



GOSPORT

Road Runners



Club Newsletter



Editors Note

By Lisa Jakins, GRR Newsletter Editor

Firstly, let me wish you all a Happy New Year! I'm Lisa and I shall be attempting to take on the role of the GRR Newsletter Editor.

The previous Editor, Miranda Carrick was in the role for 5 years and having spent hours pouring over the previous newsletters, I can clearly see how much hard work and dedication has gone into these publications. Miranda, many thanks for your years of service!

I hope to create a new era of newsletter but as new member of GRR (6 months), I will need a little help! Please see the last page for how you can contact me to submit anything you feel might be relevant to include in future newsletters



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Sue says.....

By Sue Barrett, GRR Chairperson

Happy New Year Gosport Road Runners!! Your committee has been working very hard in the background to ensure that we have so much to look forward to in the coming months. As well as the usual Tuesday & Thursday club nights, we have cross country runs in the diary as well as time trial collaborations with other running clubs.

We'll have our our first 'Out of Town' of the year, traditionally the blue bell run in early Spring. We'll also be planning other events and a few surprises along the way. Happy running in 2022 to all of you!



Just a reminder to send any race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk

Cross Country

The Southern Cross Country League has 20+ clubs from Hampshire / South Central UK taking part in cross country races between October and February. GRR are currently sitting in 18th position on the leader board compared to 20th in the previous season. We have 2 races left this season but need more support to help us retain or improve on our position on the leader board before the season ends. The next race is Sun 23 Jan - Chawton House (nr Alton). Please contact [Karen Morby](#) if you are interested!

Club	Jolly Farm	Bourne	LWC	Points	Position
Season					
Basingstoke & Mid Hants AC	1	1	1	3	1
Farnham Triathlon Club	2	1	2	5	2
Farnham Runners	7	3	8	18	3
Hart Road Runners	7	3	9	19	4
Petersfield Triathlon Club	5	6	9	20	5
Alton Runners	6	7	7	20	5
Portsmouth Triathlon Club	4	5	11	20	5
Fleet & Crookham AC	10	8	3	21	8
Denmead Striders	9	9	4	22	9
Hook Runners	10	14	4	28	10
Stubbington Green Runners	3	16	12	31	11
Waverley Harriers	20	12	6	38	12
Chineham Park RC	13	11	18	42	13
Hatch Warren Runners	15	15	13	43	14
Liss Runners	17	9	19	45	15
Haslemere Border AC	21	14	14	49	16
Cove Joggers	16	19	14	49	16
Gosport Road Runners	18	17	16	51	18
Sherfield Park Runners	18	17	17	52	19
Fareham RC	12	20	21	53	20
Victory AC	13	21	20	54	21
Havant AC	22	23	22	67	22
Portsmouth Joggers	23	22	23	68	23



RESULTS

Times from our recent races



5k Club Time Trial

The first GRR club time trial was held on Tuesday 04 January. Considering it was early into the New Year, the time trial was remarkably well attended with 24 runners in total. It was also a very cold night in Stokes Bay, so a big thank you to all those who ran and particularly the marshalls and timekeepers who braved the cold weather to support our time trial.

Pos.	Name	Time	Pos.	Name	Time
1	Mike Newnham	18:08	13	Amy Whiting	26:35
2	Ben Worsfold	22:07	14	David Walters	27:34
3	Su Baldock	22:35	15	Louise Belben	27:37
4	Katherine Wealthy	22:40	16	Mike Barker	28:12
5	Jason Belben	22:51	17	Tony Baron	28:15
6	Gavin Llewellyn	23:08	18	Steve Cawte	28:34
7	Ben Wales	23:16	19	Lisa Jakins	28:47
8	Gill Dowling	23:41	20	David Baker	29:45
9	Kev White	23:58	21	Gill Thomas	31:27
10	Steve Calder	24:28	22	Melissa Pink	31:32
11	Mark Jakins	24:47	23	Brian Fisher	33:25
12	David Whiing	25:38	24	Jackie Brady	33:27

Starter/Timer:- Liz Redpath. Back-up Timer:- Paul Street. Numbers:- Sid Smith. Marshalls and Supporters:- Dace Kirby, Ken Eaden, Julie Conway, Rachel Gee, Karen Morby and Jen Parker-Lummis. Thanks to our tailrunner tonight - Jackie Brady.

Looking Ahead

Some dates for the diary



Below are some key dates for your running diaries over the next couple of months. Our club nights (Tues & Thurs) also have a Couch 2 5K workshop led by Sophie and Andy, which began on 06 Jan and runs for 10 weeks. Contact [Sophie Hurlo](#) or [Andy Brown](#) for more information

It's also intended that the last Thursday of every month, there will be "something different" on a club night, running up until our traditional out of town runs commence.

JANUARY

- 16th - HRRL Race 5: Stubbington 10k
- 23rd - Cross Country Chawton House
- 27th - "Something Different" - Titchfield Hills

FEBRUARY

- 1st - 5K Time Trial
- 6th - HRRL Race 6: Ryde 10 miles (entries close 31st Jan)
- 24 Feb - "Something Different" - tbc

MARCH

- 6th - GRR Alver Valley Cross Country event
- 31 Mar - "Something Different" - tbc



GRR Comittee



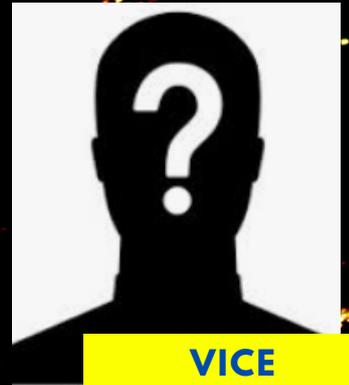
There are 2 vacancies in the committee for a Vice Chair person and a Men's Vice Captain (closing date 20 Jan). If you have a little bit of time to support the club and fancy a new challenge, please contact any of the committee for more details!



PRESIDENT
Dave Kirby



CHAIRPERSON
Sue Barrett



**VICE
CHAIRPERSON**



TREASURER
Paul Street



SECRETARY
Sophie Hurlo



MEMBERSHIP
Nicolas Boorn



MENS CAPTAIN
Mark Jakins



**MENS VICE
CAPTAIN**
tbc



WOMENS CAPTAIN
Karen Morby



**WOMENS VICE
CAPTAIN**
Karen Harding



GRR New Years Day Run

As always the annual GRR new years day run was lots of fun! Fancy dress was encouraged and we did not disappoint! We also had a few members from the 545 running club join us as our guests. Following a route of just over 4 miles through the town and seafront, we received lots of beeps from cars, well wishes and "Happy New Year!" from members of the public.

Despite the official GAFIRs New Years Day swim being cancelled, this didn't stop a few brave members of our GRR family taking a dip! Whilst several of us were discussing whether to take the plunge, our very own Batman (aka Steve Calder) ran across the shingle and leapt straight in! Batman was swiftly followed by our Hawaiian Hula Girl (aka Jackie Brady), Dora the Explorer (aka Lynne Franklin) and Pudsey Bear (aka Aidan Morby). This was then followed by a (very swift!) run back to club to allow our brave dippers to get home to a very well deserved warm cuppa!

Roll on the next new years day run and dip!





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

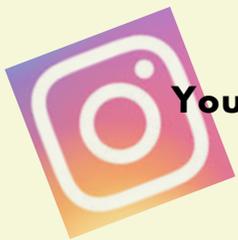


The Club's Facebook members' page is the main place where Club members share stories, race experiences, photos, arrange out of Club meetings, etc. Follow this link to see what's going on:

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

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

<https://twitter.com/gosportrr>



You can also follow Gosport Road Runners on its Instagram page:

<https://instagram.com/gosportroadrunners>

GRR Newsletter

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

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

Contact: You can send comments, articles, content to me either via Facebook or by email to:

newsletter@gosportroadrunners.org.uk



WE NEED

YOU!



GOSPORT

Road Runners



Editors Note

By Lisa Jakins, GRR Newsletter Editor

Well, what a busy month its been since the last newsletter! My plan was to produce a bi-monthly newsletter as I thought this would be manageable around my work and also allow time for lots of content submissions. But due to so much activity in the last month and being mindful of the size of newsletter, I decided to publish a little early. I have to say that this a testament to the committee coming up with new and exciting ideas for the club, lots of race activities and volunteers sending me content. Whist I was initially overwhelmed at the prospect of being a newsletter editor, you have all made this a lot easier for me, so a very heartfelt thank you - and keep the content coming!



Sue says.....

By Sue Barrett, GRR Chairperson

I can't believe we're into February already. It was fantastic to kick off January with the Stubbington 10k, both a local race and part of the Hampshire road race league. A chance for the club to score both team and individual points in the Hampshire road race league, or just a chance to pop along and cheer like I did. Also brilliant to see such a turnout at the February 5k, not sure if the cake at the end had anything to do with it....

Going forward your club captains are working hard to provide a few different options on the last Thursday of the month, starting off with Titchfield hills in January. This will be great preparation for when the popular out of town runs commence April through to August.

The date for our awards night has been set as Friday 1 April, a chance to get together and celebrate all things that we've not been able to in the last 20 months.

And can I just say a big thank you to Lisa for taking on the newsletter editor task, it's no easy role.

Safe running everyone! Sue.



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Social Media & Newsletter



Just a reminder to send any race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



RESULTS

Times from our recent races



Cross Country



GRR are currently sitting in 19th position on the Southern Cross Country League leader board. We have 1 final race remaining in the 2021/2022 season on Sun 13 March at Alice Holt near Farnham. We had a great turn out at Chawton House on 23 Jan so lets keep the momentum going and finish the season in style with a sea of yellow! Contact [Karen Morby](#) if you are interested!

	Men	Ladies	Overall	Overall Position
Basingstoke & Mid Hants AC	1	1	2	1
Farnham Triathlon Club	4	4	8	2
Portsmouth Triathletes	5	3	8	2
Liss Runners	6	5	11	4
Petersfield Triathlon Club	9	2	11	4
Denmead Striders	2	12	14	6
Waverley Harriers	8	7	15	7
Farnham Runners	7	9	16	8
Alton Runners	3	14	17	9
Haslemere Border AC	13	6	19	10
Fleet & Crookham AC	12	8	20	11
Fareham Crusaders RC	10	11	21	12
Hook Runners	14	10	24	13
Stubbington Green Runners	17	13	30	14
Victory AC	15	15	30	14
Chineham Park RC	11	21	32	16
Hatch Warren Runners	16	16	32	16
Sherfield Park Runners	20	17	37	18
Gosport Road Runners	18	20	38	19
Hart Road Runners	19	19	38	19
Cove Joggers	22	18	40	21
Havant AC	21	23	44	22
Portsmouth Joggers	23	22	45	23





RESULTS

Times from our recent races



Resolution Run (09 Jan 22)

Name	Time
Lisa Young	01:08:41

Stubbington 10k (16 Jan 22)

Name	Time
Luke Willis	00:35:11
Nikki Moxham	00:38:10
Gavin Booker	00:40:30
Adam Crooke	00:41:44
Luke Foley-Greaves	00:41:53
Tim Durrant	00:43:54
Aiden Morby	00:43:55
Darren Thorley	00:45:28
Kevin Busch	00:45:59
Daniel Roiz de Sa	00:46:46
Gill Dowling	00:48:32
Andrew Pearce	00:50:33
Steve Calder	00:51:24
Pete Stubbings	00:52:26
Kerry Arnott	00:52:28
David Whiting	00:53:16
Amy Whiting	00:53:52
Colin Gardener	00:53:54
Jenny Shilling	00:54:11
Tony Baron	00:54:23
Charles Cope	00:56:04
Jo Yorke	00:56:07
Steven Blanc	00:56:09
Jackie Tombs	00:56:19
Donna McRoberts	00:56:28
Sarah Porter	00:56:59
Robert Hylands	00:58:19
Cathy Harman	00:58:44

Name	Time
Karen Morby	00:59:12
Michael Barker	00:59:34
Michael Kearney	00:59:37
Kellee Read	00:59:49
Lynne Franklin	01:00:11
Lisa Jakins	01:00:11
Shaun Smith	01:01:07
Rebecca Scott	01:01:10
Jo Gevaux-Ross	01:02:15
Jenny Mackay	01:02:57
Gill Thomas	01:03:18
Tom Reader	01:03:34
Paula Pearce	01:03:37
Honor Reader	01:03:38
Christine Stansfield	01:03:38
Elizabeth Redpath	01:04:50
Sharon Clutton	01:04:50
Lynne Lemmis	01:04:53
R F Smith	01:11:48
Kim Carter	01:12:34
Karen Harding	01:13:27
Melanie Bagwell	01:13:27
Susan Barker	01:13:48
Jeanette Webb O'Neil	01:14:16
Julie Garrett	01:39:49
Marie Bowers	01:42:00
Michael Bowers	01:42:01



RESULTS

Times from our recent races



Romsey 5 (22 Jan 22)

Name	Time
Dan Roiz de Sa	00:37:02
Kevin Busch	00:38:46
Julia Roiz de Sa	00:41:20
Julie Conway	01:00:04
Marie Bowers	01:04:35
Michael Bowers	01:16:10



Club 5k TimeTrial 5 (01 Feb 22)

Pos	Name	Time	Pos	Name	Time
1	Mike Newnham	17:45	21	Melissa Pink	29:35
2	Chris Buxton	18:33	22	Rebecca Scott	29:50
3	Aiden Morby	21:15	23	Lisa Jakins	29:53
4	Dan Roiz De Sa	23:06	24	Jenny Mckay	29:58
5	Andy Pearce	23:16	25	Jackie Brady	33:02
6	Katherine Wealthy	23:57	26	Richard Smith	33:31
7	Mark Jakins	24:29	27	Mel Bagwell	34:11
8	Lynne Franklin	26:04	28	Karen Harding	35:10
9	Tony Barron	26:23	29	Andi O'Flanagan	39:17
10	Dave Walters	27:03	30	Celia Martin	39:24
11	Lou Belben	27:13	31	Caz Delooze	42:40
12	Mike Barker	27:25	32	Roz Weaver	44:01
13	Jo Yorke	27:26	33	Lee Howard	44:02
14	Ethan Barrett	27:41	34	Sid Smith	44:32
15	Amy Whiting	27:53	35	Andy Brown	44:56
16	Tom Reader	28:45	36	Pam Ella	45:02
17	David Barker	29:09	37	Brian Fisher	45:02
18	Colin Middleton	29:19	38	Kim Carter (Tail Runner)	45:04
19	Cathy Harman	29:26			
20	Gill Thomas	29:28			

Starter/Timer:- Paul Street. Back-up Timer:- Steve Cawte. Recorder:- Sue Barrett. Numbers:-Deborah Birch. Marshals and Supporters:- Dave Kirby, Karen Morby, Dave Croft, Ali Watson, Jason Belben and Sara New. Thanks to our tailrunner tonight - Kim Carter.

Looking Ahead

Dates for the diary!



FEBRUARY

- Sat 05 Feb - Kingley Vale Half Marathon - Goodwood racecourse
- Sun 06 Feb - HRRL Ryde 10 mile
- Sun 13 Feb - Portsmouth Coastal Half Marathon
- Sun 20 Feb - Winchester 10k
- Thur 24 Feb - Club night "Something Different" - tbc
- Sat 26 Feb - Chichester Harbour run - Chidham

MARCH

- Tue 01 Mar - Club 5k Time Trial
- Tue 01 Mar - St Davids Day Fun Run (Believe & Achieve Events)
- Sun 06 Mar - GRR CROSS COUNTRY - ALVER VALLEY
- Sun 06 Mar - Batty Bimble (On the whistle)
- Sun 13 Mar - SCCL - Alice Holt
- Sun 13 Mar - Queen Elizabeth Off Road Half Marathon
- Thur 17 Mar - St Patricks Day Fun Run (Believe & Achieve Events)
- Sun 20 Mar - Eastleigh 10k
- Sat 26 Mar - New Forest Off Road Half Marathon - Hinton Admiral
- Thur 31 Mar - Club night "Something Different" - tbc

APRIL

- Fri 01 Apr - GRR CLUB AWARDS NIGHT
- Sun 03 Apr - HRRL Salisbury 10 mile
- Sun 03 Apr - London Landmarks Half Marathon
- Sat 09 Apr - Sophie's 10k
- Sun 10 Apr - Brighton Marathon & 10k
- Sat 23 Apr - St Georges Day Fun Run (Believe & Achieve Events)
- Sun 24 Apr - ABP Southampton Marathon/Half Marathon & 10k

Looking Ahead - a date for the diary!



**GOSPORT ROAD RUNNERS CROSS COUNTRY
SUNDAY MARCH 6th 2022 – 9:45 AM**

GOSPORT
Road Runners



Meet at the children's playground car park, Cherque Way.

The course is approximately five miles. Please wear your club colours.

There is a Trophy for the winning Lady and Man.

Refreshments at the finish.

If you haven't participated in a Cross-Country event before then this is a good opportunity to 'give it a go' to see if you like it. It's fun, it's local and it's organised by your club.

If you are not running but would like to support your club by marshalling, please meet at the children's playground at 8.45am where your section leader will escort you to your position.

If you fancy a five-mile walk following the course route, feel free to join the marshal section leaders when they walk the course on Sunday 20th February. Meet at 10am – Children's playground, Cherque Way.



Stubbington 10k

Promoted by our running neighbours, Stubbington Green Runners, one of the South coast's favourite races returned on Sunday 16 January.

After a Covid-enforced absence in 2021, the 36th Stubbington 10K saw perfect weather conditions on a surprisingly mild day for January, with just a light speckling of rain drops at the start of the race.

The course is a slightly undulating (with Coach Hill and Osborne View as particular 'highlights'), but fast, single lap course that features the country lanes, open fields and scenic coastal roads of Stubbington and Hill Head.

Our club was well represented with 55 Gosport Road Runners in the race and lots of very enthusiastic and loud supporters at every stage of the race!

Out of 1765 finishers, our first male across the finishing line (32nd overall) was Luke Willis with a chip time of 35:14 and our first female across the finishing line (107th overall) was Nikki Moxham with a chip time of 38:13. We also saw a many new 10k PBs and fantastic running from all considering it was 2 weeks into the New Year!

All profits from this year's race will be donated to Alice's Arc children's cancer charity in memory of Sophie Fairall.

A massive well done to all those who took part and huge thank you to our sea of supporters who helped get us across the finish line.



She was only going for a run.....

5k Memorial Run for Ashling Murphy

By Emma Noyce



She was only going for a run....

On the 12th January Ashling Murphy finished work at about 3pm and went for a jog along a local canal. At 4pm she was assaulted and killed. The phrase 'she was only going for a run' has become the familiar refrain. Frankly, it shouldn't have mattered what she - or any other victim of such violence - was doing: running, walking home at night, drunk outside a pub in a miniskirt - they all should have been safe. But 'she was only going for a run' touches something in all our hearts because we are runners too. She was one of our own.

So, on Friday 21st January, at the invitation of our friends in Portsmouth Joggers, we came together to remember the life of Ashling. To be frank, on a dark and chilly Friday night, the last thing I felt like doing was hauling myself over to Southsea. However, I wouldn't have missed it for the world. Over 100 runners amassed from local clubs to the sound of a cellist playing next to a small candle and picture of Ashling. Antony Quinn, chair of Pompey Joggers, said a few words and led us in a 2 minute silence. After this we went for a 5k run. This wasn't about times, or even the running, it was about coming together to remember a life lost.

It was incredibly poignant, and so special to be together with a group of Gosport Road Runners, proudly wearing our team colours. At times like this, when we come together, we remember what it means to be part of the running community. She was one of us, and she was only going for a run.

Emma





Having run 74 Parkruns at Lee and 1 at Upton Park , I have decided to do a bit of parkrun tourism. So I had the idea to introduce a monthly event at different local parkruns, hopefully we will get a few Gosport club members joining in.

Kicking off with QE Parkrun, as I love a hill and some mud, a few of us turned up Saturday morning and walked to the start which was halfway up a rather steep hill. We got a shout out from the race director and it started.

I am not sure how many park runs have the start going up the side of the mountain but QE certainly delivered, up and up then along a muddy path, down a bit, up a bit only, around a bit , then to have to do it all again with the start of lap 2 at the bottom of the very steep hill , I am not sure how many people actually managed to run all of this hill but bravo to them !!

This was not the fastest park run I have ever done but was one of the most joyous with lovely company and surroundings . To top it all off , cake and coffee in the café afterwards.

QE was quite a small park run compared to Lee but definitely one to try.

Keep your eyes out for event number 2 hopefully the last Saturday of every month.

Last but not least , a comment was made by the lovely Lynne Franklin, on how attending the park run has given her the confidence to come back to club events, I know personally how difficult it can be to come back to club nights when you have been out of the loop for a while so this is great news.

Jackie Brady

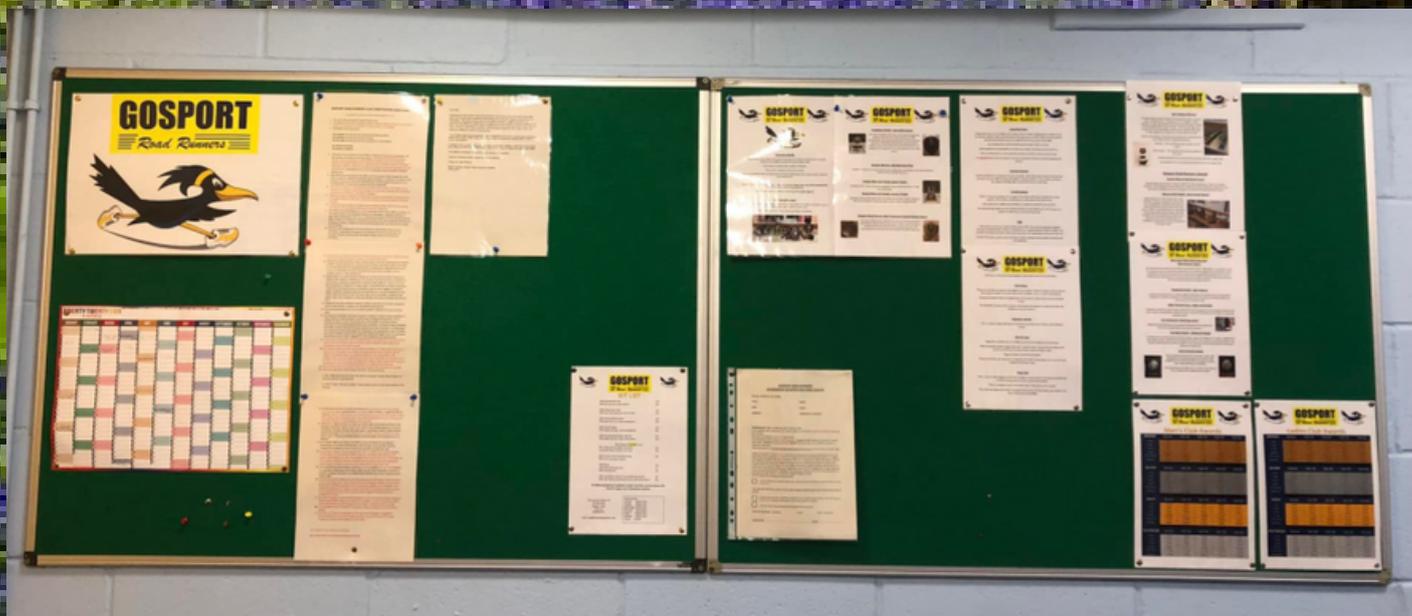
GRR Club Raffle

Every time a member of GRR represents our club at either a HRRL race, a Cross Country event, or runs (or Marshalls) at a Time Trial, they will gain 1 ticket in an end of year raffle, which will be drawn at the Christmas run. This started with the Stubbington 10k and will end after Decembers Time Trial.

1st prize is a £100 voucher for Alexandra Sports and will hopefully give a bit of extra incentive to get out there and have fun, whilst representing our club. The more you do, the more chances you have to win!



GRR Noticeboard



A big thank you to Karen Morby & Karen Harding for revamping our noticeboard. This is another vital source of key information for our club, including race dates, up and coming club nights & events as well as details about club kit information. You can find our GRR noticeboard inside Gosport & Fareham Rugby Club, through the downstairs entrance doors and on the left hand wall. So, if you are attending a club night, please do take a look!



MEMBER SPOTLIGHT



Congratulation's to Luke Willis who is our new Men's Vice-Captain!

Who is Luke Willis?

I am a 30-year-old spiced rum and cider enthusiast with a running problem. I am a proud dad to my beautiful daughter Lucie and have served in the RAF for 11 Years

When (year) did you join GRR?

I first joined the club in 2010 but unfortunately after moving away I couldn't attend any races and was rarely at club nights so left in 2016. I recently joined again last year after recovering from Ankle reconstruction surgery.

What made you decide to join the club?

I love the unconditional support and encouragement that GRR provides; it is unrivalled by any other club on race day! This was invaluable recently at the business end of the stubby 10K with little over a mile to go I was given a massive cheer as I passed the Osborne view, not to mention the many other GRRs out on the course that also gave their support!

What's the best thing about being part of a running club?

The most important part of training to improve as a runner is intervals. Training as a group in these sessions with Paul or Sue dishing out the workload gets that extra 10-20% effort out of us as athletes. It prepares us to become comfortable with being uncomfortable, allowing us to dig deep during the hard miles on race day.

Best/ most memorable run/running experience ever?

Most memorably was running in Camp Bastion during the campaign in Afghanistan. When the threat level allowed, a park run was hosted on a Saturday morning and those marshalling were armed which was a surreal experience. Also, I ran a marathon whilst on that tour in 2014 hosted by our Danish allies, that was an unforgettable experience and a medal that sits proudly on my rack as not many can say they have run a marathon in Afghanistan.

What music do you listen to when running (if any)? Your Number 1 running song is.....

My go-to is the Acoustic Hits playlist on Apple Music. I like to stay calm and relaxed on recovery runs. No music makes the hard sessions any easier, so I don't bother for them!

How do you prepare for a run? Do you have any pre run rituals?

On race week I make extra efforts to ensure that I am drinking lots of water, hydration needs to start days before. I do not like to eat too much on the morning of a run but if I am running more than 10K I will have a Snickers around 90mins before so that my body can absorb the energy quickly. I usually have at least 3 trips to the toilet too! Away from nutrition, I like to close my eyes on the start line, visualise myself running and not getting too carried away to make sure I don't cook myself in the first mile.

If you could give one piece of advice to a new runner, what would it be?

Start slow, if you think you are running slow – run slower! Becoming a good runner takes patience and persistence. Run on feeling and not ego. You will become a good runner if you stick at it!

If you could only eat one meal for the rest of your life, what would it be?

Sausage Rolls – I have been obsessed from a young age. Some days for several years I have even eaten them for breakfast!



LiRF

CORNER



Hi all! I'm Kim Carter, one of the club coaches in running fitness (CIRF) so any training/racing queries you have, I'll do my best to help !

A little bit about me; I'm 63 years "old", a dental hygienist, married mum of 2 and grandmother of 3. I have been involved in some kind of sport since my schooldays when I was a county swimmer. I am also a black belt in Kyokushinkai karate and represented England in the First Ladies Knock down tournament in 1984. I have also competed in bodybuilding and won Miss South Coast Muscle in 1986 and I am also a circuit training and weight training coach!

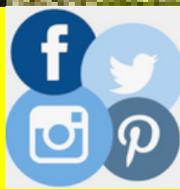
I joined GRR for the first time in 1996 and they helped me to my first and still best London Marathon. I re-joined about 10 years ago, but the legacy of all my sport over the years are injuries! I shan't win my any races now, but I still love to turn out when I can! I come to club as often as I can but I'm always available on social media, so please reach out and say "Hi" !

Kim



LET YOUR LEGS DO THE
RUNNING, YOUR MIND DO
THE PACING, AND YOUR
HEART DO THE PUSHING.

www.thepsayings.com



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.

