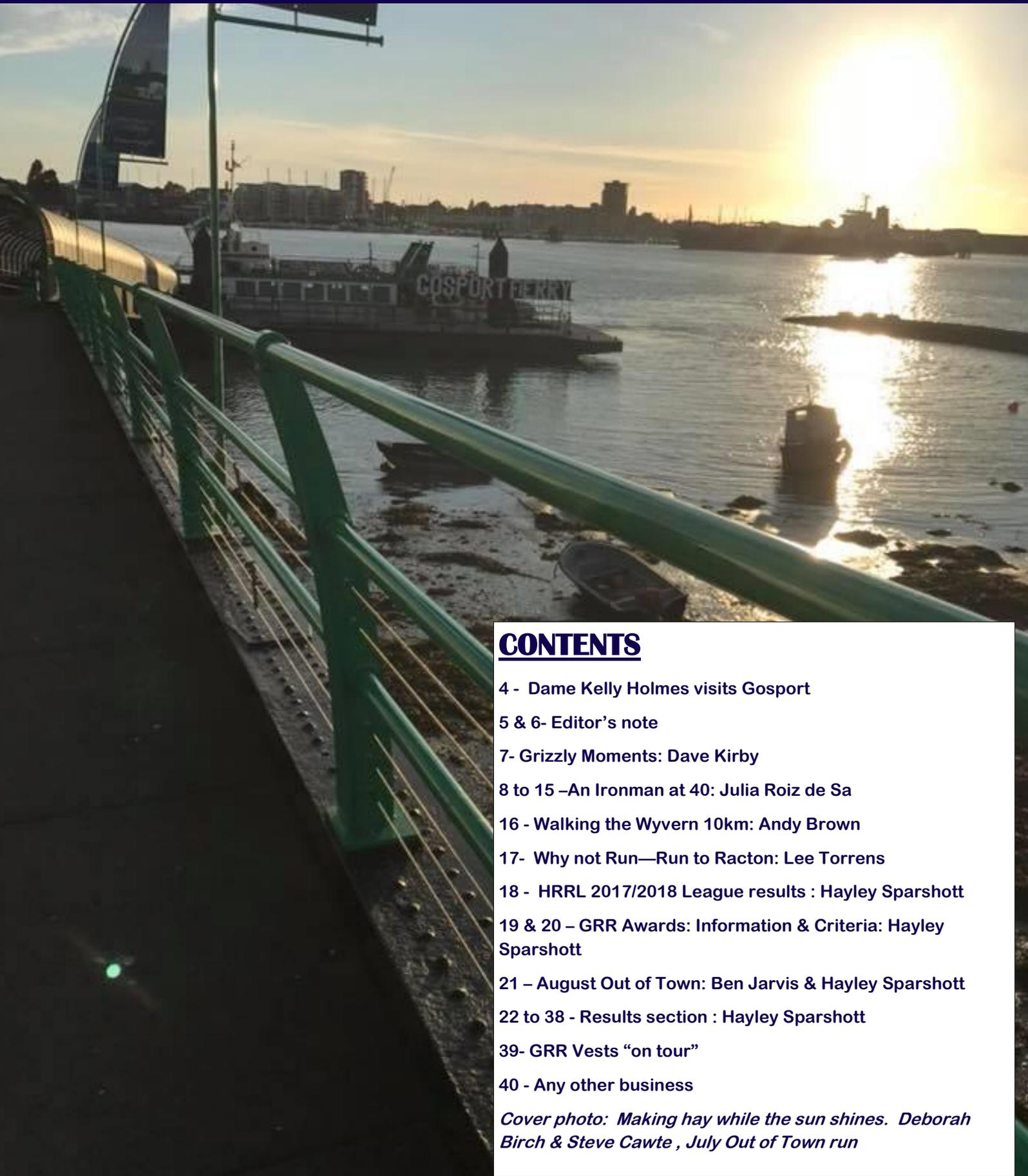


# NEWSLETTER



**Summer**

**July 2018**



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*Cover photo: Making hay while the sun shines. Deborah Birch & Steve Cawte , July Out of Town run*





Dog days of Summer; picnic and pickle month; ice cream and blueberry month; the month of heroes – Wimbledon, Bastille Day, Julius Caesar’s birthday, Nelson Mandela’s 100<sup>th</sup> birthday to name but a few, and several outstanding achievements in the Gosport Road Runners’ camp. July 2018 was hot, hot, hot!

This month I accidentally dug up my training diary from 2011, when I could run a bit, and rediscovered the K.I.S.S. principle of running – “keep things simple, stupid” (or sweetheart, depending on the day’s mood looking back from the mirror). In essence this (to me) means if you can’t do it slow, you’ll never do it fast: Slow and steady running with smooth arm movement and a focus on rhythmic breathing and heel lifts. That is the theory. Putting it into practice is much harder, as I discovered during the Phoenix Running Space Race event I entered with Amber.

We had a very humid day with the remote promise of rain building up in the dark clouds. The rain never came. The heat was oppressive. My fingers became swollen, my legs felt heavy and I was torn between panic and disappointment. This was lap 1. I then decided to have fun instead!

What a fantastically well organised event ! A 6-hour timed event, it started at the Xcel Leisure Centre, Walton-on-Thames. You can complete as many, or as few, laps as you like of a 5.3km (3.28 mile) out and back, course along the river Thames, and one had to complete at least one lap to get the coolest medal ever. This being my first event since the Portsmouth Coastal marathon in December 2017, and having done very little running since then, I was going in with low expectations.

I wanted to do at least a half marathon distance and had 6 hours to complete it, which was entirely do-able even with my state of running unfitness . We decided to call it a day and have lunch after 16ish miles. At the end I felt a little embarrassed about the time it took me to complete the distance but in hindsight that was a bit harsh on myself. Never before did I have an ice lolly midway through a running event! How often do you notice that there is a cast iron sheep sitting on top of the sign of a pub named “The Swan”? ...it’s the little things... I enjoyed chatting to as many people as possible along the way – hardly sensible conversations but I laughed a lot. How many guys with the name of Gary enter these events? Apparently quite a few, if I even heard that correctly! I was totally in awe of the number of obviously seasoned ultra-runners, who just seemed to get faster with each lap. They had this quiet determination on their faces and in their gait – it was a joy to watch them while we were having lunch. It made me want to become a fun runner again. Watch me jogging off on mission not totally impossible!

Finding an email with an article from Dave Kirby in my inbox, is fast becoming one of the highlights of editing. His articles are entertaining, informative and speak of a wealth of running experience. This month he takes us on a Grizzly Moment, and I’m sure you’ll enjoy reading it as much as what I did.

Julia Roiz de Sa takes us on her journey to Ironman 2018. What an amazing woman! I always admired her running ease and speed, but now I have a hero admiration for her. Read her outstanding article and see for yourself what determination and hard work can do. She is an inspiration!

Walking requires patience, as I know from my efforts to get back into running the past few months. Andy Brown has completed the Wyvern 10km race walking/jogging and he shares that experience with us.

Why not Run? A perfectly good question and Lee Torrens covered that in his review of the Race to Racton event.

So, you want to achieve a Club Award? Hayley has compiled an excellent article giving more information about the club awards and explaining how you can achieve this. You just have to go and run now.



In addition to the monthly results section, Hayley has compiled the results for the 2017/2018 HRRL season. Well done to each one of you featured in the list. The HRRL races have gained popularity amongst club members over the past year and these results reflect that. Please remember if your result has not been included with the month's results, it's most probably because the result link from your race was not sent to Hayley. Please remember that only those results for which the link is sent to her, will be recorded.

That's all from me for July. I hope that August will be a very happy and healthy month for you.

Keep running!

*Miranda*





Exhausted, mud splattered, dehydrated, nursing a niggle somewhere, wishing you had never come, but an hour or two later thinking, “that wasn’t so bad after all”? The Grizzly is waiting for you!



Introduction: The Grizzly is a twenty something mile, multi terrain, cross country race situated at Seaton in Devon. Hosted by Axe Valley Runners, this is it’s thirtieth year. Be prepared to wade rivers and bogs, run pebbly beaches, climb cliffs, the infamous “Stairway To Heaven”, steep declines, lots of mud where they have been doing this sort of thing before mud runs were invented.

The “demented ones” that started this is a bit different in as much as you will hear bagpipes in odd places, see funny notices, and see some odd characters. Every year The Grizzly is given a name, in 1988 it was the “Suicide Six”, in 96 it was “Revenge of the Lemmings”. and this year it was, “May The Course Be with You”. Get the picture?

A club member had relatives in the Seaton area and one day said”, you must come down and do this great race, they have this and that... Rhubarb, rhubarb, rhubarb.....” Suitably hooked, half a dozen of us went in 93. And he was right!

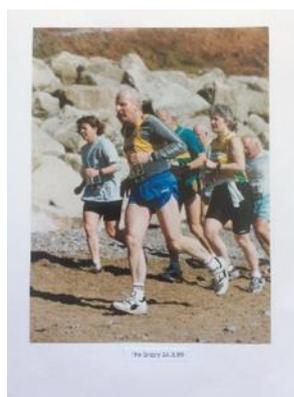
Various members entered over the years and a glance at my records show that I entered seven times. I could be wrong, but club members don’t seem to go to this event anymore. I wonder why? Wonderful country! England at its best. Smell of garlic from the crushed Ransomes after running through the woods. Some wonderful pubs. People shouting encouragement and other ribald comments as you pass. Quoffing pints of Stout, Best Bitter and other coloured liquids. Oh! the injustice of it all!!!The hose down on Seaton front from the Fire Brigade to look forward to!

In 1993 and “Sting Of The Butterfly”. On my first Grizzly, somewhere in the Branscombe area. As a Gosport Road Runner, I thought I was pretty invincible. Suffering from delusions of grandeur I tried to “fly “over a stile. Ended in a crumpled mess with an Alton runner yanking me up by the scruff. Suitably chastised, nursing cuts, bruises and a left wrist that doesn’t feel quite right -no pun intended- we are off again.

Drove home later after having my wrist looked at by St John’s ambulance, who tell me it is severely bruised. Next morning it’s up like a balloon! Down to Haslar where an x- ray confirms a simple fracture. The MO tells me he thought that if I wouldn’t use it, I could go home. Fat chance with a lounge half decorated and a daughter getting married soon. Six weeks in plaster, got everything done on time though, despite being crack handed!

May the miles be with you....

*Dave*



I was never 'sporty' at school, I preferred to hang out with my mates smoking instead of going to PE lessons! When I was forced to do any running at the school cross-country I did, otherwise I did no exercise in my teens!

Fast-forward to 1999 and I joined the Navy. I had to complete a 2.4k run as my fitness test and I could do it in around 11 minutes this was comfortably within the time I needed. Occasionally during my 10 year in the Navy I would do a bit of running. I also played Rugby, participated in athletics competitions and even represented my unit at breaststroke in the Portsmouth swimming championships. But to be honest this was just to get me out of working as appose to me enjoying it.

In 2005 I was working at The Institute of Naval Medicine, there I met Dan. He was a seasoned triathlete and went running most lunch times and after work. We started running together and I found my love of running. Dan had competed in many races to a high standard and had also completed a number of Ironman triathlons. For those not in the know this involves a 2.4mile swim, 112mile bike ride followed by a full marathon. I clearly remember saying to Dan back then 'Why would anybody want to do that?'

In 2015 after running the London marathon I decided to join Gosport Road Runners, something I had been meaning to do since I left the Navy in 2009. Once I was a member of a running club I started to enter more races. In June 2016 I entered the Go-tri Aquathlon (swim/run) organized by Bayside Tri at the leisure centre. I wasn't too worried about the actual event as I knew I was good at breaststroke and my running was coming on really well. I was more concerned about being seen in public in a swimming costume! I had a great time and to my amazement I was 1<sup>st</sup> lady! My 1<sup>st</sup> multi sport event had been successful.



One of the 4 go-tri events I did with some of the GRR's



Now there were just 2 things stopping me from completing a triathlon 1; I could only swim breaststroke (I couldn't even do 1 x length front crawl) and 2; I needed to learn how to ride a road bike!!!

In July 2016 Dan bought me a road bike for my birthday and I also started having swimming lessons, I was going to 'master' front crawl. Over the next year I only went on my road bike a handful of times but I did learn how to front crawl. In the October I did the Go-tri triathlon at the leisure centre. The swim went well, however I did breaststroke as I was still faster at it than front crawl. The bike - well I stayed on it but I was very slow, and the run was fine as expected. In the summer of 2017 I did the Bayside go-tri Aquathlon and triathlon again.



### My first road bike at 38 & on the turbo trainer

In July 2017, I did my 1st Ultra marathon – 100k along the Cotswold way with Dan. I enjoyed the 1<sup>st</sup> 50k but the second half really challenged me. We finished in around 17 hours and I remember saying to Dan something along the lines of ' I am never running this far again, I think I would rather do an Ironman!' BIG MISTAKE!!!! Dan decided that it would be a great idea to enter me into Ironman Austria, to be held on 1<sup>st</sup> July 2018. Dan had completed this particular Ironman twice and knew the swim was in a crystal clear lake and that the bike route was very scenic. Dan didn't inform me of his plan until he had actually entered me. He told me it was an early 40<sup>th</sup> birthday present as the race was to be held 4 days before my big 40.



1<sup>st</sup> and possibly last 100k Ultra



I went into panic mode and knew I needed to get out on my bike. Ironman events have strict cut off times and I was really worried about the bike cut off – the swim needed to be done by 2h 20m and I needed to be off the bike by 10h 10m, this would leave me with 6hr 50m to run a marathon as the overall cut off is 17 hours. I wasn't worried about the marathon at all. By the time the Ironman came round I would have completed 9 marathons. Plus the 100k ultra, having done that I knew I could keep going for 17 hours!

Last summer Dan and I joined Bayside Tri and became regular attenders at their Thurs night swim sessions, which meant I was now swimming twice a week. I entered quite a few HRRL races and 'a few' marathons, I also attended 545 run club regularly to keep up my running fitness, so my 2 days off work mid week were saved for my bike training.

Dan worked out a 6 month training programme for me, but unfortunately I couldn't really ride with him as one of us had look after the children, that is when Joanne Hopkins, Hayley Sparshott and Rachel Gee started training with me. Dave Kitching and Ben Jarvis also came out on rides with us and offered sound advice. Unfortunately Rachel had an accident at the Gosport half marathon and broke her wrist, which left just the 3 of us to cycle over the cold winter months. I did the Bayside Duathlon in Sept 2017. Again I was really slow on the bike. During the training I fell off the bike 3 times. Twice stationary and once, at speed, on the Eclipse bus route. Jo and Hayley did not let me down as they also fell off 1 or 2 times!



### The Bayside Duathlon

Every Monday and Thursday we went out on our bikes. In the early days I was quicker going up hill than down as I was so terrified of falling off. Gradually we got faster and our rides got longer. I don't think Jo has forgiven me for the 50 mile ride we did in torrential rain one Saturday or the quick 20 mile 'out and back' (which turn out to be straight up the 'steepest hill ever') to Alresford we did to add on distance during our 90 mile ride! Over the 6 months we all grew in confidence, especially going down hill – we now regularly reach 40 mph.

In April 2018 I had been training hard for over 6months and although my confidence was growing, I still felt I was too slow for the strict Ironman bike cut off, so decided to treat myself to a brand new race bike. BEST DECISION EVER! The 1<sup>st</sup> time I got on it my speed increased and it was so easy to ride compared to my heavy training bike. Jo and I (plus hubby's) entered the New forest Sportive – an 83mile ride and we both achieved our silver award time. That's when I knew the Ironman bike time was achievable. I also did my 1<sup>st</sup> 'proper' triathlon in April. Myself, Jo and Andy Hopkins went and completed the Ringwood Triathlon (600m pool swim, 45k ride and 9k run). That was the only other triathlon I was to do before my Ironman, as dates of other races didn't fit in with family plans.



### The Ox Frolic marathon, New Forest Sportive & Ringwood Tri

I was able to start open water swimming as the weather improved, and Jo Andy and I completed the 2.4 mile swim distance in the Solent, well within the swim cut off time, which lifted a lot of pressure as I had never swam that far before.



**Open water swimming in the Solent (top left was in March!)  
& Ringwood Tri pool swim**

### RACE DAY

3am -alarm, not that I needed it as I hadn't slept at all!

4am - breakfast – forced down as I felt sick with nerves.

4.40am - shuttle bus to transition

5am –arrive at transition for bike checks (I didn't really know what I was checking, so I just fiddled around pretending to do things!).

6am - wetsuit on and head to the lake.

**OMG** - It was really happening!!!! I don't think I have been this nervous since my driving test (all 8 of them!!!!) We had to self-seed so I put myself in the 1hr30-1hr40 starting pen. Before I knew it the gun had gone and I was getting closer and closer to the start. Everyone looked terrified and we all looked at each other as if to say 'what the hell are we doing here!'



**Terrified before the swim, in the lake & on the run to transition**



**THE SWIM** -The lake was warm and considering I have never swam with more than a handful of people before, the amount of people (2500ish) in the water didn't really bother me. A few people knocked into me and I knocked in to a few but there was plenty of space for everyone. I have to admit I did do a little bit of breaststroke, just to break things up a bit. Towards the end of the swim I spotted Dan in the crowd which gave me a boost. I completed the swim in 1hr 30 and then had to run barefoot for around 500m to get transition. I had made the decision to change completely rather than wear a tri-suit as I knew I would be out all day and wanted to be as comfortable as possible.

**THE BIKE** - Once on the bike I knew I needed to fuel as much as possible so every hour I ate a cereal bar and also had nuts, raisin and Haribo's to nibble on. The aid stations were great and offered water, isotonic drinks, cola as well as a range of foods.

The bike route was 2 x 56 mile. There are 3 climbs along the 56 miles, so 6 in total. I enjoyed the views. Austria is stunning. The crowds were busy on my 1<sup>st</sup> lap as all the professionals were still on the bike. The support was amazing especially on the steep climbs. The bike did not go with out incident. At mile 45 my chain came off and I struggled to get it back on as it had got wedged. Thankfully this happened next to a marshal, who helped me release it so I could get it back on and get back on the bike. This lost me 6 minutes and it was frustrating seeing all the people I had overtaken, fly past me as I was at the side of the road. Thankfully this was the only hitch on the bike and I finished the bike in 7hr 36m.



In transition I changed in to my running kit, I wore the exact same clothes I wore at the Cyprus marathon as I knew that they were comfortable in the heat over that distance.



**THE RUN** - I started the marathon at around 4.30pm so it was still very hot. The run was again 2 x laps of an out and back course along the canal into the town. Dan kept popping up all over the run course to support me as he had taken his bike so he could easily get to different points on the course. The 1<sup>st</sup> half marathon I ran quite well despite the heat. It was round mile 19 that I started to feel quick sick. I walked most of mile 19-20 and then started running again a few more miles. I took on as much fuel and water as I could manage without being sick. The last 5k was slow but the sun had set which helped, as this meant the temperature dropped. Finally I had less than 1k to go and I could hear the announcers at the finish. It was dark and there were flashing lights as I ran down the red carpet. I could hear Dan but couldn't see him.



**After 14 hours 37 minutes and 28 seconds I had finished. I was an Ironman! All the hard work and training had paid off!!**



# 777

JULIA ROIZ DE SA



Would I do another? I could do the race again but whether I could do the training again is another question. Having 3 children and working (thankfully only 3 days a week now) meant that I rarely got any free time in the 6 months leading up to the race. I will continue swimming, cycling and running and maybe enter a

middle distance triathlon next year but at the moment I'm happy with what I have achieved. Hopefully I have inspired a few others to push themselves that little bit further. 2 years ago I had never done a triathlon, couldn't swim front crawl and couldn't ride a road bike. Never say never, and don't listen to the people that say 'you can't do that'. If you really want something, then go for it. Whether it's a PB at park run, an open water swim for the first time, an Ultra marathon, triathlon or something else.

In the words of C.S. Lewis 'You are never too old to set another goal or to dream a new dream' I did and so can you!

*Julia*

After putting myself out of action due to self inflicted injuries (damaged ribs/intercostals muscles) after a Falklands commemoration mess dinner, I have been joining fellow club member Debbie Humphreys for fast walks as she is also recovering from a knee injury. I had already missed Eastleigh 10k and had originally offered my Wyvern 10k place but there were no takers, so when Debbie said she was going to walk it I decided to do the sensible thing (for a change!) and not spend Saturday afternoon and evening at the Fallen Acorn Brewery Summer session and join her in an attempt to power walk the event.

After a quick and easy registration and number pick up, I located the gazebo kindly provided for GRR by the organisers, and along with other club members, I felt a fair bit of trepidation because of the increasing heat. All the GRR I spoke to had made the sensible decision of not pushing it by attempting a PB.

Myself and Debbie took our places at the back of start line by the well known madman in the gorilla suit and we were heartened to hear others around us were also walking. After a short delay the race started with the front runners steaming off around the track. Sue Barratt would have been pleased to see everyone around our area was obeying 'Barrett rules' and not running until they'd crossed the start line.