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Website



GRR and Social Media

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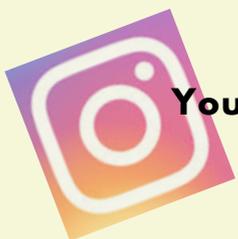
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GRR Newsletter

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



**WE NEED
YOU!**

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

Contact: You can send comments, articles, content to me either via Facebook or by email to:

newsletter@gosportroadrunners.org.uk



GOSPORT

Road Runners



Editors Note

By Lisa Jakins, GRR Newsletter Editor

Wow, what another busy month its been since the last newsletter! I am continuing to receive lots of content from the committee and GRR members (with minimal arm twisting!). The next few months looks to be very busy with events so volunteers always needed to do write ups! I can't do it all myself and I'm sure I would bore everyone stiff with my writing style. For those who have submitted content, a huge thank you. Please keep it coming, the more volunteers keeps the newsletter contents lively and varied. I also want to take this opportunity to thank the committee and captains for all their hard work, these events don't happen overnight and I've seen first hand how much hard work they put into running the club.



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GRR PARKRUN TOURISM

By Tom Reader

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- GHM Committee Vacancies

- GRR Club Raffle

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GRR ONLINE

Social Media & Newsletter

Sue says.....

By Sue Barrett, GRR Chairperson

I can't believe it's March Already! Lots of plans for the forthcoming months including club xc, awards night, memorial run, first out of town (bluebell run) and Lee on Solent park run takeover!



Also a gentle reminder it's coming up to renewal time so please get your forms and payment in on time. As ever your committee work hand behind the scenes to plan and make these events happen. But ultimately it's your club and if you want to see something or have any ideas for events then don't be shy, speak up. Just be prepared to give a little time to help make it happen if need be

Am always happy to take any feedback, positive or negative and always try to be approachable in my role.

Safe running everyone! Sue

Looking Ahead

Dates for the diary!



MARCH

- Tue 01 Mar - St Davids Day Fun Run (Believe & Achieve Events)
- Thurs 03 Mar - Club 5k Time Trial
- Sun 06 Mar - GRR CROSS COUNTRY - ALVER VALLEY
- Sun 06 Mar - Batty Bimble (On the whistle)
- Sun 13 Mar - SCCL - Alice Holt
- Sun 13 Mar - Queen Elizabeth Off Road Half Marathon
- Thur 17 Mar - St Patricks Day Fun Run (Believe & Achieve Events)
- Sun 20 Mar - Eastleigh 10k
- Sat 26 Mar - New Forest Off Road Half Marathon - Hinton Admiral
- Thur 31 Mar - Club night "Something Different"

APRIL

- Fri 01 Apr - GRR CLUB AWARDS NIGHT
- Sun 03 Apr - HRRL Salisbury 10 mile
- Sun 03 Apr - London Landmarks Half Marathon
- Sat 09 Apr - Sophie's 10k
- Sun 10 Apr - Brighton Marathon & 10k
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MAY

- Sun 01 May - Wickham Whistler 2022
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- Sun 08 May - The Green Run, Meon Shore (hosted by SGR)
- Sat 14 May - Thorney Island Off Road Half Marathon
- Sun 15 May - HRRL Netley 10k
- Sun 22 May - Bognor Prom 10k road race
- Weds 25 May - Lakeside 5k Series (race 2/5)

GOSPORT ROAD RUNNERS CROSS COUNTRY
SUNDAY MARCH 6th 2022 – 9:45 AM

GOSPORT
Road Runners



THIS SUNDAY! (6 MARCH) - 9:45AM

Meet at the children's playground car park, Cherque Way.

The course is approximately five miles. Please wear your club colours.

There is a Trophy for the winning Lady and Man.

Refreshments at the finish.

If you haven't participated in a Cross-Country event before then this is a good opportunity to 'give it a go' to see if you like it. It's fun, it's local and it's organised by your club.

If you are not running but would like to support your club by marshalling, please meet at the children's playground at 8.45am where your section leader will escort you to your position.

Please support your Club! Lets get muddy!!

Looking Ahead - important date for the diary!



GOSPORT

AWARDS NIGHT

Friday 1st April

With
LIVE ENTERTAINMENT

FROM
Forces Collide
Presented by our very own
Jennifer Parker ~ Lummis

CLUB AWARDS FROM THE LAST 2 YEARS

RAFFLE

COLD BUFFET

£5 per person

(members plus 1 guest)

Tickets for this year's awards night are on sale NOW!

It's at the Rugby Club on 1st April.

Very generously, the ticket price has been set at just £5 per person and they are initially available to all Members and 1 guest.

Your ticket includes entertainment from the AMAZING local band, Forces Collide, and a Cold Buffet.

There will of course be a raffle, with tickets purchased on the night.

After the couple of years that we have had, we deserve a bit of a blow out. It would be really great if as many of us as possible came together to celebrate the successes of our individuals and also the fact that we continue to be the BEST club around.

Obviously the bar will be open throughout. At present, it is card payment only but we will keep any updates posted on the Facebook page.

Please see any Committee member, or your Captains / Vice Captains, with your money to secure your ticket. Payment in advance of the night please!



Just a reminder to send any race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



RESULTS

Times from our recent races



Cross Country

	Men	Ladies	Overall	Overall Position
Basingstoke & Mid Hants AC	1	1	2	1
Farnham Triathlon Club	4	4	8	2
Portsmouth Triathletes	5	3	8	2
Liss Runners	6	5	11	4
Petersfield Triathlon Club	9	2	11	4
Denmead Striders	2	12	14	6
Waverley Harriers	8	7	15	7
Farnham Runners	7	9	16	8
Alton Runners	3	14	17	9
Haslemere Border AC	13	6	19	10
Fleet & Crookham AC	12	8	20	11
Fareham Crusaders RC	10	11	21	12
Hook Runners	14	10	24	13
Stubbington Green Runners	17	13	30	14
Victory AC	15	15	30	14
Chineham Park RC	11	21	32	16
Hatch Warren Runners	16	16	32	16
Sherfield Park Runners	20	17	37	18
Gosport Road Runners	18	20	38	19
Hart Road Runners	19	19	38	19
Cove Joggers	22	18	40	21
Havant AC	21	23	44	22
Portsmouth Joggers	23	22	45	23

GRR are currently sitting in 19th position on the Southern Cross Country League leader board.

We have 1 final race remaining in the 2021/2022 season on Sun 13 March at Alice Holt near Farnham, GU10 4LS.

Contact [Karen Morby](#) if you are interested!

If you can't run, all clubs have been asked to help supply volunteers (non running roles), email: racedirectorfr@gmail.com



RESULTS

Times from our recent races



Ryde 10m (08 Feb 22)

Name	Time
Luke Willis	01:02:49
Gavin Llewellyn	01:21:22
Kevin Busch	01:29:21
Steve Calder	01:29:21
Mark Jakins	01:33:27
Lynne Franklin	01:37:31
Karen Morby	01:43:48
Kim Carter	01:53:55

Portsmouth Coastal Half Marathon(13 Feb 22)

Name	Time
Tracy Bale	02:05:22
Anthony Baron	02:07:51
Nicolas Boorn	01:58:05
Lynne Franklin	02:03:01
Mark Jakins	02:03:02
Karen Morby	02:24:44
Julia Roiz De Sa	02:02:33
Hayley Sparshott	02:05:18
Zoe Windsor	02:42:05

RYDE 10 Miles - A Jolly GRR's Outing!

By Luke Willis



For me the nerves and anticipation surround this overseas event started in the early hours of the Sunday morning on race day. I was kept awake by the wind and rain crashing against my bedroom window through the night. I, like many others was unsure if the race would go ahead. A small part of me would have been relieved if it didn't!

After some 'flapping' the night before about meeting times at the Gosport ferry, sure enough top flappers myself and Karen Morby were the first to meet by the ticket machine. Before long we had the mob together and we began our journey.

The wait to board the IOW ferry had a similar atmosphere to that of a doctor's surgery, most were quiet and anxious of the course that lay ahead. Apart from Karen Harding and Mel Bagwell who were in great spirits as they were excited to cheer everyone on through the pain of this undulating course! Soon enough we arrived at Ryde and began what felt like walking 10 miles from the end of the pier all the way to race HQ.

Once we arrived at race HQ there was little time to get our race numbers and changed before making our way to the start line. The queue was long to collect our numbers, however some of us were kept entertained by the unintentional half naked show of runners getting changed in full view in the window above us overlooking the beach.....





RYDE 10 Miles - A Jolly GRR's Outing!

By Luke Willis

.....Anyway, the scene has been set; lets jump into the race itself! It starts with a lovely flat roughly 800-meter lap around the lake near the start line – a more enjoyable part of the race. My first time competing in this event, luckily, I was forewarned about the humungous hill early in the race! so I was cautious not to get caught up and set off too fast.

Sure enough, the first hill set the tone for the undulating course that was about to come. For at least the first 5 miles the course can only be described as the classic nursery rhyme 'The Grand Old Duke of York' As when we were up, we were up and when we were down, we were down. There was no let's just run on a flat! If it wasn't your calves burning and your lungs about to explode on the uphill, your joints were being smashed to pieces on the downhill!

Eventually we hit some flat ground running over some dunes and then along the coast, which would have served for some light relief if it wasn't for us having to run into 40mph gusts which were torturing the coast line. Once we left the coast, we zig-zagged through the loveliest caravan park which would have been perfect if it wasn't located on yet another steep incline!

Luckily what goes up must go down and after the infamous caravan park section of this race we were back to some downhill running which served a much-needed relief to some aching legs and lungs. Back down onto the coast and I was met with some much need support from Karen and Mel as I was into the last 2 miles of the race and another monstrous climb to tackle. The ladies were especially charming after the race telling me how great I looked which would a massive contrast to how I felt inside which was completely cooked and taking every ounce of will power to keep going. Thanks again Karen and Mel for your fantastic support!

Sure, enough the last hill was out the way and after battling some on-coming traffic it was time to make a steep decent towards the finish line next to where we started. I finished the race in 23rd position with a time of 62min 48 Secs.

Despite for most of this report I spent moaning about hills and weather, this race will be remembered not just for it's unforgiving course but for the day out with the other amazing GRRs. They're very few races where we all travel to and from the venue together and it was great to put some faces to the names that work so hard to compete and run for the club

Luke Willis VC

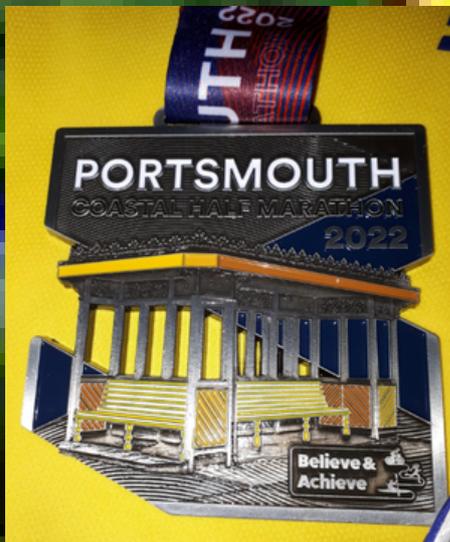




Portsmouth Coastal Half Marathon

Sun 13 Feb 22

The Portsmouth Coastal Half Marathon is one of the popular local events in our running diary. A change from the usual route, this years course started in Castle Field, Southsea, then along the Esplanade and winding up the Eastern Road along the harbours edge in places then returned back along a similar route, deviating onto the infamous muddy beach before heading along the prom back into Southsea. Our runners described the event as a "race of two halves", due to the strong southerly winds which was behind the runners on the route outbound but against them on their return. Many commented that was some of the toughest weather conditions in which they had run a race. The runners were guided back to the finish with the rhythmic samba drums of Batala Portsmouth. The finishers received a goody bag full of much deserved sweet treats and an impressive medal depicting the victorian seaside shelters that are recognised landmarks along Southsea seafront.





Tom Reader

Sat 26 Feb 22



Well, that was tough!

After the success of Jackie Brady's GRR 'parkrun tourism' outing to QEP a few weeks ago, Jackie organised another parkrun away-day, this time to Itchen Valley Country Park.

We arrived in the car park to find a couple dressed as 'fancy dress' Scotsmen, and briefly wondered why - St. Andrew's day was a while ago? Then came someone dressed as a daffodil, and someone else with a string of onions around their neck: We hadn't 'got the memo', but it turned out it was the 2nd 'birthday' of Itchen Valley parkrun, and it was definitely fancy-dress day. So Team Yellow dressed up as: Team Yellow.

For some reason, I pictured it being a nice flat route around easy tracks, although someone saying "well, it's flatter than QEP" should have given me a bit of a clue. We had also been warned to wear trail shoes - definitely good advice.

The whole event was only possible at all thanks to the Country Park staff who had been clearing storm damage as recently as yesterday, so hats off to them. After the first timers' briefing ("Keep going straight unless a marshal or a sign tells you otherwise"), we set off. The path soon led into the woods, where it twisted and turned *a lot*. It was fairly muddy in some places, and very muddy in others: the sort of mud where you could 'lose' a trainer if they weren't laced up tight. There were also lots of small bits of 'debris', tree roots, etc, so we needed to concentrate on the ground ahead.....





Sat 26 Feb 22

Tom Reader

...First time I looked at my watch to see if we were nearly there yet: 2.1km in. That's a bad sign. Second time I looked at my watch as we REALLY must be nearly there now: 3.7km. Towards the end a fairly 'vocal' runner was shouting at someone to "GO OOOON! DIG DEEP! KEEP GOING! FASTER!" - I wondered who they were encouraging along, and it took a while to realise it was me being encouraged, but it did help keep me going through the last few hundred metres.

At the end was a vast array of 'birthday' cakes, including some for the parkrun dogs: I was tempted by a 'gravy bone cake' but settled for something delicious with a Rolo on top. Thank you, cake providers!

Thing We Agreed Not To Mention: Lisa Jakins 'finding' the only dog poo in a vast open field. It looked like mud, but it definitely didn't smell like it. I hope the trainers washed OK, Lisa?

Course Tip: For a lot of the course, especially the first half or so, it's pretty hard to overtake. Definitely a case of "if you start at the back, you'll finish at the back". That's my excuse, anyway.

So was it flat? Well, Strava says my total elevation was 25m - far from mountainous - but it felt like more, and I found it quite a tough run. But as always with parkrun, we were warmly welcomed, and will no doubt return.

Thanks, Itchen Valley parkrun, and Happy Birthday!



MEMBERSHIP RENEWAL



Membership fees are due by the 31st March 2022.

Although England Athletics have increased their prices this year, the committee have taken the decision to keep the membership fees the same as previous years.

Affiliated £32 (affiliation fee subsidised by the club by £8)
Unaffiliated £24

All the details for renewing and bank details can be found on the form, which can be found on the website (<https://gosportroadrunners.org.uk/joining/>) or at the following link: <https://form.jotform.com/210443086458052>

Please could everyone complete a form, even if your details have not changed. This helps us to keep your records and emergency contact details up to date.

Any questions/queries, please contact me membership@gosportroadrunners.org.uk

Here is a reminder about affiliating to England Athletics:

There are a number of benefits to the individual, as well as benefits for the clubs.

Providing we have enough affiliated members, we will be allocated London Marathon places (depending on the number of members affiliated)

Some individual benefits are:

- Exclusive partner offers, discounts, competitions, and the latest news straight to your inbox through our regular England Athletics e-bulletins.
- Discounted entry into UK Athletics licensed road races - (usually £2 discount per race) therefore if you enter at least 4 UKA races per year, you will be saving money.
- Free and discounted coaching, leadership and officiating qualifications and development opportunities across athletics and running.
- Access to free online England Athletics resources, webinars and workshops.

As well as the club benefiting from:

- Support and guidance for various scenarios (e.g. Covid19)
- Continuous improvement sessions for LIRFS
- Online education sessions for Leaders/Coaches

Gosport Half Marathon Committee Vacancies

We need

YOU!



2022 sees the 37th Gosport Half Marathon, which is part of the Hampshire Road Race League and attracts up to 2000 runners from far and wide. This race is the flagship event for the Gosport Road Runners, showcasing our club to the running community. This has always been a massively successful event for our club, resulting in hundreds of thank yous and positive comments received from the participants. Such an event doesn't happen overnight. The hard work and dedication of the Gosport Half Marathon Committee, who work all year to ensure that this illustrious event continues to be a success.

This year we have 4 committee members retiring and are asking for help. We need volunteers to help with organising all aspects of the event, including lead marshal, secretary, logistics and a social media lead, to name a few roles. No experience necessary just time (approx 1 - 2 hrs per week) plus attending a monthly meeting. This is all flexible and we can allocate roles and tasks based on experience and time available....

So, do you have some time you can spare to help to ensure that the Gosport Half Marathon continues to be a successful landmark for our club? If so, please contact Neil Elshaw, Race Director neilrelshaw@yahoo.co.uk

QUOTES FROM PREVIOUS YEARS RACES

"As good as it gets... Some of the best and friendliest marshals I have ever encountered. Superb organisation without being officious. A goody bag that is environmentally friendly - and filled with things I actually wanted after a long run. Great medal."

"Really great race, super organisation and support first time running this, and what a great race."

"Marshals on the route were amazing, really enthusiastic and supportive. And the samba band were fantastic. Quite a high proportion of club runners, but didn't feel competitive, and in fact lots of support from other runners too."

"I have nothing negative to say about today's event. I don't generally enjoy lapped events but this one was an exception. I would say it is one of my favourite half marathons, really good atmosphere which was helped by your brilliant Marshall's. Managed a 11 minute PB, and got a 10k PB too! Organisation all round was really good (some other events could learn from it), excellent goody bag! I even got a spot prize which was a nice surprise. Thanks GRR, TRC had a fantastic time today!"

"First time at this event for me. Thought it was really well managed and run. Everyone was so friendly along the course - thanks so much to all involved. Fabulous medal too"

GOSPORT
Road Runners



"So good to have this race back, one which I see as the start of the winter racing season. Thanks to all your marshals out on the course today, great encouragement from all of them"

Fantastic race so well organised...think you had thought of just about everything...marshals and support amazing thank you xx

UKRANIAN APPEAL

GRR member, Donna Tatem is collecting the following items, on behalf of Gosport Crafters for the Ukraine Appeal:

Please can anybody help to make the following

- socks, hats, fingerless gloves, snoods, hat's, scarves & blankets. [or have as-new/new items that you can donate]
- Cat and dog food
- Clean underwear
- Medical aids and equipment
- Sanitary products that includes things like tooth brushes ,flannels etc.

We have been advised that clothes are not required for adults, but the above items are, along with medical and sanitary products, underwear, obviously clean, all baby items.

If you can help, please contact **Donna Tatem** to arrange collection or drop-off. There is road transport leaving for Poland on Friday 04 March.

Help make a real difference to the lives of the brave, resilient Ukranians.



GRR Club Raffle



Just a reminder that every time a member of GRR represents our club at either a HRRL race, a Cross Country event, or runs (or Marshalls) at a Time Trial, they will gain 1 ticket in an end of year raffle, which will be drawn at the Christmas run. This started with the Stubbington 10k and will end after Decembers Time Trial. 1st prize is a **£100** voucher for Alexandra Sports and will hopefully give a bit of extra incentive to get out there and have fun, whilst representing our club. The more you do to support our club, the more chances you have to win!



Karen Morby is our Ladies Captain and is also a LiRF (Leader in Running Fitness)



LiRF

CORNER



Who is Karen Morby?

I am a 48 years old woman who found a love for running later in life. I am a very proud mum to my 27 year old daughter Siobhan. I work in childcare and have done so for 16 years.

When (year) did you join GRR?

I started with the beginners course in spring 2016, joining with a great bunch of people once the course was finished.

What made you decide to join the club?

I wanted something for me, tried running a few times but never took to it. Heard lots of great things about the club and how they support everyone within it. The time was right for me and the club is right on my door step.

What's the best thing about being part of a running club?

I just love how supportive and enthusiastic everyone is, even if you don't really know them. The club keeps me motivated to keep running, Lorraine Down is great at entering you into races, keeping your diary full. I have made so many friends through club is GRReat.

I have gained so much confidence & experience at club that I became a LiRF. I really enjoy running with everyone within the club and supporting them as best I can. I think my favourite is a loopy run as this caters for everyone. After a nice little warm up then everyone involved can take part and each person can get what they want out of it, whether they treat it like an intervals session or a nice chatty run with friends. Not forgetting the cool down afterwards of course.

Best/ most memorable run/running experience ever?

Has to be winning the club place for London Marathon. It was the most amazing running experience ever. I travelled up to London with a group on the Saturday and went to the expo. On the day, the support around the marathon was full on, not one empty street. I even managed to see my daughter on route, to be honest I heard her first. Once finished I was met by my daughter who took me to the other GRRs that had already finished. Once all GRRs had finished we went for some well earned pizza before heading back to our hotel rooms. A good nights rest then we all heading home together. What's not to love about GRR??

What music do you listen to when running (if any)? Your Number 1 running song is.....

I don't listen to music as I run, just never have no particular reason.

How do you prepare for a run? Do you have any pre run rituals?

My fuel is porridge or marmite & banana on toast. Yes I LOVE marmite. I also make sure I have enough energy gels for longer runs, a gel for every 4 miles.

If you could give one piece of advice to a new runner, what would it be?

Just enjoy it! Don't put too much pressure on yourself and get carried away with everyone entering races. Run your own run and get to know what you want from running whether it be a chatty bumble with friends in the fresh air and sea views, or something to aim for like a longer run.

If you could only eat one meal for the rest of your life, what would it be?

A full roast lamb dinner with all the trimmings. My Dad used to love a roast dinner at the Castle Tavern, so it reminds me of the great family times we had together



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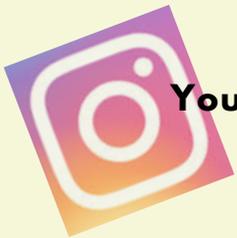
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GRR Newsletter

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



**WE NEED
YOU!**

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

Contact: You can send comments, articles, content to me either via Facebook or by email to:

newsletter@gosportroadrunners.org.uk



GOSPORT

Road Runners



Editors Note

By Lisa Jakins, GRR Newsletter Editor

As I sit and write this, I am recovering with a large cup of tea from the Club Awards night! What an amazing night it was and a chance, at long last, for us to really let our hair down for the night! A huge thank you to the committee for their hard work and dedication to make this night happen.

As we now have the lighter evenings, we say goodbye to the winter schedule. We will be looking forward to our summer events schedule including the monthly out of town series beginning with the bluebell run. I was only able to experience one out of town run last year and it was so much fun that personally, I am really looking forward to these events.

Thank you to those who have been contributing to this newsletter, it's truly wonderful to see people commit a bit of their time to share their experiences and continue to make the newsletter a success. I couldn't do this without you! and please keep it coming, all ideas and content gratefully received!



Sue says.....

By Sue Barrett, GRR Chairperson

April is upon us already and lighter evenings at last so, I'd like to say we can put away our winter running gear but that might be needed for another month or so!

April is going to jam packed for team yellow with the Easter relay, memorial run, first out of town and park run takeover amongst the planned events.

Our long awaited awards night was fabulous and a full report with photos will feature in the next edition.

Membership renewal is also here, to those who've decided for whatever reason not to re-join, then I wish you all the best and happy running, you'll always be part of the GRR extended family. To those who've already renewed or are planning too then I look forward to another year of running with you (well mainly behind you, unless we do a looped run!) - Stay safe everyone! Sue



IN THIS ISSUE

EDITORS NOTE

SUE SAYS....

LOOKING AHEAD

EASTER RELAY

PARKRUN TAKEOVER

ALVER CROSS COUNTRY

SCCL - ALICE HOLT

EASTLEIGH 10K

COUCH 2 5K GROUP

MEMBER SPOTLIGHT

Meet Keith Elshaw

LiRF CORNER

Meet Deborah Birch

CLUB VACANCIES

GRR ONLINE

Social Media & Newsletter

Looking Ahead

Dates for the diary!



APRIL

- Fri 01 Apr - GRR CLUB AWARDS NIGHT
- Sun 03 Apr - HRRL Salisbury 10 mile
- Sun 03 Apr - London Landmarks Half Marathon
- Tues 05 Apr - GRR CLUB 5K TIME TRIAL
- Sat 09 Apr - Sophie's 10k
- Sun 10 Apr - Brighton Marathon & 10k
- Sat 23 Apr - St Georges Day Fun Run (Believe & Achieve Events)
- Sun 24 Apr - ABP Southampton Marathon/Half Marathon & 10k
- Sun 24 Apr - GRR CLUB EASTER RELAY - DIVING MUSEUM
- Tues 26 Apr - GRR CLUB MEMORIAL RUN
- Weds 27 Apr - Lakeside 5k Series (race 1/5)
- Thurs 28 Apr - GRR CLUB BLUEBELL RUN
- Sat 30 Apr - GRR PARKRUN TAKEOVER
- Sat 30 Apr - Hurstbourne 5

MAY

- Sun 01 May - Wickham Whistler 2022
- Sun 08 May - HRRL Alton 10 mile
- Sun 08 May - The Green Run, Meon Shore (hosted by SGR)
- Mon 09 May - GRR AGM
- Sat 14 May - Thorney Island Off Road Half Marathon
- Sun 15 May - HRRL Netley 10k
- Sun 22 May - Bognor Prom 10k road race
- Weds 25 May - Lakeside 5k Series (rate 2/5)

JUNE

- Sun 05 Jun - The Platinum Jubilee 70k Ultra (Believe & Achieve Events)
- Sun 12 Jun - Purbrook Ladies 5
- Weds 15 Jun - Hayling Billy 5
- Sun 19 Jun - Alresford 10
- Weds 22 Jun - Lakeside 5k series (3/5)
- Sun 26 Jun - Exbury Gardens 10k



RESULTS

Times from our recent races



Club 5k Time Trial (03 Mar 22)

Pos.	Name	Time	Pos.	Name	Time
1	Mike Newman	20:19	17	Richard Smith	33:49
2	Aidan Morby	20:48	18	Sara New	34:19
3	Gavin Llewellyn	22:46	19	Andi O'Flanagan	34:26
4	Gill Dowling	24:54	20	Mel Bagwell	35:18
5	Steve Calder	24:55	21	Karen Harding	35:19
6	Ethan Barrett	26:25	22	Sue Barrett	35:20
7	Tony Baron	27:12	23	Caz Delooze	37:49
8	Karen Morby	29:04	24	Ange Elshaw	37:50
9	Honor Reader	29:36	25	Keith Elshaw	37:51
10	David Baker	30:02	26	Andy Brown	40:39
11	Ken Eaden	30:08	27	Roz Weaver	41:42
12	Kellee Read	30:40	28	Lee Howard	41:43
13	Rebecca Scott	30:56	29	Pam Fisher	43:36
14	Lynne Lemis	30:57	30	Sid Smith	43:37
15	Deborah Birch	31:07	31	Kim Carter (Tail Runner)	43:38
16	Jackie Brady	32:09			

Starter/Timer:- Liz Redpath. Back-up timer:- Rachel Gee. Recorder:- Gary Francis. Numbers:- Paul Street. Marshals:- Dave Kirby, Brian Fisher, Dave Croft, Lynne Franklin and Richard Swift. Thanks to Kim Carter for tail running tonight.



Just a reminder to send any race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



RESULTS

Times from our recent races



GRR Cross Country - Alver Valley (Sun 06 Mar 22)

1 Chris Buxton * (First Male)	17 Colin Middleton
2 Aiden Morby	18 Honor Reader
3 Ben Worsfold	19 Karen Morby
4 Shawn Curd	20 David Baker
5 Steve Calder	21 Jill Thomas
6 Gill Dowling * (First Female)	22 Becky Scott
7 Kevin Busch	23 Jenny Shilling
8 Jason Belben	24 Fiona Tomlinson
9 Ben Davies (Guest)	25 Jackie Brady
10 Mark Jakins	26 Lisa Young
11 David Walters	27 Lisa Jakins
12 Lynne Franklin	28 Richard Smith
13 Rachel Davies (Guest)	29 Andi O'Flanagan
14 Louise Belben	30 Mel Bagwell
15 Sylvia Cawte	31 Karen Harding
16 Tonia Morrell	

Helpers

Dave Croft, Gary Francis, Andy Brown, Mark Birch, Deborah Birch, Fay Birch, Brian Fisher, Sharon Clutton, Liz Redpath, Shirley Faichen, Brook Faichen, Sue Barker, Sue Tingley, Pete Lindley, Sue Barrett, Kelly Read, Mike Stares, Ken Eaden, Paul Street, Ian Buzzard, Mike Barker and Steve Cawte.