We headed out of the college grounds to the cheers of the GRR support crew, and Faye's sage advice to 'go faster' ringing in our ears. Plenty of residents in the housing estate were out clapping and cheering everyone which was great to see. Within the first mile we started to pass some people who started at a run as we got into a steady fast walking pace and were pleased to go through the first of many sprinkler hoses set up by kind hearted locals. Fluids were taken on at the first water stop and before we hit the 2 mile marker the leaders were already heading back.

As the main group of runners headed back we kept our eyes out for all the GRR runner and gave and received shouts of encouragement to each other. All the marshals were encouraging everyone and making sure we were ok in the increasing heat. It was nice to have the breath to thank them all. We heard Sue Barrett and Kerry Irwin-Hall before we saw them, so decided to treat them to a display of Olympic standard walking. The 5k turn around point was reached and we headed back to the finish, encouraging everyone still on their outward leg. We were sticking to the shade wherever possible and occasionally jogging the downward slopes, once again showing good form passing Sue and Kerry despite neither of them having a camera.

As we re-entered the college grounds a wall of heat hit us like opening an oven door. With the finish line in sight, we broke into a run and then for the benefit of the cameras a sprint along the track to the finish line, accompanied by the GRR cheer team wall of noise.

Our chip time was 1:24:12 with a split time of 42:05@ 5k and 42:07@ 5-10k at an average pace of 13:32 min/mi and we had managed to pass a few people. Despite the heat I really enjoyed the Wyvern 10k a well organised event with great marshals, and awesome support as usual from all GRR. Great teamwork was shown by everyone looking out for each other and once again I was proud to be part of our GRReat club.

Thank you to Debbie for suggesting (bullying me into) joining her walking the Wyvern 10k

If you can't run a shorter event but are capable of walking at a decent pace I would thoroughly recommend power walking an event if you can't transfer your place rather than sitting it out, you might surprise yourself. I certainly learnt a few things today including power walking hurts your glutes more than running! #embracethewiggle

*Andy*





Sunday 22<sup>nd</sup> July was a scorcher. No matter though, a small bunch of us still gathered under the unrelenting heat to take on the Why Not Run event at Stanstead House, aka The Road To Racton Ruins. It was my first time at this event, so I didn't know what to expect. I didn't have to worry, though. The event itself was very well organised, with plenty of shade for rest periods, and water and snacks to refresh and replenish and the end of each lap.

There was a great bunch from the club who attended. It's at events like this where I really appreciate being a part of GRR, because everyone put in their maximum effort no matter how far they ran, and the support given and camaraderie amongst us was brilliant.

The course itself was a 3.8 mile out and back from the start area to Racton Ruins, mixed road and trail. It was dry and dusty due to the zero rain fall for the previous few weeks, fairly flat but with a few sneaky inclines here and there to keep us on our toes. The course could be run as many times as was fancied - a medal was still earned if one lap was completed, but for those of us who were feeling particularly frisky there were other distances to aim for. I had no real goal or expectations when I arrived that day; I just wanted to run and see what I could do.

Now, I don't want to blow my own trumpet, but I'm loving my running at the moment, and I think I'm getting quite good at it. I'm in the best physical shape I've been in for a good few years, I'm injury free and my legs and lungs are taking pretty much everything I'm throwing at them within reason. My biggest issue at the moment is my confidence. The longest I had run before this event was 8 miles, and that was on one occasion. I'm a 10k man, through and through, but this distance has kind of become my bread and butter now and not so much of a challenge. However, anything over that distance was daunting to me whenever I considered it. It's difficult for me to put into words - my head is telling me that logically I'm in a really good place physically to take the next step, but my heart is reluctant to commit.

With these thoughts chipping away at the back of my mind, I ended up running 4 laps, which was a total of 15.2 miles, which was nearly twice as far as I've gone before, which is more than a half marathon. My first half!! Ok, it was partly on a trail and I took short breaks of a minute or two between laps, and also the people I was with made it enjoyable, but it was still 15.2 miles at the end of the day. It showed me that I'm capable of so much more than I had truly believed I was and has spurred me on to train properly for the longer distances which had so far felt beyond my reach.

I'm in for the Great South Run in October, and I'm also in for the Portsmouth Coastal Half Marathon next February. Those two are plenty to be getting on with for now, and the first can form part of my training for the second. I'm looking forward to both with respect and some trepidation but looking forward to them nonetheless. Now all I need is a new pair of trainers...

Lee





### Gosport Road Runners - Awards and how to qualify

We have a club standard award scheme

Ladies qualifying times <http://www.gosportroadrunners.org.uk/racing/club-awards/>

Mens qualifying times <http://www.gosportroadrunners.org.uk/racing/club-awards-mens/>

### How to qualify for club awards

Runners can qualify for these times in fully licenced races which hold the necessary UKA or ARC Certificate of Course Accuracy, the Gosport Road Runners monthly time trials and parkrun. Please note that you have to achieve the necessary time in 4 of the distances and one of the distances is either 5 miles or 10k. These awards are restricted to being won once in each age category, you cannot win your Bronze award, Silver award or Gold award more than once in each 10 year age bracket. You have to acquire your qualifying times from 1st January to 31st December. Your age is based on how old you will be during that calendar year. You will be asked to submit your claim for your award during December where your results will be verified ready for the awards evening in January, this is the responsibility of each runner and is not an automated process.

### Distance Awards

At Gosport Road Runners we also have distance awards at 10k, 10 mile, half marathon and marathon distances. These are offered in each age category and can be won year after year. To qualify to win one of these awards you have to be fastest in your age category in a Hampshire Road Race League event (excluding the Marathon distance which can be any Marathon which holds the necessary UKA or ARC Certificate of Course Accuracy) the half marathon can also be achieved at the Gosport Road Runners helpers half marathon which is available to all club members who have helped out before or during the Gosport Half Marathon and this can include bag packing, course set up, marshalling and organising.

The Hampshire Road Race League events are :-

- Overton 5 mile
- Solent Half Marathon
- Gosport Half Marathon - not available to enter for GRR's, Helpers Half qualifies towards awards
- Victory 5 mile
- Stubbington 10k
- Ryde 10
- Fleet Half Marathon



- Salisbury 10
- Alton 10
- Netley 10k
- Alresford 10k
- Lordshill 10k

Giving all runners plenty of opportunity to win awards whilst competing for the Gosport Road Runners in the Hampshire Road Race League.

### Other Awards

Gosport Road Runners also have a variety of other awards that runners can win.

- Giles Trophies - male and female, for outstanding effort
- Hugh Pritchard Marathon cup - for anyone who beats the current fastest club marathon times both male and female
- Most Improved awards - awarded to male and female runners who have improved the most over a wide range of distances compared to the previous year
- Good Egg award - for someone who goes above and beyond for the club
- Novice award - for the best novices male and female, someone who has joined the Gosport Road Runners as a novice runner and embraced their running attempting a variety of distances and terrain
- Brenda Wiltshire 10k plate - awarded to the fastest male and female at the club 10k time trial
- Fastest senior - male and female awarded to the fastest seniors over a variety of distances
- Fastest Vet - male and female awarded to the fastest vets over a variety of distances
- Presidents Shield - awarded to the best vet, someone who competes for the club in a variety of events and is a proud Gosport Road Runner

If anyone has any questions about any of the awards, please feel free to ask and we will endeavour to answer your questions.

Happy running everyone.

*Hayley*





**Invitation - Out of Town Run**

**Date - Thursday 30th August**

**Time - 6:45pm for 7pm start**

**Place - Meon Shore, Cliff Road , Hill Head (near Titchfield Haven)**

There is a public **loo at the start** .

**Bring your own drink** if you need one - it can be hot in August.

Unless we have a rainy August **road shoes are ideal for this run.**

We have created a simple route in the hope that anyone who runs it will have the courage to give it a go on their own another time, opening up training options for folk who may not be so sure about going off road and into the countryside. It is **5 miles long and easy terrain** . There is 1 stile to climb over but I am certain we will all help each other over this if anyone is unsure.

**Come along and have a chilled out, sightseeing run with us in the countryside close to home but still Out of Town.**

*Ben Jarvis and Hayley Sparshott*



### Recording Results for You

Well done everyone, what an amazing set of results we have had in July.

**If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you. This will mean that your results can contribute towards awards at the end of the year and be mentioned in our monthly newsletter.**

Many thanks to everyone who has sent me links to race results



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason. There have been some magnificent results in July that stood out to me on every level and for different reasons including –

**Martyn Barnes** – running an amazing time of 21:55 in the Gosport 5k Summer Series event

**Emma Robinson** – completing the 10k TT in a time of 53:49 on a hot evening – well done Emma

**Emma Noyce** – running Wyvern 10k in a time of 1:00:18 so close to the 1 hour mark in such incredibly hot conditions and even managed a sprint round the 'J' track too.

**Terry Arnott** – returning to running after a long period of injury and running the Gosport 5k Summer Series well in a time of 23:27 (not quite the 9 min/miles predicted prior to the run) bravo, it's GRReat to have you back.

**Brian Fisher** – running Gibbet Hill 10k in a time of 56:56 coming 7<sup>th</sup> in his age category and only 6 mins off his previous time achieved 12 years prior to this one.

**Robin Maloney** – running Race to the Stones 100km in a time of 17:20:16 what an achievement!

The result of the month for me is **Julia Roiz de Sa** – aka Ironman!

Since I can remember I have been in total awe of triathletes – you have to be made of different stuff to master all 3 disciplines swim, cycle and run. 12 months ago Julia entered (was entered into) a full Ironman triathlon – I will never forget going out with her on the first bike training outing in September and Julia cycling slower down Nine Elms Lane than she cycled up it and she cycled up it slowly calling out 'I'm here' when she caught up with us!!! To get from that to completing the Ironman event well under the cut off time proves to me that anything is possible if you want it enough and are prepared to put in the effort to achieve it! I have been privileged to see and be part of that transformation. There has been blood, sweat, tears and laughter getting there but she only went and did it!! In a time of 14:37:29 – 2.4 mile swim (in a lake) , 112 mile bike ride (up mountains) followed by a 26.2 mile marathon – Julia became an Ironman!!!



Well done everyone – keep those results coming to me please as I will only record results that have been sent to me.

Hayley Sparshott

Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



Pos.	Name	Time	Comment
1	Michael Percival	00:37:56	
2	Alan Burgess	00:47:13	
3	Gill Dowling	00:48:49	
4	Su Baldock	00:49:45	
5	Dan Roiz de Sa	00:49:51	
6	Rob Hylands	00:50:53	
7	Brian Fisher	00:51:11	
8	Caroline Musto	00:52:23	
9	Jenny Shilling	00:53:03	
10	Emma Robinson	00:53:49	
11	Charles Cope	00:56:59	
12	Mike Stares	00:58:02	
13	Paula Pearce	00:59:09	
14	Gill Thomas	00:59:45	
15	Cathy Harman	01:01:32	
16	Becca Brown	01:02:26	
17	Angie Claridge	01:02:36	
18	Jenna Leach	01:03:28	
19	Mike Barker	01:03:29	
20	David Baker	01:04:58	
21	Nicky Aitken	01:07:01	
22	Stef Neale	01:08:24	
23	Karen Morby	01:08:25	
24	Richard Smith	01:08:26	



Thank you to our officials - Liz Redpath, Rachel Gee, Gary Frances, Janet Lindley.

Thank you to our marshals and volunteers - Roger Loxton Gear, Mike Bowers, Hayley Sparshott, Nick Carter, Jo Hopkins, Yvette Eastman, Dave Kitching, Sharon Nobel, Ali Watson, Naomi Clements, Kerry Irwin Hall, Karen Harding, Sue Barrett, Chris Nation, Auz Gray, Jackie Toombs, Steve Cawte, Dave Croft, Kelee Read, Jackie Brady



23/06/2018		Cheddar Gorge Challenge (half marathon)	
Pos.	Name	Time	Comments
20	Kevin Allen	02:10:28	



27/06/2018		Summer XC	
Pos.	Name	Time	Comments
78	Colin Gardner	00:40:16	
107	Nicolas Boorn	00:43:14	
142	Sam Graham	00:47:26	
216	Joanne Hopkins	00:56:09	
217	Steve Cawte	00:56:09	
232	Jane Cockayne	00:59:39	
233	Claire Tallack	00:59:39	



01/07/2018		Cleobury Mortimer 10k	
Pos.	Name	Time	Comments
156	Pippa White	01:14:57	











GOSPORT GOSPORT





15/07/2018		Race to the Stones 50K	
Pos.	Name	Time	Comments
9	Hayley Sparshott	05:30:16	3rd female



Robin Maloney did the 100k in 1 day Race to the Stones event. Hayley kindly sent me 2 photos of him from the day. In the first one he looks as if he is almost enjoying it - the last one was 17 hours of very difficult terrain later and the look speaks for itself.

What a huge achievement!



15/07/2018		The Wales Marathon	
Pos.	Name	Time	Comments
297	Ben Jarvis	04:13:11	full marathon
354	Caroline Musto	02:12:46	half marathon



15/07/2018		British 10k Running Westminster	
Pos.	Name	Time	Comments
11282	Alison Watson	01:49:46	





15/07/2018		Frome Half Marathon	
Pos.	Name	Time	Comments
105	Kevin Allen	01:45:37	



20/07/2018		Space Race	
Pos.	Name	Time	Comments
	Miranda Carrick	03:46:00	16.4 miles



21/07/2018		Thunder Run	
Pos.	Name	Time	Comments
51	Conti Team 1		25 laps
	Kieran Chaplin	00:52:23	
		00:55:01	
		01:05:52	
		00:56:05	
		01:14:13	





28/07/2018		Dorset Invader Marathon	
Pos.	Name	Time	Comments
75	Hayley Sparshott	05:14:44	4th age cat



29/07/2018		Dorset Invader Half Marathon	
Pos.	Name	Surname	Time
22	Kevin Allen		02:07:21
68	Dan Roiz de Sa		02:25:27
185	Andrew Pearce		02:59:21
186	Paula Pearce		02:59:22
253	Paul Stansfield		03:26:18
254	Christine Stansfield		03:26:18





28/07/2018		Lee VeloPark Half	
Pos.	Name	Time	Comments
2	Ben Toye	01:17:25	chip dispute



MI	PACE
1	5:34
2	5:45
3	5:43
4	5:46
5	5:52
6	5:53
7	5:50
8	5:54
9	5:57
10	5:58
11	5:58
12	6:01
13	5:57
0.2	5:24

**Home**

Ben Toye  
Saturday, 28 July 2018

**90** FATIGUE | **73** FITNESS | **-7** FORM

Peak Performances (x5)

- 28:40 5 mi 05:44 min/mi All-Time
- 35:46 10 km 05:45 min/mi All-Time
- 58:12 10 mi 05:49 min/mi All-Time
- 1:16:44 1/2 Marathon 05:51 min/mi All-Time
- 173bpm 60 min Heart Rate All-Time

29/07/2018		Ten Fest	
Pos.	Name	Time	Comments
81	Jackie Tombs	01:28:42	1st in age cat













### GRR Website

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### Newsletter Photos

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

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

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

Email them to me at

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)



# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER



**Summer**

**August 2018**



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- 7- Getting Hugh on your Club Kit: Miranda Carrick
- 8 to 10 -Question Corner: Ben Jarvis
- 11 & 12- Gravel Hill 5: Jeanette O'Neill
- 13- International Parkrun Debut : Deborah Birch
- 14 to 16 - Leila's Run : Hayley Sparshott
- 17 to 19 -HRRL : Hayley Sparshott
- 20 to 38 - Results section : Hayley Sparshott
- 39- GRR Vests "on tour"
- 40 - Any other business

*Cover photo: Sprinkling some Magic! Pippa White during the Harting 10 race.*



Hello!

Welcome to your August newsletter. It was a good month, wasn't it!

The past weekend I participated in an event, wearing the club vest for the first time in many months. It felt fantastic! Loads of work still to be done on the fitness front, but I wore the vest again, so Planet M is finally orbiting in the right direction.

Our Club Chairman, Dave Croft kicks off this issue with information about committee decisions and recent developments in the club. This affects you as a club member so please read his article. I like the arrangement that we should be able to pay our club membership fee by bank transfer from the next renewal.

I've included a reminder about personalising your club kit with Hugh, our club mascot. I'm sure Ben Jarvis would be happy to answer any questions you may have about this matter.

Ben Jarvis also returns with the Question Corner, and the mystery guest is a lady whom I really admire. It's great getting to know her a bit better through Ben's questions.

Jeanette O'Neill takes us uphill with her review of the Gravel Hill 5. I've participated in this race last year, and the first hill was a breathtakingly shock. Thanks for sharing your experience with us, Jeanette.

Deborah Birch made her International Parkrun debut in Leipzig and it sounds like she had a very enjoyable experience. Read about it a bit later. Vielen Dank, Deborah!

Hayley Sparshott made an impressive contribution to this month's newsletter. She participated in a very special race and shares her review of this. She also wrote a very informative article about the HRRL. In addition to this, her race times this month have been phenomenal! Have a look at the results section. We find ourselves in august company! Thank you for all the work you put into compiling these articles, not even mentioning the Results, Hayley.

When I read how Charles Cope decided to celebrate their Silver Wedding Anniversary, the words from Shakespeare's *Julius Caesar* came to my mind "*Now bid me run and I will strive with things impossible*" (Act 2 scene 1). I studied this play for 2 years at university and was surprised to find that this line is often used by runners for motivation. It always conjured up an image of determination, dedication and fearlessness to me, which is very useful if you're training for an endurance event or a big race (even if your "big race" is a 10km event). If you're looking for some running motivation or inspiration and happen to be the "bookish" type who is into Shakespeare, you can find some good advice in his words. As I mentioned, the above quote may work well for motivation. For practical advice or when the going gets tough, "*Wise and slow, they stumble that run fast*" (Romeo & Juliet) and "*A turn or two I'll walk, To still my beating mind*" (The Tempest). Wise words which could be useful in most situations in life, not only running. Which brings me reality – when I told the husband perhaps I should be doing an epic endurance race when we reach our Silver wedding anniversary, he asked if I'm coming back...yep, he's a "steak-&- chips-with-a-bottle-of red" wedding anniversary celebration type of guy.

Run happy and have a colourful September.

Miranda







Both Nick and Sue have worked hard to increase the input from our L.I.R.F's and C.I.R.F.'s something you will have hopefully noticed on most club nights. In addition we are looking at the possibility of bringing in qualified coaches to take sessions on an ad hock basis similar to those undertaken by Geoff Watkins earlier this year (watch this space).

Perhaps one slight area of contention is that the committee has decided to retire the Jane Barton Plate from our club awards. This decision was made out of respect for the families involved in the on going situation at the Gosport War Memorial Hospital.

This is just a flavour of the actions the Committee have undertaken on your behalf. We are always trying to find ways to improve your experience of the Club and to this end Rachel Gee (Club Secretary) will shortly be sending out a Survey asking for your views on the club and if we need/can improve in anyway. I would urge you to get involved and let us know your thoughts.

The Cross Country season approaches, look out, here comes Sarah Downs your X/C Captain.

OK that will do for this session, (my typing finger is beginning to complain) I will try to make it a more regular feature as and when there are things to tell you.

Yours in Running

*Dave Croft (Club Chairman)*



If you are interested in getting Hugh embroidered on your GRR club kit, please remember that this can be done at Print-and-Sew in Stokes Road. The prices are as follows:

Printed to any garment: £3

Embroidered to your jacket/hoodie: £6

The image is added to the garment as follows:

Vest: on the back at the top

T-Shirt: right breast of shirt

Jacket/hoodie: right breast side at the top

Any questions please contact Ben Jarvis or see him at the club.

***Remember that getting the club mascot printed on your kit, is totally optional.***

*Miranda*



*Who are you?*

Jenny Shilling.

*When did you Join Gosport Road Runners*

I think it was around 8 years ago .

*What first made you come to the club?*

My son was thinking of joining, so we came along together .

*Did you use the beginners' course? If so was it helpful?*

No ,I had already been running for a few years.

*Why did you decide to join Gosport Road Runners?*

It was local to both me and my son.

*What was your first race?*

The 5k Race for Life.

*What is your favourite race or event and why?*

I love the Great South Run, good atmosphere and it's good to be able to experience a large event without having to travel too far.

*What is your favourite distance to run and why?*

10 miles, I can get into a nice steady pace.



*Do you have a favourite Medal or T-shirt?*

Medal - Gosport Half Marathon. T-shirt, Salisbury 10 in 2018.

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

Prefer road, as it is a flatter surface. Although I manage to fall over on any surface!

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

Porridge for breakfast, and then see how many times I can queue for the loo!

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

After stretching, I nearly always eat scrambled egg on toast with a drink of hot chocolate.

*What is your favourite training? Long run intervals etc*

I like a long run with a friend.

*#1 Bucket List race*

It used to be the London Marathon, but now would like to do a half marathon somewhere in Europe.

*Who inspires u the most and why?*

It has to be both Jessica Ennis Hill. She seems so down to earth but was so focused. She also shares my birthday (but not the same year).