Honoured Guest

Mick Welsted





Just a reminder to send any race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



RESULTS

Times from our recent races



Southern Cross Country League - Season 21/22

	<u>Folly Farm</u>	<u>Bourne</u>	<u>LWC</u>	<u>Chawton</u>	<u>Alice Holt</u>	<u>Points</u>	<u>Position</u>	<u>Best 4</u>	<u>Best 4 Pos</u>
Basingstoke & Mid Hants AC	1	1	1	1	1	5	1	4	1
Farnham Triathlon Club	2	1	2	2	2	9	2	7	2
Portsmouth Triathlon Club	4	5	11	2	2	24	3	13	3
Farnham Runners	7	3	8	8	2	28	4	20	4
Petersfield Triathlon Club	5	6	9	4	9	33	5	24	5
Denmead Striders	9	9	4	6	6	34	6	25	6
Fleet & Crookham AC	10	8	3	11	7	39	7	28	7
Alton Runners	6	7	7	9	10	39	7	29	8
Hart Road Runners	7	3	9	19	12	50	9	31	9
Liss Runners	17	9	19	4	2	51	10	32	10
Hook Runners	10	14	4	13	13	54	11	40	11
Waverley Harriers	20	12	6	7	16	61	12	41	12
Stubbington Green Runners	3	16	12	14	20	65	13	45	13
Haslemere Border AC	21	14	14	10	8	67	14	46	14
Fareham RC	12	20	21	12	10	75	16	54	15
Chineham Park RC	13	11	18	16	20	78	17	58	16
Hatch Warren Runners	15	15	13	16	15	74	15	58	16
Cove Joggers	16	19	14	21	14	84	18	63	18
Victory AC	13	21	20	14	18	86	19	65	19
Gosport Road Runners	18	17	16	19	17	87	20	68	20
Sherfield Park Runners	18	17	17	18	22	92	21	70	21
Portsmouth Joggers	23	22	23	22	19	109	22	86	22
Havant AC	22	23	22	23	23	113	23	90	23



Just a reminder to send any race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



RESULTS



Times from our recent races

Paphos Half Marathon (13 Mar 22)

Name	Time
Jackie Tombs	02:04:02

Hastings Half Marathon (13 Mar 22)

Name	Time
Lynne Lemmis	02:17:44

Eastleigh 10k (20 Mar 22)

Name	Time
Nikki Moxham	00:39:02
Jackie Tombs	00:54:03
Angie Claridge	00:57:01
Tom Reader	00:59:29
Mick Kearney	00:59:29
Jenny Mackay	01:00:36

GRR Easter Relay - Sun 24 April



This year we have a brand new event!! The Gosport Road Runners Easter Relay!

Date: Sunday 24 April

Time: 9am for a 9.30am start

Venue: The Diving Museum

Everyone is encouraged to attend / participate. Club shirts **STRONGLY** encouraged

The relay events are teams based on mixed abilities - it doesn't matter if you are 4 minute miler, or a 20 minute miler, we'll find you a team! Teams of 4 will be chosen on the day (to be as even as possible). Each member will run a 1 mile leg.

This event is kindly hosted by the Diving museum where refreshments will be available afterwards.

Also we have Alexandra Sports who will be present with a selection of their wares.

The winning team will each win a £25 voucher for Alexandra Sports.

Let's get as many of us there as possible -there will be a bit of running, some nibbles and drinks, maybe win some prizes.....but most importantly it will be lots of **FUN!!** and you'll be supporting your club in the process!



Lee On Solent - Sat 30 April



Hello GRR members. On 30th April 2022, Honor Reader is the Run Director for the Lee on Solent parkrun where Gosport Road Runners are going to do a takeover.

For the takeover, we need volunteers! If you would like to volunteer for a position or find out whats available, please email : Leeonthesolent@parkrun.com , and include your A number please. If you can't volunteer then coming along to support or run, all in club colours is also very much appreciated.

We also need lots of cake! As part of parkrun takeover, the host running club provides cake and sweet treats to the runners and this give us a lovely opportunity to mingle and chat with the runners afterwards.



Gosport, Lee and the surrounding areas have an amazing running community. This year, the Lee on Solent parkrun has had a takeover by Stubbington Green Runners and 545. Whilst we appreciate for some of our members parkrun is a bit like marmite "love it, hate it" experience, it's a fantastic opportunity to promote our club. So lets takeover Lee on Solent parkrun with a sea of yellow, give the runners some fantastic support, fill them up with cake and lets show them what an amazing, inclusive running club and family we have at Gosport Road Runners!!



GOSPORT
Road Runners





We had mud, puddles, hills and fun on what turned out to be a really enjoyable day.

It's always a great feeling when you are surrounded by a large group of your fellow club runners wearing yellow and blue. Liz mentioned at the briefing that this was primarily a club social event where we should look after each other. Fortunately, no-one was injured and all of our thirty-one runners completed the course.

A chilly and breezy start to a tough 4.5 mile course. The worst of the puddles and slippery ground was in the first loop so within the first ten minutes of the start everyone had an idea of what lay ahead. Dave Croft had positioned himself next to the largest puddle to capture on camera everyone running through the water and took some great photographs.

The course incorporates three hills all of which give a good view of the Alver Valley, Portsmouth and the Isle of Wight. I doubt if anyone had enough energy to stop and admire the views for too long but you now know where they are if you go for a walk in the future.

Everyone in the club can take part in this event, from the slowest to the fastest. It's the taking part that's most important and having that sense of achievement at the end.....



ALVER VALLEY CLUB CROSS COUNTRY

Sunday 06 March

By Mike Barker

Congratulations to Chris Buxton and Gill Dowling on being the first man and lady to cross the finishing line.

If you didn't recognise all of our twenty marshals and helpers you should know that they all have or had an association to Gosport Road Runners either through membership or family connections. As a club we have been around a long time and people remember us with fondness and willingly give their time.

The enthusiasm of Steve and Sylvia Cawte for putting this event together for Gosport Road Runners and for all things to do with running is inspiring and infectious. We enjoyed our time organising the event and look forward to doing the same next year. Please come and join us!

Finally, many thanks to the committee who have been very supportive with their time and finances.

Mike Barker



SOUTHERN CROSS COUNTRY LEAGUE - ALICE HOLT

Sunday 13 March

By Lisa Jakins



Sunday 13th March saw the final race of the Southern Cross Countries League 2021/2022 season. The location was Alice Holt Forest. The weather was looking great, it was dry and cool, but with the previous weeks of rain it was also gloriously muddy! We did have a little light drizzle but this was towards the end of the race for some and was very welcome. As a newcomer to cross country running, I only had 2 previous races to compare against. I found this race to be the toughest one yet but when I asked the more experience XC runners of the team, they agreed that this route had the 'liveliest terrain'. It was undulating and underfoot varied from large open gravel tracks to large stretches of pure mud. I'd also heard a rumour about a rope pull and knew it was approaching as I could hear lots of shouting and laughter in the distance. Very quickly we approached a muddy embankment which at the bottom was a small yet surprisingly deep stream. This gave a good opportunity though to refresh your legs and give the trail shoes a quick clean. However, they weren't clean for long because, using a rope to help, every runner had to pull themselves up the steep muddy embankment on the other side. When one runner slipped and the rope dropped the floor, we all went down to the floor too! This was a tough challenge for any runner but particular kudos to Steve Cawte who managed to pull himself through this part of the course whilst wearing his 'oven mitt' to protect his hand!

I found the course impossible to run in places as it was so muddy and also we had been pre-warned to be careful of lots of branches and some small trees in places we needed to jump over, thanks to the debris from Storm Eunice. That said the organisers did a great job to make it as safe as they possible could for us. It was also great that approaching the mid point of the race, we could hear a bellowing "Go Gosport!" from through the forest, to find our Sue Barrett marshalling and being our best (and loudest!) cheerleader.

The one lasting memory I will take away from this particular race was the camaraderie between the different teams. Its probably more competitive between the front runners but in my position I found myself with a group of runners from different teams where we all helped each other by warning each other of hazards, helping each other up when one of us slipped and just making sure we got to the finish line in one piece. That said, when we got to the final strait which was an uphill open gravel track, we did all turn to look at each other, grin and gave it all we got to race to the end and secure our finishing positions for our teams.

We saw and cheered each of our team across the finishing line, found ourselves utterly exhausted and all commented on how surprisingly warm it had become. Heading back to our GRR tent, there was copious amounts of cake, which of course makes it all worth while! I had a slice of Gill Thomas coffee & walnut cake in one hand and flapjack from Kate Stubbings in the other when the team broke out in a rendition of Happy Birthday, to which the other runners joined in (did I mention it was my birthday?!). Anyway, I was as happy a pig in mud (quite literally!)

Was it muddy? Yes! Was it tough? Yes! Would it do I again? absolutely 100%!

GRR finished in 20th position in the 21/22 season of the Southern Cross Country League. The points system relies on a minimum team size of 5 men and 3 women. The 22/23 season will commence in October. Karen Morby is our Cross Country team captain and works really hard to ensure that GRR continues to be part of the Southern Cross Country League - please support your club in these races. . If you don't know if cross country is for you, just give it a go! You never know, you might just find out you have a secret love of mud too!

EASTLEIGH 10k

Sunday 27 March

By Tom Reader



I seem to have decided that 10ks are "my" distance: Long enough to be a challenge, not long enough to have to worry too much about my legs or my attention span. So, soon after the Stubbington 10k I signed up for Eastleigh.

Sign-in on the day was quick and efficient, and we got our t-shirts before the run. I met with a few other GRRs at the start, although perhaps not as many as I expected: Covid (and some other events on the same day) had thinned the field a bit.

The weather was pretty much perfect for running: Cool-ish breeze at the start, clear skies and sun, and just starting to warm up as we got going.

Those of you who know me know that I'm not a fast runner, or good at pacing myself. My 10k PB is 57m35s, but at the Stubbington 10k this year I was well over an hour, so I set myself the hopefully-achievable goal of getting back under 60 minutes. I have also learned (finally!) that my watch has a virtual pacer function, so I set that to 6 minute Ks and planned to just 'follow the man on my watch' in the hopes 'he' would help me across the line in an hour or less.

I'd been warned that there was a hill "in the first couple of miles", and my initial impression was, "No there isn't": It was completely flat. Just as I finished wondering if someone had been winding me up, we turned a corner and found the hill: It's not horrendous, climbing about 20 metres according to my watch, but it's definitely a hill and it goes on for a while: half a kilometer that seemed like more. Luckily it followed the "what goes up" rule pretty closely, so we had another half K of downhill to enjoy straight after.

The course was all on closed roads, with lots of good support all the way round. I'd started a bit slow and got behind the virtual pacer 'man' on my watch, but from about 4km I started reeling him in. There was a water station at about 6km which I ignored, and immediately wished I hadn't - it seemed to warm up quite a bit during the last few Ks, especially in one section through narrow streets where there was sun but no breeze.

Passing the 9km mark, and turning into the recreation ground where I knew the finish was, I (as usual) started my run-in a bit early, and the last few hundred metres went on forever. A spectator's dog on a lead had caused someone to fall in the last 20 metres, but they got back up just as I passed. I finished a couple of places behind fellow GRR member Mick, but a bit ahead of my new friend, the virtual pacer, in 59m29s (Gun time 1:01:14, but who cares about gun time?)

High point: A whole table-full of Jaffa Cakes at the finish line - quite a sight..

Course tip: There really is a hill 2 miles in.



Couch to 5K

By Roz Weaver

I have really enjoyed the C25K plan and it has been fabulous to get to know everyone so much better!

I joined the club last year to improve my fitness but it wasn't until the C25K group started earlier this year that I really began to notice my fitness improving week after week.

At the start of the programme I wasn't confident that I could run for more than 5 minutes without collapsing but now, here I am 9 weeks later running 30 mins every club night! We've also run at 2 of the clubs 5k time trial nights. This was a scary prospect but it was a great opportunity to capture our progress. We all did better than we expected on the first time trial but also saw such a huge improvement in our running on the second time trial. The group has been a huge support and many thanks to Andy and Sophie for leading us all to success! Both Andy and Sophie Encouraged us to push that little bit more, with most sessions including a 'brucie-bonus'! (which was another few minutes running on top of the session that night).

This group has been about so much more than running to me, its helped with my confidence and its about the amazing friendships we have made whilst supporting each other through the C25K programme





MEMBER SPOTLIGHT



Who is Keith Eishaw?

I am 55 years old, married to Ange, a former GRR men's Captain and qualified running coach. However running has taken a bit of a back seat due to me being diagnosed with Stage4 Prostate Cancer in June 2021.

When did you join GRR?

I think I joined in 2009

What made you join the club?

A previous member suggested I come with him to try it out, I had recently started running on my own, increasing my distance from Lamp post to lamp post up to 2 miles but I thought I would never be good enough to join an actual running club, however, that first night I was made extremely welcome and ran 3 miles!

What's the best thing about being part of a running club?

The support, the friendships made.

Best/ most memorable run/running experience ever?

I have a few, my first marathon (Brighton 2011) my first Ultra 54321 (2012) London to Brighton ultra, Round the isle of wight ultra, Camping at the Adidas Thunder run, Endure 24, Race the train, My 1 and only race win at the GRR club handicap 2009 and probably my best result 1.18 at The Salisbury 10 mile

What do you listen to when running? (if any)

At home on the treadmill I do listen to music, and I try to find songs that I can run to the beat. Outside I don't listen to music, I had a bad experience once, I was running the 54321 marathon with friends, they were quicker than me and pulled away from me so I decided to listen to some music through my headphones. Unfortunately a fantastic song from Foo Fighters came on and I ran to the beat (which was way quicker than the pace I should have been running) I ended up overtaking my friends at the 13 mile mark but I seriously burnt myself out and the next half of the marathon was very tough. Never again!

Your number 1 running song is?

On the treadmill "Monkey Wrench" Foo Fighters

If you could give one piece of advice to a new runner, what would it be?

Enjoy it. Don't put any pressure on yourself.

If you could only eat one meal what would it be?

Too much to choose from look at the size of me! I like my food!



Deborah Birch



LiRF

CORNER



Hello, I am Deborah.

I qualified as a Coach in Running Fitness (CiRF) in October 2021. Before that I was a Leader in Running Fitness (LiRF) for a couple of years. I was supported by Leesland C of E Federation where I work with my LiRF training and took beginner groups of staff and parents from couch to a parkrun. It was while taking these groups I felt I wanted to learn more about technique and increase my knowledge so that I could support runners to run more efficiently with less chance of injury. I was awarded a bursary from Energise Me <https://www.energiseme.org> and again supported by the school to go forward with my coach training. I am using what I learnt on my coaching course in my own running technique and know that it works because my running has improved. I am still practising the techniques though and I am not there yet!

I joined Gosport Road Runners about 20 years ago. I ran my first marathon (Beachy Head) a long time after I started running (in 2016), trained and ran the marathon with a wonderful group of supportive friends met at GRR. I have also had fabulous walking weekends and skiing holidays with friends met through Gosport Road Runners - a running community that has brought me so much more.

Recently I started leading some interval sessions at the club. To all of you that have come along, thank you for being supportive because it is about 'giving it a go for me', learning as I go along and about the best way to deliver these sessions.

The photo below was taken on my first marathon because it is a special running memory for me.





Committee Vacancy



Position Vacant

We have an ongoing vacancy for a Vice Chair person. If you have a little bit of time to support the club and fancy a new challenge, as well as working with an amazing team, please contact any of the committee for more details!



**VICE
CHAIRPERSON**

**We need
YOU!**



Gosport Half Marathon Committee Vacancies

QUOTES FROM PREVIOUS YEARS RACES

"As good as it gets... Some of the best and friendliest marshals I have ever encountered. Superb organisation without being officious. A goody bag that is environmentally friendly - and filled with things I actually wanted after a long run. Great medal."

"Really great race, super organisation and support first time running this, and what a great race."

"Marshals on the route were amazing, really enthusiastic and supportive. And the samba band were fantastic. Quite a high proportion of club runners, but didn't feel competitive, and in fact lots of support from other runners too."

2022 sees the 37th Gosport Half Marathon, which is part of the Hampshire Road Race League and attracts up to 2000 runners from far and wide. This race is the flagship event for the Gosport Road Runners, showcasing our club to the running community. This has always been a massively successful event for our club, resulting in hundreds of thank yous and positive comments received from the participants. Such an event doesn't happen overnight. The hard work and dedication of the Gosport Half Marathon Committee, who work all year to ensure that this illustrious event continues to be a success.

This year we have 4 committee members retiring and are asking for help. We need volunteers to help with organising all aspects of the event, including lead marshal, secretary, logistics and a social media lead, to name a few roles. No experience necessary just time (approx 1 - 2 hrs per week) plus attending a monthly meeting. This is all flexible and we can allocate roles and tasks based on experience and time available....

So, do you have some time you can spare to help to ensure that the Gosport Half Marathon continues to be a successful landmark for our club? If so, please contact Neil Elshaw, Race Director neilrelshaw@yahoo.co.uk



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:

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



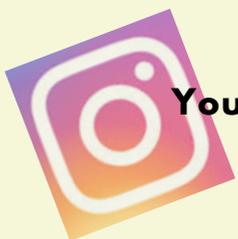
The Club also has a Twitter feed which can be accessed by following @gosportrr on:

<https://twitter.com/gosportrr>



You can also follow Gosport Road Runners on its Instagram page:

<https://instagram.com/gosportroadrunners>



GRR Newsletter

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



**WE NEED
YOU!**

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

Contact: You can send comments, articles, content to me either via Facebook or by email to:

newsletter@gosportroadrunners.org.uk

Club Newsletter



GOSPORT

Road Runners



Editors Note

By Lisa Jakins, GRR Newsletter Editor

Well, April 22 was quite a month! I think we can safely say that we have returned to normality and I have found it really lovely to be able to run and socialise with my fellow GRR's. In fact, so much has happened this month that I've had to delay some of the articles into next month due to the size of the newsletter. Apologies if you were expecting to see a particular event article this month. But it is a nice problem to have! That said, I will continue to promote the newsletter and ask for contributions. There's something really nice to read about our club members experience of a race or event and have it captured in writing. Its a great way to capture a memory, so please keep it coming!



Sue says.....

By Sue Barrett, GRR Chairperson

What an amazing month April has been, jam packed with the awards night, time trial, Easter relay, first out of town and a park run takeover. So pleased it's now light enough to hold interval sessions on the rugby club the dell of doom again, although maybe not all who took part would agree!

No events can happen with the hard work of the committee and your participation so a big thank you to everyone who has contributed and supported. If everyone did nothing then nothing would happen!

Whether it's c25k or marathon all running deserves to be celebrated and enjoyed and going forward into summer I hope everyone enjoys their running.

As a wise person once said; "Comparison is the thief of joy"

You are all amazing!

Sue



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LOOKING AHEAD

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CLUB AWARDS NIGHT

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ALDERHOLT 5K COLOUR RUN

GRR EASTER RELAY

LiRF CORNER

Interval sessions

GRR ONLINE

Social Media & Newsletter

Looking Ahead

Dates for the diary!



MAY

- Sun 01 May - Wickham Whistler 2022
- Tue 03 May - Club 5 mile Time Trial
- Sun 08 May - HRRL Alton 10 mile
- Sun 08 May - The Green Run, Meon Shore (hosted by SGR)
- Mon 09 May - GRR AGM
- Sat 14 May - Thorney Island Off Road Half Marathon
- Sun 15 May - HRRL Netley 10k
- Sun 22 May - Bognor Prom 10k road race
- Weds 25 May - Lakeside 5k Series (race 2/5)
- Thur 26 May - Club Out of Town (Host Paul Turle)

JUNE

- Sun 05 Jun - The Platinum Jubilee 70k Ultra (Believe & Achieve Events)
- Tue 07 Jun - Club 5k Time Trial
- Sun 12 Jun - Purbrook Ladies 5
- Mon 13 Jun - Copythorne Carnival run (5k & 10k)
- Weds 15 Jun - Hayling Billy 5
- Sun 19 Jun - Alresford 10
- Weds 22 Jun - Lakeside 5k series (3/5)
- Sun 26 Jun - Exbury Gardens 10k

JULY

- Sun 03 Jul - Lordshill 10 mile road race
- Tue 05 Jul - Club 10k (& 5k) Time Trial
- Weds 27 Jul - Lakeside 5k series (4/5)

AUGUST

- Tue 02 Aug - Club 5k Time Trial
- Sun 14 Aug - Hart 4 Trail Relay race
- Weds 24 Aug - Lakeside 5k series (5/5)



Just a reminder to send any race results to **Julie Conway**, our race recorder at results@gosportroadrunners.org.uk



RESULTS

Times from our recent races



Club 5k Time Trial (Tues 05 Apr 22)

Pos.	Name	Time	Pos.	Name	Time
1	Mike Newnham	17:55	21	Mick Kearney	30:37
2	Chris Buxton	19:08	22	Zoe Windsor	30:54
3	Nikki Moxham	19:36	23	Gill Thomas	30:58
4	Luke Foley Greaves	20:52	24	Melissa Pink	31:01
5	Aiden Morby	21:24	25	Jenny Mackay	31:35
6	Ben Worsfold	21:30	26	Lisa Jakins	31:36
7	Su Baldock	22:15	27	Jackie Brady	31:54
8	Gavin Llewellyn	22:34	28	Becky Scott	31:55
9	Katherine Wealthy	22:37	29	Melanie Bagwell	37:15
10	Gill Dowling	23:26	30	Karen Harding	37:16
11	Ethan Barrett	24:02	31	Rory Fall	37:19
12	Mark Jakins	25:46	32	Roz Weaver	41:01
13	Louise Belben	27:37	33	Andy Brown	41:02
14	Mike Barker	27:49	34	Kim Carter (Tail Runner)	41:03
15	Steve Cawte	28:50			
16	Zoe Belben	28:53			
17	Tonia Morrell	28:55			
18	Deborah Birch	29:08			
19	Kathy Harman	29:31			
20	David Baker	29:58			

Starter/Timer:- Paul Street. Back-up Timer:- Sue Barrett. Recorder:- Gary Francis.
 Numbers:-Sid Smith. Marshals and Supporters:- Dave Kirby, Karen Morby, Dave Croft, Ali Watson, Sara New, Mick Stares, Brian Fisher, Jackie Tombs, Lyn Franklin, Jo Yorke and Gav Brooker. Thanks to our tailrunner tonight - Kim Carter.

Apologies, no April race results for this month but hopefully these will be captured for next months newsletter



As with many celebrations which were delayed due to the pandemic, Friday 1st April was the date we were able to finally have our Club Awards night. Whilst the primary purpose of the night was to give out well deserved awards, it was also an opportunity for everyone to get together, have some drinks, some food, listen to an amazing live band "Forces Collide" and let our hair down!

First and foremost, here are 2021/2022 GRR Club Awards winners, huge congratulations to all of you!

Couch to 5K Group

Firstly the club would like to take time to recognise what has been a difficult time for us as a club, and as individual runners.

Everybody had to reprioritise their life choices and inevitably, for some, running took a back seat.

On resumption of club activities, many found themselves out of the running habit but we have been very proud to watch our Couch to 5k group dedicate themselves to getting back their fitness and we are very happy to see them enjoying their running and club activities once again.

We'd like to take this opportunity to present all of the members of the Couch to 5k group with a token, in appreciation of their efforts in seeing the course through and getting back into club life.

Presented to all of the participants in the Couch to 5K Group



Thank you, David!

Whilst not a club award, the night also gave us the opportunity to present David Whiting with a thank you gift for his time as the Mens Vice-Captain.



At GRR we are very proud of our clubs Cross Country efforts. With most of the venues being many miles away and on terrains that are unfamiliar to most of us in the super- flat town that we live in.

Whilst our success can't always be measured in our teams finishing position, we always manage to enter a team of both Male and Female runners and have some individual success stories and generally a super loud supporter or two, which never goes unnoticed by our runners or the other clubs.

A token of appreciation was made to everyone who ran all of the cross country races

We are very happy to honour our top placed Male and Female runners from the Southern Cross-Country League races

Our top Female for Cross Country Events is a runner who represented the club at all of the races whilst also being the team captain for Cross Country events

– **Karen Morby**

Our top Male runner for the Cross Country events is a runner who achieved a best individual finish of 8th place and an average finish across the series of 12th place – **Mike Newnham**

Cross Country Team



Karen Morby



Mike Newnham





The club definition of the Good Egg award is given as someone who goes above and beyond for the club.

When considering suitable winners the same name popped up from various committee members, recognising her contribution to the support and well being of many club members.

She is a regular at both club nights and official races and her enthusiasm and approachability is appreciated by all.

The recipient of this years Good Egg award is **Jo Yorke**

Good Egg Award Jo Yorke



Giles Award - Lisa Jakins



The Giles award is given to a male AND female recipient who have been recognised for their outstanding efforts.

The Ladies recipient has been running for a little over a year and a club member for a little less than that.

During that time her running has improved from someone who didn't think that they could complete the Couch 2 5k program, to someone who completed her first Half Marathon at the Helpers Half event.

She is a vocal supporter of the club and has recently taken on the task of reviving the much-missed Monthly Newsletter, which has been very much appreciated by all Members.

The Giles award for the Ladies goes to **Lisa Jakins**.

The Male award is given to someone who refused to let various lockdowns and restrictions interfere with his running plans. Indeed, he increased his running to run every day through last year and that streak carries on to this day. Long may it continue.

The male recipient of the Giles award is **Steve Calder**.

Giles Award - Steve Calder





Presidents Shield Tony Baron

This is defined as being awarded to the best Veteran. Someone who competes for the club in a variety of events and is a proud Gosport Road Runner

The selected recipient is a relatively new member of the club but has impressed all concerned with his running ability and enthusiasm, and has represented the club at numerous events over the year.

This years recipient of the Presidents Shield is **Tony Baron**



Captains Award Keith Elshaw

This year we have introduced The Captains Award.

This is an award presented to a club member who, in the opinion of the Captains Committee, deserves some recognition that might otherwise go unrecognised within the structure of the other Awards presented.

This could be given based on running achievement, support given or any other reason deemed worthy of such recognition.

This years Captains award is awarded to a long time member of the Club.

During that time, he has given support to all club members as a LIRF and as a Club Coach, whilst achieving very credible results himself over the full range of distances from 5k, to Ultra Marathon.

In more recent times, life events have meant that running has had to be lowered in his priorities although he is still out there, pounding the streets and berating himself for his efforts, despite us looking on, from a distance, in awe of his effort and determination.

The winner of the Inaugural Captains Award is:

Keith Elshaw





GRR CLUB AWARDS NIGHT - Fri 01 Apr

Oh what a night!!

And now we move onto our Awards that are based on Running performance and achievement:

Fastest Female 5k Time Trial – Nikki Moxham

Fastest Male 5k Time Trial – Luke Willis

Fastest Female 5 Mile Time Trial – Nikki Moxham

Fastest Male 5 Mile Time Trial –Gavin Booker

Club Standard Awards - Bronze . for achieving **BRONZE** standard times in 4 of the required categories for the relevant age grouping:

- **Luke Foley Greaves**
- **Mark Jakins**

Club Standard awards – Platinum. for achieving **PLATINUM** Standard times in 4 of the required categories for the relevant age grouping:

- **Jackie Tombs**

**Fastest Female
5k & 5 mile Time Trial
Nikki Moxham**



**Fastest Male 5k Time Trial
Luke Willis**



**Fastest Male 5 mile
Time Trial
Gavin Booker**



CLUB STANDARD AWARDS

Bronze Award



Mark Jakins



Luke Foley-Greaves

Platinum Award



Jackie Tombs



Huge congratulations to our awards winners!

Following the awards giving ceremony, we had a raffle which was great fun. Prizes ranged from various bottles of alcohol and boxes of chocolates to gift vouchers and fitness gadgets. Lots of prizes were selected by those with the lucky tickets and there definitely was a couple of particularly lucky tables in the room that were laden with goodies.

We were then treated to the music of live band 'Forces Collide' who were superb and it wasn't long before the dance floor was full! There was a lot of energetic dancing and quite a few sore legs the next day. At this point I do need to mention the hardcore club members who carried the party on to the local nightclub well into the early hours - then showed up to parkrun the next morning! Especially Luke Willis who proceeded to come first!!

The night was a huge success and that is thanks to the hard work of our committee who give up their spare time to organise these events for the club. This is why its so important to support your club and so many thanks also to all the members who attended.



SOPHIE'S 10K

Saturday 09 April

By Honor Reader

In January on the way to the Chawton House XC run, Karen Morby and I decided that we would run in penguin outfits for Sophie's 10k (her favourite birds were penguins). I then mentioned that I could devise a 10k route ending at the school, and that maybe I could make it a club event. Karen was WAY too enthusiastic about that idea. By the end of the journey, we had ordered our outfits, and by the end of the day we had run a five mile XC and I had created a GRR "event".

Today, the reality was me being a bit stressed about 'leading' a run and Karen and I both running as penguins. Karen's was an outfit she couldn't bend over in without the addition of leggings, and mine was an outfit I could waddle in but not run!

We met at the Crofton Community Centre - 19 of us plus Perry the dog - wow! Feelings of "what was I thinking?" soon dissipated after the start. It was a relaxed run with friends, some in fancy dress and some proudly wearing their GRR tops.

After a mile I asked Karen Morby "sorry, embarrassing question, but who's the new club guy in black?", and she replied, "no idea, I think he's just tagged along with us!" (He had... Obviously he thought we were a friendly bunch, or he was just a psychopath who just 'fitted in'?!)

I loved every minute of the run! It was in true GRR spirit: start together, finish together. We ran, we laughed, we had fun! Special thanks to "Granny" Ange Elshaw whose big knickers with dress tucked in and loo roll hanging out still makes me smile.



Sophie Fairhall passed away aged 10 in September 2021 after a short but courageous fight against a rare cancer - Rhabdomyosarcoma. #sophieslegacy WILL ensure change for many families facing such trauma and devastation. GRR played its part in remembering Sophie and supporting this event today.



ALDERHOLT 5K COLOUR RUN

Saturday 16 March

By Sue Barrett

My old friend and ex GRR buddy Sam moved from Gosport to Alderholt (near Fordingbridge) over 9 years ago, we've stayed in touch over the years.

We met up the previous Saturday and she mentioned there was a village 5k colour run the following week. Her village holds a 4 day festival each year and this was one of the events.

For the pricey sum of £5 each I signed up myself and my 17 year old son Ethan (who quite likes a 5k).

The event started and finished at the village rec, there was also a 1k option for the less keen. There were about 100 doing the 5k. There was a real sense of community and everyone seemed to know each other which was lovely.

At number collection you also got given a bag of powdered paint, obviously I choose yellow. A frantic Zumba style group warm up commenced, so I was worn out before the start. We were then told to throw the paint in the air for the starting photo and everyone got covered!

The course was very hilly although we never seemed to actually go downhill. At 6 points on route more paint was thrown our way. At one of the points the person throwing had on a full hazmat suit and mask, not sure if that should have concerned me or not....

Eventually made it to the finish and got a nice medal for the effort.

Ethan finished 5th overall and seemed pleased, less so with an ear full of green paint which took days to get out.

Absolutely loved it, my knee prevents me from doing much more than 5k so this was perfect. Maybe team GRR could make a day out of it next year, just saying!



GRR Easter Relay - Sun 24 April



What a great day it was for an Easter relay! There was a light wind that was a tad chilly but soon the sun came out - and the hoodies came off! There was a great turnout of 32 runners, as well as supporters (including poochies!) for the event.

8 teams of 4 were formed based on a mixture of running abilities and we were each given either a golden egg or a chocolate Easter egg as our relay 'baton'.

Then the teams were ready for the start, each person running a 1 mile loop going through Stanley Park heading back to the Diving Museum. Every runner was cheered back to the finish as they passed on their baton and there was also a little bit of friendly inter team rivalry heckling such as "slow down!" but it was all about having some fun! Some people might say it was only a mile but a lot of the runners commented how running a mile as fast they could from a cold start was really tough!

The winning team were each awarded with £25 Alexandra Sports vouchers - well done to Karen Morby, Adam Crook, Neil & Lizzie Elshaw!!

We were then treated to tea, coffee and biccies. There was also a prize for every participant with the choice of a buff, keyring or Easter egg. A big thank you to the the Diving Museum for hosting this event and giving us the opportunity to have a look around inside, its a truly fascinating place! Alexandra Sports were also there with a selection of their wares. As the sun was shining, their sunglasses sold out very quickly!

Thank you to the committee for organising this event and thank you to all those who turned up to support their club!



Interval Sessions

By Sue Barrett



LiRF

CORNER

As a lirf (leader in running fitness) I love taking interval sessions.

The inclusivity is the main reason, plus I get a whistle and I get to shout sometimes.

Intervals are in simple terms used to build up speed and endurance. You can do as many long runs as you like but to get quicker you need to run quicker. So anything that raises then lowers your heart rate is key to this.

Intervals can be held any where, on a field, cycle path or on a hill, or my personal favourite, on the rugby club dell of doom, quarter mile loops of grassy heaven.

My perfect session would involve a dynamic (moving) warm up of 5 to 10 minute which is key to getting the blood flowing, then a steady lap or two to get the feel of things.

Then a 30 to 35 minute session which can involve whatever you've planned. Pyramids, tempo, fartlek etc.

On hot days I would go with 3 x 10 minutes sessions with a drink break between. On colder nights it would be a whole moving session to stop people getting cold and pulling things.

Then a cool down , this can be something as simple as walking back to the outside the clubhouse, to get the heart rate down, followed by a static whole body stretch out, top to bottom.

Intervals are for every one, there is no fast or last, everyone moves for the same amount of time and everyone has the same amount of recovery. The only difference being some people will cover more distance and some people's idea of recovery is my idea of going flat out.

If you ever wanted to give them a go and unsure if they are for you then come join, nothing to lose and everything to gain!

Sue.





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:

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

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

<https://twitter.com/gosportrr>

You can also follow Gosport Road Runners on its Instagram page:

<https://instagram.com/gosportroadrunners>

GRR Newsletter

If you have anything that you would like to contribute towards future editions, all input is very much appreciated; from brief details of races that you've taken part in, photos that you have taken of Club runners/events, interesting articles that you have come across, funny stories (running related preferably) etc.

Basically anything that you would find of interest or think other Club Members will enjoy reading!

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

Contact: You can send comments, articles, content to me either via Facebook or by email to:

newsletter@gosportroadrunners.org.uk



**WE NEED
YOU!**

Club Newsletter



GOSPORT

Road Runners



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Editors Note

By Lisa Jakins, GRR Newsletter Editor

The warm weather and longer evenings have definitely seen an increase in the members returning to the club nights, which is so lovely to see. Through April and May we had a flux of club activities which made my life very easy to produce a newsletter with lots of content. As we head into the summer months, I am relying on volunteers to submit articles about the races they've run, perhaps some running tips, even an introduction so we can get to know each other a little more or anything generally running related! A great suggestion was to have a page for PBs & accomplishments. So if you have anything you would like to include in our club newsletter, please send it through!



Sue says.....

By Sue Barrett, GRR Chairperson

May seems to have flown by, we are well into the summer and I'm assuming the increase in attendance on club nights is down to this which is great to see. Although I also appreciate club nights aren't convenient for everyone.



The AGM was held on the 9 May and a big thank you to those who attended. Public speaking is something neither I or any of the committee really enjoy so I'm glad it's over for another year.

The website has been updated and emails issued regarding the club standard awards. Now you can qualify every year for them if you reach the qualifying times, unlike previously when it was just once in every age group. Something to aim for, full details further on in the newsletter.

We've had two very successful out of town runs and if you've never tried one then I thoroughly recommend you give one a go. They take place on the last Thursday of the month, April through to August. I'm not sure if it's the running in different places, mixture of terrain or the chance to catch up with friends, but they remain my favourite type of run with GRR.

Looking forward to June we've got the club 5k time trial on the 9th, marshalls and helpers always appreciated to support this. Then an invitation to attend the Stubbington green 4 mile time trial on the 16th, full details on the website, let's see if we can get a good showing of team yellow out to our neighbors in green!

Happy running everyone! Sue

Looking Ahead

Dates for the diary!



JUNE

- Sun 05 Jun - The Platinum Jubilee 70k Ultra (Believe & Achieve Events)
- Thurs 09 Jun - Club 5k Time Trial
- Sun 12 Jun - Purbrook Ladies 5
- Mon 13 Jun - Copythorne Carnival run (5k & 10k)
- Tues 14 Jun - Gosport 5k Summer Series (race 3/5)
- Weds 15 Jun - Hayling Billy 5
- Sun 19 Jun - Alresford 10
- Weds 22 Jun - Lakeside 5k series (3/5)
- Sun 26 Jun - Exbury Gardens 10k
- Sun 26 Jun - Steve Cawtes Meon Valley Trail run
- Thurs 30 Jun - Club Out of Town (Denmead)

JULY

- Sun 03 Jul - Lordshill 10 mile road race
- Tue 05 Jul - Club 10k (& 5k) Time Trial
- Tue 12 Jul - Gosport 5k Summer Series (race 4/5)
- Weds 27 Jul - Lakeside 5k series (4/5)
- Thurs 28 Jul - Club Out of Town (route tbc)

AUGUST

- Tue 02 Aug - Club 5k Time Trial
- Tue 09 Aug - Gosport 5k Summer Series (race 5/5)
- Sun 14 Aug - Hart 4 Trail Relay race
- Weds 24 Aug - Lakeside 5k series (5/5)
- Thurs 25 Aug - Club Out of Town (route tbc)

SEPTEMBER

- Tues 06 Sep - Club 5 mile Time Trial
- Sun 11 Sep - Woodland Way 10k Queen Elizabeth Country Park**
- Sun 11 Sep - Great North Run

**OTW are offering GRR 20% off entry price for the first 10 affiliated runners who sign up to our Woodland Way 10km on the 11th September on the code GOSPORT20 <http://www.onthewhistle.co.uk/>

Looking Ahead

Dates for the diary!



Meon Valley Trail run - Sun 26 Jun

Do you fancy a gentle, friendly, off-road trail run around the Meon Valley?

If so then come along to Steve Cawte's Sunday Trail Run

The route will be approximately 6 miles with re-grouping at regular intervals. We will be booking a couple of tables in the Bucks Head pub for an optional brunch on completion.

If you do fancy a brunch then please let us know. There is an event set up on the Gosport Road Runners Members page. You can comment in there or let Steve know directly.

We'll be meeting in the pub car park at 815 for an 830 start.

Trail shoes are optional as the ground is quite hard at the moment. Don't forget your brunch money if eating on completion.

For details about the Bucks Head pub and its location please visit the link below:

<https://www.thebucksheadmeonstoke.co.uk/>





Just a reminder to send any race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



RESULTS

Times from our recent races



03/04/2022	Salisbury 10 mile
Name	Time
Daniel Roiz de Sa	01:21:56
Julia Roiz de Sa	01:24:11

10/04/2022	Brighton Marathon
Name	Time
Luke Willis	03:08:08
Melanie Bagwell	06:34:34
Karen Harding	06:34:35

12/04/2022	5k Summer Series
Name	Time
Daniel Roiz de Sa	00:24:06
Jackie Tombs	00:25:45
Charles Cope	00:27:42
Will Harlow	00:28:41

24/04/2022	Southampton Half
Name	Time
Jackie Tombs	02:00:06

02/05/2022	Milton Keynes Marathon
Luke Willis	03:04:46
Julia Roiz de Sa	04:28:43

22/05/2022	Bognor 10k
Lynne Franklin	00:54:03
Mark Jakins	00:55:47
Tonia Morrell	00:58:38
Jo Yorke	00:59:29
Cathy Harman	01:00:54
Karen Morby	01:02:11
Lynne Lemmis	01:03:39
Honor Reader	01:03:42
Pat Lapworth	01:14:19
Marie Bowers	01:30:18

Club 5 Mile Time Trial (Tues 03 May 22)

Pos.	Name	Time	Pos.	Name	Time
1	Luke Willis	29:05	15	Kerry Irwin	46:24
2	Nikki Moxham	31:31	16	Mike Kearney	46:37
3	Chris Buxton	32:43	17	Mike Barker	46:38
4	Luke Foley Greaves	34:09	18	Cathy Harman	46:44
5	Ben Worsfold	34:36	19	Deborah Birch	46:52
6	Aiden Morby	34:40	20	Lisa McGuinness	48:36
7	Adam Baines	38:05	21	Melissa Pink	48:46
8	Katherine Wealthy	39:24	22	David Baker	49:18
9	Su Baldock	39:24	23	Gill Thomas	49:24
10	Mark Jakins	41:26	24	Lisa Jakins	49:34



Paper Votes

Section 7 of the constitution has been updated; if more than one person applies for a committee role the voting will be done by paper, not a show of hands. There are no other changes to this process and members still must be physically present to vote

Club Standard Awards



The way Gosport Road Runners can qualify for the club standard awards is changing - The required distances of 4 out of 5 of 5k, 5 mile OR 10k, 10 mile, half marathon, full marathon and age groups themselves remain the same but the amount of times you can earn them is now different. Previously you were only able to earn bronze, silver, gold or platinum once in your age group. If you were able to achieve platinum at first try then there was nothing to aim for for the next 9 years .

From 2022 For every year you qualify you can earn a club standard award, to be presented at the club awards night. So even if you earned bronze in a previous year you can earn it again if you hit the qualifying times in a subsequent year. So in theory you could earn 10 x bronze over the 10 years in your age group. Or a mixture of bronze, silver, gold etc.

Like wise if you earned gold one year you can earn gold again or silver or bronze in subsequent years.

The onus still remains on the individual to let the results recorder know at the end of the year that they have achieved the times necessary to qualify and that the race was entered as a Gosport Road Runner. Club standard awards are to reward club members for races run as a GRR and has always been the case the club only records results for races run as a GRR.

This change is designed to give runners something to aim for each year

Honorary Membership

Sue Barrett

Every year the committee decides whether any current GRR member meets the criteria to be awarded honorary membership at the AGM. Suggestions can come from the membership and the committee themselves (you cannot propose yourself, nor can current committee members be awarded it as the decision to award or not lies with the committee so that wouldn't be very fair. You can serve on the committee if you are already an honorary member though).

The criteria for honorary membership is that the individual must have been a member for at least 10 years and contributed to the club in some way.

It gave me great pleasure to award honorary memberships to Keith and Ange Elshaw. Both joined GRR about 2008 (I think?) Keith was a previous men's captain and club coach and many current members greatly benefited from his coaching, he also helps out with the Gosport half year after year. Ange was a previous ladies captain and run leader, likewise she assists every year with the marshalling of the Gosport half.

Both Keith and Ange are enthusiastic club members and the award is much deserved.





Tuesday 26th April 2022 saw our memorial run, it's traditionally held on a Tuesday at the end of April and involves a whole club run to Bayside, a minutes silence, then a run back to club

The memorial run first came about in April 2016, we received the very sad news that our chairman Giles and our club founder Hugh had both passed away. The club reaction was spontaneous and we decided that night to do a whole club run in our colours. Accordingly a sea of yellow ran down to stokes bay, under a very dark stormy sky.

Since that night we've lost other GRR, both current and previous members and the memorial run is our way of saying we will never forget you, you'll always be a part of team yellow. It's always a chance to come together and reflect on everyone we miss and wish could be with us.

Due to covid restrictions in 2020 we weren't able to do a whole club and went out for our own individual runs. I myself out on my club shirt and had a reflective run up and down the golden mile, bumping into a few other GRRs on the way.

2021 saw a partial return of the run with 3 separate groups going out, each stopping at different points to have Their minutes silence.

With things back to normal for 2022 it lovely to have a whole club run again, for past and present members alike. And to see those weren't able to join us for the run, meet us at Bayside and be part of the night. As with the first run in 2016, the sky in 2022 looked decidedly stormy, but like 2016 it stayed dry as once again someone up there was looking after us ♥

Sue





With the club fully back in action, after the past few years, it was a joy to plan in the first 'out of town' run of the year, our traditional Bluebell run.

With our usual run leader, Brian, temporarily out of action, I offered to help Sue to lead the run up around the fields and woods of Chilling. After going out to recce the route, I soon realised that we had issues. 1. A wooden bridge that we cross had collapsed and was closed by Hampshire County Council, and more significantly, 2. they had locked off the Bluebell woods and left signs requesting that the public stayed out. The hunt was on for a new location and Sue mentioned that the club had previously used Botley woods from Laveys Lane, but she wasn't familiar with the route. I looked on Strava and planned a route using its mapping software using the clearly marked paths on the map. On arriving there with the dogs to check it out, it soon became apparent that the 'paths' that Strava had so clearly marked, were mostly nothing more than worn tracks through the woodland which had over grown in places and required the odd navigation of a fallen tree of two and maybe the jumping of the odd ditch.

Nevertheless, I followed the route through and thoroughly enjoyed it, so, after contacting Sue, we decided to give it a go with the gang. It's fair to say that the route was a bit more 'wild' than our usual routes but the bluebells were out in force and I think that the 30ish club members who came along enjoyed it, as the photos show. No doubt the other offerings will be equally fun!



Brighton Marathon Journey

Karen Harding

I've never wanted to run a Marathon and to be honest, I'm not quite sure how I got roped into running this one. I vaguely remember back in 2020 when Mel & Ange were discussing it and I DEFINITELY didn't want to enter. Then Ange got a place in the London Marathon which would be in the same month and couldn't run both and somehow, I agreed to take Ange's place and run with Mel.

If we were going to run a Marathon, I really wanted us to train & recover well, so, I wrote up a 20 week training plan for us to follow. Marathon training is hard work and we needed to be prepared for it to take over our lives for nearly half a year!

Along came Covid, postponements, starting & stopping training until training started for real in December. We both bought ourselves hydration backpacks and started experimenting with fuelling whilst on our longer runs. (RUNS, there's an appropriate word, right? We soon learned what didn't work for us)

We started running to Parkrun on a Saturday morning (this was one of Mel's dreams and now it was becoming a habit) Rather than tell ourselves we were running 9 miles, we would do 3 miles to parkrun, parkrun, then 3 miles home, it sounded more manageable. As the training weeks went on, the post parkrun run became longer. We also included some fundulations and also some off road training where we got hopelessly lost in the Forest of Bere but it all adds to the fun.

We both had some really tough times during training, with bereavements and family members being extremely poorly with Covid, however, we held each other up, battled through and concentrated on the long runs.



Race weekend soon came around and on the Saturday, after completing Sophies 10K on our bikes, dressed as a rubber duck and an Easter bunny, we headed off to the train station.

There was to be no number collection or bag drop on the day which was why we headed down the day before. We got to Brighton, dumped our bags at the hotel and headed to the Race Village. It didn't take long before we found the queue, it was long but moving fairly quickly. A volunteer came along the queue asking if anyone had an estimated finish time of less than 3 hours or more than 5 hours, as those queues were further down and a lot shorter. That was us! So down to the short queue and before we knew it Mel and 'Ange' had their numbers & dropped their bag off, they were in, this was happening! A quick mooch around the village before heading back to the Hotel to drop off our numbers and grab some dinner.

We pinned our numbers to our tops, sorted our kit and got ready for an early night! HA! That didn't happen, too much excitement to sleep!

Brighton Marathon Journey

Karen Harding

Race Day! We were awake way too early but got ourselves up, dressed and fed, then headed off towards Preston Park to the start line. It was about a half hour walk, so a nice warm up for our legs. As we approached the park, we saw Luke amongst his wave, heading to the start line but we were just too far away to give him a shout out! The obligatory nervous wee was next and as we came out of the toilets, the announcer was saying that the runners were about to pass the bottom of the park, so we hot footed it down there in the hope of seeing Luke go by and sure enough, as we were getting closer we could see him, so in true GRR style, shouted as loud as we could and he heard and saw us, he even had enough breath to wish us good luck! We headed back up the park to enter our wave, ready to start. Neither of us were nervous, we were just looking forward to a leisurely plod around Brighton.

There were 2 pods for our wave to wait in and we were waiting at the front of our pod, doing our 'open the gate' stretches. The first pod set off and then we set off! There was still a few 100 yards to the actual start line and the silly fools around us all started running, they were obviously unaware of Barretts rules! We marched to the start line, stamped on it, started our watches and our Sunday morning run had begun! We had already decided that we would take on water at every opportunity and also refuel at the same time. Neither of us like eating and running at the same time, so the water stations (and toilet stops) were the ideal time to remind ourselves to refuel!

We just turned a corner between miles 2 and 3 and we heard the almighty shout of "Come on Gosport" and up ahead were Karen, Lisa, Jo & Lynne and it was just so emotional to see them. So we had quick hugs before heading off again, no sooner had we started running when we heard Ange & Lizzie shouting our names! So more hugs (and tears) before setting off again. We were happy trotting along for a few more miles before we saw Karen, Lisa, Jo & Lynne again and then we were soon approached by a BBC radio reporter who wanted to interview us. She had trouble getting a good signal and had to run along with us (probably about a mile) until she had a good enough signal, a quick chat with her with an obvious shout out to Gosport Road Runners, then within 5 minutes we saw Ange, Lizzie & Becky!

The course then took us out towards Rottingdean and this is where they snuck in a few hilly hills! One of the things I loved about the Brighton course was that you passed the other runners coming back the other way (a little disheartening when runners are finishing and you haven't even reached halfway but lets ignore that) So, whilst we were hating the hilly hills it was a great distraction to spot other runners, like lego man, Kevin the minion, dinosaur, oh look there's Hayley, cooooooeeee!



Brighton Marathon Journey

Karen Harding

Although you know you'll be turning back, you just don't know WHEN and it felt like forever! Turn back we did and there were still plenty of runners heading towards the turn point, we knew we weren't going to be last!! This is when it got HOT. The only problem with training through the winter months is, you're not prepared for the unexpected heat on race day! We ran back along the seafront, over the halfway point before turning a corner and heading to a residential part of the course. This is where we saw Ange, Lizzie & Becky again. This was another long out and back stretch where we just didn't know how far the turning point was. Quite a few of the houses along this stretch were having garden parties while watching the race. There was even a party where they all had face masks on, The Royal Family, Holly & Phil, Lady Gaga, it really did make us laugh. We were at about mile 15 now and my enthusiasm was slowly disappearing and the next 4 miles were a real struggle, however messages were coming through on my watch from the ladies, my friend at home and my daughter, so I KNEW I needed to carry on. We had now reached the Power station estate and this was definitely the most boring part of the course. Although there are 2 water stations the supporters were few and far between. It was another out and back part of the course, so we were now at the point of acknowledging runners we had frequently passed! We passed a lady called Kate on a few occasions who was very encouraging, her leg was strapped up and she looked very uncomfortable. We later found out that she was completing her 100th Marathon in 100 days! No wonder she was in pain! We were starting to see quite a few runners looking very uncomfortable at this stage. I then thought I heard someone shouting 'sausage rolls'. I asked Mel if she heard it or whether I was becoming delusional! Yes! There was a man ahead with mini sausage rolls and a lady with vegan pizza BUT they were on the other side of the course. I wasn't waiting, I sneaked over the other side and grabbed, what tasted like the best sausage roll ever! We carried on with the motivation of grabbing another sausage roll on the way back! Alas, they had all gone by the time we had got back round, so I was thankful for my impatience as Mel would never have heard the end of "sausage roll gate" if I didn't get one.

We eventually left the Power Station at 23 miles, so it was just a Parkrun to go!! At this point we were run/walking, however our walking pace was quicker than some of our fellow runners running pace along this stretch of the Prom. We caught up with 'Old Man Pete' from Isle of Wight runners who was also run/walking and we had a little banter with him.

The Pier was in sight now and we knew the finish was just passed the Pier and then we heard the almighty "Come on Gosport" from the 4 ladies, "you are amazing" "you are so close to finishing" "we're so proud of you". Mel and I struggled to hold back the tears at this point, we passed the Pier and there it was, the finish line. The noise from the crowd was deafening along that final 100 yards as we ran through that finish line! Boom! We'd done it! No blisters, no injuries, just proud hearts, that we, the pair that run at the back of the pack, are Marathon runners!

We were presented with our medals, grabbed our bag from the race village and there, waiting for us, with big proud smiles on their faces was our fabulous support squad!

We can't thank all the ladies enough for coming down to watch us, it means so much xx

8347 runners completed the race, first place completed it in 2h 29mins, last place in 9h, Mel & I have a Marathon PB of 6h 34mins :)

As long as you put the time and effort into training properly, anyone can be a Marathon runner!



Lee On Solent - Sat 30 April



I know that parkrun is a little bit like Marmite...you either love it or hate it! A friend bribed me to run 5k for a packet of Caramac buttons, and Tom bought me a bottle of fizz on completion of my first parkrun in 2016, so I was hooked!! I love a parkrun and have been a Run Director (RD) since 2018. With GRRs doing a takeover, I was the obvious choice of RD on the day. Recruiting members started with 6 weeks to go. Marshal roles were the first to be snapped up.....and as the weeks went by, it was the technical roles that were still needing to be filled. With hindsight that shouldn't have been a surprise - we're a club that are GRRreat at supporting ALL runners!

At the GRR awards night, after chatting with Lynne Franklin I asked her to be Number Checker on the day. She seemed the perfect, sensible person to take on this role! After rumours that she was really stressed about it, I asked Tom to join her, thinking that it would put her mind at rest. I also thought this might stop Tom worrying that he'd end up with all the roles that no one else wanted (as if I'd do that!!!).

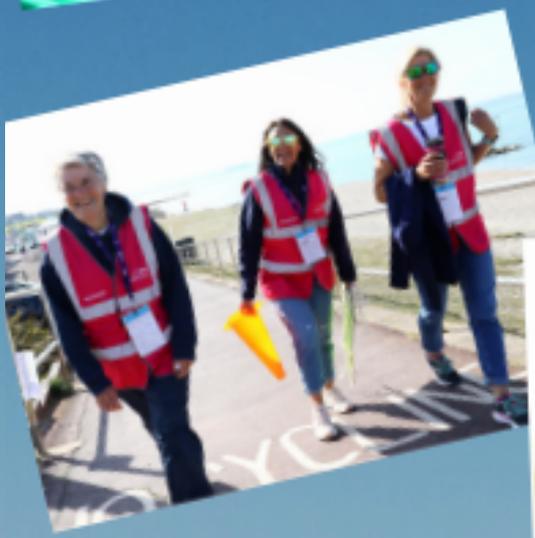
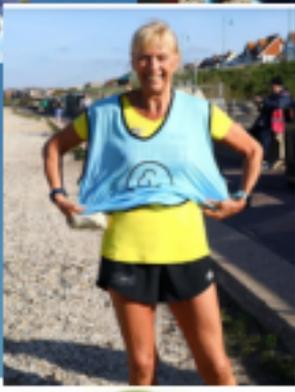
On the day, we had the most glorious weather (first in my memory of GRR parkrun takeovers), and a glut of cakes that were shared with Stokes Bay Junior parkrun the following day, and at the following Tuesday TT. Many thanks to Lisa Jakins for organising cakes, and stepping up to man the cake table, when I realised I hadn't assigned anyone...for that she achieved a parkrun 'other' credit (sorry!).

The club was well represented by members, and I felt so supported, so thank you to all involved. We are a smaller club than our last takeover in 2019, but one I'm immensely proud to be part of.

Same again next year??

Honor x





parkrun TAKEOVER

A stylized logo for 'parkrun TAKEOVER' featuring a penguin in a blue and yellow outfit, standing on a blue wave. The word 'parkrun' is in a green, rounded font, and 'TAKEOVER' is in a red, bold, sans-serif font with a white outline.



MEMBER SPOTLIGHT



Hello I am Steve Cawte. I am the new vice chair of Gosport Road Runners and would like to introduce a little about me.