*If you could do any other sport what would it be and why?*

Triathlon - I would love to be confident enough to compete in the 3 elements. It must be a great feeling.

*If u could have one more meal... What would it be?*

Christmas dinner with all my family together.



### *What would be your superpower?*

To have a photographic memory and be able to recall information instantly.

### *Favourite movie*

For the real feelgood factor it has to be Mama Mia.

### *Dream job?*

Games maker at the Olympics.

### *Beer cider or spirit?*

Don't drink alcohol

### *Best holiday*

Croatia in 2005

### *Most embarrassing sporting moment*

Crouching down to wee when marathon training on the path by Farlington to see a cyclist passing by.

### *Favourite cake!*

Any cake - Chocolate, Lemon Drizzle .....



28/07/2018

I never thought I would be writing an article for a running newsletter but here goes- I hit 50 in October last year and on my bucket-list had always been to run the Great South Run for a charity. I heard about the GRR beginners' group via a friend so thought it's now or never. I signed up but due to holidays missed the first 4 sessions (I did go to the gym on holiday and use the treadmill) but on week 5 I turned up and joined group 2 and here I am writing this, so something obviously went right!

Very nervous and full of apprehension I attended the club sessions on a Tuesday and Thursday and ran on my own at the weekend and eventually ran the first 5K TT at an amazing 31.16. This spurred me on to prove I could do more and push my boundaries taking advice from the experienced runners on the way.

I saw an advert for the following race GRAVEL HILL 5 which was local and had spaces available. I showed an interest on the page and really wanted to get out of my comfort zone from running around Gosport's streets. I spoke to friends and family and had a very mixed reaction from them so put it on the back burner, one night while out with GRR's watching the Scarlett Monkeys at the Carisbrooke Arms I was speaking to Tonia and she said she was running the Gravel Hill 5 and I should do it with her. That was it I got home that night and entered - nervous and excited I was determined to do it and gain the lovely medal for finishing.

I looked up the details of the course and then realised it wasn't called GRAVEL HILL 5 for nothing – excited by this I was more determined to finish it. I started going over Alver valley to run up and down the hills and upped my distance from my comfort 3 miles to 4+. My thoughts were to run/walk the first mile hill then take the next four miles as they come.

Race day arrived – Mark Jakins accepted to be taxi driver to us 3 ladies (myself, Tonia and Chris). Luckily the weather had cooled a bit and off we set. Once we arrived and parked the car it then hit me what I had signed up to do seeing the massive hill in front of me! We arrived at the tent and collected our race numbers, people were arriving, and the atmosphere was gathering. The pre-race instructions began, and the organiser asked who was doing their first 5-mile race- I sheepishly put my hand up and he laughed and said” DO U KNOW WHAT U HAVE LET YOURSELF IN FOR AND U COULD HAVE CHOSEN AN EASIER RACE TO BEGIN WITH?”. Others were laughing, and this made me more determined just to enjoy it and forget the under an hour time I had set for myself.

We gathered, and the race began – I started off slowly running up the hill, but momentum got the better of me and before I knew it I was running at a good pace chatting to the runners who were passing me or slowing for a quick breather while looking out for all the tree stumps and other obstacles that were lurking around! The hill got steeper and steeper and longer and longer and before I knew it my watch hit 1 MILE but the hill hadn't ended, breathing heavily and choosing to walk a bit I continued up the hill – finally at 1 ½ miles the hill stopped and down we went! I chose to try and run down the hill, but people were flying pass me at great speed- one couple shouted at me to let my arms go and keep them by my side and let the momentum take me! WELL WHAT A FEELING OF MIXED EMOTIONS THAT WAS – thrilled, scared, excitement all rolled into one while still dodging the lumps in the path! Watch buzzed at 2 miles and the refuel station was in site- I grabbed a drink and a handful of sweets -NOT A GOOD DECISION. The drink was PIMMS and lemonade (I don't drink) so that was a waste and the sweets made me feel really sick! The next two miles consisted of more hills but not as long but still were steep in places. I was really enjoying the run and chatting to all the different runners and being out of my comfort zone, eventually I met with Chris and we ran together which was lovely she was encouraging me along the way.



MILE 5 arrived – well this was a challenge ahead, there were tree stumps, stones, bricks you name it, it was there waiting for us to trip on! With eyes on the ground more and more I even forgot to smile at the camera man as I passed – the end was in sight! As I hit the last downhill I could hear the announcer cheering everyone over the line then I realised I was going to finish it! I met and thanked the last marshal on the corner encouraging as I passed! Into the field I went, and I could see Tonia, Mark waiting and Chris just finishing – I dug deep and ran hard the last bit, Tonia was taking pictures, so I gave a big wave and smile and that was that – GRAVEL HILL 5 completed in a time of 59.14 with negative splits (first time ever).

An amazing day, very challenging course, excellent organisation, loud marshals, special GRR team mates and one very happy finisher of her first 5-mile race in under the hour! If you want a 5-mile race with a difference, then I would fully recommend the GRAVEL HILL 5.

*Jeanette*





I ran the Küchenholz parkrun in Leipzig, Germany whilst visiting my nephew and taking a holiday in the area on 4<sup>th</sup> August. It was early days for the organisers there at parkrun number #36. There was a field of 34 and I finished the 6<sup>th</sup> female, 2<sup>nd</sup> in my age grade and 23<sup>rd</sup> overall in the field of 34 (and that information all came through in German).

I was thankful for a mainly tree lined shady route with soft footing underground. A 2 lap course without marshals but cones showing direction at junctions and was lucky enough to have a regular parkrunner alongside me as I could not see the runner in front. I spoke to her in English and she spoke to me in German!

Everyone was very friendly. The first person I spoke to was Adam from Portsmouth who was studying at university in the area! Then there was Christian and Angela. Christian had run many marathons. His favourite was Durban (but I think he was trying to tell me this was a longer distance than marathon). I do not speak German and couldn't quite understand this part of our conversation.

At the end I signed their visitor's book and ate a very refreshing piece of watermelon the organisers provided. Everyone was welcomed to a local small café on a street corner a short walk away. My husband and I joined the 7 others who went and enjoyed the tea and the company.

It was a great experience that I thoroughly enjoyed....what country next for my international parkrun!

*Deborah*



19th August 2018.

Organised by Garden City Runners as a charity event to raise funds for Leila's hospice.

1 lap = 10k, 2 laps = half marathon, 4 laps = full marathon.

139 runners (150 max) small and friendly low key event



### About Leila

Leila was a lovely person, who loved life and had many interests and friends. She especially loved running socially and as an active member of Garden City Runners and 100 Marathon Club.

Leila completed over 200 marathons in the UK, Europe and around the world including New York, Perth and Honolulu .

Leila's last marathon was at Abingdon when shortly afterwards she was diagnosed with cancer, her last run was at the Pathfinder in 2012. Soon after that, her condition deteriorated again. She would never run again, and she passed away in February 2013.

### The Run

A particularly hilly course, which started behind Wheathampstead (Nomansland). The difficult terrain and continuous ups and downs made for very tiring running conditions but the superb marshals and race organiser (who kept appearing all over the course on his bike cheering us on) kept us going in the heat and high winds. Being 4 laps made it nice for pacing and ticking off the mental miles. This run meant so much to me - being organised by my home town runners in Welwyn Garden City.





<https://www.thepowerof10.info/athletes/profile.aspx?athleteid=82680>

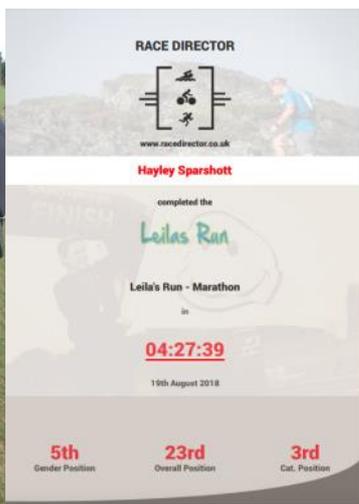


I was also running in the presence of marathon running excellence. Steve Edwards was there, he is just a bit special, 836 marathons average time 3:18:32 - he came 6th in a time of 3:26:10 describing it as 'a testing 4 lap course.'

### Summary

Superb bling and fridge magnet. Hard course but beautiful so worth the effort. Faultless organisation with caring volunteers. The organisers are hopeful to be on course to raise £1000 for the charity again this year which is fantastic news. I would do the event again - but would run it much slower next time because that really hurt a lot!

### Hayley



Leila's run.

Welwyn Garden City town centre.



crossing the finish line - the sign in to the side is poignant



### What is the HRRL?

The Hampshire Road Race League (HRRL) is an annual series of road races for all runners from participating clubs in the County of Hampshire, on the central south coast of England. Since 2008-9 there have been twelve races in the season, from September to May.

### HRRL FIXTURE LIST 2018-19

DATE	START TIME	EVENT	DISTANCE	ENTRY / RESULTS
Sun 2 Sep 2018	1400	OVERTON	5 Miles	<a href="#">Entry</a>
Sun 23 Sep 2018	1000	SOLENT	Half Marathon	<a href="#">Entry</a>
Sun 18 Nov 2018	1000	GOSPORT	Half Marathon	<b>NO ENTRY TO GRR MEMBERS</b>
Sun 2 Dec 2018	1100	VICTORY	5 Mile	<a href="#">Entry</a>
Sun 13 Jan 2019	1000	STUBBINGTON	10 Km	
Sun 3 Feb 2019	1100	RYDE	10 Miles	
Sun 17 Mar 2019		FLEET	Half Marathon	
Sun 14 Apr 2019	1000	SALISBURY	10 Miles	
Sun 12 May 2019	1030	ALTON	10 Miles	
Sun 19 May 2019	1000	NETLEY	10 Km	
Sun 16 Jun 2019		ALRESFORD	10 Km	
Sun 30 Jun 2019	0930	LORDSHILL	10 Km	

NB the Gosport Half Marathon is not open to entry for Gosport Road Runners – anyone who volunteers to help on the day of the Half Marathon or the days leading up to the event can have free race entry into the Helper's Half Marathon.



### How does HRRL work?

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 and these enjoy a wide participation of runners of all standards, abilities and ages (from senior upwards). Individuals score points from their finishing positions in the races. There are separate leagues for women and men, both for teams and individuals.

### Hampshire Road Race League season 2017-18

league Position	Name	number of events	total points
37	Julia Roiz de Sa	8	74.5
38	Gillian Dowling	8	74.4
55	Jenny Shilling	10	59.6
69	Fiona Tomlinson	8	46.9
75	Kerryanne Sawyer	7	43.4
84	Karen Morby	7	29
87	Joanne Hopkins	8	26.9
89	Kim Carter	10	26
124	Miles van der Lugt	8	41
128	Dale Poulter	8	37.4
130	Kieran Chaplin	7	35.4
135	Nick Carter	7	31.1
151	Richard Law	7	22.4
153	Nicolas Boorn	7	20.7
157	Sam Graham	8	18.9
161	Steve Calder	10	10.5

All of these runners took part in 7 or more of the HRRL events and gained themselves an overall ranking within the league as well as gaining valuable points for Gosport Road Runners. We would like to thank each of these runners for their contribution throughout the season.

We also had many other runners taking part in events throughout the season and would like to thank each one of those runners too.

Our Club Awards for fastest in age category in 10k,10 mile and Half Marathon are based on HRRL events (the Helper's Half is included within this) – so if you fancy having a go at being fastest in your age category and winning an award – enter HRRL events to achieve this.





HRRL events are friendly, local, inexpensive and you will get a lot of Gosport Road Runner support – which goes a long way. The distances vary from 5 miles to half marathon so there is an event within the league for each of you. If you have any further questions ask and I am sure we can help you. Enjoy running in the 2018-19 season.



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



### Recording Results for You

Well done everyone, what an amazing set of results we have had in August.

**If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you. This will mean that your results can contribute towards awards at the end of the year and be mentioned in our monthly newsletter.**

Many thanks to everyone who has sent me links to race results.



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason. There have been some magnificent results in August that stood out to me on every level and for different reasons including –

**Chris Buxton** – running Harting 10 in a fantastic time of 1:09:32! Wow

**Nichola Stanley** – completing 2 laps at the Hart 4 relay, an off road undulating course. Bravo

**Lee Torrens** – getting an outstanding time of 25:05 in the 5k TT – if Lee stands on his tiptoes the 25 minute barrier is just in sight! – and behold just 1 week later the barrier was smashed at the Summer Series BOOM!!!!!!

**Charles Cope** – running 48 miles over 36 hours at the HOTH (Hell on the Humber) challenge. 12 laps of a 4 mile course over the Humber Bridge running at least once every 4 hours. He did this to celebrate his silver wedding anniversary – congratulations Mr and Mrs Cope!

**Dainel Roiz de Sa** – completing Vichy Ironman in 10 hour 56 mins 16 seconds. Dan from Atlantis completed the 2.4 mile swim in an outstanding 58:36 cycled 112 miles at an average speed of over 20MPH and then ran a 4 hour 16 minute marathon all after being kicked in the face and ribs during the swim and nursing a previously broken back all the way round. Dan from Atlantis is an IRONMAN!



Result of the month for me is **Gary Francis** running Fareham parkrun – exactly 12 months prior to this Gary underwent major heart surgery. Small things please me but Gary running parkrun is HUGE it shows just what can be achieved if you are sensible and proactive it shows me just what an extremely special man Gary is. We have all seen Gary around, supporting others at many events including parkrun, Summer Series, Coastal Marathon, Wyvern, club time trials - you name it and he was there for all of us. We all look forward to cheering you on as you have cheered so many of us on in your years as a Gosport Road Runner – bravo and thank you for being such an inspirational person.

**Please remember that I only record results that are sent to me .**

*Hayley Sparshott*



Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)











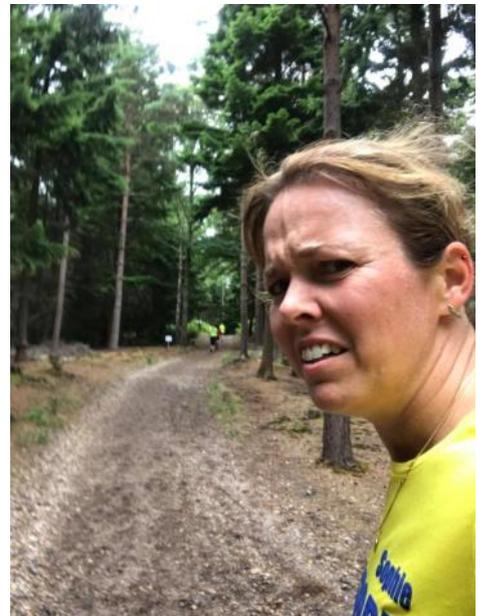






172	<i>Eat Your Heart Out</i>	03:38:38	8 laps
1	Sam Graham	00:21:00	
2	Sharon Noble	00:28:32	
3	Jenner Moore	00:39:30	
4	Pat Lapworth	00:27:37	
5	Sam Graham	00:21:11	
6	Sharon Noble	00:29:36	
7	Pat Lapworth	00:30:01	
8	Sam Graham	00:21:07	













I think when one has been married for 25 years, you can accept that you're made for endurance. Charles Cope literally proved this when he completed the 36-hour Hell on the Humber (HOTH) endurance challenge to celebrate their Silver Wedding anniversary. He had to run over the Humber Bridge at least once every 4 hours during the 36-hour period, and completed 12 laps (48 miles). WOW!

*Miranda*

*'Now Bid Me Run, and I Will Strive With Things Impossible'*









05/08/2018		Cotswold Classic Triathlon	
Pos.	Name	Time	Comments
127	Daniel Roiz de Sa	05:07:08	
		00:30:33	1.2 mile swim
		02:39:54	56 mile bike
		01:51:14	13.1 mile run

05/08/2018		AJ Bell London Triathlon	
Pos.	Name	Time	Comments
21	Ben Jarvis	03:45:07	4th age cat
		00:26:38	1.5km swim
		02:21:39	80.9km bike
		00:51:44	10km run
539	Eric McGurk	02:46:00	
		00:27:23	1.5km swim
		01:09:36	40km bike
		01:02:02	10km run

**BJ Ben Jarvis**

**Finish time: 03:45:07**

1.5 km ✓ 00:26:38	80.9 km ✓ 02:21:39	10 km ✓ 00:51:44
Transition ✓ 00:02:50	Transition ✓ 00:02:17	



26/08/2018		Vichy Ironman	
Pos.	Name	Time	Comments
379	Daniel Roiz de Sa	10:56:16	
			2.4 mile swim 00:58:36
			112 mile bike 05:31:48
			26.22 mile run 04:16:07
		Dan from Atlantis - outstanding!	





Lovely Lady of the Lakes. Claire Tallack in the Lake District.



Dale Poulter tilting the club vest in Pisa.



Donna Wardle dune running in France.



Jade Leahy looking fit & fabulous in Spain.



Lee Rhodes setting goals in Florida.



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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](mailto:newsletter@gosportroadrunners.org.uk)



# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER



**Autumn**

**September 2018**



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Hey hey hey  
Ba de ya, say do you remember  
Ba de ya, running in September  
Ba de ya, never was a cloudy day

What a great running month September was! The Indian Summer continued in full swing. Club members either rubbed shoulders at a racetrack with a celebrity, or completed epic endurance events in awe-inspiring times. PB's were smashed and running smiles became wider, whether beer was involved or not. To make it even better, your newsletter is packed with excellent articles and a celebration of your results. Without further ado, let's dig into it then!

Nick Carter starts off with a review of the Gosport Beer Mile. This event combined running and speed drinking. Logically this does not sound like a workable scenario but I've done some Googling on this, and it is officially quite a big thing with it's own world championships (not held in Gosport yet). From what I gather, the local event was very well organised (unsurprisingly) and a lot of fun. Cheers Nick for sharing the day's event with us.

Naomi Clements gives us the Tale of a Steady Runner. I enjoyed reading this and I know you will too. You have done an amazing job with your race, Naomi. Thank you for taking us with you on your journey to and through the event.

Jackie Brady shares her experience of the Farleigh Wallop with us. Doesn't this make you look forward to the Cross Country season? Thank you for your contribution Jackie and I hope your foot feels better soon.

The club has our very own SUPERWOMAN! Meet Michele Yates. You will agree with me that this title befits her once you've read about her epic adventure in North Wales. Absolutely incredible! Thank you for giving us a glimpse of your unforgettable achievement.

You'll get to know another club member better, through Ben Jarvis' Question Corner. I do enjoy this section of the newsletter, don't you?

I have included a list of the HRRL fixtures for your information. Please make sure you check the relevant website for the most up to date information about each race you want to enter. Some races sell out very fast, so may I suggest you plan well in ahead for these.

As usual, Hayley brings us the monthly race results. Thanks again for all the work you put into compiling this information, Haley.

A few club vests have been around the world again, and the evidence is in the photos. I also included a short photo gallery of the August Out of Town run, which was omitted from the last edition.

That's it from me. I hope the new month will be one of your best for 2018.

Happy Running!

*Miranda*





The first ever Gosport Beer Mile was on Sunday 16th September 2018. It started as an idea whilst drinking beer and discussing the amazing world record for the official Beer Mile (4.33.) We can do something like that thinks I but let's own it rather than copy an existing formula. Let's 'Gosport' it!

So where else except Gosport Golden Mile? With not much of the summer left and no budget, it was decided to keep it simple and I invited my namesake Keith Carter of Keith's Heel Bar in Gosport precinct to help design a finishers medal that isn't a medal. A quick Facebook search for 25 willing volunteers to Guinea pig the inaugural event and we were off. It also made sense to involve our friends at Fallen Acorn Brewers and the beer was purchased. Some scoffed at the idea of half pints but by the last drop, the runners were relieved to know that their stomachs were only 1 Mile away from some welcome respite. The weather was kind, the Sunday walkers were kind, inquisitive and surprisingly supportive and the 23 starters all finished safely.

Race winner Luke Willis set a storming record of 24.32 which (if we repeat the drills) will take some beating. Lots of smiling faces and a passion to do it all again.

*Nick*







### *Do you have a favourite Medal or T-shirt?*

Overton's medal is the best one I've earned so far.

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

So far I have to say road because I don't have much experience of trail, but I've enjoyed the out-of-towns and am planning to join in with the cross country this season. I haven't learned to love the mud yet, though trying to dodge around it is good fun!

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

I try to drag my lazy ass out of bed early enough that I have a chance of eating before I leave; something I normally fail to do before Parkrun. Toast with thick layers of peanut butter and jelly FTW!

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

5k: coffee and cake. Fast or long run: SiS Rego shake and a nice meal. 10+ miles: eat everything in the house! Some stretching and rolling if I'm feeling tight or sore.

### *What is your favourite training? Long run , Intervals etc*

I think variety is most important, but it's hard to resist intervals or a good fartlek..

### *#1 Bucket List race*

I'd love to say Boston, but not convinced I'd ever be fast enough (certainly not while I've got a small child). I'll have to do London at some point, but I'd prefer something overseas.