I have enjoyed running for many years and trail off road running is my preferred terrain. The mud, puddles, snow, wind, sun and rain and season make each run very different. The longer the run the better and it's okay to walk some.

I am also a leader able to coach sessions. I belong to the Long Distance Walking Association and find walking mountains helps my stamina for running.

When did you join Gosport Road Runners?

I am not sure when I joined GRR but it must be 20 years or so. I joined because a member at the time recommended the club. I am pleased I joined because the thing I have really enjoyed about the club is the friendship. Sylv will tell you I talk to anyone about running and I am interested in what they have to say. Recently at a Long Distance Walking Association run I recognised marshals or runners from Pompey Joggers and Stubbington Green to have a chat with.

Best/ most memorable run/running experience?

I have plenty of running memories too many to mention but I will mention just one – Race to the Kings Ultra. Don't know how I drove home after that one. I ran it with a bunch of GRR friends and we were supported en route by GRR friends that didn't run it. They brought ice creams to the Sustainability Centre which was about 20 miles into the route!

I also like training with my group of friends- the flask of tea, sandwich and cake with chat after make a great recovery.

If you could only eat one meal for the rest of your life, what would it be?

My favourite meal that I would eat for ever mmmmm let me think.....steak and chips!

If you could give one piece of advice to a new runner, what would it be?

The advice I like to give to new runners is never give up because it gets easier. Don't take it too seriously but enjoy it.



A LiRFs viewpoint of C25K

By Andy Brown



LiRF

CORNER

Despite qualifying as a LiRF in 2018 I let things slide during lockdown and fell back into bad habits, overeating and drinking too much resulting in a large weight gain over the 2 years. My running was non-existent, once club reopened last year I made a half hearted effort to get back into it with run walks but knee pain stopped that.

On a night out with Sophie we hatched a plan to run a C25K group for club members who had also lapsed. Club member Roz Weaver kindly done an great write up about her participation in April's newsletter

From a LiRF s perspective the NHS app is a godsend because the lesson plans are all laid out for you and you just click start at the beginning of the session and repeat the instructions.

Because none of us were new to running we added a 'Brucie Bonus' extra stint of running onto the end of each session. The course steps up each week although we were surprised at a large leap from 10 to 20 mins continuous running on week 6.

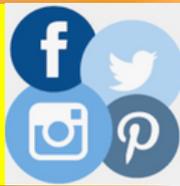
I enjoyed taking the course as it gave me a chance to get back into the role of leading a run session My only slight criticism is they don't emphasise the need for stretching exercises at the end of a session after the cooldown period.

Overall the NHS app is a great way to get back into running due to the structured nature of the sessions so you can dip in at any point

I'm working my way back to running so I don't have the confidence to be wearing the the blue run leader shirt just yet but I do intend to get back to being a LiRF for clubnights

Andy Brown





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:

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

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

<https://twitter.com/gosportrr>

You can also follow Gosport Road Runners on its Instagram page:

<https://instagram.com/gosportroadrunners>

GRR Newsletter

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

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

Contact: You can send comments, articles, content to me either via Facebook or by email to:

newsletter@gosportroadrunners.org.uk



**WE NEED
YOU!**

Club Newsletter



GOSPORT

Road Runners



Editors Note

By Lisa Jakins, GRR Newsletter Editor

Hi everyone. You might notice this newsletter looks a little different to the previous ones. I won't bore you with the details but I've had to change the publishing software I was using - the joys of I.T.! This is a bit more back to basics. This isn't a bad thing as we were having issues emailing the previous newsletters as they were quite large due to all the graphics and background images. However this newsletter will continue to have the same great articles, interesting reads and photos (as long as you keep sending them in!)

I really do appreciate when people volunteer to send me information. Please remember also that this isn't just being shared with our current members. Its added to the GRR website and could be read by potential members who are finding out more about our club. So lets show them how GRRreat we really are!!



Sue says.....

By Sue Barrett, GRR Chairperson

Greetings everyone!

Firstly a big thank you to Lisa for another fabulous newsletter. Lots of hard work goes into its production but it doesn't just happen, so just a reminder to send in content if you want something featured, no content means pretty much no newsletter!

The Hampshire road race league dates have now been published and I would encourage everyone to get some race entries in. Not only does it mean club league points it also means individual points. If you manage to run at least 7 of them you get a Hampshire ranking and your name on a mug, literally any visitors to my house still get served their coffee in either my 2014 or 2015 HRRL mug! It's also great exposure for the club, all the races are reasonably priced and you gain valuable road racing experience.

Moving forward we've got a few more out of towns to look forward too and I'm hoping that Steve Cawte will host another Sunday morning trail run in the near future.

Just a reminder that the club Facebook page has an events tab and if you want a running event adding then crack on, that's what it's there for.

Happy running all! *Sue*





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HRRL 22/23

Sun 04 Sept 22 - Overton 5
Sun 25 Sept 22 - Solent Half
Sun 06 Nov 22 - Hayling 10
Sun 20 Nov 22 - Gosport Half
Sun 04 Dec 22 - Victory 5
Sun 08 Jan 23 - Stubbington 10K
Sun 05 Feb 23 - Ryde 10
Mar 23 (date tbc) - Salisbury 10
May 23 (date tbc) - Alton 10
Sun 21 May 23 - Netley 10K
Sun 18 Jun 23 - Alresford 10K
Jul 23 (date tbc) - Lordshill 10K

Club Events

Tue 05 Jul - Club 10k (& 5k) Time Trial
Sun 24 Jul - Steve Cawtes Trail Run (*Hambledon*)
Thur 28 Jul - Club Out of Town (*route tbc*)
Tues 02 Aug - Club 5k Time Trial
Thurs 25 Aug - Club Out of Town (*route tbc*)
Tues 06 Sep - Club 5 mile Time Trial
Tue 04 Oct - Club 5k Time Trial
Tue 01 Nov - Club 5k Time Trial
Tue 06 Dec - Club 5k Time Trial

Other Events for the diary!

Tue 12 Jul - Gosport 5k Summer Series (race 4/5)
Weds 27 Jul - Lakeside 5k series (4/5)
Weds 27 Jul - 2022 Summer XC at QE Country Park
Tue 09 Aug - Gosport 5k Summer Series (race 5/5)
Sun 14 Aug - Hart 4 Trail Relay race
Weds 24 Aug - Lakeside 5k series (5/5)
Sun 11 Sep - Great North Run
Sun 02 Oct - London Marathon
Sun 02 Oct - Pieces of Eight & GAFIRS Lifeboat 10k
Sun 09 Oct - goPhysio 10k at the Ageas Bowl
Sat 15 Oct - New Forest Off Road Half Marathon (Lyndhurst)
Sun 16 Oct - Great South Run
Sat 05 Nov - South Downs Off Road Half Marathon
Sat 19 Nov - Sussex Downs Half Marathon
Sat 26 Nov - New Forest Coastal Half Marathon
Sun 18 Dec - Portsmouth Coastal Waterside Marathon (plus Festive Half & 5k/10k Santa Runs)



RESULTS

Times from our recent races



Please send your race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



June 5km Time Trial

Pos.	Name	Time	Pos.	Name	Time
1	Mike Newham	18:41	16	Lynne Lemmis	29:31
2	Andy Ford (Guest)	18:41	17	Deborah Birch	30:42
3	Adam Crook	19:47	18	Steve Cawte	30:43
4	Martin Charndler (545 ARC)	19:48	19	Gill Thomas	30:54
5	Aiden Morby	22:47	20	Melissa Tyrrell	31:07
6	Gavin Llewellyn	22:47	21	Brian Fisher	31:09
7	Gill Dowling	22:58	22	Jackie Brady	31:26
8	Julia Roi De Sa	26:48	23	Rebecca Scott	31:27
9	Ethan Barrett (Guest)	26:58	24	Sara New	31:29
10	Mel Spence (545 ARC)	27:03	25	Richard Smith	33:26
11	Kate Stubbings	27:16	26	Andi O'Flanagan	35:26
12	Laura Wake	28:51	27	Peter Lindley	35:52
13	Mike Kearney	28:22	28	Rory Fall	36:57
14	David Baker	29:18	29	Kim Carter	36:58
15	Lisa McGuiness	29:30			

Finish /Starting Crew:- Sue Barrett, Karen Morby, Janet Lindley and Rachel Gee.
Supporters and Marshals:- Ken Eaden, Sid Smith, Mike Stares, Kathy Harman, Mike Bowers, Lyn Franklin, Dave Croft, Ben Worsfold and Andy Brown. Big thanks to our tailrunner Kim Carter.

Many thanks to 545 ARC for coming along tonight and also to our guest runners.

Apologies, no June race results for this month but hopefully these will be captured for next months newsletter

Runners Strength & Core Session

It started with my friend Gill Thomas (sorry Gill) saying she was going to attend a runners strength/core session at Lee beach at 7am on a Tuesday a few weeks ago. I looked at the session and it looked really interesting. Gill went but was unable to provide feedback as it was actually 7pm start and she'd turned up 12 hours early.....

So taking the initiative I contacted Tina Chantrey, the coach who runs the sessions and asked if she'd be prepared to do a whole GRR session one night, luckily for us she agreed

Cue Tuesday night and lots of nervous looking GRR clutching yoga mats, unsure what to expect. The session was excellent, with lots of emphasis on spine and core work, plus I discovered I'm a tad "restricted" when it comes to flexibility, so something to work on. The relaxation part at the end was very restful too. The feedback received was that it was excellent and everyone agreed it was great to have something a bit different.

A big thank you to Tina for coming along and making us work hard!

For reference;

Tina Chantrey is the Fitness Editor of Women's Running UK magazine. She is a UKA running coach, certified specialized teacher of yoga for sport and athletes, as well as an England Athletics Mental Health Champion. She runs her own running group @runtlc.uk, which she set up so other women could run during the day, while their children are at school. Tina is also qualified as a massage therapist, reiki practitioner and reflexologist, and specialises in reflexology for runners.

She is also offering GRR a £5 discount on her reflexology sessions.

Sue



GRR on Tour! By Deborah Birch

The day after I stepped off the plane I had the joy of running the Doha Tri Club's 5k.

My son phoned the previous week to see if I wanted to enter. I asked 2 questions; will it be hot and is there water? He said it would be about 30 and we could bring a bottle of water.

I set my alarm for 05.00 to have time for porridge before heading off at 05.30 for registration at Education City area.

It felt very hot. In the briefing it was announced there were 3 water stations on the run. I've never run a 5k with water stationsand I used them all! It definitely was hot.

I was delighted to run sub 10 minute miles on the chip and even more surprised to stand on the podium for ladies masters category. That gave me a finishers medal and 3rd place medal.

There was more water at the finish, mini croissants, muffins and bananas. I struggled to eat but decided to as I know to eat carbs and protein within 20 minutes of finishing is part of a good recovery plan.

Deborah Birch



3 generations of running!



Wow what a morning!!!! The Bognor 10k has always been a tough race for me, maybe it's the pressure of being on my home soil? or just being massively under prepared in past years? but either way I was determined to enjoy it this year.

The planning started in the usual way, on the Saturday evening via several messages, such as.... are we wearing vests and shorts? what colour sunglasses are we wearing? All those really important things you have to find out before a race, I am sure you will agree!

Anyway Sunday morning came around and I picked up Karen and off we went to Bognor in the sunshine, it was certainly going to be a hot one.... We were early of course, in true Jo tradition. But I need not have worried as the car parking was fabulously organised and we got parked up nice and easily. Our race numbers had arrived in the post so that was one less thing to worry about too.

We headed over to the race village where we met up with the rest of our wonderful team yellow. Everyone got together for the team photo and we were even joined by Iggle Piggle for the photo (we felt very honoured). There was a real buzz of excitement, and everyone was looking forward to the race starting. Just time for one last toilet visit, and then we would be off. I will just add that there were plenty of toilets available (always a bonus!).

Just before 10.30am we all headed over to the start, the race was chip timed and although there were pacers, we all settled somewhere in the middle. Then at 10.30am we were off!!!!

We headed out along marine drive west and onto the seafront, the start was very busy but Karen and I managed to weave in and out and find ourselves some space. The support was just amazing, and the smiles on our faces were really genuine.

We followed the seafront out and then dropped down onto the road for a while, passing the band playing on the old bandstand. It was just past this point that we heard some familiar cheers and there was Karen and Mel cheering us all on, it was just lovely to see them. We continued out and around Butlins and through the small village of Summerly where once again the support was amazing, we were so hot at this point, so the hose pipes being spayed over us were really appreciated. I got soaked but I didn't care, anything to keep cool. We carried on to the 5k marker where there was the 1st water stop which had lovely huge cups of water (I had 2).

Off we went again back up on to the seafront via a small slope, which at this point felt like Everest!!!!

It was so hot, and the sea looked so inviting, I remember thinking how lucky I was to be there, running on such a beautiful course with so many lovely friends, there were some kind supporters handing out jelly babies and other treats.

As we approached the Lobster Pot Cafe I could see it was really busy, so I put on my best smile and made the most of the cheers and support from everyone there.

It was about 2.5k to the finish now. Karen and Mel were there cheering again which gave us all a much needed boost. 8k was the next water stop, thank goodness as I remember being so thirsty at this point.

It was the final 1k now and we dropped back onto the road and along marine drive west, and as we turned the corner, the finish line was in sight, but that last bit seemed to go on forever, luckily I heard Mark and Lynne shout out as I headed for the line, and just like that I had finished. Boy that was a hot one!!!! But what a fabulous course with so much support all along the way. I would definitely do it again.

I was so happy with my time, coming in under the hour, and I think at last I've finally overcome my Bognor 10k demons. It really was a fabulous event, with an amazing club and wonderful friends. Once again thank you to everyone who supported. If you are

pondering about entering next year, then definitely do it, I can guarantee you won't regret it!

Jo Yorke

As you all know I moved over to the island just under a year ago now and one thing I was looking forward was getting to know the island for running and cycling both on roads and trail. With still mending after injuries this didn't get going till the beginning of this year. I was tending to stick to the paths that I got to know and where I live because these were a safe option. I look out of my house up into the hills of St George's down and I knew there is the potential for some great trail adventures up there for me.

Then I saw Walk the Wight advertisement, I knew this event was on every May as my brother in law had walked it a few years previous. I asked him if he fancied it again to which I got a pretty convincing no. It has 3 start points and distances, the full distance is 26.5 miles and starts in Bembridge by the airport. From here you can do the full distance or the first half which is 12.5 miles (not quite halfway I hear you all say but this is the IOW) which is at Carisbrooke by the castle. The second half is from Carisbrooke to Alum Bay (14 miles) or the short walk from freshwater to Alum Bay 4 (miles).

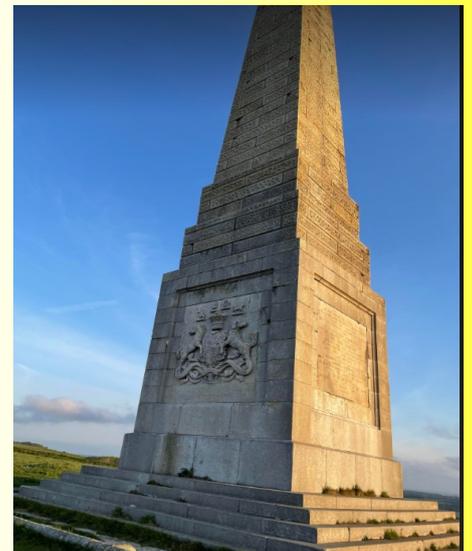
Well there was only 1 option which was the full monty. I did however have no intention of walking all the way, my running was going well and injury free so I thought I would run it where I could and walk the rest. I had a time of 6 hours in mind but I had to be honest I knew it wasn't flat and it was going to be tough especially if there was a normal SW breeze which would make it a full on head wind and the weather could have been anything.

The day came and you could set off from 6 am, so there I was nice and early at the start line, I looked around and wondered who else might just be running this or am I the only one nutter. Thankfully I wasn't alone. There was about 20 of us that started running from the start but we all soon started to walk as we very quickly came across our first major up, up Culver Down to the monument. No heroics we had a long way to go and it was a sharp introduction as to what was to come.

From there it was downhill and flattish to Brading. After a few ups and ups we were on top of the downs and from there it was undulating till we got to 8 miles ish and the first checkpoint in Arreton. Then it was another leg punishing up onto St George's Down after a nice steady flat section it was steep down and then a steep up to Carisbrooke and the halfway point checkpoint where I was 13th (it wasn't a race) and 8.30 am.

Up to this point the weather had been kind it was cool but not cold and no wind at all but I knew it was getting warmer and the next half was going to be tougher. From Carisbrooke we went through the village and turned onto the Tennyson trail. It was a constant climb for 3 miles but it was just a run when I could section as most walkers doing the second half started about 8 so I had to just pick my way past others as best I could. It was very open for most of it so the sun was getting it's heat on and no breeze to cool you down.

Once at the top it was into Brighstone Forrest and some very welcome shade and a nice gentle descent down to Mottistone picking up the Worsley trail and another checkpoint and feed station (19 miles). What I didn't know was this was the last of the shade I was to get. From here it was back on the Tennyson trail and it was a case of serious ups and downs for the next 3-4 miles to freshwater, on chalk paths and a now very warm sunny day. It was very hard to get any sort of rhythm going along this section and my legs were starting to have a word with me, I took this section easy as I knew that the toughest bit was to come. As I got into Freshwater I could see Tennyson Down getting closer and looking more uninviting (22.5 miles).....



.....It was a long climb up to Tennyson monument but it was soft underfoot and very busy with walkers. The sun was relentless but there was a very welcoming slight breeze. From the monument it was a steady undulating run to the needles and close to the finish. It was now a simple downhill jog to the finish I hoped and it was apart from the feet, ankles, knees and my quads all screaming at me in agony, but they got me across the line 26.85 miles 5h45mins, 3000 ft of ascent and descent.

I was really pleased with my time and performance and finished 12th from all those that started in Bembridge. I hadn't covered this distance since November 2020 and nothing with so much elevation. It was a real mix of terrain from tarmac to grass, gravel to sand.

I treated myself to an ice cream at the finish and made my way home. After a few days of recovery where the stairs were not my friend or even the slightest slope up or down I thought I know let's do the Needles half, how hard can this be?.....

The weather for the Half was somewhat different to that in May. It was overcast and a bit cooler. It started and finished in Freshwater, with a few undulations on the way and the small matter of Heddon Down and Tennyson Down in the second half.

We set off and I soon felt comfortable at my pace, I had a 2h30 time in mind knowing I would have to walk up the steeper hills and run as much as I could. The first few miles were a nice gently undulating route up to Yarmouth and heading out to Fort Victoria. From here we started to climb up and head towards Colwell Bay. It was down to the coastal path and a nice flat section along the coast but due to the path collapsing a few weeks earlier no sooner were we on the bay we were back heading uphill to get round it and onto Heddon Down. It was a case of narrow sandy tracks winding their way up to the top where there was a lovely view of the needles (if it wasn't covered in mist).

It was then down towards Alum Bay and then a gentle climb up the needles battery which seemed a lot steeper coming down the month before. The soft grass to Tennyson monument was welcome and gently undulating. From the monument was a long downhill section into Freshwater Bay, this was the most painful on my knees I had had from any run and I was glad to reach the bottom without a tumble. From the bay it was just over a mile into the village and the finish.

2h22 finish time 1100 feet of ascent and descent. Both these events were very well organised and marshalled. Maybe not the best of medals but the sense of achievement is much greater. Would I do them again?..... of course I am, want to join me ?

Rob Hylands



Purbrook Ladies 5 (Past & Present)

by Honor Reader

Purbrook Ladies is a well-run race, organised by Portsmouth Joggers. It's popular, and sells out in hours, rather than days. It's a race where a woman WILL finish first !! It is on roads, and it IS hilly. When I ran it for the first time in 2018, it was the first time that I ran as a GRR, and I am still as proud today, to be wearing that kit.

On the actual day (12th June), it was BOILING hot by the time the race started at 10am. There were 16 GRR ladies that started. Among us were Andi O'Flanagan and Roz Weaver, both running Purbrook Ladies for the first time, AND their longest race to date - well done ladies - you were just brilliant! Purbrook Ladies just has an amazing atmosphere, but it is hilly. I have not regained full racing speed, so I wasn't looking for a PB. Mike Stares was there supporting us ladies early on in the race. It was great to see what an effort he'd made - big thanks to him and to Mike Bowers and David Croft our photographers.

I lost sight of other GRR ladies early on, but I soon caught up with a great SGR friend, Jan Shaw and we decided very early on that we would be walking some parts of the race, and we'd keep each other company. We mostly ran, but we also enjoyed the scenery more at a slower pace, and we sometimes walked and talked!! I am still enjoying being part of a race, after the last 2 years we've all had.

I knew Sue Barrett and our one and only amazing cheerleader, Lynne Franklin would be somewhere on the course, probably on "that" hill. The great thing about our GRR support team is that they are ALWAYS loud. I heard Sue and Lynne way before they could see me, so I walked for as long as possible hidden behind someone taller than me. As I ran further up the hill past them, Sue shouted "we're still watching, Honor".....thankfully she can't see around corners!!!

Finishing the race it was great to see the GRR earlier finishers there cheering us on, and it was then great to join that group, and cheer everyone else home.

My time was slower than I have run before - it's something I've got used to this year! Other ladies said their experience of the race was like Marmite, but all of us were talking about "next year".

Honor Reader





While some of our club-mates were running in Exbury Gardens, a group of keen cross-country GRRs travelled to the Bucks Head in Meonstoke for a Sunday Out-of-Town run and brunch organised by Steve Cawte.

The rumours that some members only came because of the promise of brunch are, of course, completely unfounded.

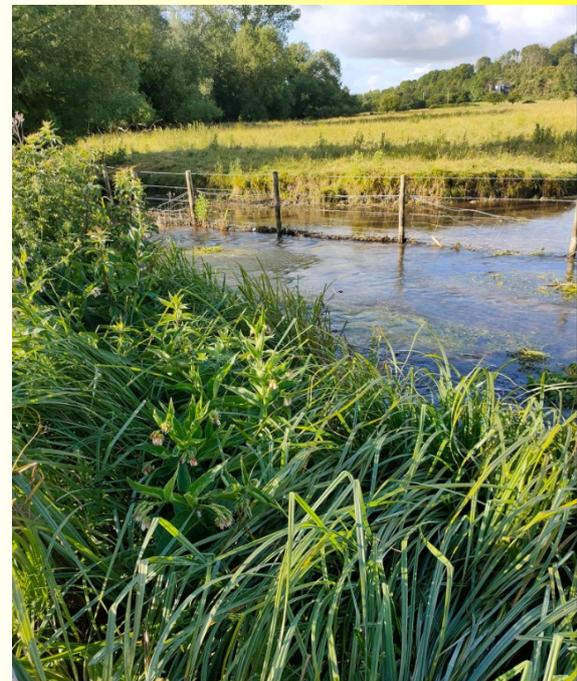
After a warm up in the car park expertly led by Deborah we set off at a gentle pace into the glorious Hampshire countryside. Lots of chatty running ensued until the first steep hill when everyone became strangely silent, apart from a lot of huffing and puffing and maybe the odd rude word.

After a recovery regroup at the top we set off again on a really stunning route through wheat fields, woodland and undulating meadows taking in part of the Wayfarers Way, the pretty village of Droxford and the sparkling River Meon. The last mile went along the old railway line past the former Droxford station where Churchill and de Gaulle are said to have met to plan the D-Day Landings. It was educational as well as well as picturesque, this run.

The Bucks Head had an outside covered area into which we neatly fitted and everyone enjoyed a great brunch, well-earned after a 6.5 mile run.

So in summary – great run, glorious countryside, tasty food, bit of history, excellent company. What more could you ask for on a Sunday morning?

Many thanks to Steve and Sylvia, everyone loved it!



Gill Thomas



Date for your diary! - the next Sunday Out of Town is Sun 24 July from The Bat & Ball in Hambledon.

Gosport Half Marathon Heroes



So who are these Gosport Half Marathon heroes? The runners? The committee? You are! Because, without volunteers from our wonderful club, we wouldn't be able to host this race every year.

But, to those of you who are new to the club, why should you volunteer for a few hours at our club's annual Gosport Half Marathon? Here are a few reasons why...

1. **You make 2000 runners very happy!** You make possible a prestige half marathon, which features in the Hampshire Road Race League and is famous for its PBs, medal and goody bag.
2. **It's fun and rewarding.** Team-work makes the dream work and also gives you that glow of satisfaction when you read the reviews citing our marshalls and volunteers as the best out there, and the main reason that many manage to finish the race.
3. **You get to run the volunteers' half marathon.** Despite the (usual) rain, this is a fun event which enables you to win the same medal as the competitors on the day. There are also spot-prizes and cake!
4. **You are invited to the after-event party.** The evening of the race, we have a party with free buffet and first drink. There, you get to nominate people to pay 'snitches and fines' for things that they may have got wrong on the day. So, a social event with banter, beer and bonding!!
5. **You nominate a charity in February.** Every year, Gosport Half Marathon raises £13,000+ for local charities. As a member of Gosport Road Runners, you get to nominate a local charity to receive up to £1000. You attend a charity evening in April/May to present the cheque to your charity and bask in positive endorphins. In the next newsletter, I'll be sharing this year's nominees and (hopefully) photos 😊

So, if you haven't signed up with Ken Eaden yet to volunteer, contact him on ken.eaden@btinternet.com and make his day.





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:

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

The Club also has a Twitter feed which can be accessed by following @gosportrr on: <https://twitter.com/gosportrr>

You can also follow Gosport Road Runners on its Instagram page:

<https://instagram.com/gosportroadrunners>

GRR Newsletter

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

WE NEED YOU! Please continue to help make this an interesting read and don't leave it all to me. It's OUR Club and OUR newsletter.

Contact: You can send comments, articles, content to me either via Facebook or by email to:

newsletter@gosportroadrunners.org.uk





GOSPORT

≡≡≡ Road Runners ≡≡≡



Editors Note

By Lisa Jakins, GRR Newsletter Editor

Hi all,

This newsletter is dedicated to Keith Elshaw. Firstly, a big thank you to all who joined the GRR memorial run for Keith. I know it meant a lot to his family.

I write this having just returned from Keith's memorial gathering and it was obvious how much he loved this club and how much he was loved by Gosport Road Runners. I knew I wanted to do something to honour Keith but couldn't do it justice so I reached out to Sue, who has compiled an article with stories & memories from many members. I know this wasn't an easy undertaking, thank you to Sue & all who have contributed.

I have personally spoken to Ange and this has her blessing as she said that Keith loved being in the spotlight. *Lisa*



Sue says.....

By Sue Barrett, GRR Chairperson

Greetings everyone,

I don't think you can please everyone, personally I'm happiest running in the cold, off road, through some mud, however it's got to be day light. I know some of you enjoy the sun and nice flat roads, whilst others are keen on hills. I like to think as a club we cater for all needs, although we have no say in the weather conditions!

A big thanks to Steve Cawte for his "non Thursday out of towns", they've been great and I've especially enjoyed the food after side of things.

As we draw towards autumn it's all hands on deck to the Gosport half, the real showpiece for our club and I urge everyone to support the event.

Even sooner is the start of the Hampshire road race league, a great opportunity to represent team yellow. The dates of all the Hampshire league races can be found on the website.

As always a big thanks to Lisa for putting out the newsletter, I cannot stress how important it is to keep the articles coming in to her. No membership input basically means no newsletter content.

Happy running all! *Sue*





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HRRL 22/23

Sun 04 Sept 22 - Overton 5
Sun 25 Sept 22 - Solent Half
Sun 06 Nov 22 - Hayling 10
Sun 20 Nov 22 - Gosport Half
Sun 04 Dec 22 - Victory 5
Sun 08 Jan 23 - Stubbington 10K
Sun 05 Feb 23 - Ryde 10
Mar 23 (date tbc) - Salisbury 10
May 23 (date tbc) - Alton 10
Sun 21 May 23 - Netley 10K
Sun 18 Jun 23 - Alresford 10K
Jul 23 (date tbc) - Lordshill 10K

Club Events

Tues 06 Sep - Club 5 mile Time Trial
Tue 04 Oct - Club 5k Time Trial
Tue 01 Nov - Club 5k Time Trial
Tue 06 Dec - Club 5k Time Trial

Other Events for the diary!