### *Who inspires u the most and why?*

Anyone and everyone who is getting out there and getting or keeping fit & healthy, despite all the things that get in the way - injury, age, weight, life, death, inner demons; whatever. You're all awesome.

### *If you could do any other sport what would it be and why?*

Tae Kwon Do - I reached black belt when I was younger, but it was one of many things I now regret giving up during and after my time at university.

### *If u could have one more meal... What would it be?*

Roast leg of lamb, rosemary gravy, and garlic mash.

### *What would be your superpower?*

Teleportation

### *Favourite movie*

The Matrix

### *Dream job?*

I'm pretty happy where I am.

### *Beer cider or spirit?*

Spirit

### *Best holiday*

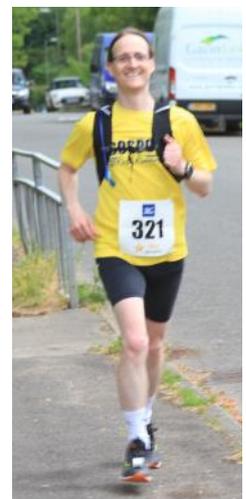
Touring Japan

### *Most embarrassing sporting moment*

Attempting to play rugby at school having not actually learned any of the rules. Thought I was scoring a try by running to the end of the field and throwing the ball down in celebration (American football style).

### *Favourite cake!*

Carrot.



Growing up in a Catholic family, I feel I have to start with a confession – I am not a fast runner. I consider myself more akin to a Shetland pony: short sturdy legs, round tummy; but after a bowl of oats will happily trundle over hills and fields until the job is done.

My half marathon journey started back in January. I signed up to the Milton Keynes half marathon May bank holiday; it's my home town and I wanted to run with a couple of friends. This didn't quite go to plan. A couple of weeks before race day I tripped over my own feet and broke a toe... yep, I'm that co-ordinated.

Whilst I was hobbling about I signed up to the New Forest Half in September. I love running off-road and I had heard great things about the course from others at club. My training for the MK half had been somewhat hap-hazard. I didn't really have a proper structure. I wanted to do the New Forest half properly. I'm also type 1 diabetic so I wanted to learn more about how longer runs impact upon my blood glucose control.

I contacted Phil Hobby who runs Peak Health Phil. I had gone to a couple of his trail running mornings back in the winter and had really enjoyed them along with learning technique and confidence running off road. The plan he came up with was AWESOME – I really enjoy learning about how and why stuff works and Phil was happy to explain sessions and why they were important for long term goals. For me, this helped when I had an 'I can't be arsed day'. He was also able to support with the tricky balance of fuel input on longer runs and keeping blood glucose as level as possible.

Alongside my running sessions I did strength and conditioning, swimming and cycling. Becoming a Sandy Beard was also worked into the schedule with sea swims put in for good measure.

I wanted to build in some events that were outside of my comfort zone along the way so roughly every month from May through to August I did something. In June I completed the South Downs 10k trail run (hilly but great!), in July I completed my first triathlon (loved it!) and in August I ran with the awe-inspiring Team Tumbleweed at Hart 4 (tough but fun!).

In between the June and July events I had a horrific chest infection. Alongside the diabetes I also have asthma so this with the added heatwave took its toll quite severely. Once feeling ok(ish) I met up with Phil in a panic – I didn't think I could do it. I'd missed three weeks of training so base miles were lacking and confidence was knocked. Phil did what a great coach should do, we discussed my worries and how we could amend the training to ensure I finished the race. My perspective of what achievement looked like shifted from completing in a self-perceived respectable time to finishing the race having enjoyed it and still be breathing. That chat had such a positive effect as I felt I hadn't failed, I had just shifted my priorities with the challenges I had faced. I think we are all guilty of feeling changing our goals is a failure rather than a necessity to ensure we achieve something we've never done before.

On race day I felt ready. I knew, despite the disruption in training, everything I had been doing ensured I could finish the distance. The drive to Brockenhurst with Jade was just what was needed to steady the nerves. Based on my last long run I was expecting to finish with a time of between 2:30 – 2:45 hours. Now, this is when the diabetes decided to be a total pain in the a\*\*\*. My body decided high blood glucose levels would be a good idea that day... it was not. It made the run far more challenging. I didn't want to inject insulin in case I dropped too low so left it until mile 6. At this mark it was still high but decreasing. I hadn't taken on any fuel as I didn't want my blood glucose to rise. I was thirsty, needed a wee and my calves started to cramp (both due to high blood glucose). I had to walk and stretch for a bit. I was annoyed as I knew I could run a lot further without needing to stop.



I checked again at mile 9 – they had gone up (!?) legs still cranky and lack of fuel and I still needed a wee, I had to stop again. I enjoyed the scenery and discussed the pros and cons of wild weeing with a fellow runner. I did a bit of insulin checked again at mile 11 and thankfully they were on the way down – hooray! From that point I reminded myself why I was there - to enjoy it. I took in the beautiful woodland, the supportive runners who had already finished and were cheering everyone on; the families who were cheering on their loved ones in the final miles and I cheered on the awesome marathon runners who were triple the pace of my Shetland pony legs.

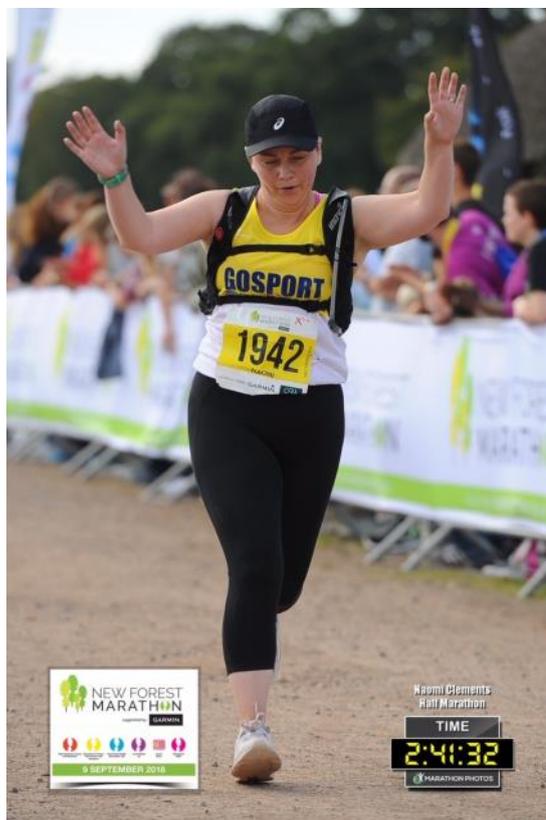
As I turned into the showground for the final mile, a friendly face was a welcome sight – there was Gillian cheering me on. I'm not sure she will ever know how much I needed that to help me get to the finish line! Crossing the finish line my husband and daughter were there to celebrate. After a large latte and an even larger hot dog I returned home for a hot bath.

So, what have I learnt from my first half?

- Success isn't just your finish time, it's everything you've done leading up to the starting line
- Getting a training plan right for you is a must – if you're not enjoying it, something needs to change (also applies to life in general!).
- If your original idea of success changes, it's not a failure.
- Feeling out of your comfort zone builds your confidence and leads to future challenges.
- Being a Shetland pony is pretty awesome.

Now, where's my oats? I'm ready for my next adventure!

### Naomi Clements





I first did an article about this race in 2016 which was the first year I ran it, then I was the only GRR, roll on 2 years and there were 4 of us, Honor, Kevin, and Colin. If you like cross country and cake with amazing marshals and a fantastic medal then give this race a try.

I hate driving on motorways so was nervous about getting there until I realised it was only an hour on the a32/a31 through beautiful countryside.

Race day, I was having an argument in my head the day before after seeing what the weather was doing, did I really want to get up at 6am on a Sunday morning, to run in torrential rain. Well my head did not win as I found myself in the car at 7:30am ready, a pot of porridge in the passenger seat, coffee, water, spare clothes, fully charged phone and watch. The drive was exciting, fallen tree, floods, and an impatient mini driver who nearly killed themselves overtaking me. After a quick pitstop to eat my porridge in a layby, arrived at the Farleigh Wallop estate just by Basingstoke. Collected number, got coffee, dropped bag all in 5 minutes, met up with Nick M and the Fareham lot, then Honor and her friend, we were all huddled in a beautiful barn listening to race instructions, the lady giving the instructions warned us someone broke their ankle in the first 100 metres before, great !!!

5 minutes before the start we went outside in the very heavy rain, Honor and myself were wearing shorts and vests, hardcore GRR's !!! The start involved going downhill on rocky gravel surface, then a mixture of tight muddy trails, road, hills, a slope so steep down you had to walk, woods, fields, you name it, it was there, friendly wet marshals everywhere. The worst part was just before the end, a field of sticky clay type mud, renamed superglue field, we could not run had to walk, then finally the end (uphill against a hurricane).

Not a race for PB's but I did knock off 8 minutes from the first time I ran it. I was rather gutted however to discover my fancy apple watch had stopped within the first mile, due to the rain pelting the ultra-sensitive screen, ( next time I will use the lock option). Got back in the barn, and stuffed myself with all sorts of cake, there must of been 20 plus varieties and coffee, tea all for free. I totally recommend this race if you love cross country, and now I realize I can get to plenty of places by avoiding motorways, I am going to seek out a few more less known cross countries subject to foot which appears to have been destroyed by superglue field.



### Jackie



### 2.4 mile swim, 116 mile bike, Marathon ISH!

With a forecast of 50 mile an hour winds and torrential rain everyone seemed a little apprehensive this year. The weather in Llanberis is unforgiving at the best of times which added to the trepidation of climbing over 8,000 feet.

Kick off was 0700 hrs and I was standing in the lake with five minutes to go. I looked at the other 300 people swimming out to the first buoy which was about 20 feet away; in one of the deepest lakes in North Wales the thought of treading water before swimming 2.4 miles seemed insane. I happily jumped up and down on the spot, trying to stay warm, while waiting for someone to shout go. There was a lot of rainfall the night before and with the lake surrounded by mountains it was picturesque, but it is safe to say it was cold. I think even Captain Sue would have worn a wetsuit! Anyone who has seen me swimming at Stokes Bay will appreciate that by lap 4 I was not convinced I was heading to the right buoy. Going around each one was like the rapids and I managed to pass one on the wrong side so had to do a quick 360, at least that warmed me up.

Clambering out of the water after my final lap, I felt a little disorientated but also proud to have made it through the swim without the desire to nap. I tucked into a jam sandwich and tried not to think about how far I was about to cycle. *'It's just four laps. Take it one lap at a time.'*

Each lap consisted of a 29.1 mile loop. It is famous for the climb from the valley up to Llanberis pass which goes on for about 5 miles and is basically the first uphill section of Snowdon. Having done the route before I knew that this was not the most difficult part. The first hill to Waunfawr near the start of the route was shorter, but cheeky. All I kept thinking was where are the rest of the gears? Coming back down both of those hills was great and helped me make up some time.

During the half brutal triathlon, two years ago, I truly wanted to throw the bike back down the hill.

This year, during the final climb, I wanted to just get off the bike. I had to remind myself how far I had come over the last two years. It doesn't matter what you do or what distance you cover. What really matters is that you somehow keep trying to get to where you want to be. For me, it was all about getting to the top of that hill.

I was just about to get off the bike and my sister who has a remarkable way of turning every negative into a positive said to me *'great news the mountain is closed.'* This was not great news for me at all! I am built for climbing not running. The weather had picked up and the wind was so strong. Mountain rescue had declared a red alert so we were not allowed to take on Snowdon. It wasn't really about us, at least that's what I told myself. You don't enter a triathlon in North Wales in September without expecting some bad weather, but it was more about the supporters, the crew, the photographer, the medic and everyone else who was there to help us. Safety first.





Another two laps of the lake it was then! That meant I faced five laps in total. Each lap was around 6 miles long. The best way I can describe it is a trail version of Monday morning hills with lots of rocks and climbs and a couple of cheeky kissing gates. Of course it was pitch black by this point which was a blessing in disguise as I could use signs, hills and trees as markers. Each one became a mini victory.

Twenty hours after jumping up and down in a cold lake, I had completed what I set out to do with an hour to spare. I was euphoric. Exhausted, but still euphoric!

I was proud of the fact I had only needed to stop three times for a wee despite drinking 5 litres of water/ electrolytes and coke! It was a great day, it was most certainly character building and I had the best support. So, what's next?

*Michelle*





### HRRL FIXTURE LIST 2018-19

DATE	START TIME	EVENT	DISTANCE	ENTRY / RESULTS
Sun 18 Nov 2018	1000	GOSPORT	Half Marathon	<b>NO ENTRY TO GRR MEMBERS</b>
Sun 2 Dec 2018	1100	VICTORY	5 Mile	<a href="#">Entry</a>
Sun 13 Jan 2019	1000	STUBBINGTON	10 Km	
Sun 3 Feb 2019	1100	RYDE	10 Miles	
Sun 17 Mar 2019		FLEET	Half Marathon	
Sun 14 Apr 2019	1000	SALISBURY	10 Miles	
Sun 12 May 2019	1030	ALTON	10 Miles	
Sun 19 May 2019	1000	NETLEY	10 Km	
Sun 16 Jun 2019		ALRESFORD	10 Km	
Sun 30 Jun 2019	0930	LORDSHILL	10 Km	

NB the Gosport Half Marathon is not open to entry for Gosport Road Runners – anyone who volunteers to help on the day of the Half Marathon or the days leading up to the event can have free race entry into the Helper's Half Marathon.



### Recording Results for You

Well done everyone, what an amazing set of results we have had in September.

**If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you. This will mean that your results can contribute towards awards at the end of the year and be mentioned in our monthly newsletter.**

Many thanks to everyone who has sent me links to race results.



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason. There have been some magnificent results in September that stood out to me on every level and for different reasons including –

**Reuben Shilling** – running a fantastic time of 49:01 at Overton 5 bagging himself a PB and his finish was rather impressive.

**Alan Burgess** – getting personal best time at Worthing parkrun with an amazing time of 21:01!

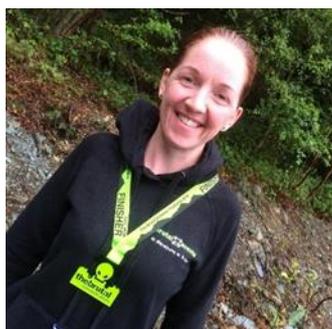
**Naomi Clements** – running her first half marathon in the New Forest event mostly trail running, windy and hot conditions making it far from 'a nice easy half' for her first one in a time of 2:41:32.

**Kirsty Fletcher and Jade Leahy** running race 3 of the Summer Series as cheerleaders for **Eileen Bartlett** who got a new personal record time following her long time off due to injury – well done ladies true GRR spirit right there.

**Katrina Jurd** – running Goodwood Marathon in a superb time of 4:38:21. One of the most resilient runs I have ever witnessed. Bravo Katrina you are one tough Lady!!!

**Ben Jarvis, Eric Macgurk and Lee Rhodes** all deserve a special mention for taking on Ironman Wales – well done 'You are all Ironmen!'

**Gillian Boorn** – running the Solent Half Marathon and achieving a huge personal best time, bravo



Result of the month for me was **Michelle Yates** – taking on The Brutal Triathlon Full Solo event in Llanberis Wales.

She swam 2.4 miles in Llyn Padarn

She cycled 115.96 miles around Snowdon with 9900ft of climb

She ran 15.8 miles around Llyn Padarn with 1413ft of climb

She then ran up Mount Snowdon and back down again 9.3 miles with 3019ft of climb



Total distance travelled 143.46 miles total climb 14332ft – fuelled on jam sandwiches and still able to smile at the end. I ache just writing this – well done Michelle, bonkers but brilliant!

Hayley Sparshott

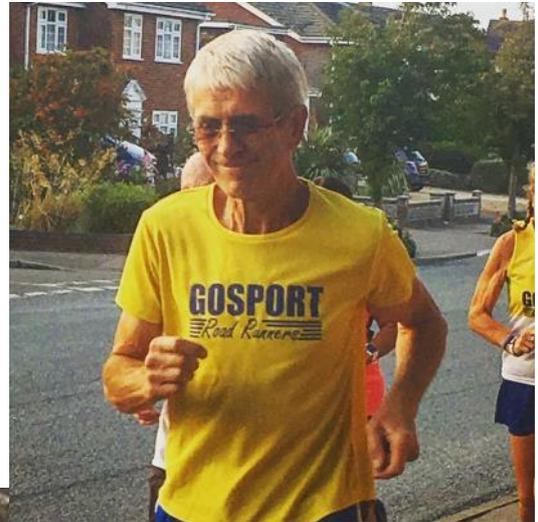


Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)

[newsletter@gosportroadrunners.org.uk](mailto:newsletter@gosportroadrunners.org.uk)









02/09/2018		Wolverhampton 10k	
Pos.	Name	Time	Comments
101	Steve Woods	00:54:23	1st or 101st? Haha

02/09/2018		Wolverhampton half marthon	
Pos.	Name	Time	Comments
312	Fiona Tomlinson	02:09:33	

02/09/2018		The Nuts 14k challenge	
Pos.	Name	Time	Comments
53	Kevin Allen	02:52:35	NUTS!





















16/09/2018		Goodwood Half marathon	
Pos.	Name	Time	Comments
149	Joanne Hopkins	02:12:33	
169	Paul Humphreys	2:16:57	
213	Debbie Humphreys	02:35:58	5th age cat



16/09/2018		Goodwood 20 miles	
Pos.	Name	Time	Award
58	Dale Poulter	03:11:16	10th age cat
59	Kieran Chaplin	03:11:17	



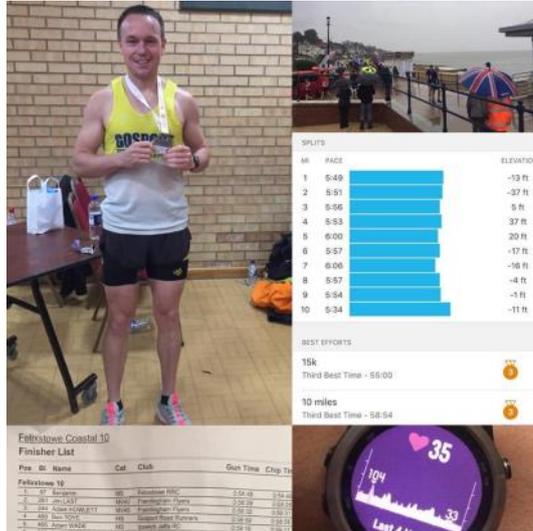








23/09/2018		Felixstowe Coastal 10	
Pos.	Name	Time	Award
4	Ben Toye	00:58:58	



23/09/2018		Winchester Half Marathon	
Pos.	Name	Time	Comments
315	Gavin Llewellyn	01:44:16	
551	Gillian Dowling	01:52:50	
995	Ken Eaden	02:17:09	
1017	Karen Hoggath	02:18:30	

23/09/2018		Bristol Half Marathon	
Pos.	Name	Time	Comments
1002	John Gobbi	01:38:06	







09/09/2018		Ironman Wales	
Pos.	Name	Time	Comments
550	Ben Jarvis	12:34:58	2.4 mile swim 01:10:12
	YOU ARE AN IRONMAN!		112 mile bike 06:52:17
			26.22 mile run 04:21:08
1238	Lee Rhodes	14:03:00	2.4 mile swim 01:29:11
	YOU ARE AN IRONMAN!		112 mile bike 07:34:14
			26.22 mile run 04:43:40
1696	Eric Macgurk	15:13:07	2.4 mile swim 01:14:26
	YOU ARE AN IRONMAN!		112 mile bike 08:02:58
			26.22 mile run 05:37:46





15/09/2018		The Brutal Triathlon - Full Solo - Llanberis Wales	
Pos.	Name	Time	Comments
9	Michelle Yates	20:18:29	swim 2.4 miles 02:05:25
			ride 115.96 miles 10:19:48 with 9900ft climb
			Lake run 04:32:48 15.8 miles with 1413ft climb
			Snowdon run 03:00:12 9.3 miles with 3019ft climb
			143.46 total miles with 14332 ft climb! WOW





15/09/2018		Wiggle New Forest Sportive 59 mile	
Pos.	Name	Time	Award
	Caroline Mcguigan	04:38:08	bronze
	Joanne Hopkins	04:16:42	silver
	Julia Roiz de Sa	04:16:40	silver





02/09/2018		Hamble GoTri	
Pos.	Name	Time	Comments
29	Miranda Carrick	00:46:45	BOOM











### GRR Website

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

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



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

### GRR and Social Media



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

Follow this link to see what's going on:

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

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

<http://twitter.com/gosporrr>



### 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](mailto:newsletter@gosportroadrunners.org.uk)



# GOSPORT

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# NEWSLETTER



**Autumn**

**October 2018**

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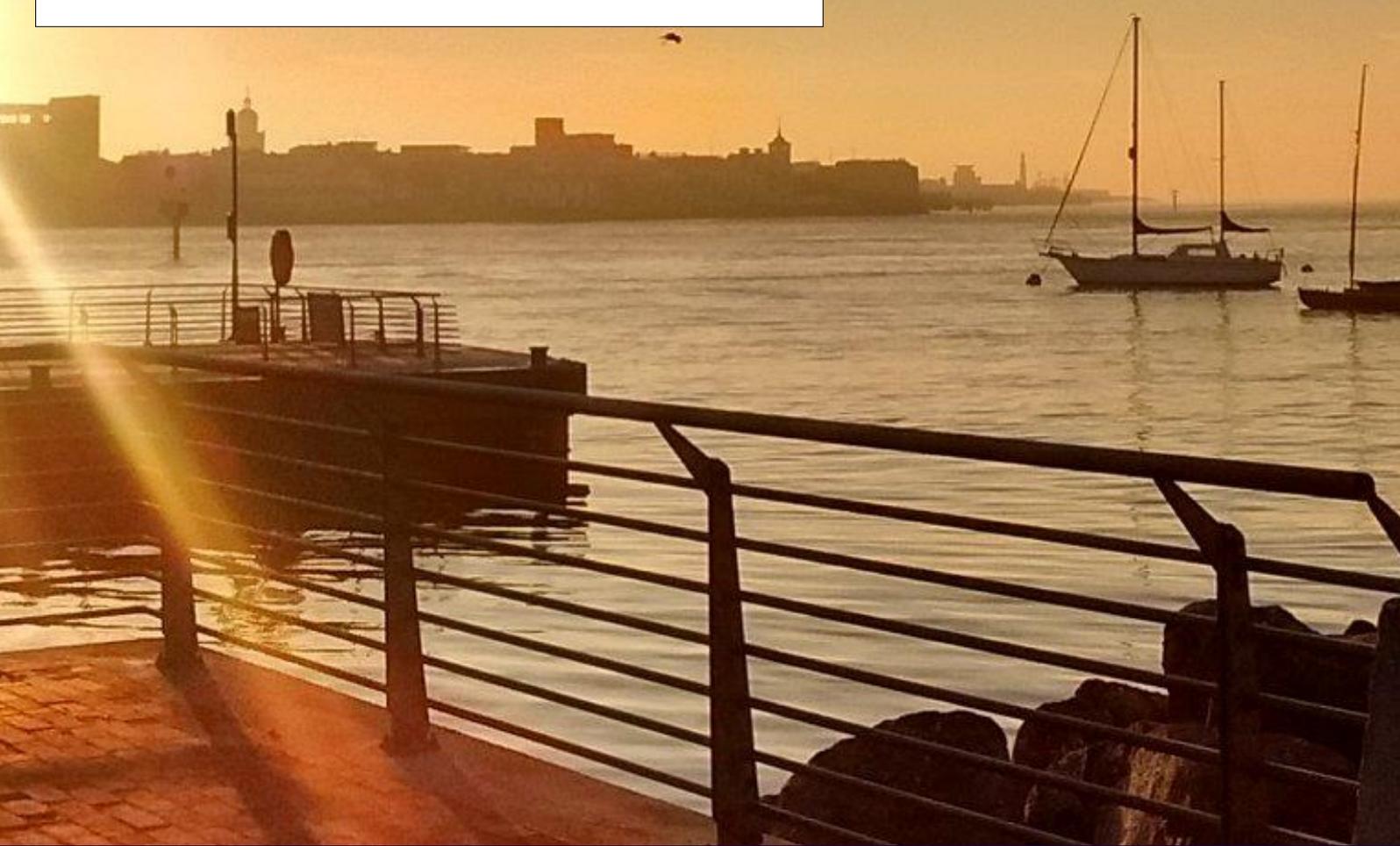
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*Cover photo: Sitting pretty. Lee Westwood with Bobby, Kevin & Nikki White with Ronnie & Reggie waiting for the 2018 SimplyHealth Canine Race to start.*



GOSPORT GOSPORT



October is a great month for running. Days are shorter, crisper and most beautiful with the leaves turning colour. We are very fortunate to live by the coast where the seafront paints a different picture every day – take yourself for a slow run along Stokes Bay and see for yourself!

This month we have a bumper issue and our chairman Dave Croft kicks us off with the latest news concerning the club. There has been a few new appointments and some exciting plans in the pipeline.

Brian Fisher takes us to Basingstoke where he ran the half-marathon in an impressive time. Thank you for sharing this experience with us Brian.

Do you feel like slaying dragons? To give us a taste of what this might feel like, Ben Jarvis shares his Ironman Wales journey with us. What an epic achievement! Thank you, Ben for this article and congratulations to you and the other GRR members who completed this phenomenal event.

If the English sun is no longer warm enough for you, jet off to Palma with Marie and Mike Bowers' race review of the Palma 10km event.

I think the runners of the early 80's were more hardcore than what we are now. No gadgets, no fancy brand names, just running because they can. I remember seeing groups of runners early on Saturday and Sunday mornings, wearing jogging shorts and vests whatever the weather. This was in South Africa where we had only a few weeks of cold Winter. I can only imagine what it must have been like for the British! Dave Kirby takes us back to one of their Winter training runs, and I wish I had the experience of running with them at that time. It must have been very entertaining.

Our very own #bladerunner Lloyd Durham reminds us that the Gosport Half Marathon Grants are making a real difference to the lives of many people in our community, whilst Geoff O'Flanagan carries the voice of the Yellow Vest. We sometimes get so wrapped up in our miles and times that we tend to forget what we are representing and who we may be motivating.

Looking at the results section for this month, it is very clear that October was a fantastic month for the club. Thank you, Hayley for compiling this information every month – this month must have been a mammoth task. Goodness me! Did you see the number of GRR entrants at the SimplyHealth Great South Run?! I think it must be the biggest number of entries for this local race from the club in one year, and there were quite a few very impressive results. I had the privilege of being one of the marshals on both the Saturday and Sunday of this event and it was fantastic seeing so many of you running and enjoying it.

It's now over to you, your reading time and happy running in November.

*Miranda*



They say its incredible how time fly's when your enjoying yourself, another two meetings have taken place since my last report and so much has happened.

Hopefully everyone will now know that Nick Carter has stepped down as our Men's Captain due mainly to health and family reasons. He intends to continue with his commitments to Lirfs & Cirfs as well as the club Track events at Tameraire, his presence on the committee will be sorely missed, where his common- sense approach, knowledge and get things done attitude were greatly appreciated.

Every cloud has a silver lining they say, and we have been fortunate that Ben Jarvis has agreed to step up from Men's Vice -Captain to the Men's Captains role, this off course will bring a more youthful approach to this position, which is always an advantage. This left a position vacant for the Men's' Vice-Captain, which I am pleased to say was filled by Robert Hylands. Rob, I am sure will bring added gravitas to the club as he has experience of committee life with other non-running groups.

Perhaps of more serious concern is that our present Club secretary, Rachel Gee, has indicated that she wishes to retire from this position at the next AGM. Rachel has been a great asset in this role for some considerable time and I'm sure, will not be easy to replace. However, this is a position of significant importance to the running of the club, as our constitution states that if this position cannot be filled the club will have to disband. So, we do need to find a suitable skilled volunteer to take on this task. Initially, Paul, our web-master will add an advertisement onto the club web site, seeking volunteers along with a job description. Expect to be pestered by Committee members, the Newsletter and Facebook as well. Hopefully by the AGM we will have a list of candidates to vote on.

Talking of the AGM, we have booked the Rugby club for this event on Monday the 18<sup>th</sup> of March 2019 so please add to your diaries.

### **Early I hear you say, the reason for this follows.**

Some of you will be aware that UKA have recently changed the rules for clubs running affiliated events. This in effect has meant that unaffiliated runners are no longer entered as "*club members*" in the entry or results sheets, which makes it difficult for our Result Recorder to identify and record our runners.

There are other advantages both to the club and affiliated runners we wish to promote. Not least HRRL points and London Marathon places.

Therefore, the committee will bring forward a proposal at the next AGM to alter the club fee structure. In essence, there will be a very slight increase for unaffiliated membership, (something, which is, perhaps overdue). Affiliated membership will now be included in a new fee, partly funded by the club. Family membership will no longer be offered. Honorary membership will still exist, however as is the present case, they will be expected to pay their own affiliation fee.

We also hope to introduce payment of Membership fees via BACS.

All of this with more detail will be proposed for discussion and vote at the AGM. If changes are agreed, time will be required for implementation before the start of the next season.

### **Hence the reasons for bringing forward the AGM date.**

However before all of that, we have our Awards evening to look forward to and to this end we have again booked the Rugby Club for the night of Friday the 25<sup>th</sup> of January 2019. **Burns night**, so they're maybe a theme emerging there. More details will follow but for the time being please add this date to your diary.



The Cross Country season is about to start and we have purchased a set of wheels to help transport our new Gazebo about. Undoubtedly, we will be the poshest club at these events.

Finally the club will as last year contribute to the Christmas tree event held at the Alvestoke church.

The finger is getting very cold, so that will do for the session.

Yours in Running

*Dave Croft (club chairman)*

The Basingstoke Half was held on Oct 7<sup>th</sup>, now in its 8<sup>th</sup> year, my son-in-law Pete had run every one and I thought it was about time I gave it a go.

The course is quite hilly with about 800 feet of ascent. Although the course has remained the same this year it was to be run in the reverse direction. There were about 1200 entrants for the event. Park Run tourists will know the start/finish area in Basingstoke's War Memorial Park as there is a Park Run there.

Pete and I arrived at the event in plenty of time. The weather was bright and cool with a light breeze, perfect running weather. I picked up my running number and tee-shirt and ate my pre-race snack.

With the race about start we were led out of the Park and lined up along a road. We found ourselves behind the 1:45 pacer and in front of the 2:00 pacer, perfect!

The race started, and we headed out of town on the Alton Road before turning up a small road through Cliddesden. We climbed steadily for over two miles and then turned left towards Farleigh Wallop. This was marked on the course map as the "big dipper"; a fast descent followed by a steep uphill again. These were tough hills, but I felt OK. I was going at about 8:00 min/mile pace, slowing to near 10 min/mile on the hills, hopefully this can get me round under my target of two hours.

The route continued through Ellisfield and out the other side then, after two left turns, another long climb at mile seven.

Passing by Ellisfield again the road began to drop down back into Cliddesden, still going downhill slightly, I was still maintaining my pace.

Entering Basingstoke again the route went through an underpass below the Ring-Road before entering War Memorial Park at the far end. It was a long uphill slope towards the finish area and I slowed up a little but managed a sprint into the finish, overtaking three or four runners. I was very pleased with my time of 1:50:49, my best half time for four years. Pete came in within 30 seconds of me with a PB.

Next year's race will return to the original direction, it might be interesting to run it again the other way round - maybe! Also next year will be a 10K race too.



*Brian*





It all started after I had completed my 50th marathon and first half-Ironman distance triathlon last year. I wanted to challenge myself, but I wasn't sure what to do. I always admired people that had done an Ironman because it was such a monumental task and I wondered if it was something I could really comprehend doing.

I had really started enjoying triathlons and this was the obvious next step. With this in mind, I spoke to a few people about different Ironman events and which one to do. I was told that if I was only going to do one which was the original plan, but then I had to do Wales! The crowds, the atmosphere and the legendary hills made it a no brainer. Go hard or go home after all!

Once I had signed up I spoke to Roman who is in charge of Endurance hub. We created a plan together and I was able to talk to him about training, nutrition and races leading up to the big event. I had 3 big events before this, which were the Staffordshire half -Ironman, a 300k ride around London and a Long Course Weekend in Wales.

With training beginning in January I had about 9 months to train. This meant I would have time to get used to the new bike I purchased, a specialist TT bike, which gave me the best possible chance of getting everything I could out of my body but also meant I had to get used to a new position, new seat and new more technical elements of bike handling.

During the 9 months of training I think I had trained in every possible condition. Wind, rain, snow, sleet, sun, heat waves... everything! But it was all worth it because you never know what's going to happen on the day or what the weather will be like. It also gives you a chance to try out all of your new kit!

### Ironman Wales

I had booked a cottage close to Tenby town which was shared by myself and Caroline, Eric, Lisa, Lee and 2 race officials. When I arrived on Thursday I was surprised to see how close it was to the town, basically a 5-minute walk to the race start, 2 minutes from the race finish and about 30 seconds from the race village.



I arrived on Thursday eager to have a few days before to check the bike over, have a swim and a run and take in the race atmosphere. This was good, but I ended up in the merchandise tent 3 times before the race. After registering on Thursday, I had a look around and found a few bits to buy, as well as finding my name on the M DOT wall. Caroline and I then went for a little run around Tenby town before tucking in to some lovely fish and chips, watching Tenby bay in its full beauty!



Friday was the day to check over the bike and start thinking about the weekend ahead. I started by checking the bike over and going for a short ride before making sure the bike was super clean and ready for Sunday.

Soon after this Roman arrived and found me trying out some recovery boots. These were free to try and felt like compression, getting your blood pressure checked on your legs and someone giving you a massage all at the same time. I later caught up with him again in the merchandise tent where I bought my second lot of goodies. After this, it was time to have the race briefing which made me a bit nervous about the challenge awaiting me. Lee was next to arrive with Eric arriving later that evening. We all had a chilled night in and all seemed to be getting excited and nervous all at the same time.

Saturday was the final day to prep the swim and to put everything in our bags for transition. Roman and I went for a swim, where we saw lots of jellyfish- some of which were absolutely huge!



Next was to get everything in our transition bags and to put our bikes in. I must have gone through my checklist and kit about 5 times before being confident it was all there. We went into the transition area, where we put our bikes then went into the tent where we put each bag on its correct hook. Once this was all done you had to walk out the tent to collect your chip. I nearly did this without taking my race belt off!

We all got everything racked, collected our timing chips and then went off to find some food, not forgetting to go to the merchandise tent one more time before a chilled evening and an early night!

### SUNDAY- RACE DAY

We all got up very early to get ready for race day. I think I was awake from about 3am but didn't actually wake up properly until about 5am. We had breakfast then went for a short walk to transition. There we were able to put nutrition, bottles and anything else we wanted onto our bikes. We checked the tires and brakes as it had been a wet night.

Back to the cottage we went and ate some more food, put our wetsuits on and packed everything into our pink bags. (This was for our shoes for the run to transition). A slow walk to the start followed, as more and more people supporters turned up. Red swim hats were everywhere! Race morning was here. We soon got all of our kit on and found our place in the pack. We were all summoned on to the beach for the start. Eric, Roman and I all started near each other, so it wasn't as bad or lonely as it could have been although I didn't really say much as the nerves began. I just wanted to go! The Wales national anthem was next, which was sung by someone who was doing Ironman Wales for the first time too! Then before I knew it the gun went, and we were in the water!

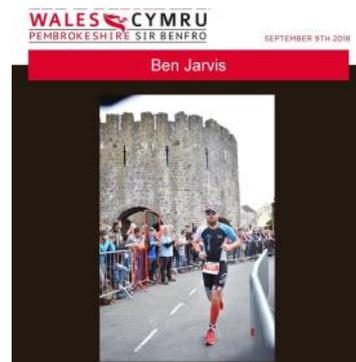
The first lap was great, I had a good pace and a good position. In all the corners I was very cautious as I have been elbowed before. Onto the beach where we had to run about 50 metres before getting back in the sea. During the second lap the waves had picked up slightly and you could see a few jellyfish but overall it was a good swim and I was very happy with my time.

Out of the water and onto the beach. Running on the beach was a blur as my adrenaline was sky high. I quickly got my wetsuit off and my shoes on to run to transition. There was such a buzz from the crowd and our first experience of what Tenby really had to offer. It was also where I was able to start eating my peanut butter and jam sandwiches... yum!

Transition was very different from any others I have done. I took my time, cleaned my feet and made sure I was ready for a chilly 112 miles on the bike. Another PB and J sandwich and I was ready to go.

All I can remember is some stunning scenery, some wind and a few horrendous hills, the hardest being a 16% gradient, and some amazing crowds. Lots of people were having fun and some were very serious but overall it was a brilliant ride. Yes, it was tough but I knew that beforehand and took it steady, making sure I saved some for the run. That was until I saw my time and found I was quicker than I was at long course weekend.

Back into transition where I again took my time, making sure I changed socks and making sure I was ready for the last leg of the massive journey. The run started off great, as I saw all the crowds and took it all in. I soon realised I was going too fast, so I slowed down to a steady pace. I found myself running next to Shane Williams (A Welsh rugby player) who I stayed with for about a mile before deciding to let him crack on.





It was 4 laps of hills, fun crowds and windy paths throughout Tenby, finishing with a run up "beer mile", this was where all the pubs and drunk people were stood. This was a laugh to go up!

During the run I was able to see Caroline, Lisa and Adriana who were all supporting us loads. It was such a spectator friendly course that they were able to move around Tenby and see us in several places every lap. This was such a boost!

By the second lap I decided I would walk all of the hills and run the rest in order to save myself and give me enough to finish. This became harder and it became a relief when I reached a hill. By the fourth and final lap I had to slow slightly due to the lack of salt in my body. This meant my calf and hamstring were both ready to cramp, which is something I have been able to control well throughout my runs and know when I have to back off.

I had seemed to get my nutrition and fluids right but just lacked that bit of salt. The crowds and other runners got you through and before you knew it you had collected your 4 bands and were running around the streets of Tenby for the final time. I could see the red carpet in the distance, I checked in front, I checked behind then I did it once more... I wanted the carpet to myself and that's exactly what I was getting! I saw Roman and Shane (Endurance Hub) on the left and was able to give them a massive smile and high 5. Then onto the red carpet I went. I didn't know what to do or how to celebrate so I just tried to get the crowd to cheer louder... I always said I would try to finish with a heel click and that's what I did! Taking in the moments of the red carpet I jumped in the air clicked my heels and jogged over the finish line.

**BEN JARVIS ..... YOU ARE AN IRONMAN!!!**



The words I had been waiting to hear for 9 long months. It was over, I had completed it and I was so pleased. I was tired but was happy I hadn't pushed myself too hard. I was able to enjoy the moment and that's what I did.

I collected my medal, T-shirt, food and drink and chilled out with a massage before finding a massive hug waiting for me from Caroline. I soon got my stuff together and headed back to the cottage. Caroline then asked if I wanted food and a bath... "No, I don't! Let's go and watch the others!" I said, so off we went to watch the other finishers. I was so excited waiting for the other guys to finish, enjoying the atmosphere and reliving the moment I ran down that carpet.

## Ironman Wales: Ben Jarvis



Soon after Lee and Eric had finished and there was hugs all around. We all headed back to the cottage where we were kind of all a bit relieved, pleased, happy.... I don't know how I really felt but what I did know is we were all Ironmen! We chilled out for the next hour before showers and bed... I say bed because I think I got about 2 hours sleep that night! Who knew I would be wide awake after 12 and a half hours of exercise!!



Monday was a day of reflection, breakfast and a long drive home. We all had our breakfasts at different times not forgetting to go to the merchandise tent one more time to have a look at finishers bits. However, the queue in the shop was huge and I had already bought enough so decided against any more purchases.

We then decided we would go to the Kona slot roll down and award ceremony. This is where they give all the prizes as well as give out the winning slots to Kona Ironman in Hawaii.

This took a couple of hours, but we then said our goodbyes and started our long journey home.

This was my 9-month journey to become an Ironman! It was hard, it was long and at times I didn't know if I wanted to continue the training... but in the end, it was worth it. Especially to do my first one in Wales, the toughest in the UK and one of the top 5 hardest in the world... it was so worth it!

Hope you all enjoyed my story  
(sorry if I waffled)

*Ben Jarvis*  
(IRONMAN)





After 3 years of gentle encouragement by GRR members, from beginners (twice) to 5k to 5 miles, we ran the Bognor 10k and actually enjoyed it. So when we saw that Running Crazy Ltd. were organising a trip to the Palma Marathon / Half Marathon / 10Km weekend in October we decided to pluck up courage and enter our first ever international 10k race!

We arrived on Thursday for our first time in Palma, an attractive town, where the flags were sadly all at half mast following the floods and loss of life earlier that week.

Our hotel was on the sea front so we didn't have far to walk to the lake in front of the cathedral for the race Start, Finish and Expo. An informal Breakfast Run was organised on Friday – 6K along the promenade and back. A few hundred people took part and it felt quite familiar, just like Lee Parkrun!



Saturday was number collection day. Ours had been collected for us but the setup seemed well organised especially as there were apparently around 10,000 entrants from over 60 different countries. The bib with chip, wrist band, T-shirt, magazine etc. came in a plastic “wardrobe bag” with the runner's number to be used at the bag drop. Bags, bibs etc. were colour coded, predominantly blue for Marathon and Orange for 10k. Race entry included a Pasta Party on Saturday afternoon and an after race party Sunday evening. We didn't try these as similar things had been organised for our group.

Around 2,000 children took part in the kids races on Saturday, ages 2 to 12 at various distances from 300 to 1,200 metres. This looked like fun, it was free to enter and every child got a medal.