Sun 11 Sep - Great North Run
Sun 02 Oct - London Marathon
Sun 02 Oct - Pieces of Eight & GAFIRS Lifeboat 10k
Sun 09 Oct - goPhysio 10k at the Ageas Bowl
Sat 15 Oct - New Forest Off Road Half Marathon (Lyndhurst)
Sun 16 Oct - Great South Run
Sat 05 Nov - South Downs Off Road Half Marathon
Sat 19 Nov - Sussex Downs Half Marathon
Sat 26 Nov - New Forest Coastal Half Marathon
Sun 18 Dec - Portsmouth Coastal Waterside Marathon (plus Festive Half & 5k/10k Santa Runs)

2023

Sun 19 Mar - Eastleigh 10k
Sun 25 Jun - Exbury Gardens 10k



RESULTS

Times from our recent races



Please send your race results to **Julie Conway**, our race recorder at results@gosportroadrunners.org.uk



July 5km/10km Time Trial

10 Km Times

Pos.	Name	Time	Pos.	Name	Time
1	Luke Willis	36:53	6	Gill Dowling	49:13
2	Mike Percival	39:55	7	Lynne Franklin	54:13
3	Chris Buxton	41:23	8	Kate Stubbings	55:26
4	Luke Foley Greaves	44:13	9	Steve Wood	57:50
5	Su Baldock	48:56	10	Mick Kearney	01:02:43

5 Km Times

1	Ethan Barrett	26:10	6	Jenny Mckay	31:19
2	Karen Morby	29:37	7	Lisa Jakins	31:22
3	Jo Yorke	29:38	8	David Baker	31:27
4	Tonia Morrell	29:56	9	Rory Fall	38:44
5	Melissa Tyrell	30:56	10	Kim Carter (Tail Runner)	38:46

Finish /Starting Crew:- Liz Redpath, Paul Street, Sue Barker, Gary Francis, Deborah Birch. Marshals and Supporters: Steve Cawte, Dave Croft, Mick Stares, Mike Barker, Kellee Read, Caz Delooze, Colin Gardner and Mike Bowers. Thanks to our tailrunner tonight - Kim Carter.



RESULTS

Times from our recent races



Please send your race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



August 5km Time Trial

Pos.	Name	Time	Pos.	Name	Time
1	Mike Percival	19:20	17	Andy Faichen	30:30
2	Nicky Moxham	19:40	18	David Baker	30:31
3	Chris Buxton	19:44	19	Lisa McGuinness	30:32
4	Luke Foley Greaves	20:11	20	Melissa Tyrrell	30:40
5	Josh Belben	21:22	21	Sara New	30:53
6	Aiden Morby	21:29	22	Ken Eaden	30:56
7	Julia Roiz De Sa	24:29	23	Deborah Birch	30:59
8	Austin Hill	25:09	24	Rory Fall	31:00
9	Steve Calder	25:20	25	Cathy Harman	31:02
10	Ethan Barrett	27:16	26	Jenny Mackay	31:39
11	Jo Yorke	28:26	27	Becky Scott	32:32
12	Mike Barker	28:50	28	Lisa Jakins	32:34
13	Steve Cawte	29:08	29	Richard Smith	33:07
14	Shirley Faichen	29:39	30	Sue Barrett	33:10
15	Carla Husband	30:13	31	Roz Weaver	41:47
16	Mick Kearney	30:16	32	Jackie Brady	41:48

Starter/Timer:- Paul Street. Back-up Timer:- Kellee Read. Recorder:- Gary Francis. Numbers:- Sid Smith. Marshals and Supporters:- Mark Jakins, Tonia Morrell, Mike Stares & Dave Croft. Thanks to our tailrunner tonight - Jackie Brady.



RESULTS

Times from our recent races



Please send your race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



08/05/2022	Alton 10 mile
Adam Crook	01:11:51
Gill Dowling	01:21:33
Kevin Busch	01:27:49
Steve Calder	01:29:12
Michael Barker	01:45:30
Jo Yorke	01:45:33
Salvina Cawte	01:45:43
Karen Morby	01:46:46
Stephen Cawte	01:47:34

19/06/2022	Alresford 10k
Honor Reader	01:03:10

13/07/2022	Summer Series
Jackie Tombs	00:26:27

26/06/2022	Exbury 10k
Tim Durant	00:46:02
Lynne Franklin	00:54:40
David Wolters	01:00:29
Sharon Clutton	01:02:34
Elizabeth Redpath	01:03:13
Lisa Jakins	01:03:35
Susan Barker	01:13:25
Marie Bowers	01:23:25
Mike Bowers	01:40:42

15/05/2022	Netley 10k
Jackie Tombs	00:52:07

14/06/2022	Summer Series
Jackie Tombs	00:25:26

15/06/2022	Hayling Billy 5
Kate Stubbings	00:44:38

12/06/2022	Purbrook Ladies
Nikki Moxham	00:32:46
Jo Yorke	00:46:22
Kate Stubbings	00:46:32
Lynne Lemmis	00:49:25
Karen Morby	00:50:01
Honor Reader	00:52:48
Lisa Jakins	00:53:44
Lucy Hudson	00:57:29
Susan Barker	00:59:26
Melanie Bagwell	01:03:52
Caroline Delooze	01:03:55
Marie Bowers	01:04:56
Andi O'Flanagan	01:09:17
Roz Weaver	01:09:20
Karen Harding	01:09:21

27/07/2022	PJC Summer X Country
Mike Newnham	00:32:41
Stephen Cawte	00:53:42
Michael Barker	00:53:50
Jo Yorke	00:55:40
Shirley Faichen	00:55:41
Lisa Jakins	00:57:58
Deborah Birch	00:58:34
Kerry Irwin-Hall	00:58:35
Honor Reader	01:02:15
Lucy Hudson	01:02:16
Biddy Russell	01:11:59
Gill Thomas	01:11:59



Keith Elshaw



I do actually remember the first time I met Keith, it was cold winter night (2009 if I recall) and we were both doing one of Gary Francis legendary interval sessions around the bowling club, my first impression was a chubby (sorry dude but you were a tad bigger when you first came to the club than in the following year) chatty guy in a Coventry City shirt who could sprint sooooo fast! I have so many fond memories of long runs with Keith, Ange, Kerry and a various selection of lovely people who were doing runs over the same years we were. In April 2012 both Keith and I had both Brighton and London marathon places (they were a week apart) whilst it does seem common place now to churn out constant marathons, but back then the idea of 2 a week apart was considered crazy (for good reason if I'm honest). But after discussion and a bit of persuasion (from him, I wasn't keen) we went for it as it just seemed like too good an opportunity to miss and I still have the t-shirts and a memory of Keith sat under a tree at Horse Guards afterwards looking shattered and agreeing it had been a stupid idea.....

Our yearly trips to Wales to run up and down (massive) hills trying to beat a train (its a thing, its called race the train) were always a hoot, even if we never came close to beating it, the ice cream was good. (worth mentioning Kevin White did actually beat the train one year, legend)

Keith had a love of running and GRR which I don't think will ever be bettered. He was always so encouraging and genuine in his passionate support of the club, he made such a positive impact on so many current and former GRR's and I will very much miss that and all things about him. I don't think his loss to the club and to everyone that knew and loved him can be sufficiently put into words. He is so much missed by GRR and the running community. Big love to Ange, Maisie, Jack and Sarah x

Sue B



New years day fancy dress from the tennis club



Halloween run Portsmouth



Training run on the South Downs, - its the hill we call "F Off hill"



Mad March Hare - 20 mile road race in Christchurch



Keith Elshaw



Keith was a inspiration to a lot of runners at GRR with his fab sense of humour and running knowledge. Having the pleasure of running with Keith which was never a dull moment, he could turn the worst runs into a giggle. Will always treasure the memories we had with a true gent with funny bones.

Nikki White



Denbies Estate half marathon - our finest GRR moment in my opinion!

Keith was a good friend of mine for many years, as well as my favourite running partner! I remember going along to Gosport Road Runners in 2013 for the first time and he was the first person I met. He was warm, encouraging and friendly and I knew he was a great guy right away. Over time, our friendship grew and I really enjoyed running with him. We always had things to chat about on our long runs and we kept each other going. He also made an excellent drinking partner in the pub!

My favourite memory of him was when I first ran New Forest 10 in 2014. It was so hot and I was over the moon to be approaching a water station. Kindly, Keith went to get me a cup of water, but instead of actually giving it to me, he threw it over my head and laughed his Keith laugh with glee. It turns out that it was quite refreshing, and I often do this on hot runs now.

Keith also supported me in my personal life when my marriage broke down. He never judged me and was always positive and kind.

Keith was one of my best friends. He was the only person to call me Liners!

I am so very sad that he has gone and I miss him every day. He taught me so many things, mainly to keep believing in myself.

Keith, I will never forget you. Thank you for being there for me. RIP.

Caroline O

I did the beginners course in Jan 2018 and the person who was the first to speak to us all was Keith. At the end of the first session at which I really struggled, his kindness and sincerity towards me bought me back the next week and then on to complete the beginners and actually run 5K.

I will never forget his encouragement and genuine praise each time we did the same club activity or park run.

I will always be bringing up the rear, but Keith helped me to realise that is actually ok.

For me, he has left a gap at GRR that won't be filled.

Ali W

He always happy and smiling and a consummate includer making sure no one was ever left out or behind. He used to call me kerrigold which always made me smile.

Kerry.





Keith Elshaw



After weeks of support, encouragement, with his cheeky asides, and grinning happily through all weathers, we'd even started to enjoy running (sometimes). This was in spite of the ribald comments from passing boy racers while he got us to do backwards press-ups against the telephone exchange wall!

Little did we know then that he would persuade us to join the club ("you'll get a free T-Shirt"), carry on to his 10k course and even get to use his GSR 10 mile training plan.

Keith's cheeky humour popped up often at club and parkrun, and his encouragement and support seemed endless. He was always there, always smiling. Gone but never forgotten.

Marie and Mike.



GRR Beginners 2016

I remember my first hill training session vey well, Keith lead the session from his bike to make sure we were all ok. The words "just get to the top without stopping" will stay with me for ever. We got to where the Titchfield Mill was, " ok this is a big one, I'll be on the bench which isn't the top so keep going and don't stop until you get to the traffic lights". I can remembering thinking I'm never going to make up there. Off we went, hard at it was I kept pushing thinking Keith's watching and waiting for us so don't stop. I made it, there he was sitting on the bench with that huge smile shouting " keep going well done! ". Keith your encouragement and support was something else and I like many will never forget you. Thank you for everything, love Karen

Karen M



Race the Train, Wales



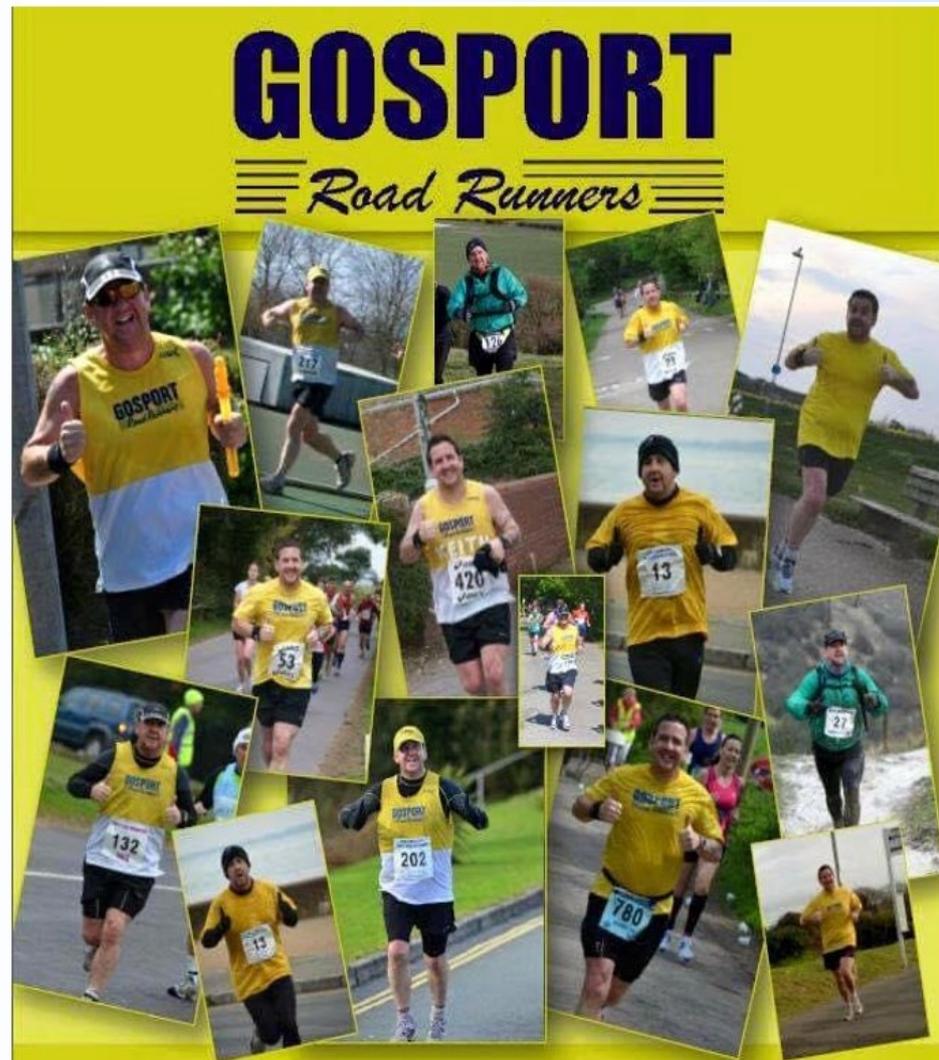
Keith Elshaw



When I remember Keith, the things that immediately spring to mind are his endless enthusiasm, his support and encouragement, his smile (and those Keithy Thumbs) and of course... his love for music.

I was already a member of the Club (back in 2010 I think) when Keith joined and straight from the off it was clear that he was one of those larger than life figures that was clearly going to make an impression. Not long after that, I was making the step up to marathon distance running, something that Keith was already very experienced in... I had signed up for Loch Ness in 2011. I was anxious about the long training runs and, for me, taking on my first ever 20 mile run was a massive milestone and something that I was nervous about. I was quite vocal about this on Facebook at the time and who do you think stepped up to offer to run it with me? Yes... Mr Elshaw himself. I will never forget his planning, support and encouragement that day, and him making those very long 20 miles look incredibly easy!

We ran several races together back in the day... the Great South, Endure, Spitfire, South Downs, Hart Relay, Snowdon, Brighton, London, Portsmouth Coastal and the Farnham Pilgrim to name a just a few. When I look back at photos from these races the things that stick out like a sore thumb (pun intended) was those Keithy Thumbs... and of course, that smile!. So much so that when I used to be the Club's Newsletter editor, I dedicated the front cover to those thumbs.



Times never really seemed to bother Keith, as long as he finished. He just seemed to love the taking part and representing GRR. I remember him telling me once that he stopped for to sit down on a bench half way through the South Downs Marathon (at the top of Cocking Hill I think) and that he nodded off for a few minutes... What a legend!

One 'non-running' occasion that sticks in my mind about Keith is the night I unintentionally walked in on one of his Startled Monkeys gigs. When he spotted me, he announces to the whole pub that the world's biggest Shakin' Stevens fan (that bit was true... when I was 10 maybe) had just entered the pub and proceeded to dedicate the next song especially to me (Merry Christmas Everyone). And, yes, he made sure I got up to dance too!

Losing Keith came as a massive shock to me. Even though we knew it was coming, it was still a huge shock. I was talking to Keith about his diagnosis at parkrun not long after he found out. At that point, he knew (in his words) "it would get him eventually, he just didn't know when" but he was still putting on that brave face, making sure that I when for 'the check' and just being his usual positive, outgoing, smiley self. That is testament to the man he was because I know I would not have been able to face what he was with the same outlook.

It was at this year's Memorial Run that I last saw Keith. Even then he was still smiling. What a man, what legend. And finally, one of the most poignant things for me is that I recently found out the annual GRR Memorial Run was actually Keith's suggestion... following the Club's loss of Giles a few years ago. My god, next year's Memorial Run is going to be an emotional one!

Nick Mc



Keith Elshaw



Thank you to all those who contributed your stories of Keith. I would like to end with a paragraph, taken from his Life Story, written by Keith himself in June 2022;

“A friend of mine suggested joining Gosport Road Runners. But the thought of little fat old me at an athletic club filled me with fear! I couldn’t have been more wrong as they were so welcoming, encouraging and that first night I managed to run 3 miles and it literally changed my life! Angela joined too and we have made so many friends through running and achieved so many things that we wouldn’t have thought possible, culminating in running multiple marathons and ultra-marathons and continuous 24-hour races.

I’ve done my bit for GRR; I was membership secretary, I did a ‘Leader in Running Fitness’ course, I became Men’s Captain, then I did a coaching course and actually became a running coach! I am very proud if I have managed to help anyone improve their running, especially beginners who lack confidence and self-belief they can actually do this. The club has now presented me with an honorary membership. I’m very proud of my running achievements”



Keith Elshaw

July 1966 - July 2022

Portsmouth Joggers Summer Cross Country Event by Bidy Russell

I wasn't going to run this. I didn't even realise it was a proper 'event' until 2 days beforehand.

I'm relatively new to GRR (joined in May) and haven't made many of the sessions although I've a history of running solo at various local running events (road only). Usually I train (never properly and never enough) and worry excessively (with no positive outcome) getting my family involved by making them wish it was all over.

I read Honor's initial post when she created the event about her first cross country at Alver Valley being unenjoyable but how QECP was a lovely route to try if you fancied trying XC, so I asked how far it was. I've been struggling to complete 5K on the flat so 5 miles was just too far. I forgot about it.

A few days before the event Gill popped in a message saying she'd be happy to run/walk with me and without thinking about it I signed up and was on the start line on Wednesday evening. I had little time for nerves to set in and certainly no time to train... I was surprisingly calm.

I pitched up with some water and no idea what to expect. It was my first event as a GRR runner and I was (sadly) excited at being in a photo with everyone else wearing club colours. Everyone was so welcoming and supportive dispelling my fears of being an 'outsider'.

The race started in a cloud of chalk dust but we soon turned off the main path onto a steep uphill grassy slope where walking mode was deployed. No training meant that power walking was not an option for me but I was happy to cling to the back of the field and I didn't feel left behind. Someone had brought along music as a motivator and spirits were lifting as singalongs began just ahead of us.

The early evening scent of grass and trees permeated the air, the marshals appeared at regular intervals ensuring that all route junctions were marked with a pointed finger, a friendly smile and support (even if some of the supportive comments were up for mis-interpretation 'Nice evening for a stroll' could have been crushing but I'm sure wasn't meant to be). My support (Gill) remained with me and kept me entertained with chat and words of encouragement as I puffed and groaned my way around the course listening to my inner voice getting louder and more excited at the thought that I might actually finish this thing. There seemed to be a lot of up (walking)....

The last section was downhill on wide paths with pine needles and roots, then gravel underfoot. It was tempting to try to speed up but the light was fading and I didn't want to be the one to slip on the home strait.

The GRR crew were waiting at the end to support us through the finish line, I was very happy with my 1:11 time and ecstatic that I wasn't last. I am so grateful for Gill's support and in awe of the fact that despite falling and needing medical attention Jo Yorke still finished ahead of most of team - what a machine!

I popped my GRR event cherry with a lovely bunch of people, thank you all.

Portsmouth Joggers did a splendid job with organisation and support and I would recommend this event to anyone looking to try XC.

The plan now is to run more so that walking after the next event is easier and to do more cross-country - it was sooo much fun.

Biddy



This is what happens when you ask a member of Portsmouth Joggers to take your team photo!



Huge well done to Shirley Faichen who won an award for coming 3rd in her age category and also to Mike Newnham for coming 2nd in his age category!

Club News



HRRL Award

A massive well done to Karen Morby and Kevin Busch!

Both completed all 10 out of the 10 available races in the 2021 to 2022 Hampshire Road Race league (plus our own helpers half). This is a massive commitment that included race distances from 5 miles to half marathon and meant travelling to various places from Overton to the Isle of Wight, with 8 more in-between!

The Hampshire Road Race League races are a fundamental part of the club and a chance to earn points both as an individual and as a team.

These guys did team yellow tremendously proud.

Cross Country Captains

Gill Thomas & Honor Reader are joint Cross Country Captains for GRR, having recently taken over from Karen Morby who held the position for 4 years. A huge thank to Karen Morby for all her hard work and dedication & thank you to Gill & Honor for stepping up into the role, I am sure the forthcoming Cross Country season is going to be GRReat!



Mens Captain Vacancy

The position of Men's Captain is now vacant after Mark Jakins stepped down earlier this year.

If you would like to volunteer for this role then please contact any of the committee members who will be able to give you more details about the role.

The role is open to any club member.



Fields of Gold by Gill Thomas



At my 6.30am alarm on Sunday 24th July, the morning after returning from holiday, I wondered what madness had possessed me to join an early morning run on the South Downs, but on arrival at the Bat and Ball in Hambledon with a bunch of rowdy GRRs I thought maybe it wasn't such a bad idea after all.

The route, planned by Steve Cawte, was again truly stunning. We ran through fields of wheat (or possibly barley or rye, nobody could agree), corn and rapeseed, up a couple of hills, down some lovely wide paths and across a stile or two. We saw goldfinches, big birds of prey, a deer crossing a field and a dead pheasant which Sylvia had her eye on for Sunday lunch. As with all the best cross-country runs there were a few obstacles like roots, stones and nettles and Kerry Irwin-Hall showed her true glass-half-full nature by describing nettle stings like "champagne bubbles fizzing on your skin".

The route ran for just over 6.5 miles and we got away with only one injury when Fi did an elegant sprawl in a field, but she took it like a trooper and wore her bloody knee with pride. It was a quiet morning, the sun was shining and it really was a wonderful way to spend a morning. It wasn't a fast run but it was sociable, chatty and it felt so good to be out in the countryside. A quick survey of the runners' highlights revealed that Jo Yorke loved the sun-drenched wheat fields with the green-forested backdrop and Steve Calder was most impressed by the cake in the car park.

If you haven't yet experienced the pleasure of an early morning run in the countryside I'd recommend you give it a try. Thanks very much to Steve and Sylvia for organising and sorting out the route and bringing snacks, to Deborah for the homemade cake and to everyone who came and made it such a fun morning.

Gill



Who is Gill Thomas ?

I'm about to turn 60, been running for 20 years and I'm part of the slow but steady brigade. I'm a keen sea-swimmer and parkrunner and hope to complete my 250th Parkrun by the end of the year.

When did you join GRR ?

I joined GRR in 2017 after being a member of Eastleigh running club for 10 years and it was the best decision I ever made.

What made you decide to join the club ?

I moved to Lee in Summer 2016 and was reluctant to leave my old running club, so was driving back to Eastleigh twice a week. While volunteering at Parkrun I met Sue Barrett who suggested giving GRR a try. As I nervously entered my first meeting Sue introduced me to Tonia Morrell and Melissa Tyrell who have been my running buddies ever since and I haven't looked back.

What's the best thing about being part of a running club?

The friendships, sociability and the opportunities to run in places I wouldn't explore on my own. I'm not a very skilled map-reader and I really appreciate those who check out a course beforehand. My preferred type of running is definitely off-road and I love a rural run and a muddy cross-country. I also met a load of keen sea-swimmers through GRR and that has opened up another great part of my life. Also, the discipline of running 'because it's a club night' helps me beat that inherent laziness.

Best/most memorable running experience?

I've loved the club races like Stubbington 10K, Purbrook ladies etc. where I have really enjoyed being part of a big team. I had never entered events before joining GRR as I had always thought I was too slow to do so, but now realise that although the winning may be a distant dream the taking part really does count. My most memorable race was the Stornaway half marathon. My husband had been trying to persuade me to visit the Outer Hebrides for years and eventually lured me there with the promise of this race. It was so exhilarating and different, I loved it! Another highlight was the Amsterdam Half-marathon with Tonia and Melissa.

What music do you play while running?

I am an extremely un-hip music listener and when I first started running, 20 years ago, I used to play Simon and Garfunkel 'Tales of New York' while holding my Walkman in my hand. If I listen to that now I can picture every section of my old running route in my head with every track that plays so I listen that for a bit of nostalgia, but generally if I'm running on my own I will listen to a podcast and be grateful for my wireless headphones.

If you could give one piece of advice to a new runner what would it be?

Stop worrying about being last and holding people up. This is the most common concern people have and it can be quite a barrier. I've been running for years and if I'm last and hold people up I just don't worry about it anymore, because runners are lovely and they don't mind.

And another piece of advice – try Cross-Country, you'll love it!




Member Spotlight


I'm Honor Reader and I became a 50 year old runner this year. I first joined GRR in 2018, having been running since 2016. I had been running with The Breakfast Club, and at parkrun, but the majority of my training was on my own. Although I joked that this was my "respite" from the children, I decided to join a club as I felt I'd done what I could on my own. GRR was an obvious choice - from parkrun volunteers and GRR members that I'd already met, I knew that GRR was a very inclusive club, and one where I'd "fit in". Two of the first GRR members I met were Brian Fisher and Sue Barrett. Brian, is always so welcoming, and Sue is friendly and very chatty - my first run with Sue took me from 5K to 5 miles! The best part of being a member of a running club, is that you can always find someone to run with, and also there's a whole wealth of knowledge out there to gain from.

Choosing a most memorable running experience was hard! To date, it would have be the Hampton Court Palace half marathon, which I ran for charity (Naomi House) in March 2019. I had run a half once before in November 2018 (helped by Karen Morby and Emma Noyce). There is something special about running for a charity though - pride and pressure in equal measures! It is still the only half marathon I have run that was chip timed (others I have run with on the whistle).

Later on in 2019 I began doing more trail runs, and found I loved the ups and downs of hills, and liked that they gave me less pressure to go for a time. Cheriton trail race, Portsmouth Joggers Summer XC and Harting 10 were summer of 2019 runs that I just loved. Later in the year I started XC, and (with not much help from Karen Morby) embraced the mud, and found that I absolutely loved getting cold, wet and muddy!! Karen Morby has been an amazing XC captain, and this a role that Gill Thomas and myself have taken on for the next season. We have huge boots to fill, but we come with great enthusiasm, and a love of XC! What I particularly love about the SCC league is that you're not just running for yourself, you are running and supporting your team. Please join us for this next season!

If I could give any advice to a new runner? Take small steps, be realistic, and enjoy running! If you get stuck in a rut/ lose your confidence, don't feel afraid to speak to another GRR member...as I said earlier, the club has members with a wealth of knowledge and experience.

If I could only eat one meal for the rest of my life? Macaroni Cheese (Cheesecake for Dessert...am I allowed a starter too?!!)





I can run constantly without ever getting tired. When I run, I frustrate people and drive them crazy, Yet I don't even have to move to irritate you. What am I?

August Wordsearch

O C M F V R O L M M D E F U S
 S A M O H T L L I G C F P T I
 H H T J Y S E K W A C R B H U
 X W K L S P X T R E E S W L H
 Z X K P R O F D L T E Z M D O
 X B Z F N S A R T L Q B Q O N
 E A C Z Y O X Y T K I M V B O
 U T L Q R C M T E K M E A S R
 G A H J G U E F R L R T M H R
 E N N U D N C W O T M I B V E
 U D A D V Y F D O C W P R L A
 G B Y F M K M N F T U N P X D
 A A S D R A W A D H M J F L E
 E L C R O S S C O U N T R Y R
 L L W X X V F I O G D U N G N

PRETTYMUDDY
 CROSSCOUNTRY
 AWARDS
 ROADRACE
 LEAGUE
 OVERTON
 BATANDBALL
 NETTLES
 GILLTHOMAS
 HONORREADER

Spot the Difference

There are 5 differences between the photos below. Can you spot all 5?