The marathon races started first in waves on Sunday, followed by the 10K runners, walkers and Nordic walkers. Everyone took the 10K route on traffic free roads, out and back along a mostly flat sea front (a bit like a warm Stokes Bay with added Palms). Half Marathon added some hilly twists and turns through the old town to this and the Marathon was two loops of the Half. The weather was warm, around 25 degrees, so the water & gel stations were very welcome. There was a nice friendly atmosphere throughout and time for quick chats with other runners, including Julie from Run Verity who recognised us as Lee-on-the-Solent Parkrunners!



After the finish came medals, water, then bananas, energy drinks, San Miguel 0% and yes, there was cake.

Results:

### Marathon

954 finishers, times from 2:30:15 to 6:10:00

### Half Marathon

4032 finishers, times 1:11:32 to 5:02:07

### 10K

3009 finishers, times 0:33:40 to 4:12:55 and we were quite pleased with our 1:27:14

Running Crazy put together a video of the race morning:

<https://vimeo.com/295015955>



## Mike & Marie Bowers





We run a little refreshment stall at Bay House School the morning of the Gosport Half Marathon which is really popular pre- and post race.

Cake being one of the most popular items. SO all you great cake bakers, please show off your talents by baking some cakes for a good cause – the Club!

Please wrap individually if possible and label with the type and put your name on any tins you would like back. The cakes can be delivered to Absolute Running between 1030 and 1430 on Saturday 17<sup>th</sup> November or to the Hall in Bay House School at 0730 on Sunday 18<sup>th</sup> November 2018 please.

Last year we had an awesome collection which went down very well so I really hope we can do the same again this year.

Many thanks on behalf of all the Gosport Half Marathon Race Committee members, the runners, the spectators and everyone who may sample these goodies!

HAPPY BAKING!

*Fi Tomlinson*



Its Finally Here!!!!

With the GRR Half Marathon quickly approaching I thought it was the idea time to share once again the amazing support the Gosport Road Runners provide for so many and not just us cake loving runners.

Each year thousands of pounds are raised by entry fees of the Gosport Half Marathon.

Last year many local community groups as well as myself were the very lucky recipients of charitable grants.

It's time to get out there again & support this event, club & community in the way that Team Yellow do it best. Whether its loading the goody bags, marshalling the event or just shaking your pom poms!

As I'm sure many of you already know the grant I received from the club was to go towards purchasing a Prosthetic Running Blade from Dorset Orthopaedics. This was to get me back running & doing what I love with the people & Club that I love. So many of you have been an amazing support for me & for that I am incredibly grateful for!

Last week I was able to get cast for my Blade after months of injury & recovery. I am very pleased to announce thanks to the support & Grant from the Club I will take delivery of my Blade in the coming week.



It's time to show everyone out there what we do best & put on an amazing event & support our fantastic community.

Many Thanks to you all!!!!

Lloyd#BladeRunner

"Let's wake up really early and  
go running Sunday morning"

-psychopaths

On Sunday mornings, on non-race days in the eighties and early to mid-nineties you would find a gaggle of Gosport Road Runners gathered in Nursery Close Bridgemary, all set for the week's long slow run. Members were sometimes loud and excitable, depending who made up the group. I never heard a complaint from neighbours that their tranquility had been broken on early Sunday mornings. (Just been reminded there was one complaint.)

We often ran to the West, but generally no further than Titchfield Hill for some reason. Likewise to the East, not past Fort Widley. The North and the South held no such fears and we found backways on the Gosport peninsular that native born Gosporters didn't know existed. Most of our long-distance runs were to the North over Portsdown Hill and took in Southwick, Wickham and vast amounts of woodland and lanes in between.

Staying hydrated is very important in exercise -not talking about beer- but most of us then, only paid it lip service when out training. You could find a tap in public toilets, recreation grounds or outside farm buildings. Injuries were not unknown but rarely too serious. Several incidents do come to mind where hospitalisation was required. Several of our more senior members can testify to that. There was often fevered but friendly debate at the finish. "We ran 10 miles this morning. Naa, I'm sure it was 15, you've got to be joking, I'm knackered and feel like I've run a marathon", and so it went on. " Happy Days"

We ran in all sorts of weather and rarely did adverse conditions put us off.

One famous incident comes to mind that lives in infamy for those involved.

Circa 1987. A desolate Sunday Winter's day, grey, blowing a gale, sleet with some light snow mixed in, with a windchill factor of minus 6 or so. Nothing moved in Gosport, the odd car and not a soul anywhere to be seen. Three of us decided that this wouldn't stop us running. I think we might have been training for our first London in 87. First couple of hours went OK ,bit of an adventure really. "Look at us" sort of thing, anyone seeing us must have thought, bl.... fools! Found ourselves in Lee-On-Solent eventually and our first living being since leaving home. Turned out to be the headmaster of our kids' school. I think we left him thinking we were as daft as we thought he was for being out.

The action now moves to Tanners Lane which winds its way around the back of HMS Collingwood. I have been running this way on and off for over 30 years. Anyone that knows the area, at certain seasons of the year it can feel like the Sahara or the Russian Steepe. No hedgerows you see.

This day, the wind was blowing a gale, bitter and causing problems but we are within a mile or two of home. No worries. Noticed that one of my companions is looking the worse for wear. Ice is forming down one side of his face. All sorts of things go through one's mind. Frostbite! Hypothermia! Dehydration, Death!.....Get to his house, ring the door bell and run off quick in case his Missus comes to the door and gives us a hard time! Never let it be said we didn't care. Happy Days.

*Further reading: Original GRR website-origins of the club-by Hugh Pritchard.*

*GRR History 1983-2014.by Mike Welstead.Both available on line through the club website.*

*Dave Kirby*



Older club members may wish to note the recent sad passing away of three former Gosport Road Runners who in their day were stalwart members of the club

### Arthur Fleet

Arthur was one of the original members of Gosport Joggers when the club was founded on 1st. July 1983.

Although already in his forties Arthur was recording some good times. He recorded a personal best of 3:08:06 for the Marathon, and 39.49 for the Gosport 10k in 1985. This is quite remarkable when the day before he completed the South Downs Way in under 12 hours and without sleep, came to the club event.

Arthur died on 11<sup>th</sup> October aged 78.



### Jenny Horne

Ran the London Marathon in 1989 with Janet Lindley and during that era was a regular at all Hampshire Road Running events. Sustained a knee injury training for the 1992 London Marathon, which forced her to give up running, and she went on to develop a keen interest in playing table tennis. Jenny was also actively involved in her local church and was an avid member of a local choir. She spent most of her working life involved in Childcare and sadly passed away in September after a short illness.



### Dave Bryans

Dave was Club Chairman in the early nineties and was at one stage the top Hampshire Vet at half marathon distance. He was a regular prize winner across all ranges of road running distances. A former Headmaster and Lay Preacher, Dave was a genuine all round good egg. Dave passed away in March of this year



*Dave Kirby and Peter Lindley shared this sad news with us.*

With the recent news of the passing of three members of the GRR family I was struck with a feeling of responsibility and, perhaps, duty in wearing our club colours. A simple running vest or T shirt, maybe a fashionable blue coat accessorised with a yellow beanie hat all let the casual observer know the wearer belongs to a local running club. However, the right to wear such items is only through membership of a club that was forged 35 years ago under the banner of Gosport Joggers by Hugh Pritchard. His aim was to provide a platform for local runners to come together and enjoy the simple art of running. And here, in 2018, his legacy continues as we, the current membership, meet weekly as well as gathering throughout Hampshire and further afield to take part in that simple art of running.

When I made those tentative steps towards joining the GRR I was not aware of the history behind the Yellow Vest; I was more concerned with walking through the club door whilst desperately looking for a friendly face in the crowd. It is a feeling I am sure the majority of you will have experienced. Only now, having learned about past members and their exploits, am I beginning to realise that our club is so much more than a collection or runners; I believe we are a family. In coming together under team colours, we are representing those who have gone before us and I believe Hugh would have been proud of our achievements so far.

At a recent club night, I paid my respects to three members of our family who had recently passed. I was humbled to learn of their exploits whilst wearing team colours. Indeed, Jenny Horne ran the first London Marathon in 1989; this was a huge achievement by any standards. What an inspiration she must have been to those around her. Dave Bryans held the GRR Chair in the early 90's and was the leading Hampshire Vet at the Half Marathon distance. Arthur Fleet was a Club Stalwart and, by all accounts, a running force to be reckoned with.

I am extremely proud to be associated with our collective running past; it is the very foundation from which we will continue to move forward over the coming years. We have a pedigree to be proud of and the wearing of team colours, instantly recognisable at countless events both within the UK and further afield, should be seen as an honour. We truly are standing on the shoulders of Giants every time we step out wearing that Yellow Vest.

We are the building blocks for future GRR members and we have a responsibility to carry the baton until it is time to pass it forward. I am proud to wear the Yellow Vest in the knowledge that past members, such as Jenny, Dave and Arthur, have all stood on countless start lines waiting for the off. We have a short period of time where we can inspire others to step up and walk through that door; let's continue to be the club that Hugh envisaged 35 years ago.

*Geoff*





### HRRL FIXTURE LIST 2018-19

DATE	START TIME	EVENT	DISTANCE	ENTRY / RESULTS
Sun 18 Nov 2018	1000	GOSPORT	Half Marathon	<b>NO ENTRY TO GRR MEMBERS</b>
Sun 2 Dec 2018	1100	VICTORY	5 Mile	<a href="https://www.runbritain.com/">https://www.runbritain.com/</a>
Sun 13 Jan 2019	1000	STUBBINGTON	10 Km	Full
Sun 3 Feb 2019	1100	RYDE	10 Miles	Now open for entries
Sun 17 Mar 2019		FLEET	Half Marathon	
Sun 14 Apr 2019	1000	SALISBURY	10 Miles	
Sun 12 May 2019	1030	ALTON	10 Miles	
Sun 19 May 2019	1000	NETLEY	10 Km	
Sun 16 Jun 2019		ALRESFORD	10 Km	
Sun 30 Jun 2019	0930	LORDSHILL	10 Km	

NB the Gosport Half Marathon is not open to entry for Gosport Road Runners – anyone who volunteers to help on the day of the Half Marathon or the days leading up to the event can have free race entry into the Helper's Half Marathon.



## Club Standard Awards

<http://gosportroadrunners.org.uk/racing/club-awards/>

<http://gosportroadrunners.org.uk/racing/club-awards-mens/>

It's that time of year when I will be asking runners who believe they have qualified for one of our Club Standard Awards to send me the information of the events, dates and times achieved so that I can cross reference with the club database and verify your award for you. This process is not automated and it is down to the individual runners to provide me with this information please. If you have qualified and fail to submit this to be before 31<sup>st</sup> December then you will not be given your award on awards night – 25<sup>th</sup> January 2019 which would be such a shame as achieving these times is not an easy task and we would like to celebrate your amazing achievements with you.

If you have already claimed an award in your current age group – for example you achieved Bronze last year and have equalled those times again this year – you can only claim each award once in each age group sorry so please do not submit again.

I am looking forward to receiving all of your claims to these awards before 31<sup>st</sup> December.

If you have any further questions with regards to this matter please do not hesitate to ask and I will try to assist you further.

*Hayley Sparshott*





### Recording Results for You

Well done everyone, what an amazing set of results we have had in October.

**If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you. This will mean that your results can contribute towards awards at the end of the year and be mentioned in our monthly newsletter.**

Many thanks to everyone who has sent me links to race results.



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason. There have been some magnificent results in October that stood out to me on every level and for different reasons including –

**Ben Wales** – running the Time Trial in 20:31, a really good solid performance!

**Brian Fisher** – running an amazing time of 1:50:49 at the Basingstoke half marathon, his fastest half marathon for several years and it wasn't a flat one – wow!

**Mike Stares** – running the Demead 10k in rather wet and windy conditions, coming 1<sup>st</sup> in his age category and in a time of 1:00:21

This month I cannot choose 1 result of the month because on the 21<sup>st</sup> of October we had 2 quite fantastic athletes running at 2 very different events both achieving results that have quite frankly blow me away – for this month I have 2 results of the month and I think you will all be in equal awe at both runners.

**Ben Toye** ran the Abingdon marathon in toe curling time of **2 hours 39 minutes 18 seconds**, his average pace was 6:05 min/miles, he ran with a negative split (a faster second half than first half) and mile after mile he ran bang on the same pace until the last bit when he increased the pace even more! Coming 9<sup>th</sup> overall and feeling great too – hats off to you Ben Toye, you train extremely hard and it's paid off big time! BOOM!



**Nikki Moxham** ran the Great South Run in a blistering time of **1 hour 3 minutes 11 seconds** that is an average pace of 6:19 min/miles. Going through 5k at 18:44, 10k at 38:13 to finish 181<sup>st</sup> overall 1<sup>st</sup> in her age category and even beating 4 of the elite women on time. Coming 12<sup>th</sup> female overall (including the elites) and 2<sup>nd</sup> in the masses. Nikki came flying out of the dockyard at mile 2.25 where I was stood with Loyd to our absolute joy – looking tiny compared to the men she was competing against and keeping up with them with ease. What a privilege to see – bravo Nikki Moxham you totally nailed it!!!



Please remember that I only record results that are sent to me .

Hayley Sparshott

Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)





22/09/2018		Hambleton Hilly 10k ( retrospective result)	
Pos.	Name	Time	Comments
86	Michael Stares	01:03:20	

22/09/2018		Dublin Half Marathon	
Pos.	Name	Time	Comments
5723	Debra Talbert	02:16:57	
5724	Tracy Moran	02:16:57	



22/09/2018		Farleigh Wallop 10km	
Pos.	Name	Time	Comments
20	Kevin Allen	00:48:44	
39	Colin Gardner	00:52:15	
155	Honor Reader	01:13:37	
158	Jackie Brady	01:13:47	











07/10/2018		Chicargo marathon	
Pos.	Name	Time	Comments
11927	Dale Poulter	03:53:04	BOOM

07/10/2018		Bournemouth Marathon	
Pos.	Name	Time	Comments
1172	Caroline Musto	04:25:28	BOOM



07/10/2018		Clarendon Marathon	
Pos.	Name	Time	Comments
177	Hayley Sparshott	04:41:08	8th in age cat

07/10/2018		Basingstoke Half marathon	
Pos.	Name	Time	Comments
344	Brian Fisher	01:50:49	on it!!





07/10/2018		Chichester Marathon	
Pos.	Name	Time	Comments
215	Robert Hylands	01:54:36	

07/10/2018		Lowestoft Half Marathon	
Pos.	Name	Time	Comments
4	Ben Toye	01:16:47	how does he do that!?



07/10/2018		Cardiff Half Marathon	
Pos.	Name	Time	Comments
9106	Jacky Tombs	02:08:18	5th in age cat
9879	Debra Talbert	02:11:16	







07/10/2018		Windsor Spartan Super	
Pos.	Name	Time	Comments
124	Kevin Allen	02:04:55	



13/10/2018		Chase Marathon	
Pos.	Name	Time	Comments
88	Jane Cockayne	06:52:08	
89	Claire Tallack	06:52:08	



























SCCL Race 1 : Pamber Forest		
Club position	Name	Race position
1	Claire Tallack	96
2	Fiona Tomlinson	121
3	Sarah Down	151
4	Karen Vicki Morby	165
5	Kim Carter	174
6	Emma Noyce	175
7	Chris Nation	177
8	Lynne Franklin	179
9	Pippa White	188
10	Gill Thomas	192
11	Tracey Wales	202
12	Karen Harding	212
13	Caz Harms	213
(total 218 female finishers)		

SCCL Race 1 : Pamber Forest		
Club position	Name	Race position
1	Alan Burgess	142
2	Collin Gardner	168
3	Kevin Busch	175
4	Dawid Wolters	263
5	Sam Graham	270
6	Charles Cope	271
7	Lee Torrens	272
8	Mark Jakins	284
9	Richard Smith	288
10	Andy Brown	292
(total 301 male finishers)		

LEAGUE POSITION
Ladies 19th
Mens 20th
Overall 19th
(total 23 teams)



Well done to every one that took part from the first timers to the seasoned XC runners. There was maximum effort from all with some fab results.

A Big Thank You to David Croft for your transportation, support and photography. With out this there would be no proof of the painful last push up that pesky hill.

*Sarah Down*





14/10/2018		Thruxton Sprint Duathlon	
Pos.	Name	Time	Comments
49	Paul Street	01:22:34	10th age cat
77	Andy Hopkins	01:32:39	
83	Darren Gamblin	01:35:59	
85	Joanne Hopkins	01:36:34	9th age cat value for money bike ride! Oops
94	Mary Ash	01:14:47	2nd age cat

*each participant did a 3.79km run, 18.965km bike and 3.793km run*











### GRR Website

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

### GRR and Social Media



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

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

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

<http://twitter.com/gosporrr>



### 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](mailto:newsletter@gosportroadrunners.org.uk)



# GOSPORT

≡≡≡ *Road Runners* ≡≡≡



# NEWSLETTER



**Autumn**

**November 2018**







November is a month of observance, commemoration and celebration in many cultures and religions. If you do some reading, you'll note there is a moveable or fixed observance for nearly every day of November. Some of these are month-long observances such as Pancreatic Cancer Awareness Month, Movember and National Gratitude Month. Others are reserved for a specific day of the week such as the first Thursday of the month, which I understand is National Men Make Dinner Day in the USA. This is understandably not on the same date as International Men's Day (19<sup>th</sup> November), which also happens to be "Have a Bad Day Day" – sounds a bit grumpy to me! – and is the day after "Married To A Scorpio Support Day" ... I wonder if the calendar makers were spotting a trend? We observe Guy Fawkes Night and in Ireland the 5<sup>th</sup> of November is National Love your Red Hair Day. Remembrance Day is a memorial day, when we remember and honour members of the armed forces who have died in the line of duty. A very special day of reflection and gratitude.

I hope you had a November of well-being and enjoyment.

November is an important month for the club as we host the Gosport Half Marathon. Thanks to the hard work, involvement, support and enthusiasm of the committee and all club members, this year's event was another success. When the months of planning and organisation involved in staging this one day works as well as what it did this year November becomes a GRR celebration.

Your newsletter is much shorter than usual. You didn't run a lot this month, did you? That is about to change, as Ben Jarvis is going to make sure you know how to warm up and cool down correctly. This can only benefit your running, so please read his article on this aspect, and join in the sessions he will be arranging.

I love reading and when it involves learning something new or interesting, I'm sold. Dave Kirby shares a few running stories with us this month, and one of these took me right back to my high school days – no it certainly does not involve me at all, but I do remember the situation quite well. I'm not giving anything away – read it for yourself. Thank you, Dave!

As always, Hayley brings us the results. Thank you for all the work you do with this, Hayley. Your race result will not be recorded unless you provide Hayley with the necessary link to the relevant race results.

Did you know that November means "nine" in Latin? I read the other day that it takes on average nine running sessions to become more comfortable. Based on that information, and the fact that Keith started morning club run sessions, November was a good month on the running front for me. I'm curious to see if the 9<sup>th</sup> session really holds magic.

Enjoy your running and what the new month brings!

Miranda





*Be glad there's one place in the world  
Where everybody knows your name,  
And they're always glad you came;  
You want to go where people know,  
People are all the same;  
You want to go where everybody knows your name!*

If you enjoy running with your club BUT

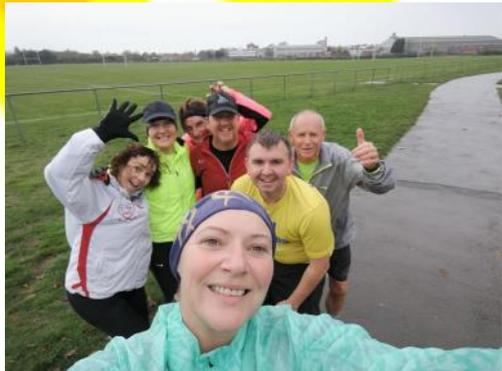
- \* Are working shifts.
- \* Are a pensioner.
- \* Are working from home.
- \* Have children at school.
- \* Have young children who are not at school and like their buggy.
- \* Have dogs and want to start running with them.
- \* Have a partner, husband/wife who does not want to share your running bug.
- \* Don't like running in the dark.
- \* Cannot get to club nights for some (or no) reason.
- \* Can get to club nights but don't feel like it after a long day at work/college.
- \* Are uncomfortable/anxious in big groups.
- \* Want to get to know new people.
- \* Are returning to running after time off due to injury/illness.
- \* Feel unfit and need motivation.
- \* Want to beef up your training with an additional shorter run.
- \* Want to add a recovery run to your training plan.
- \* Want to see how fast you can run a short distance, without the TT pressure.
- \* Want to prepare for a PB at the club TT (or other race).
- \* Need company and a chat.
- \* Don't need a chat but need quietish company to run with.
- \* Want to be part of the club but don't know many members.
- \* Have run out of excuses not to run.

Then you really need to get yourself to the club at 10am on a Tuesday and/or Thursday morning, for a 3 to 5-mile out and back run. Keith Elshaw is expertly leading these club sessions and all abilities are very welcome.