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:

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

The Club also has a Twitter feed which can be accessed by following @gosportrr on: <https://twitter.com/gosportrr>



You can also follow Gosport Road Runners on its Instagram page:

<https://instagram.com/gosportroadrunners>



GRR Newsletter

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

**WE NEED
YOU!**

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

Contact: You can send comments, articles, content to me either via Facebook or by email to:

newsletter@gosportroadrunners.org.uk



Club Newsletter



GOSPORT

Road Runners



Editors Note

By Lisa Jakins, GRR Newsletter Editor

Hi all,
Well Autumn is here! After the hot summer of running, I for one certainly welcome the change and enjoying the clean crisp air in my lungs! Although I know there are races and events all year round, to me it feels like we are now in race season, often with multiple events to choose from every weekend. We saw the start of HRRL 22/23 season beginning at Overton at the start of September and the SCCL 22/23 season begins on 23 Oct at Folly Farm. Obviously the peak of the HRRL diary for GRR is our very own Gosport Half Marathon. The organisation that goes behind this is huge and we all play a part in supporting it to ensure another successful year and raising lots of money for worthwhile causes!



Lisa

Sue says.....

By Sue Barrett, GRR Chairperson

Hello GRR,
It's crazy to think October is already here and we are back to the winter 5k time trial route, out and back routes on club nights and nagging you all to wear lights and hi Viz.....
Our half marathon is looming, a real showpiece for the club and I would urge you all to get involved wherever you can.
Cross country season is also here, if you're hesitant about having a go then don't be, 5ish miles of mud and hills and no entry fee, what's not to like?

Happy running all.

Sue

N.b I've spent Sunday supporting GRR and shed loads of others at the London marathon (other marathons are available). Just remember marathons are serious stuff and not for everyone, training is time consuming and don't feel the need to sign up because everyone else is. Everyone's running journey is different and equally important. Whether you prefer a 5k or an ultra, you all rock!





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HRRL 22/23

Sun 04 Sept 22 - Overton 5
Sun 25 Sept 22 - Solent Half
Sun 06 Nov 22 - Hayling 10
Sun 20 Nov 22 - Gosport Half
Sun 04 Dec 22 - Victory 5
Sun 08 Jan 23 - Stubbington 10K
Sun 05 Feb 23 - Ryde 10
Mar 23 (date tbc) - Salisbury 10
May 23 (date tbc) - Alton 10
Sun 21 May 23 - Netley 10K
Sun 18 Jun 23 - Alresford 10K
Jul 23 (date tbc) - Lordshill 10K

SCCL 22/23

23 Oct 22 - Folly Farm,
hosted by B&MHAC
27 Nov 22 - The Bourne Woods,
hosted by Farnham Runners
18 Dec 22 - Lord Wandsworth College,
hosted by Hart Road Runners
22 Jan 23 - Chawton House,
hosted by Alton Runners
26 Feb 23 (tbc) - Alice Holt,
hosted by all clubs
March (tbc) - Fareham,
hosted by Fareham Running Club

Club Events

Tue 04 Oct - Club 5k Time Trial
Tue 01 Nov - Club 5k Time Trial
Tue 06 Dec - Club 5k Time Trial

Other Events for the diary!

Sun 02 Oct - London Marathon
Sun 02 Oct - Pieces of Eight & GAFIRS Lifeboat 10k
Sun 09 Oct - Ageas Bowl 10k
Sun 09 Oct - Denmead 10k
Sun 09 Oct—The Race on the Chase 10k, Half & Marathon
Sat 15 Oct - New Forest Off Road Half Marathon (Lyndhurst)
Sun 16 Oct - Great South Run
Sun 30 Oct—Dorset Doodlers The Stickler 10 miles
Sat 05 Nov - South Downs Off Road Half Marathon
Sat 19 Nov - Sussex Downs Half Marathon
Sat 26 Nov - New Forest Coastal Half Marathon
Sun 18 Dec - Portsmouth Coastal Waterside Marathon (plus Festive Half & 5k/10k Santa Runs)

2023

Sun 19 Mar - Eastleigh 10k
Sun 25 Jun - Exbury 10k



RESULTS

Times from our recent races



Please send your race results to Julie Conway, our race recorder at results@gosportroadrunners.org.uk



September 5 mile Time Trial

Pos.	Name	Time	Pos.	Name	Time
1	Mike Newnham	32:39	10	Mike Barker	48:22
2	Nicky Moxham	33:11	11	Lisa Jakins	49:04
3	Steve Crook	33:33	12	Becky Scott	50:00
4	Ben Worsfold	35:25	13	David Baker	50:05
5	Su Baldock	38:58	14	Mick Stares	50:06
6	Steve Calder	43:02	15	Deborah Birch	51:08
7	Fiona Tomlinson	47:14	16	Mick Kearney	51:32
8	Kerry Irwin	47:20	17	Biddy Russell	58:45
9	Tonia Morrell	47:44	18	Jackie Tombs	58:46

Starter/Timer:- Paul Street. Back-up timer:-Sue Barrett. Recorder:- Gary Francis.
 Numbers:- Ken Eaden. Marshals & Supporters: Brian Fisher, Dave Croft, Jenny McKay, Roz Weaver, Liz Redpath, Gav Booker, Dave Walters, Gill Dowling, Mike Bowers, Nick Boorn and Steve Cawte. Thanks to Jackie Tombs for being our tail runner tonight.



Great North Run



Lynne Franklin

I was born up North and as I had already completed the Sunderland 10K (my hometown) I wanted a new challenge. So, I entered The Great North ballot along with The London Marathon. After what felt like an eternity, I had an email telling me that I had a place (boy, did I sweat when I thought it was the marathon!)

Although I knew I was more than capable of running 13.1 miles, I did not want to break and so the 12-week training program began.

The timing was perfect as I had the full summer off, the weather however...well, remember the brown grass!

My long training runs were not just about pace and learning what I was capable of, it was also about discovering which fuel worked well and when best to take it.

After a sweaty 12 weeks of running and cycling, I was as ready as I would ever be.

On Friday 11th September at 5.45am, we set off up North. As we travelled, all I could think of was the race, replaying over and over what I wanted to achieve and what was realistic. I had told everyone that I just wanted to finish without injury which was true but secretly also wanted to do well and not let everyone down. I was hopeful that I could come in under 2:10:00

We had a chilled evening and then a busy Saturday, starting with a Parkrun at Jesmond Dene, I was excited to add a J to my Parkrun alphabet. I met up with some 545 friends and they described the course convincing me that it was flat. They lied!

That evening was spent carb-loading. Well, that is what I tell the husband, I was just hungry ha-ha.

The morning of the race arrived, and I caught the metro to Hay Market. Wow, it was like sardines, a tin full of very excited people looking forward to running from Newcastle to South Shields.

I followed the signs and headed for the white wave. To avoid unnecessary queuing, I packed everything into a carrier bag so I could ditch it last minute knowing my hoody would be re-used. The nerves were kicking in as I looked at the snake long queues for the toilet (I knew at that moment that the bushes would be my friends).

Time ticked by as I joined the thousands of people lined up on the motorway, I had never seen so many people at a start line before, but I was no longer nervous, I was just so excited. Then out of nowhere, the clouds began to break, and the sun thought it would come out to wish me luck-it was getting too hot! I had convinced myself that for once Mark was right and his words of wisdom about the perfect weather conditions for a half were true.

10:45 (race start time) came and went as the seconds delay turned into minutes. Forty minutes late, my wave was ready to go, it was not ideal as I had suddenly begun to cross my legs-I needed the toilet again!

The crowd set off and considering the amount of people running, my pace was coming in quicker than I expected. It must have been the thundering applause and the chants of OGGY! OGGY! OGGY! from the friendly supporters and marshals.

I had been informed by so many people that the course was "pretty flat" so why in the horizon could I see a rainbow of colour marching up a hill? The ups and downs mixed in with the heat was relentless, I sweated my backside off and cursed every person that claimed it to be flat. I had been lied to AGAIN!





Great North Run



Lynne Franklin

Sixty thousand runners were now hurtling through the northern streets, hoping to get to South Shields as quick as they could. I got bashed sideways and elbowed as we weaved and zigzagged in-between each other. My plan to re-fuel on the go every four miles was paying off, I had already discovered on training runs that the jelly block took me a mile just to swallow it. It was getting hot by now, so I took the opportunity to run through the ice-cold shower block. The spray was so refreshing, somehow it actually convinced me that I was enjoying the run and managed to step it up a gear.

The run was going well and as I approached the showers at mile 11, I decided to bypass them as the queues had now come to a standstill. These legs were now jellified and I worried they would never get going again if I stopped.

Mile 12 was the last water station. I knew if I had a drink now that I would glug it down in one, instead I grabbed a bottle to run with, so I would have a drink at the finish.

As I ran up the last hill, I turned the corner and spotted the North Sea. For one brief moment, I regretted not bringing my dipping gear however, I quickly remembered just how icy the water was. I had finally made it to the end and just needed one final push to get to the finish line. I crossed the line and collected my medal.

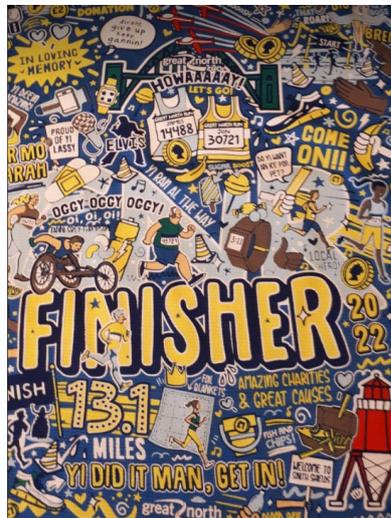
I had taken on board the advice to meet family at an arranged meeting area due to the lack of phone signal and waited patiently in the F zone. After ten minutes, I dragged myself up to go and find my missing husband. He claimed he had been there the whole time waiting in fact I think he had just woken up. (It's a hard life supporting so I was informed!)

With no signal, it was hours before my time came through but when it finally did, I was totally chuffed.

The Great North Run should be a bucket list run, it was the most memorable race I have ever entered. The race was well organised, the marshals were a friendly bunch and the crowds that gathered to watch, were incredibly supportive.

So, get your name in the next ballot and make a weekend of it. You will not be disappointed!!

Lynne





Bristol Half Marathon



Karen Morby

Tracy and I travelled up on the Saturday and quickly found our air BnB. We unpacked and sorted our kit ready for the morning.

An early night was needed, I climbed into bed and it felt like I was laying on a huge marshmallow, great I thought this is going to go well, anyway after an ok nights sleep it was time to get up. Ready and raring to go we set off. The taxi driver got us as close as he could and we soon found the race village where we chilled out a bit before dropping our bags off and heading to the start. Tracy went to her wave and I waited in the pink wave.

After a short wait we were off, I quickly settled into a comfortable pace running along side a friendly local. All was good and I took in some lovely views, specially running under the suspension bridge. The so called flat race soon be clear it wasn't flat at all but it wasn't too bad. The worst thing was the camber in the road, I felt like I was running like a wonky donkey. Before too long I was at ten miles and then the dreaded cobbles hit. They were horrendous and everyone was trying to run on the tiny little path. My feet and glutes felt like they were on fire. I pushed through the last three miles which were nothing but hills, I mean who even does that! A few "well done Karen's!" and "keep going!" were definitely needed at the point from the supporters and they certainly got me to the end. I crossed the finish line to a big cheer and an announcement over the speaker. "Well done Karen from Gosport, it's only Karen from Gosport!"

I think I managed to laugh a little and give a wave. I received my medal and goodie bag and found Tracy, we discussed the race and I felt like I was never going to run again. Tracy agreed that she found it tough too which made me feel a little better. We got sorted and then headed to the train station, a 20 minute walk away which felt like forever. It was a tough challenging race but I got it done. Would I recommend it..... absolutely NOT!

Happy running !

Karen



GREAT BRISTOL HALF MARATHON 2022					
Name	Bib	Club	Pos	Finish Time	Gun/Chip
karen morby	10936	Gosport Road Runners	4136	02:15:55	

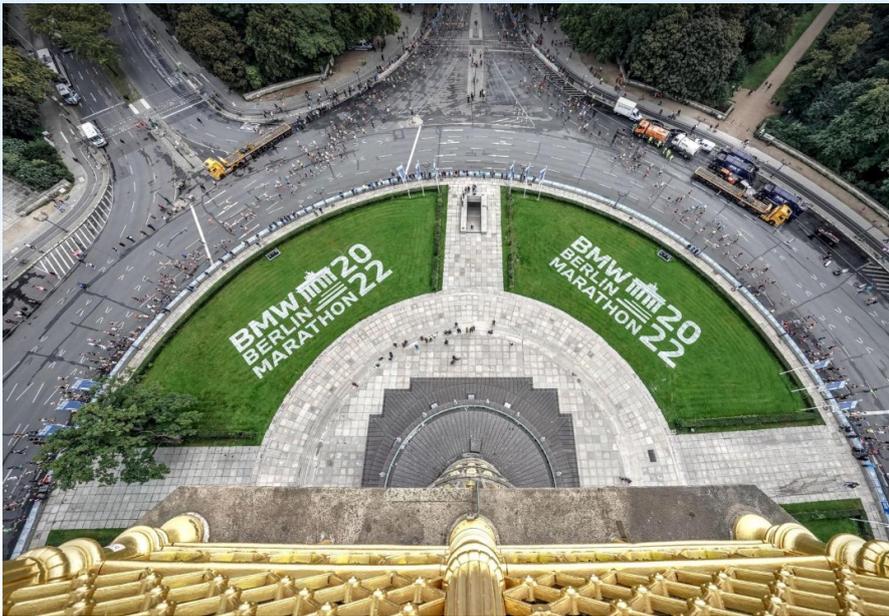




Berlin Marathon



Stephen Crook



“Your head is bleeding” said the concerned stewardess on our flight to Berlin. I don’t really enjoy travelling and after a disrupted rail journey up to Gatwick involving delays, four unscheduled changes and an hour’s wait on a stranded train in Horsham, I’d now just nipped the overhead locker as I took my seat on the delayed aeroplane. This expedition hadn’t started well. Things took a more positive turn as I was offered a free bottle of wine “for your trouble” and the nice lady also supplied me with plasters. Claire was probably thinking “why am I doing this again?” but said nothing. We finally got to our hotel at 11pm on Thursday night. I noticed that there was a curry house directly opposite. Things were starting to look up.

On Friday morning I set off to the Expo to collect my number and at last it all started to get real. I’m not a fan of these enforced shopping trips, masquerading as a part of the marathon “experience”, but this one at least had the attraction of being held at a truly historic and iconic location: Tempelhof Airport. A lifetime ago I had a job as a forecourt petrol attendant. The boss’s dad, Frank, had been a pilot in the RAF and had flown in and out of Tempelhof during the Berlin Airlift of 1948-49, as Russia had tried to starve west Berliners into submission at the start of the Cold War. At the height of the Airlift, one plane reached West Berlin every thirty seconds. It was from Frank that I first heard the phrase “a place for everything and everything in its place” with reference to being able to find what he was looking for in the blacked-out cockpit of his transport plane as he came into land at night. I brought him to mind as I snaked my way around the enticing stands of sports merchandise to collect my bib and hoped he’d approve of my triple-checked marathon weekend kit list, that meant I wasn’t distracted by any of this nonsense. I just got my number and was out of there.

With the rest of Friday to chill out, I could concentrate on orientating myself in the city and familiarising myself with the transport system. Travel for runners is free for the four days leading up to the race, which saves a lot of faff and money. Claire and I spent the remainder of Friday strolling around the local area followed by a curry, a couple of beers and an early night. It was all coming together nicely now.

I set aside Saturday to scout out the starting area and to run/walk the last couple of miles of the course. I like race day to be as stress-free as possible. Knowing how to get to the start line is a big part of this. Also, visualising exactly where the finish line is helps a lot. When I’m blowing out of my chuff in the late stages of a race, I don’t want my flagging spirit to be broken by an unexpected incline or finding that what I think “must be the final corner” is nowhere near the actual end. Sussing out the finish line is time well spent.

The buzz in the city was palpable and building. The weather forecast for Sunday was perfect for running and the world’s greatest ever marathon runner Eliud Kipchoge was in town. Could he break his world record or even get under two hours in a recognised race? It was very exciting. Saturday night yielded another curry and the traditional, broken pre-race night’s sleep. When Sunday finally dawned I felt that “big day” anticipation. I was awake before the 0500 alarm and the pre-race morning routine went well. Transport to the starting area was easy via the subway system and a short walk. It was a beautiful morning and I was ready. I had a time target. My last two marathons, plus a pretty good 18 week training block, had suggested that on a decent day on a fast course, I could be in sub 3:20 shape. Berlin had been the setting for 11 previous marathon world records. I was in the right place.



Berlin Marathon



Stephen Crook

I don't use a watch. Instead I "run to feel" whilst focusing on my breathing and stride rate. However I do often use a pace band. This means that on my wrist I have the required splits for a target time at each significant point in the race. In big marathons there are usually timing clocks at key points for me to check my progress. As long as I can judge roughly what my time offset is to cross the start line, I know roughly how I'm doing along the way. For Berlin my pace band targets were based on 3:18, which would be my quickest marathon since Spring 2019. This would mean running the first 5K in about 24 minutes and reaching halfway in around 1:40. If I was somewhere near these marks I'd be happy.

After emerging from the subway and strolling through the Brandenburg Gate, then past the Reichstag, the starting pens were a pleasant walk through the wooded paths of the Tiergarten. This is a stunning starting area. There were masses of portaloos adjacent to each corral, so there were no issues with runners being able to make themselves comfortable right up to start time. Big screen videos of Eliud's previous Berlin wins were getting the runners revved up and the music was banging. Every now and then there would be a Germanic version of "Knees up Mütter Braun" or the "Okey Cokey" or similar and this only added to the party atmosphere.

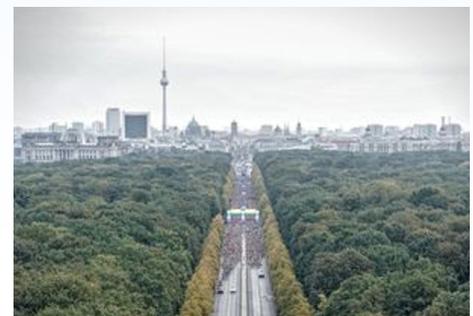
Having spent a few minutes thinking of folk for whom a start line is out of reach for one reason or another, I had dust in my eyes again when they inevitably played my Mum's playlist selection for this race, 'Chariots of Fire'. A cliché, I know, but it was all very emotional.

Then the starting hooter. It was both a relief and a release to finally be off and running at last. The adrenaline spiked. "Steady on Steve, don't get carried away, breathe, get comfy" was in my head. As the huge mass of runners streamed around the Victory Column (built to commemorate the Prussian victory in the Danish-Prussian War) I made a point of following "Eliud's line". It's so easy to add unnecessary distance by not keeping somewhere close to the racing line, marked on the road in blue paint. I didn't want to run an ultra by accident.

I had planned to see Claire at 6K, which would also be time for my first gel. I settled into an easy rhythm and enjoyed the early stages. I felt like I was generally being passed, rather than passing anyone, but I was happy with my breathing so no worries. At 5K the clock said about 28 minutes. I reckoned it had probably taken me 4 minutes or so to cross the start line, so that seemed about right. If the 10K clock said about 52 minutes when I got there, still running "easy", happy days! As 6K approached I saw Claire and I waved to her and got big shouts of encouragement. It's too easy to miss your supporters in the crowds, so it was great to share a smile and a wave. Onwards.

I got the answer that I was hoping for at 10K - roughly 52 minutes on the clock - so I just kept going as I was. Occasionally I had to slow down at a pinch point or a busy corner, but I was happy to take a short breather and stick to Eliud's line. The crowd was fantastic, lots of music, bands of all kinds and kids waiting for their "high 5's". This was fun.

The next important milestone for me was the halfway point. Your brain can go a bit mushy as fatigue creeps up on you but if my numbers were correct, it looked like I was a couple of minutes up on my 1:40 target. Maybe 1:38ish? I did a thorough check of how I was feeling. I didn't think I was kidding myself that I wasn't working yet, all was indeed well, so I stuck with my rhythm. I got a big lift as my music playlist timing confirmed that I was very slightly ahead of schedule as my first "second half track" (633 Squadron) came on well into the 14th mile





Berlin Marathon



Stephen Crook

Somewhere, it must have been around 30K, we seemed to be on yet another, never-ending, gentle downhill section. I hadn't noticed the equivalent slight uphill counterpart but, from the distance covered, I knew we'd passed it. "Blimey, this is great. No wonder Kipchoge likes this course" I thought. This was a golden section of the run for me. I passed a live band with a full brass section, playing the sassiest, raunchiest version of "You Can Leave Your Hat On" that you've ever heard. I could have sworn that the band's singers were Van Morrison and Shirley Bassey. What a double act! Then, at the 35K water station, a volunteer waved and shouted encouragement to me. I fist pumped by way of a reply and all of her mates joined in with a resounding "come on Gosport, go go go Gosport!!" Were they English? Do we know them? Dunno, but it was brilliant.

I hadn't seen a pacer all day, not even at the start, but now two guys wearing pacing flags hove into view up the road ahead. What were they? 3:25? 3:20? Wooooahh, 3:15!!! I remembered almost crumbling as the 3:15 pace group breezed by me at Birmingham years before. That day, I had just held on grimly to dip under 3:15 for the first time. By 6 seconds. This was different. I was doing the breezing today.

For a moment I considered sitting in with them to the finish, but it was only a fleeting thought. I felt good, I was running my own race and I was sticking to my own "feel". Onwards.

That was at around 36K. Whilst I hadn't wanted to hitch a ride on the 3:15 train, with now 'only' roughly 6K/3.5M to go, I was conscious that I mustn't get greedy. No one is "on for blah blah time" until they cross the finish line. Crash and burn? That's what you were "on for". There was still enough distance left for the wheels to come off and there was no doubting that I was working "comfortably hard" now. Or was it getting "uncomfortably" hard? I reckoned that I must be a couple of minutes to the good versus the pace group so that was enough. Don't panic. Just run it home now.

And that's pretty much how it turned out. It did become hard going, but it was bearable. At just the right moment, David Bowie's "Heroes" came into my ears as I hit the last few turns before, at last, the Brandenburg Gate came into sight. I had the pleasure of seeing Claire again right there before that most welcome landmark and her shouts of encouragement were enough to snap me back into the present and to soak up the euphoria of the crowd in that majestic location. It wasn't much more than a "survival shuffle" to the line for me, but even this went up a gear as the p.a. announcer told us that an hour or so before, Eliud had beaten his own world record by 30 seconds. Wonderful, joyous, euphoric stuff.

And that's it. What a day! The satisfied meandering through the race village to meet up with my number one suffering supporter. The sweet taste of the first beer. The knowing looks and smiles between fellow creaking runners. The warm congratulations from total strangers.

Claire likens supporting me on a marathon day as being like waiting for someone having surgery and hoping that they'll be ok. Thanks for putting up with it all. I get such inspiration from you.





Berlin Marathon



Stephen Crook

Footnotes

1. The last time that I was on a race day 'with' the great man was the "hot" London Marathon of 2018. He beat me then by 1 hour and 18 minutes. This time the gap was down to 1 hour and 11 minutes. I've reduced the "Eliud delta" by 7 minutes. I'm ridiculously happy to be able to say "I was there".
2. I took a maurten gel just before the start (thanks Gobbster) and a SIS gel at every 6K thereafter, with the last one at 36K, for a total of seven. I had one left for if it was all going to rats late on, which thankfully I didn't need. I alternated between caffeine (double espresso) and electrolyte (salted caramel).
3. I took sips of water from only two aid stations, at 10K and 20K. This was because I never felt thirsty and the water stops were so congested that they cost a lot of time. They were trip hazards too. The water was in rigid disposable plastic cups. I find these hard to drink out of without taking in gulps of air and ending up coughing/choking - I heard plenty of this. For this reason I carry a few cut down straws that I can hold against the inside of the cup and take a sip of water without the air.
4. Supershoes or superfast course? A month or so before the marathon I had a great slice of good fortune. I entered a lottery for a chance to win a pair of Adidas's latest racing shoes (Adios Adizero Pro 3) and to take part in a user trial. The ballot was only open to runners from EU countries, so I entered using my Gosport address and post code but with no "UK" option, I selected Eire. Amazingly I got selected to receive a free pair of these flying saucer shoes and despite the moody address, they arrived!!! How much difference did they make? What about the world record renowned Berlin course? Who knows or cares but even if it was only a positive placebo effect, I felt good on the day and I got close to my pb.
5. Music. I love running to music and my playlist for Berlin was perfect for me. Inspiring, calming, amusing and uplifting. All of the tracks were suggested by mates or inspired by shared events. Thanks to all who contributed. YKWYA !





Littlehampton 10k



Jo Yorke

Littlehampton 10k—Sun 04 Sept. This race was the very first 10k I ever did back in 2017. I had an old pair of trainers no garmin and no music. But I did have my Gav cheering me on. Back then I finished in 2.09 59.

This time I was a lone GRR runner and actually felt really anxious , which is silly I know. We left home in the morning at about 7.30am as its quite a long drive. The car parking was a little unorganised but we eventually got parked up. Parking was £5.00 !!!!! All the entrants had been given a gate that we all had to wait in till the start of the race. I was in gate 5. I saw some of my friends in gate 4 so hopped over with them . It was nice to see some friendly faces. Gav waited with me... and then I started the walk to the start. Blimey that wind!!!! "I must remember hair clips next time" . Just as I was about to start I had a message from Gavs friend Darren. It simply said "go smash it Jo " so off I went determined to do my very best.

We all headed out in the seafront and double backed on ourselves. I knew I was going quite quickly but I felt good so I pushed on at a steady pace. Coming off the seafront we headed into a residential area for a while and out of the wind thank goodness. Shortly we turned back onto the seafront the head wind was so strong. I saw 3 friends in front of me from my old running club and decided to try and catch them. They had always been faster than me so I was really happy when I managed to pass them. We took another turn back to the residential area and through the lovely park. Back out onto the seafront for one last time, the wind was behind me and I knew time wise I was doing well (for me anyway) as I approached the final 100m Gavin was there cheering me on and all my old club cheered me over the finish line. It was so lovely have to have a huge amount of support.

So on this occasion, I was the first GRR! (and the last) oh and the 3 people. I overtook earlier in the race were actually marathon training and had already done over 10 miles before they started the race!!!! It did make me chuckle !!!! I actually finished in 57.24 which I was super happy with. So if you're chasing a time and looking for a well supported totally flat course, than maybe give it a go. If you enjoyed Bognor 10k then you will like this one for sure.

Jo Yorke





Gosport Half Marathon— An Insight



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

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

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

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

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

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

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

Although the Race Committee are responsible for the planning, the primary reason the event is so successful is solely down to the volunteers who give up their valuable time over the weekend. There

are many roles to be fulfilled ranging from logistical support, bag packing, setting up the race HQ and marshalling on the day. The role of course marshal cannot be underestimated. While encouraging and cheering runners is important, the the safety of the runners is paramount while also ensuring they go the correct way. The most positive comments we receive year on year is the high standard of marshals and the Goody bags.

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

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

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

ken.eaden@btinternet.com

Mob: 07713187128

As a thank you to those who volunteer we invite you to participate in the Helpers half Marathon the preceding week 12 Nov 22. You will receive a medal and Goody bag. There will also be prizes for the first male and female along with spot prizes. We provide refreshments in the Diving Museum and Alexandra Sports will be in attendance. In addition, we hold a post-race reception commencing @ 1900 with free drink and supper on us.

Many thanks, see you on race day Nov 20 2022

Yours in running

Ken Eaden



Who Benefits from Gosport Half Marathon?



Our club's Gosport Half Marathon is on 20th November 2022. A lot of time and effort go into organising it: from the committee to the club member volunteers to the organisations and businesses that sponsor or support it. But what is the point of it? Who benefits?

Organising a premier half marathon, one of only one/two in the Hampshire Road Race League, has kudos for Gosport Road Runners. As well as club prestige, us members, benefit by having huge pride in a job well done and in providing legendary medals, goody bags and marshals.

The runners benefit as they have a fantastic day of racing at our is well-organised, fast and friendly half. As well as being the home of the half marathon PB, we get huge compliments from the runners telling us how much they, and their families, enjoyed themselves. A huge credit to all you marshals and volunteers.

However, the biggest reason to put on, and support, Gosport Half Marathon is that it raises huge amounts of money for local charities. Last year, we donated £13,500 to 22 different local organisations, charities and causes in our local area. These charities are chosen by club members and, in January 2023, you will be asked for your nominations of up to £1000 per donation. Over the next few newsletters, we'll outline last year's nominees to give you an idea of the type of thing that we've supported so far. So, get your thinking hats on. Who will you nominate to benefit from Gosport Half Marathon 2022?



Club News



Well done to Adam Crook, Karen Morby , Steve Calder & Kevin Busch all received HRRL mugs for completing 7 races from the 21/22 season

Huge congratulations to Nikki Moxham who was the 1st female and 2nd overall in the Pieces of Eight 10k race at Stokes Bay



Mens Captain Vacancy



The position of Men's Captain is now vacant after Mark Jakins stepped down earlier this year.

If you would like to volunteer for this role then please contact any of the committee members who will be able to give you more details about the role.

The role is open to any club member.


Member Spotlight


I'm Carla Husband and I moved from Leuchars in Scotland to Gosport about 3 months ago. My Husband is military so we have moved about a fair bit over the last 8 years. We have 2 children (Torben & Astrid), 2 dogs (Hunter & Forest) and a cat called Archer

What made you decide to join GRR?

I joined GRR a few weeks after moving here and I'm really pleased that I did! I used to be part of a running club when we lived in Cyprus a few years ago and really missed the social side of running with a group

Whats your best/ most memorable run/running experience ever?

My most memorable running experience without a shadow of doubt was completing the Manchester Marathon in April this year. Although I had running experience I hadn't actually ran properly for about 3 years! I gave myself 14 weeks to train and raised money for my Aunty's Charity, Transform Salone.

How do you prepare for a race, do you have any pre-run rituals?

How do I prepare for a race? Hope for the best! (I also use a website called The Marathon Handbook which has free training plans for all distances and time frames. There is also plenty of informative articles covering all things running). I don't usually listen to music when I'm road running but when training for the marathon I would sometimes use the treadmill to avoid the harsh Scottish weather.

What music do you listen to when running (if any)?

My Spotify is a mish mash of all types of music but my go to would usually be anything Euro Dance

If you could give one piece of advice to a new runner, what would it be?

My advice for new runners... Firstly, do not compare yourself to anybody else! Your running journey will be entirely different to many other people. It doesn't matter if you completed 5k in 20 minutes or an hour... you still completed a 5k! Secondly, you will have days when it just isn't your day... every single runner, of all abilities, will have off days. The important thing is to keep turning up for your runs and remember that everyone else has experienced the same at some point

If you could only eat one meal for the rest of your life, what would it be?

If I could only eat one meal forevermore it would be fully loaded cheesy nachos with a side of onion rings and a Kopparberg cider !



Carla



October Newsletter

A E R U N N I N G E J R E A Y T F E
O F L O V F P L Z B F F K R E E A D
E L O N D O N Y X B H I H K C H Q S
I U B S G G R L F O R J M Y X V F C
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S O Z H S C S F W X H C S R U X X A
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H B Z V T K H T E O U M A G X P C Y
F I B E R L I N S S C D J H Z W T S
H H U R K N O H B L C V V J I P M X

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

AUTUMN
BERLIN
BRISTOL
CHARITY

GOSPORT
LONDON
MARATHON
NORTH

RUNNING
SOUTH

Spot the Difference

There are 5 differences between the photos below. Can you spot all 5?





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:

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

The Club also has a Twitter feed which can be accessed by following @gosportrr on: <https://twitter.com/gosportrr>



You can also follow Gosport Road Runners on its Instagram page:

<https://instagram.com/gosportroadrunners>



GRR Newsletter

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

**WE NEED
YOU!**

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

Contact: You can send comments, articles, content to me either via Facebook or by email to:

newsletter@gosportroadrunners.org.uk



Club Newsletter



GOSPORT

≡≡≡ Road Runners ≡≡≡



Editor's Note

By Tom Reader, GRR Newsletter Editor

If you think the newsletter looks a bit different this month, you're right: After very successfully bringing the newsletter back to life after the Covid period, and running it single-handedly ever since, Lisa Jakins has passed on the baton to me, so I have been trying to dust off my desktop-publishing 'skills' to pull the newsletter together this month. So, if it all looks a bit more 'plain', it is for the time being, but I'm working on it, and also trying to get this November issue out before we get any further into December!

Thank you very much to Lisa for all your sterling work on the newsletter all this time.

Lisa will still be asking people for contributions for future editions, so if she asks you to write up a recent run or event, you know what to do... And of course, please send any comments, feedback, or preferably actual articles to newsletter@gosportroadrunners.org.uk

Thanks!

Tom

Sue says...

By Sue Barrett, GRR Chairperson

Greetings

It's been a strange couple of months for GRR, fantastic to see us all pulling together for the Gosport half, great to see a good turnout of the local clubs at our November time trial, but tinged with a bit of sadness at the recent loss of our club president Dave Kirby and also John Jeffs and Loyd Durham who were until recently members of our yellow running family.

All three gentlemen are a massive loss to both GRR and the running community and shall be greatly missed.

It's getting to that time of year when we can incorporate some Christmas light spotting on our runs. Although for me it's never really Christmas until I see Gill Dowling going for a run dressed up as a pudding.

Lots going on going forward, the last 5k time trial (6 Dec) of the year, club Christmas handicap (11 Dec) and club fancy dress run, eat pies and mulled wine and run back run, to the town centre xmas tree (22 Dec). Please support your club by attending these events if you can.

A big thanks to Tom and Lisa for putting this edition together.

Sue



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Obituaries

by Sue Barrett

Sadly, we must report the deaths of a number of members and ex-members in the past few weeks.

Dave Kirby was our club president and one of the longest serving members of GRR. It was always a joy to join him and Sid for a walk on a club night and listen to their stories. I'll especially miss Dave's way of saying things like 'now what happened to that fellow that used to run with us, you know the one I mean?'. He was a lovely man and a great loss to the club.



Dave giving honorary membership to one of our former presidents Eileen

Obituaries

by Sue Barrett

John Jeffs: John was another long serving member of GRR and a passionate supporter of the club and also a local charity 'Level Up' (formally called 'Loud and Proud') I was fortunate to be able to attend his funeral, at which his family declared they were overwhelmed at the attendance - a testament to how many people knew and liked John. John's brother described him as 'a gentle soul' which is very fitting.



Loyd Durham: So sad to hear of the loss of Loyd, our very own 'blade runner', relentlessly upbeat and determined to get back to doing the thing he loved. He will be very much missed by all of us.



Club News

Inter-club Time Trial

This month, the monthly time trial fell on the sort of evening that would make most of us question whether to leave the house (I did question it, several times), and having got to the car-park, question it again. But 66 runners turned out, including members from Fareham, Stubbington Green and 545 running clubs, who joined us for the evening. It even stopped raining for a while at one point. See results later in the newsletter.

New LIRFs

This month, the club has gained two new LIRFs ('Leaders in Running Fitness'). A LIRF is needed to lead any 'official' club run, including all club night runs. Jo Yorke and Honor Reader both completed their training, passed their tests, and gained their licences this month - congratulations to them! The club always needs more LIRFs - there will be an article about what is involved in an upcoming newsletter.

Loopy Run

On a cool (but not raining for once!) Thursday evening, we had our first "Loopy Run" for a while. Led by Honor and supported by Karen Harding, there was a very good turnout of at least 20, who ran as far as the Alverbank and back. Honor said: "This is my favourite type of club run - inclusive, sociable....and my only chance to "Run" with the speedies".

Remembrance Wreath

A club wreath was laid by Mark Brown on behalf of the Club at the Remembrance Parade at the War Memorial on November 13th.



HELPERS

Half Marathon

As always, as a thank-you to all the club members who are volunteering at the Gosport Half Marathon, the club put on the "Helpers' Half" so we get to run it ourselves, and also get the all-important medal. It's nearly the same course - two laps starting near the Kingfisher Caravan Park to the Rotary Club in Hill Head and back - and then repeat.

Traditionally, the day of the Helpers' Half brings foul weather, but this year it was 16C and blue sky all morning. The GHM is famed for its excellent supporters, and the Helpers' Half is no exception - there were water stations at various points, and lots of vocal (very vocal - thanks Lynne Franklin!) support along the route. Some did the "full half", and others did the "half half" (one lap) and have the option of "topping up" their run as a 'virtual' later on to get their medals.

The event was hosted by the Diving Museum where we gathered beforehand, and again afterwards for prizes, coffee and cake. Alexandra Sports were also in attendance, and provided spot prizes.

Thanks to Paul Street for organising this event for club members. The results are later in this newsletter.

There will be a full write-up of the Gosport Half Marathon in the next newsletter.



Cross Country: Folly Farm

Lisa Jakins



The weather in Gosport was horrific. I woke up in the early hours to the sound of torrential rain, wind and loud thunder. Peering out of the window, I thought the first Cross Country event of the 22/23 season at Folly Farm was bound to be cancelled. I forgot that it was around 50 miles away and the weather might be a little different!

I travelled in a car share with Zoe Windsor (thank you for driving!), Jackie Brady and Kerry Irwin-Hall. We all discussed what might greet us in terms of weather, terrain and mud! As we were driving to our destination we were heading towards clear blue skies, leaving the dark skies behind us. But we were fully expecting a lot of mud - this was confirmed by the drive up a tarmac track to pull into the field for parking, which was then pure mud and several vehicles were stuck!

After parking we quickly found the Gosport Road Runner flag which had been set up and we were met with a huge smile from Gill who was very relieved to see other GRRs! We quickly got the tent set up and as a few more GRRs turned up, it wasn't long before we were ready to begin!

The start actually caught me by surprise, a few of us were at the back, I was playing with my watch and didn't hear a thing but everybody just started running. The field was incredibly uneven and we soon found a huge pile of slippery mud leading us into the next field. We were soon on a narrow track around the edge of a field, at that point I could see the front runners far ahead and off the left heading up a hill. "Oh, I must be doing quite well" I told myself. Then I realised to get to where they were, firstly involved a sharp turn to the right, all the way down a hill, then along the bottom of the field before starting to head up the hill to the left. Oh well, it was a nice dream while it lasted!

Just after *what I thought* was the half way point it opened up a little and gave me the opportunity to overtake a few people and catch up with some of my fellow GRRs. The track

led along the side of someone's very large back garden where they were hanging out some washing. She waved to some of the runners and shouted "what a lovely day for it!" and it really was although unusually warm for mid October, completely different to the weather we'd left behind in Gosport.

As we approached a large wide gravel track, Jackie and I took the opportunity just to take a moment to drink in the stunning countryside views, the blue sky and the sun shining on our faces. This is what life is all about!!

We then headed down the side of a woodland track which was incredibly muddy and downhill - a very bad combination. Unfortunately, there was also a photographer there so they would definitely have captured Jackie and I doing our Bambi on ice impressions!

We caught up with Zoe and as we headed down another woodland track to a clearing, my watch ticked over to 5 miles. "Where's the finish?!" I yelled. Zoe then explained that this is a 6-mile route. Oh no! We were at the edge of a farmer's field at this point and it was dry powdery soil under foot which was quite springy so I took the opportunity to try to get a little speed (as I had walked around half the course to that point!) - also, I did not want to be near Jackie when she found out she would have another mile to go!

At the final straight down the hill to the finish, I thought my legs felt really heavy. I looked down and the wet mud on my shoes had acted as a binding agent to all the dry soil in that final field and I felt like I had half the countryside stuck to my shoes. But as we got to the finish, the people waiting at the end all gave huge cheers of encouragement and shouting "come on Gosport!" which was a massive help to get us across that finish line.

After we regrouped and Gill did the results, we headed back to the tent for refreshments. Although catering was provided at the event for a small fee, we had more than enough cake from what we had brought ourselves. The highlight of any Cross-Country event too? Gills cake!! Today's offering was a light sponge with a lime drizzle topping which was blimmin delicious and made it all worthwhile. Standing in the warm sun, with a sense of accomplishment, eating delicious cake - what's not to love?!?!



Denmead 10K

Mike Barker

A good day for the club ladies at the Denmead 10k in October. Nikki Moxham was First Lady home in a fantastic time of 39.56 and 6th position overall. The first five positions in the over 60 ladies category were taken by GRR. First was Sylvia Cawte, second Shirley Faichen, third was Deborah Birch, fourth was Sharon Clutton and fifth was Liz Redpath.

Finally well done Mick Kearney on your 75th birthday.



London Marathon

Lucy Hudson



When I first heard that I my name had been picked out of the London Marathon club draw in December 2019, I was so happy. I have entered the London Marathon ballot every year, for several years now, and have never been successful. I quickly booked my hotel and on 1st January 2020, I went out for my first training run. I was sensible and built up slowly and completed my final 20 mile training run in March 2020. Then covid struck and we went into lockdown.

Over the last couple of years, I have postponed my entry several times. In the past, I have run marathons but they have always been winter or spring marathons. Every time they rearranged London to an October date, I postponed. I wanted to train in the colder months.

Somehow, I missed postponing the last time and suddenly realisation hit that I was going to run the London marathon in October 2022. I panicked. How was I going to train in the summer? I decided to follow the London marathon beginners training plan. Although, I have run marathons before, I was still starting from the beginning this time. I'd only been running the occasional parkrun in recent months so I knew that I had 16 weeks of hard work ahead.

Training went well. I was well supported and had many friends motivate and encourage me. Some of them were even willing to get up and run with me at 06:00 in the morning. I mostly stuck to the plan which was focused on time rather than distance. I knew time on my feet was important but, ultimately, on the I was going to have to run 26.2 miles so I made sure that my

long runs on Sundays increased by a couple of miles each week. Training runs are always hard. But it was especially hard running alone, in 30°C+ temperatures, on holiday in France. I finished with a 20 mile run a few weeks before the event and then enjoyed the taper.

I was so nervous and anxious in the lead up to London. I doubted myself and whether I was actually going to be able to do it. The train strikes on the day before didn't help and I was so worried that I wouldn't make it to the start line. When I look back, I wish I had been less anxious. But there were just so many unknowns and the fear of 'failure' was huge. I had a GRR place and I didn't want to let anyone down.

So on the day before, I travelled up to London. I had booked to stay in a snoozebox near Stratford. Although, it was some way away from the start, it was a direct route on the DLR to the start of the run which was perfect. I needed everything to be as simple as possible. I had a picnic on my bed on Saturday night and somehow managed to have a good night sleep.

On the Sunday morning, I woke up, ate breakfast and caught the DLR from Pudding Mill Lane to Greenwich. I caught up with a couple of people I know before the start and then joined my start pen. For the first time in months, I felt calm and relaxed.

I had been warned about the start. Some people have said that they set off too fast, others said that it was too busy and that they had walked lots. I just found my rhythm and settled into a steady pace. At this point, the hard work had already happened. I knew that I had trained well. I wasn't aiming for a PB. I was there to enjoy it. I didn't really have a game plan as such. I intended to follow Barrett rules and walk the hills. Other than that, I was going to run as much as I could and then adopt a run/walk strategy.

I knew that Sue and Emma were out on the course and I was looking forward to seeing them and the tuc biscuits they were bringing. Having supported a London before, I knew that I would see them first at a McDonalds. I just steadily ticked off the miles by putting one foot in front of the other. The crowds were amazing. I wasn't sure whether they would be too loud and overwhelming for me. But, instead, I found them supportive and uplifting.



I hadn't looked at the route beforehand. I think I had still been in denial that I was actually doing it. So when Tower Bridge appeared out of nowhere, I made the decision to walk over it and make the most of the opportunity.

Soon after, I saw Sue and Emma again. They told me that Adam Mundell (running for Keith Elshaw) was only about 30 seconds ahead. I then made it my mission to catch up with him. On the long roads, I could see him out ahead of me, with a GRR cap on. Eventually, I closed the distance and we ran/walked together for a while. We shared some stories about Keith and, whilst it was emotional, it gave me added determination to get on and finish the run.

The last few miles were hard. At 20 miles, I was celebrating getting near the finish but then I realised that I still had 6.2 miles to go. Lots of people were walking at this point and it would have been easy to join them. But I gave myself a bit of a talking to and just kept plodding. The mental challenge is arguably greater than the physical challenge. Being able to keep going when you're tired and aching is hard.

As I came towards the finish, I started to tick off familiar London sights. Running along the embankment was brilliant. At this point, I knew I was definitely going to finish and that I would definitely cross the finish line within 6 hours. I crossed the finish line feeling quite emotional. I had been updating Facebook as I ran and I knew that lots of people were tracking me. The messages of congratulations started flooding in and the notifications on my watch went crazy.

At the risk of it sounding like an Oscar acceptance speech, there are so many people I want to thank. I love being part of GRR and despite barely making it to club after moving to Fareham 8 years ago, I still feel very much part of this club. I wore my yellow t-shirt proudly! I'm also so grateful of the people who took the time to train with me and send me messages of support. These people believed in me when I didn't believe in myself. For that, I will be ever grateful.

A screenshot of a mobile application interface displaying running results. At the top, there is a hamburger menu icon, the text 'MY RESULT', and a profile icon. Below this is a circular logo for 'tcs 26.2' with a stylized '26.2' in the center. Underneath the logo, it says 'COMPLETED' and '26.2 MILES' in large pink text. Below that, it states 'with an average pace of 12:43 min/mi'. There are two tabs: 'Result' (selected) and 'Split Times'. Below the tabs is the 'TAGHeuer' logo. Underneath, it says 'TIME TAKEN' and '05:47:01'. At the bottom, there are two columns: 'START TIME' with '10:49:14' and 'END TIME' with '16:36:15'.

MY RESULT

COMPLETED

26.2

MILES

with an average pace of 12:43 min/mi

Result Split Times

TAGHeuer

TIME TAKEN

05:47:01

START TIME 10:49:14

END TIME 16:36:15

Member Spotlight: Adam Crook



Who is Adam?

I am Adam Crook, I am a Dad to 3 little girls ages 4, 7 and 9. For my job I work shifts, days and nights so trying to fit in running isn't always easy. Some of you may have seen my Strava runs in the middle of the night on my "Lunch Break" Or seen me at races or Park Runs on my "Lunch Break". I will go for a run any opportunity I can.

When did you join GRR?

I joined GRR in February 2018.

What made you decide to join the club?

I joined the club after helping out as the tail rider for the Gosport Half Marathon 2017 with Rachel Gee, she sold the club to me and how it would benefit me as I was out injured at the time so couldn't run and had missed out on that year's GSR. So, I joined so that I could run the 2018 GSR without being injured.

What's the best thing about being part of a running club?

The best part of being part of a running club is being around like-minded people who are always supportive - because of my job and getting my girls to their activities I can't always make it to club but I turn up when I can and will wear club colours at every race.

Best / most memorable run / running experience ever?

My best run has to be this year's Salisbury 10-mile road race, I was completely in the zone for

this race I wanted to get as close to my silver time as I could so when the nice flat GSR came about I know I could realistically achieve it. My splits were coming up good at each mile so I knew when the up hills came I could lose a bit of time, I didn't lose anytime on the up hills and when I saw the big timing clock at the end I knew I had smashed it.

What music do you listen to when running (if any)?

I only listen to music when I am training, as I like to take it all in for races. I have a massive playlist that has loads of different types of songs but my number 1 running song at the moment has to be Never Gonna Stop by Rob Zombie.

How do you prepare for a run? Do you have any pre run rituals?

I have recently started to notice that what I eat the night before a race can really affect how I do: If I eat junk food I tend to end up getting cramp, so now I will eat pasta the night before a race and on the morning of a race I will have porridge and a cup of tea. I will also have about 3 bottles of drink on the go before a race, one with a hydration tablet in, one with squash in and one that I can take to the start line or as close as and bin just before the start.

If you could give one piece of advice to a new runner, what would it be?

Don't compare yourself to someone else we are all on the same journey but not all on the same path.

If you could only eat one meal for the rest of your life, what would it be?

Steak and chips, the steak cooked Blue and the chips have to be chunky.

Editor's Note:

Adam would never mention this himself, but he is also our very own 'poster boy' for the Great South Run! See below.



Results: November Inter-Club Time Trial

November 5 Km Time Trial 2022					
Pos.	Name	Time	Pos.	Name	Time
1	Luke Willis	18:07	34	Steve Woods	27:05
2	Chris Buxton	18:49	35	Ethan Barrett	27:12
3	Ben Jarvis (F)	19:25	36	Mark Gibbard (F)	27:15
4	Andy Simpson (SGR)	19:45	37	Rachel Thompson (F)	27:30
5	Simon Ross (SGR)	19:49	38	Fran Bennett (F)	28:02
6	Kerry Riches (F)	19:55	39	Caroline Harwood (F)	28:03
7	Marek Liskutini (F)	20:05	40	Mike Healy (SGR)	28:09
8	Charlie Fuller (F)	20:25	41	Kerry Irwin-Hall	28:19
9	Martin Pegler (F)	21:34	42	Melanie Sharpe (F)	28:51
10	Matt Law (F)	22:01	43	Zoe Windsor	29:10
11	Eleanor Purduk (F)	22:08	44	Ken Eaden	29:29
12	Chris Holliday (F)	22:14	45	Eddie Casper (F)	29:30
13	Mark Brooks (F)	22:18	46	Tom Reader	29:31
14	Jason Mudge (F)	22:50	47	Sara New	29:34
15	Mark Brown	22:57	48	Martha Mccallum (SGR)	29:42
16	Ed Hare (SGR)	23:03	49	David Baker	29:54
17	Sturart Bamberger (SGR)	23:14	50	Al Tottle (545)	30:36
18	Gavin Llewellyn	23:18	51	Mike Stares	30:50
19	Dominique Shepherd (SGR)	23:47	52	Clara Sutton (F)	31:03
20	Dom Ducellier (F)	23:57	53	Lynne Simpson (F)	31:04
21	Steve Matty (SGR)	24:10	54	Peter Turnbull (SGR)	31:08
22	Alan Kinnard (F)	24:13	55	Deborah Casper (F)	31:10
23	Colin Sharpe (F)	24:41	56	Janine Jenkins (SGR)	31:20
24	Sara McRitchie (SGR)	25:11	57	Vicky Waterman (F)	32:40
25	Brian Graham (SGR)	25:26	58	Stacey Read (SGR)	33:20
26	Chris Stothard (F)	25:36	59	Jacqueline Healy (SGR)	33:20
27	Ray Peckham (F)	25:36	60	Biddy Russell	33:41
28	Sarah Law (F)	25:38	61	Rebecca Scott	34:17
29	Neil Richards (F)	25:50	62	Neve Parker	34:18
30	Mark Jakins	26:24	63	Mel Barham (SGR)	35:38
31	Nigel Feast (SGR)	26:27	64	Karen Harding	35:45
32	Kirsty Watts (F)	26:43	65	Vanessa Long (F)	36:54
33	Chris Rees (F)	26:58	66	Kim Carter (Tailrunner)	36:58

Finish /Starting Crew:- Paul Street,Sue Barrett, Jo Yorke, Lisa Jakins and Roz Weaver.
 Supporters and Marshals:- Fiona Tomlinson, Karen Morby, Mike Bowers, Lyn Franklin, Steve Crook, Richard Swift, Dave Croft, Brian Fisher, Gavin Booker, Pam Ella.Big thanks to our tailrunner Kim Carter.

Many thanks to Fareham (F), Stubbington Green (SGR) and 545 ARC for coming along tonight and enjoying the lovely running conditions.

Results: Helpers' Half and Helpers' Quarter

Helpers Half Marathon 2022			Helpers 'Quarter' Marathon 2022		
Pos.	Name	Time	Pos.	Name	Time
1	Luke Willis	01:23:55	1	Mark Jakins	01:03:40
2	Luke Foley-Greaves	01:33:54	2	Fi Tomlinson	01:04:55
3	Steve Crook	01:35:14	3	Tonia Morrell	01:06:42
4	Adam Crook	01:39:34	4	Melissa Tyrrell	01:06:42
5	Aidan Morby	01:42:24	5	Sylvia Cawte	01:09:48
6	Su Baldock	01:46:59	6	Liz Redpath	01:12:32
7	Gav Llewelyn	01:50:45	7	Sharon Clutton	01:14:38
8	Kev Busch	01:51:35	8	Maisie Elshaw	01:15:52
9	Steve Calder	01:58:31	9	Amanda Morby	01:16:37
10	Rob Hylands	02:00:19	10	Kim Carter	01:19:19
11	Kate Stubbings	02:07:37	11	Emma Noyce	01:20:19
12	Julia Roiz de Sa	02:07:38	12	Karen Harding	01:20:20
13	Jackie Tombs	02:07:38	13	Ange Elshaw	01:20:21
14	Jenny Shilling	02:11:10	14	Pete Lindley	01:20:43
15	Tracy Wales	02:11:11	15	Louise Milson	01:49:34
16	Tony Barron	02:13:02	16	Janet Lindley	01:49:35
17	Steve Wood	02:16:28			
18	Tom Reader	02:27:34			
19	Kellee Read	02:27:54			
20	Deborah Birch	02:30:56			
21	Lisa Jakins	02:32:26			
22	Steve Cawte	02:32:44			
23	Mike Barker	02:33:36			
24	Lisa McGuinness	02:34:02			
25	Karen Morby	02:34:04			
26	Sue Barker	03:20:00			
27	Sue Tingley	03:20:00			

Finish /Starting Crew:- Paul Street, Neil Elshaw, Lizzie Elshaw, Ken Eaden, Gary Francis and Andy Clutton. Supporters and Marshals:- Jenny Mackay, Roz Weaver,Dave Croft, Sue Barrett, Lynne Franklin, Jackie Brady,Mick Stares, Gill Thomas, Jo Yorke and Gav Booker.

Thanks to Karen Morby for being this years tail runner.

Dates for your Diary

Club Events

Tue 06 Dec	7:00pm	Club 5k Time Trial	Pebbles Car Park
Sun 11 Dec	10:30am	Club Xmas Handicap and TCS London Marathon Place Draw	Diving Museum, Stokes Bay
Thur 22 Dec	7:00pm	Mulled Wine Run and Club Raffle Draw	Clubhouse

HRRL 22/23

Sun 04 Dec 2022	Victory 5
Sun 08 Jan 2023	Stubbington 10K (new route!)
Sun 05 Feb 2023	Ryde 10 mile
Sun 26 Mar 2023	Salisbury 10 mile
TBC May 2023	Alton 10 mile
Sun 21 May 2023	Netley 10K
Sun 18 June 2023	Alresford 10K
Sun 02 July 2023	Lordshill 10K

SCCL 22/23

Sun 18 Dec 2022	Lord Wandsworth College - Hart Road Runners
Sun 22 Jan 2023	Chawton House - Alton Runners
Sun 12 Feb 2023	Alice Holt - TBC - Farnham Runners
Sun 05 Mar 2023	Fareham - TBC - Fareham Running Club

Some Other Events...

Sun 18 Dec 2022	Portsmouth Coastal Waterside Marathon (plus Half & 5k / 10k)
Sun 19 Mar 2023	Eastleigh 10k
Sun 25 Jun 2023	Exbury 10k

And Finally...

...a shout-out to Sophie Hurlo, who didn't let being on a ship a long way from Portsmouth get in the way of doing the Great South Run.

Sophie ran a virtual GSR - complete with virtual supporters - in a window-less gym on board HMS Defender, in something called 'sea state 4' (I think that means it was rough).

She also 'flew the flag' (and the GRR t-shirt) at the top of 'the rock' in Gibraltar. At the time of going to print, I believe Sophie has just arrived back in nearly-as-sunny Portsmouth - welcome home, Sophie!



GRR Online...

GRR Website

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

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

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

Social Media

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

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

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

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

GRR Newsletter

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

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

You can send comments, articles, and any content to us either via Facebook, or by email to newsletter@gosportroadrunners.org.uk