Personally, I can tick a few boxes on the above list, and therefore find these sessions ideal. Whilst I'm still shockingly slow and unfit for running, these sessions will help to improve the situation without adding to the imbalance that running in the dark throws at me. It's also the perfect solution for my old excuse that there are so many new people at the club and I don't know which group to run with. Rather unexpectedly that tingling little feeling I used to get when I first started running many years ago, is bubbling up again when I've completed a morning club run. I love that feeling and am adamant to retain it!

Hope to see you there soon.

*Miranda*



Lots of people always mention warm up and cool downs, but what exactly does it mean to warm up and cool down?

Well I will tell you 😊

### Warming up

Simply speaking, warming up allows your body, muscles, joints and mind to be ready for the run you are about to do. It gives you a chance to make sure you are in the right frame of mind and that when you push that bit harder you know your muscles can cope.

Think of it as a chewy bar... if it is cold and you try to pull, bend or manipulate it, it is going to break!!!! But if you warm it up first, it becomes stretchy and you can pretty much do what you like with it. It's the same for your muscles, to a certain extent anyway!

So, we are going to start introducing 5-minute warm ups at club evenings. These will be voluntary, but I do urge people to join in. It will help getting you ready to run as well as improving your run without you knowing. It will prevent injury and overall it's a really good habit to get into. This also applies to a race day, and if you have been following these on club nights you will already have something in place for race day, when you will be putting your body under the most stress!

The warm up program will involve a 90 seconds steady jog followed by some drills and dynamic stretching.

### **Drills will be: ( 30 seconds each)**

High knees

Heel Flicks

Side steps both sides

High skips- accentuating knee as high as possible and arms extended.

Rolling shoulders forward and backwards





### Cool Down

This will benefit your whole body and especially your muscles. Bringing your heart rate down slowly means you will have less blood pumping round your body and muscles which will allow your body and mind to switch off. This helps relax your muscles and means there is no shock to the system.

Once you enter the gate to the park , your cool down starts.  
From there go down to a very slow run and then walk just before you stop.  
We will then go through some stretches.

### **Stretches are: (15-30 sec each)**

2 for the arms , hamstrings, quads and calf muscles, Glutes



I hope you will join me in making this a vital part of our club runs and I am certain this will help you all with your training.

*Ben Jarvis*

“Zola Budd.The Barefoot Runner.”

Younger members of the club will ask, who was Zola Budd?

Most people remember her for the infamous incident in the 1984 Los Angeles Olympics with Mary Decker. Not her fault and now fully vindicated.

She was a South African girl who held the world 5,000 metres record in 1984 (her time was 15:01.83). Because of South Africa’s Apartheid policy, the IAAF refused to ratify this record. She also held records over other middle distances, including a phenomenal 3,000 metres in 9 min 2.6 seconds.

She was a mere scrap of a thing, so young -she was only 17 when she broke the 5,000meters record, and ran barefoot! But what a talent!

In an involved story she was granted UK citizenship to compete for us.(G.B.)It caused a furore at the time. I don’t know how she dealt with that and all the other rubbish heaped on her. Her “chosen club” when she moved here was Aldershot Farnham and District AC and she lived in Guildford.

In 1985 she was injured and her coach decided as “part of her rehabilitation “she should run “The Purbrook 6”  
The inaugural race was in 1984 and sometime after the 1985 race it became 5 miles and ladies only!

I ran the 1985 race. The field wasn’t that big and what with Zola running, it made it quite a special event. I don’t remember how she got on but after South Africa came “in from the cold “ she returned home to resume her career. Her mile best of 4:17.57 in 1985, still stands as the British record.

So ladies when you run “The Purbrook 5” remember – you’re running on one of Zola Budd’s training routes.



Race: The Becci Tarrant.  
Organised by : Carol Pritchard, Gosport Road Runners and HMS Sultan.  
Sponsor: Nationwide Building Society.  
Date: Sunday 25th.January 1987.  
Course: 5km around Military and Grange Roads with the start and finish in Sultan Field opposite the Cocked Hat public house.  
Patron: Roger Black.

Vic Tarrant was a member of Gosport Road Runners. His very young daughter, Becci , was very ill and needed a heart/lung transplant. It was decided to hold a race to raise funds and it was supported by Gosport born and bred Roger Black. Roger was just emerging into a career as a very successful 400metre runner. He was our first honary member in 1986.

There were 380 finishers and the entry fee was £2. Other notables taking part were Trevor Jesty (Hampshire and England), Kenny Swain (Captain,Portsmouth FC) ,Christine Benning (1500 metre runner) and Diana Davies (international high jumper). I can’t remember how much was raised but a good afternoon was had by all with a fancy dress competition to boot.

Sadly Becci didn’t live to receive a new heart.

Vic went on to run the London Marathon that year and gained notoriety when he lost a shoe. It was photographed and appeared in The News, and other national papers. Our contacts with the press, especially The News were very strong at this time. Vic’s time in London,3:26:06





One I just had to mention.

Diane Leather died in September at the age of 85. No, she never came to Gosport but she was a running hero.

23 day's after Roger Bannister broke the four minute mile at Iffey Road, Diane was the first woman to break the "Five minute mile". Because of all the prejudices against women runners it took her years to gain recognition.

19:24 Tue 10 Oct 📄 100%

### Leather obituary

n to run a sub-five-minute mile, who had to wait years  
gnition she merited



Be inspired girls.

*Dave Kirby*

*Ed. I just started high school when the Zola Budd phenomena reached its' peak and remember it well. As a soft spoken, shy girl from the Orange Free State, she was an inspiration to many school girls who were into long distance running,. Her achievements were celebrated across the cultural divide at the time, and her move to the UK was met with mixed response. There was concern that she was too young and inexperienced to deal with the pressure of the international exposure. The notorious township taxis eventually got the nickname "Zola Budd", as they were driving so fast. She is still competing in marathons and ultra-marathons .*



### HRRL FIXTURE LIST 2018-19

DATE	START TIME	EVENT	DISTANCE	ENTRY / RESULTS
Sun 2 Dec 2018	1100	VICTORY	5 Mile	<a href="https://www.runbritain.com/">https://www.runbritain.com/</a>
Sun 13 Jan 2019	1000	STUBBINGTON	10 Km	Full
Sun 3 Feb 2019	1100	RYDE	10 Miles	Now open for entries
Sun 17 Mar 2019		FLEET	Half Marathon	
Sun 14 Apr 2019	1000	SALISBURY	10 Miles	
Sun 12 May 2019	1030	ALTON	10 Miles	
Sun 19 May 2019	1000	NETLEY	10 Km	
Sun 16 Jun 2019		ALRESFORD	10 Km	
Sun 30 Jun 2019	0930	LORDSHILL	10 Km	

NB the Gosport Half Marathon is not open to entry for Gosport Road Runners – anyone who volunteers to help on the day of the Half Marathon or the days leading up to the event can have free race entry into the Helper's Half Marathon.



### Club Standard Awards

<http://gosportroadrunners.org.uk/racing/club-awards/>

<http://gosportroadrunners.org.uk/racing/club-awards-mens/>

It's that time of year when I will be asking runners who believe they have qualified for one of our Club Standard Awards to send me the information of the events, dates and times achieved so that I can cross reference with the club database and verify your award for you. This process is not automated and it is down to the individual runners to provide me with this information please. If you have qualified and fail to submit this to be before 31<sup>st</sup> December then you will not be given your award on awards night – 25<sup>th</sup> January 2019 which would be such a shame as achieving these times is not an easy task and we would like to celebrate your amazing achievements with you.

If you have already claimed an award in your current age group – for example you achieved Bronze last year and have equalled those times again this year – you can only claim each award once in each age group sorry so please do not submit again.

I am looking forward to receiving all of your claims to these awards before 31<sup>st</sup> December.

If you have any further questions with regards to this matter please do not hesitate to ask and I will try to assist you further.

*Hayley Sparshott*





### Recording Results for You

Well done everyone, what an amazing set of results we have had in November.

If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you. This will mean that your results can contribute towards awards at the end of the year and be mentioned in our monthly newsletter.

Many thanks to everyone who has sent me links to race results.



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason. There have been some magnificent results in November that stood out to me on every level and for different reasons including –

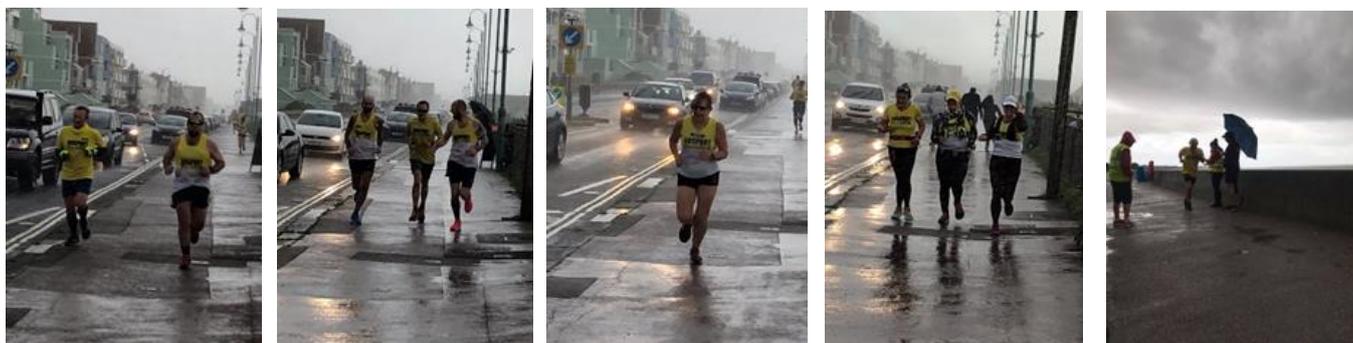
**Fiona Tomlinson** – completing the Bayside Duathlon Sprint distance in a fantastic time of 1:53:42!

**Tonia Morrell** – running Hayling 10 in a time of 1:32:14 over a minute under the time she set out to achieve and having the courage to carry on following getting cramp and still achieve her time.

**Jayson Grygiel** - clocking an outstanding 20:57 at our 5k TT (with added wind for maximum effort required) just a few weeks after running the Amsterdam Marathon.

**Lorraine Down** - running the Remembrance Day marathon on a very muddy and wet trail in a time of 6 hours 2 mins 14 seconds. She smiled every mile and was 'still running' throughout. What an achievement on a testing course

Most outstanding to me this month was **Everyone who ran the Helper's half and marshalled it too** – who would have ever thought that horizontal rain could hurt so much .



Please remember I only record results that are sent to me

*Hayley Sparshott*

Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)















The 'Prince's Trust' Baggage Team and Reuben Shilling

St Vincent 6th Form Massage Team



6th Gosport (Rowner) Air Scout Group - The Refreshment Team







18/11/2018			
Southampton MoRunner 10k			
Pos.	Name	Time	Comment
62	Donna Tatem	01:00:23	PB
71	Jeanette O'Neill	01:02:30	PB



18/11/2018			
Snetterton half marathon			
Pos.	Name	Time	Comments
4	Ben Toye	01:15:26	PB



Running

1:15:26 13.2 mi 145 rTSS

Add a comment

How did you feel?

Peak Performances (x3)

- 28:18 5 mi 05:40 min/mi All-Time
- 57:01 10 mi 05:42 min/mi All-Time
- 1:14:44 1/2 Marathon 05:42 min/mi All-Time

Planned Completed

Duration --:--:-- 1:15:26 h:m:s

24/11/2018		
Hell Runner		
Pos.	Name	Time
113	Kevin Allen	01:45:00
114	Kieran Chaplin	01:45:09
792	Neil Jarret	02:42:05





25/11/2018	Festive Frolic		
Pos.	Name	Time	Comments
24	Hayley Sparshott	05:09:55	27.6miles
30	Lisa Hennen	05:12:17	27.6miles
60	Joanne Hopkins	05:09:56	23miles
61	Julia Roiz de Sa	05:09:57	23miles
79	John Gobbie	01:53:51	13.8miles
90	Honor Reader	02:41:54	13.8miles
97	Karen Morby	02:50:22	13.8miles
98	Emma Noyce	02:50:57	13.8miles
122	Zoe Windsor	01:55:08	9.2miles
127	Karen Harding	02:06:12	9.2miles





04/11/2018		Bayside Duathlon Sprint	
Pos.	Name	Time	Comments
12	Ben Jarvis	01:22:45	
62	Jason Belben	01:41:08	
70	Stuart Wood	01:44:33	
85	Caroline Musto	01:50:57	
88	Tracy Bale	01:53:19	
90	Fiona Tomlinson	01:53:42	1st in age cat.
100	Charles Cope	01:58:05	
104	Darren Gamblin	02:02:08	

04/11/2018		Bayside Duathlon Super Sprint	
Pos.	Name	Time	Comments
1	Chris Buxton	00:47:22	1st



Holding on to the sunshine!  
Dave Croft at Holdfast Bay,  
Adelaide.



Ali Watson meeting the  
Tyne





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# GOSPORT

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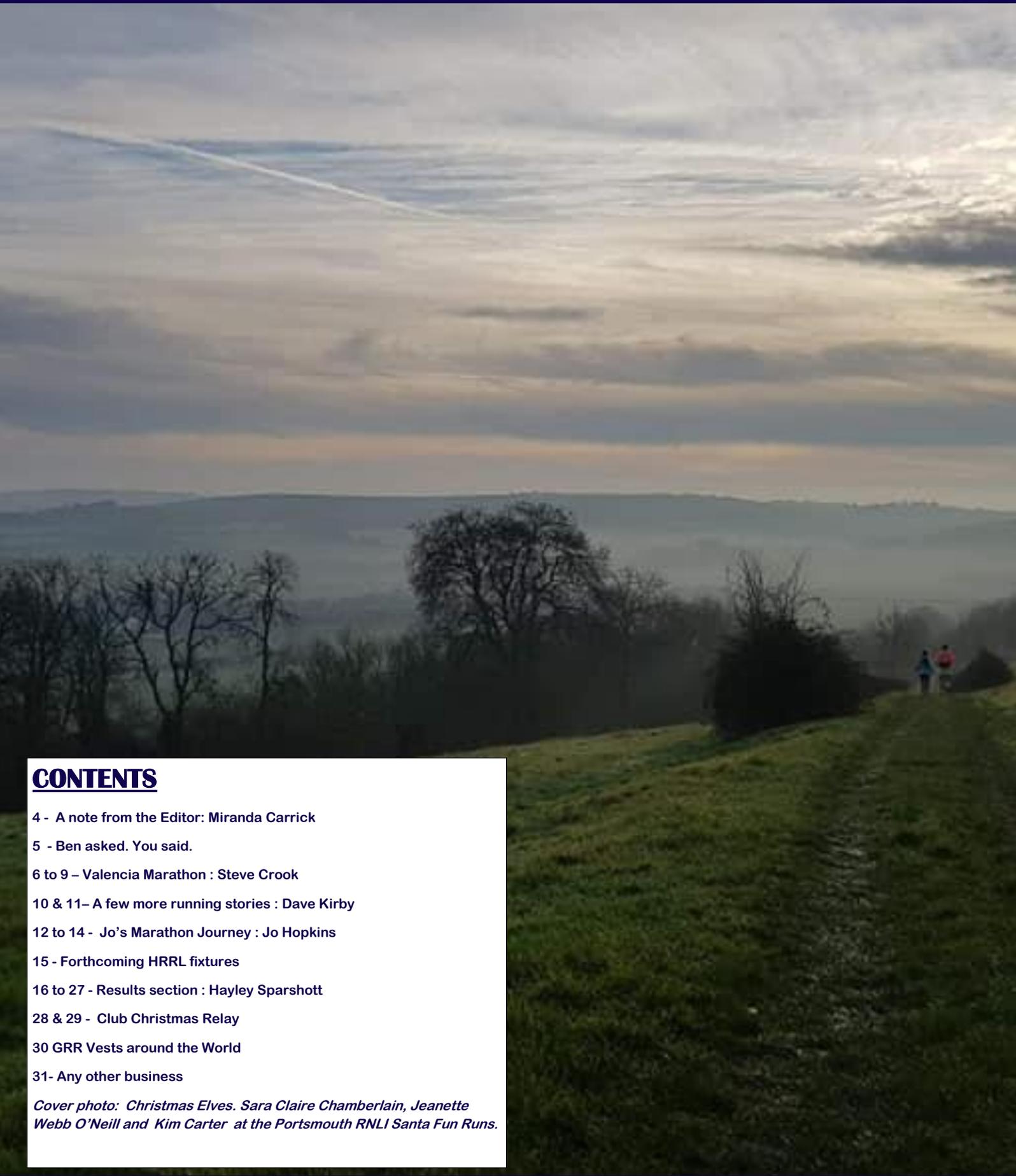


# NEWSLETTER



**Winter**

**December 2018**



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*Cover photo: Christmas Elves. Sara Claire Chamberlain, Jeanette Webb O'Neill and Kim Carter at the Portsmouth RNLI Santa Fun Runs.*





Welcome to the December issue of your newsletter.

It felt like a very short month! Winter is now officially with us, even though it's still mild enough for the occasional dip in the Solent once every week or so. December is usually mostly filled with humanity, celebration, fun, too many mince pies, working ones' way through a vineyard (or something), love and gift giving. I hope you had a very happy festive period with the most special people in your life.

Unsurprisingly it's also the month where most of us feel like you've lost your "mojo". You know what that is, don't you? That small little charm bag lying inside your mind – overload it with too many stones (like over training, late nights, racing every weekend, dark weather, inconsistency) and you're bound to feel the pins of voodoo mojo. It seems that the answer to lighting the magic of the running mojo again is to seek out the company of your running buddies (or make new ones), take time to forget about chasing a time and have fun. Like so many other things in life, becoming fast and confident starts with slowing down with discipline and consistency. There are so many experienced and qualified club members, and club nights (and mornings) offer a variety of training sessions to include all abilities – we are very fortunate in that respect. The answer to finding a lost mojo is therefore actually pretty simple – you either do it or you don't!

It's time to move on with this month's edition. Thank you for the contributions received this month. There are not that many races during the month, work and family responsibilities demand attention and the colder weather sometimes dampen even the most motivational intentions. It's therefore not easy finding time to write a race review or article. We have 3 excellent articles this month and I hugely appreciate this. I'm certain you will enjoy these!

Steve Crook is a friendly guy who runs very fast and writes fantastic articles about his race experiences. How on earth does he manage to run faster each time he enters a race?!? Totally impressive! He shares his experience of the Valencia Marathon with us. I thought some of his photos are travel guide worthy. This is most definitely on my list of "Must See" places. I probably won't do a marathon when I'm there, but who knows.

Jo Hopkins has completed her first marathon this month. Join her on her journey to the Portsmouth Coastal Waterside Marathon. It's not the easiest course for an introduction to the marathon, but she has done a most admirable job in completing this race. You deserve to be very proud of your first marathon performance, Jo.

Regular contributor Dave Kirby brings us a few more running stories. It's always a pleasure to get a contribution from. If I'm not mistaken, he is one of the very first members of the club and has a wealth of running experience. I think we are very privileged that he shares his running memories with us.

Hayley brings us the results. You most likely know this by now, but just a friendly reminder that only those results which are sent to her, are being recorded. I am also only using the photos which are shared on the GRR FB group, unless these are sent to me separately. Huge thank you to Brian Fisher who has taken quality photos at the Portsmouth Coastal Waterside Marathon, and shared these with me. I have used them all.

There's a few other bits and pieces to keep you entertained for a few minutes. I would like to take this opportunity to wish you a very happy and healthy 2019. May you achieve every (realistic) goal you set for yourself. I hope the new year is your Personal Best year!

*Miranda*





Sunny Spain in December! We were here because we had been unlucky in the Berlin ballot last year and had then decided that a road (air) trip to somewhere warm would be a nice alternative. For various reasons the lead up to the race was difficult for several of us and the group that landed in Valencia was not the original full team. You know who you are and you know that you were deeply missed.

Thus it was that a motley crew finally made it to Valencia: GRR marathon runners Ben Jarvis, Caroline McGuigan and myself; last minute 10K entrant Kev White and wonderful support in the form of Claire Crook and Nikki White. It had also turned into a multi-club trip as we were joined by Stubbington Green's Lara Dent, supported by her folks, John and Julia.

The city of Valencia is bisected by the course of a dry river bed which now contains an impressive assortment of municipal sports facilities (including pitches for football, rugby and baseball) as well as trails for walking, cycling and running. So, although our accommodation was spread out, it was easy for us all to meet up by using these beautiful, extended parks as our main thoroughfare to get around.

We arrived on Friday which gave us ample time to get to the Expo to pick up our numbers and goodie bags with no queues. The Expo was adjacent to the spectacular start/finish area and we enjoyed hydrating in the sun whilst overlooking the finishing straight.

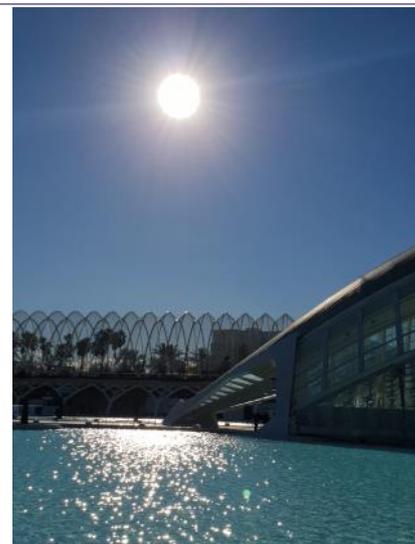
Saturday was spent relaxing and enjoying the afternoon "paella party", again overlooking the finish. The marathon runners had been for a morning bumble to stretch the legs and Kev finally persuaded Nikki to hire bikes as their mode of transport to the start for race day. It was all coming together nicely.

Race day arrived as my alarm went off at 0445. Smoothie prepared and consumed, coffee brewed and drunk and all pre-race necessities completed, it was finally time to jog off into the dark to meet Ben and then to run/walk the three miles or so to the start. A lovely bonus was that we were escorted by Kev and Nikki on their bikes. Their lights were invaluable as we 'rustled' along the dark trail in our bin-liners. Dawn was just breaking as we installed Nikki into her prime supporters position in the grandstand. Nikki took the pre-dawn chill in her stride (haha, apparently it was "f\*\*\*ing freezing") and Ben, Kev and I went off to find our starting pens with about an hour to go. We wouldn't see Caroline or Lara until after the race.

There was some alarming, vigorous warming-up going on in my starting pen and a potentially explosive international incident occurred when a testosterone-rich Italian runner unexpectedly dropped his shorts with a flourish to reveal his Italian Tricolour underpants, which he insisted on having photographed 'alongside' my Union Jack shorts - who knew anyone actually packs chorizo as race fuel? "Forza!?" Quite. Patriotism comes at a price.

The gun went off at 0830, the shuffle to the line began and it wasn't too long before I was running. The marathon and 10K races start side-by-side, using both carriageways of an elevated dual carriageway. Very impressive.

The course is as flat as can be with only 2-3 hairpin turns and is mostly run on smooth, wide roads with sweeping curves that take in all of the city's sights. As expected in a big-city marathon the course was impeccably marked and marshaled and I reckon I was able to run next to the blue line for 99% of the race.



From about 10 miles / 15K I was conscious of a niggle in my left calf. Cramp? Strain? A little tear? Don't push it Steve, keep the pain level at "oooooch" not "OUCH", otherwise it's all over\*. Without a watch, as is my choice, my only time-check was at the halfway point. By guessing my delay in crossing the start line I reckoned I had run the first half in around 1:35:xx. Maybe 1 minute quicker than ideal but close enough to give me a shot at my target of sub 3:13. So far, so good. 'All' I needed to do now was to maintain my "comfortably hard" pace as long as possible (rather than "hardly comfortable") and I would run the best race that I could.

Support was loud and plentiful throughout the course and this built to an incredible crescendo from the 32K/20Mile "Beat The Wall" arch all the way to the finish. From 35K the noise was drowning out the music in my earphones so I took them out. I was working hard now.

I received a boost when my Italian pal from the starting pen hove into view up ahead. I didn't rush, I eased off a little and very slowly, gradually, closed the gap between us. From 5m behind him I picked back up to my working pace again and bade him "arrivederci" with a cheery wave as I went by. Then I started praying that I would never see him again.

From 39K (about 2 miles to go) I felt close to cramping and was nearing my limit. From 41K I was into the real battle where 99% of me wanted to stop and walk; the other 1% was screaming at me to keep going and how pi\$\$ed off I'd be afterwards if I walked at this stage. At this point I simply ran to my mantra beat of "I can, I can, I can" just to keep going. Not very sophisticated but it worked.

The last kilometre had signs ticking off each hundred metres and our reconnaissance of the previous two days meant I knew exactly where the finish line was. There was time for one last scare as I tangled with a guy on the turn into the 100m finishing straight. I stumbled but kept going as did he, thankfully.

I heard Claire cheering me home amongst all the noise within 50m of the finish and the announcer got into the spirit, shouting "Crooky, Crooky, all the way from the United Kingdom, welcome to Valencia!" over the loudspeakers. A splendid way to arrive.



Medal collected, I weaved through the crowds to where Claire would be waiting and there she was. The perfect end to the closest I can probably ever get to my perfect marathon. A PB and a 1:57 positive split. It was done.

Everyone has their own marathon tale to tell and that's mine. Ben and Lara had also scored handsome PB's and Caroline showed the most grit out of all of us by finishing on one leg after hitting trouble late on. Kev had a great 10K and runners and supporters alike agreed that Valencia gave us as good a running break as anywhere we've ever been. Muchas gracias Valencia!!

Ps I think we all found every aspect of the event first class although it is worth noting that there is a strictly enforced five and a half hour cut off time limit in which to complete the marathon. Pps If anyone knows or comes across any "Clapham Chasers" on their travels say 'hi' because they are a friendly bunch and their support on the course and from the sidelines was much appreciated. There were around 25 of them at the event. Ben has sent them a 'thank you' directly.

\* "oooooch" not "OUCH" - Many thanks to Suzi at Solent Sports Injury Clinic for the wisdom behind this distinction. It's helped to keep me injury-free for 4 years.

Some stats:

Distance	Passing Time	Chip Time	Pace
Salida	08:31:54	00:00:00	
Km 5	08:55:22	00:23:29	04:42min/km
Km 10	09:17:47	00:45:53	04:29min/km
Km 15	09:40:07	01:08:13	04:28min/km
Media Maratón	10:07:05	01:35:11	04:25min/km
Km 25	10:24:37	01:52:43	04:30min/km
Km 30	10:46:54	02:15:00	04:27min/km
Km 35	11:09:47	02:37:53	04:35min/km
Km 40	11:33:29	03:01:35	04:44min/km
Meta	11:44:13	03:12:19	04:53min/km



### **“Marathon Madge” comes to Gosport.**

After the article I wrote about Zola Bud last month I remembered this lady from yesteryear.

I know, “who on earth is Marathon Madge” and “what is he on about”.

Madge Sharples was a “celeb” before they were invented and took up Marathon running -and other races- after gaining notoriety with Everest adventures. She ran her first marathon in 1981 at the age of 64, which was a minor sensation in those days.

Madge done some work for Age Concern and similar organisations which gave her freedom to travel and a certain amount of publicity. She ran all the early London marathons, was always on TV and being interviewed by the top reporters.

In April 1987 Madge came to Gosport at the invitation of the club chairman, to run the 6th Gosport & Fareham Marathon. She lived at Twyford then and I met her at Fareham station. Can’t remember what we talked about, but it must have been about running! I left her with our to be second club chairman, Howard Baldwin and family for a two night stay.

On race day she was partnered by a fellow Scot, member Alex Houston who was “detailed off” to accompany her around the course. They recorded a time of 6 hours 4 minutes. She was the oldest lady to finish at 70.

The post race “bun fight “ was held at Kelly’s hotel were Madge auctioned off some of her collection of sweat shirts for charity. Our paths crossed again that year when I had a chat to her at The Chichester Half Marathon. She also completed the Stubbington 10 the following year.

Madge’s last few years were unfortunately not entirely happy. She had an altercation with a bus in Winchester and suffered an assault whilst out training. For several years she was crippled by arthritis. At the age of 79 after receiving two artificial knees, she walked the 1996 London Marathon in a time of 11 hours.

Madge died on August 8th. 2000 aged 84.

### **“Don Thompson.” aka “The Little Mouse”**

At the Rome Summer Olympics in 1960, the only gold medal to be won by a British male went to Don Thompson for the 50km Walk.

Of small stature-he was only 5’5”-but wirey and tough. Don started out as a runner but turned to distance walking after injury. His preparations for coping with the heat in Rome were rather bizarre. Sealed in the bath-room with a heater and heavy flanelette tracksuit, he would exercise until faint.

Years later he realised that the fainting was due to monoxide poisoning from a faulty heater and not the heat!





He cut an eccentric appearance with his kepi style hat and sunglasses, he always seemed to have a permanent list to star-board when racing. In later life he turned to marathons and completed 150. Sometime in the late 80's Don came to Gosport. He completed the Gosport & Fareham Marathon. I remember talking to him at the finish with a group from the club.

I came a bit unstuck when researching this one and cannot find the year he came or his finishing time. The collective minds of our more senior members might come up with an answer, watch this space.

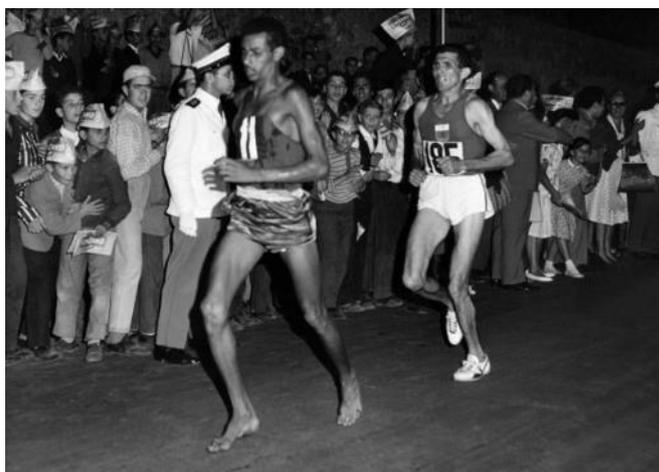
Don went to the great walking site in the sky in 2006.



▲ Britain's Don Thompson leading in the 50km walk at the 1960 Olympics in Rome, where he won the gold medal.  
Photograph: Central Press/Getty Images

### A quick one to finish.

In the Rome Olympics a barefoot runner from Ethiopia called Abebe Bikalia won the Marathon in a time of 2.15.16, phenomenal then! I thought how can anyone run so fast, and barefoot. An inspiration to me.



*Dave Kirby*





Everything after mile 14 was miserable, thank you to Hayley & Julia for being so tolerant & I'm sorry for the things for I said & the looks I gave, I'm quite a different person after 14 miles and it's not a pleasant one, no more smiles, no more sense of humour just scowling & bad bad thoughts (I'll keep them to myself). Everyone says it is hard & you will feel rubbish on one of your longer runs, believe in your training it'll all be good on the day. But what if every long run feels equally as bad as the other, I'm starting to wish I had never offered to raise money as I would now like my inner voices to take over & call it off.

I get to taper week, it's easy to reduce the training & relax I find, am I supposed to miss the training because I'm not? I have a hairdresser's appointment booked for the day before to hide the increasing sparkly bits coming through & spend time with the youngest daughter in a nice relaxed environment keeping me distracted. It works, I always feel sleepy seeing my miracle worker & the run is farthest from my mind. I've trained for it & I can't change anything so let's not even think about it. So, I don't until 3am on race day waking with a sore ear & nausea. I convince myself it's 'Maranoia' marathon paranoia where you convince yourself you're ill or sore, I've heard other people with their symptoms before. It's past 4am I'm still awake & my alarm is set for 0537, I do not get back to sleep. I can feel ear pressure like being under water & I want to be sick, surely not again, not on this route. It's like February 2017 with Karen all over again. I plug my ear with cotton wool & I could cry. Now I wish I hadn't raised money, now I really want to pull out.

So, apply the waterproof mascara & a bit of lippy, let's get that warrior face on. Perhaps I was selfish in turning up, what if I had needed medical attention? I considered the months of training, but most inspiring was the support, the charity donations, the gifts & well wishes all those messages from people behind me wishing me luck, I don't think I've ever felt so overwhelmed with love & encouragement in my whole life?

I told Hayley straight away I wasn't feeling well & that we would see how it goes. I had set out with the intention of slowly getting to half way then I would take it from there, I told Hayley to wrap up warm as I may end up walking the last 10 miles.

We tried to calculate where would we be when Ben Toye comes flying back on his return, again Hayley was spot on with her calculations, although I like to think I spent just long enough at each station fueling for it to work. Half way came & went & it went I thought quite well I thought. I stuck to my slow pace. & had even enjoyed getting to that part I ran straight through mile 14 with no problem. Once again the GRR army of supporters are on hand to cheer & ended up directing runners this year, I had placed a request with Sue for some ready salted crisps as I was carrying fluids but I know I sweat a lot so thought even if I lick the crisps I'm still replenishing, I did manage to eat them, it took the journey home to finish them but I ate them – thank you Sue. Mile 20 I almost cried when I saw more supporters & my sister & best friend, I was starting to flag & the sweeping urges of nausea were coming stronger.



Surprisingly I didn't moan until 21.5 miles, that's my new record, by the way Julia loses as she starts 1 mile in usually on the training runs! By 22-23ish I'm walking the majority of it, I really start to feel unwell & think I'm hallucinating when a chirpy voice shouts out & we turn to see Kim who we had decided to say goodbye to at the turn point, she's a strong woman indeed & a welcome distraction. At mile 24 Hayley was doing her best to keep me motivated without being over the top, we had had words prior to the day about letting me be quiet for a while & not being too chirpy as I would possibly punch her, she absolutely nailed it that day, yup lets shuffle, the more I shuffle the quicker this will all end. . I had said prior to the day I will run over that line come what may not walk it, I will run Eastney seafront, anyone who has done any events over there knows it's ALWAYS a head wind to the finish, although I think it was kind on the day. I broke it down in my head into sections, from the toilets to the Marine, we had giggled on the way out & sang whoooaahh Camouflage as we passed him & I promised him I would return to run by again & I did, and we sang it again and we giggled at the lunacy or delirium? That blooming patterned floor on the seafront I had to choose the right hand side to run on, it draws you in it's a weird mind game on that stretch (maybe just me), one by one the markers went by, model village, coffee cup, the pier..... We're soon seeing the Pyramids & hearing the GRR supporters on my right (I don't even recall seeing those supporters it was all a bit of a blur to be honest) with my best thumbs up I headed for the line. I never really understood the power of marshalling/supporting, until that day, those smiles & signs are like little power boosts it really does lift your spirits & make every bit of difference.

I had done it, we had done it.

I had hoped to enjoy celebrating the following days recouping some if not all of the 4900-calorie deficit, but sadly the infection took hold & a cocktail of prescribed drugs & pain killers it was.

The positives I can take from this & Dan's words of 'trust your training' ringing in my ears is that I can & I did achieve it, my legs felt good & still do, perhaps I should start to believe in myself just a little more. & trust in the training. I was managing stairs & sitting with ease, I was even a bit annoyed not have gone to the hill session the following day. I have an amazing network of support too.

As for the fund raising, I told Sharon I may only raise £50 but I would do my best, in total without the gift aid it's a staggering £687.40 just amazing. I can't wait to see Sharon & the girls on the course for February Coastal Half, I'm hoping the lug behaves this time.

For a girl who was NEVER going to do a marathon it's left me wondering, what would it have been like if I wasn't ill?..... Could I? Maybe?

Jo





### HRRL FIXTURE LIST 2018-19

DATE	START TIME	EVENT	DISTANCE
Sun 13 Jan 2019	10:00	STUBBINGTON	10 Km
Sun 3 Feb 2019	11:00	RYDE	10 Miles
Sun 17 Mar 2019	10:30	FLEET	Half Marathon
Sun 14 Apr 2019	10:00	SALISBURY	10 Miles
Sun 12 May 2019	10:30	ALTON	10 Miles
Sun 19 May 2019	10:00	NETLEY	10 Km
Sun 16 Jun 2019	10:00	ALRESFORD	10 Km
Sun 30 Jun 2019	09:30	LORDSHILL	10 Km





### Recording Results for You

Well done everyone, what an amazing set of results we have had in December.

**If you wish to have your results recorded you are responsible for sending the link to me so that I can record them for you. This will mean that your results can contribute towards awards at the end of the year and be mentioned in our monthly newsletter.**

Many thanks to everyone who has sent me links to race results.



The 'Result of the Month' is chosen by me for being outstanding in its own right for whatever reason. There have been some magnificent results in December that stood out to me on every level and for different reasons including –

**Joanne Hopkins** – running Victory 5 in a time of 44:55 achieving a personal best time! Bravo

**Caroline Mcguigan** – running in the Valencia marathon and having the mental strength to carry on to the end despite it all going a bit Pete Tong from mile 18 onwards and still getting a cracking time of 4:52:13 Bravo!!

**Dale Poulter** – running an amazing 19:48 breaking the 20 minute barrier at our club Time Trial – BOOM!

**Steve Cawte** – running Florence marathon and getting a huge personal best time (previous PB 6:13:51 achieved before 2015) in a time of 5:06:25! WOW

**Lynne Lemmis** – running the Portsmouth Coastal marathon having trained like a trooper, smiling every single mile and coming in at 5 hours 34mins 42 seconds not too shabby at all. Bravo!

The result that stood out most to me in December is **Ben Toye** running the Portsmouth Coastal Marathon coming in 2<sup>nd</sup> place with a time of 2 hours 44mins 22 seconds running the long route and with very difficult under foot conditions. Ben also gave every GRR runner out there a shout out as he whooshed back past them and then waited at the end (for many hours) until every runner had finished cheering them all in. Ben Toye is an exceptional runner who trains very hard to achieve outstanding results time and time again. A true credit to the GRR yellow army!

**Please remember I only record results that are sent to me**

Hayley Sparshott



Please email your results to Hayley at:

[results@gosportroadrunners.org.uk](mailto:results@gosportroadrunners.org.uk)



04/12/2018			04/12/2018		
5k TT			5k TT		
Position	Name	time	Position	Name	time
1	Dan Belben	00:18:26	17	Charles Cope	00:24:41
2	Michael Percival	00:18:30	18	Ben Jarvis	00:26:31
3	Dale Poulter	00:19:48	19	Louise Belben	00:27:22
4	Josh Belben	00:20:43	20	Sam Graham	00:27:43
5	Ben Wales	00:21:12	21	Lee Torrens	00:27:46
6	Alan Burgess	00:21:22	22	Julia Roiz de Sa	00:27:50
7	Jordan Duck	00:21:29	23	Cathy Harman	00:28:10
8	Kevin Busch	00:21:51	24	Dean Conway	00:28:13
9	Jason Belben	00:22:21	25	Ken Eaden	00:28:29
10	Caroline Musto	00:22:31	26	Lisa Young	00:28:57
11	Su Baldock	00:23:08	27	David Baker	00:29:24
12	Rob Hylands	00:23:20	28	Jackie Brady	00:30:10
13	Nicolas Boorn	00:24:03	29	Richard Smith	00:30:59
14	Richard Pelley	00:24:08	30	Dave Kirby	00:34:41
15	Gill Dowling	00:24:09	31	Yvette Eastman	00:34:41
16	Chris Sparshott	00:24:18	32	Kim Carter	00:34:45

Thank you to our officials - Liz Redpath (starter/timer), Janet Lindley (timer), Paul Street (numbers), Gary Francis (recorder)

Thank you to our marshals - Geoff O'Flanagan, Eileen Bartlett, Sue Barrett, Terry Weston, Jenny Shilling

Michael Bowers, Julie Conway, Jo Hopkins. Hayley Sparshott and Tom Reader

We had 7 guest runners this eveing -

- 1 Simon Rowe 00:19:50
- 2 Rory Fall 00:34:45





















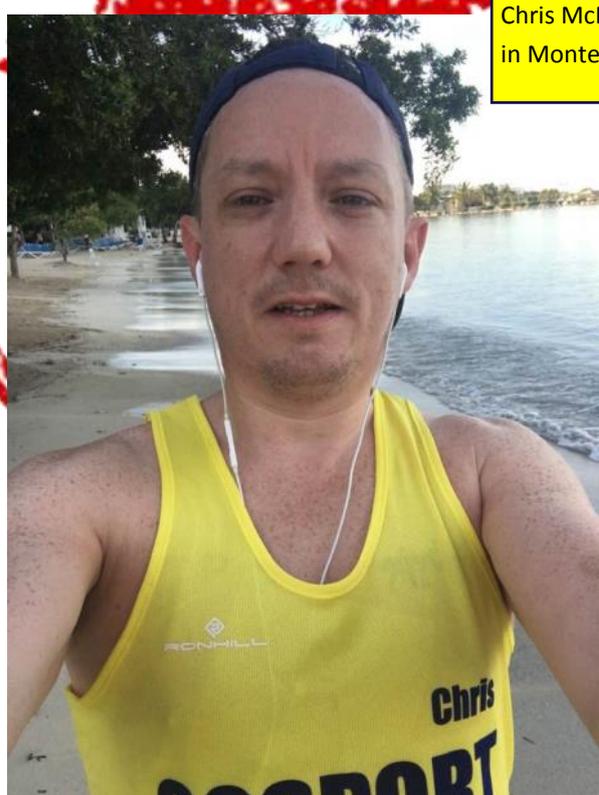


GOSPORT GOSPORT





Maree Louise O'Rourke bringing GRRness to Dunfemline



Chris McFaul sweating it out in Montego Bay

### GRR Website

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

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



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

### GRR and Social Media



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

Follow this link to see what's going on:

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

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

<http://twitter.com/gosporrr>



### 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](mailto:newsletter@gosportroadrunners.org.uk)

