

RUNNER'S



PULSE

March 2024



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Treasurer / Race Director:	Andy Turner
Membership Secretary:	Rose Lewis
Ladies' Captain:	Emily Durrant
Men's Captain:	Steve Armstrong
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Next Magazine

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Front cover photograph: Trevor Stothard

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Editorial

Hello all,

We have had such a wet winter that it is encouraging to still see so many club members at races and training. We had a superb season in the Southern Cross Country League, culminating in the race at Bourne Woods near Farnham. Liss came an impressive joint second in the league overall.

Sadly, our founder Trevor Stothard died in November last year. Without Trevor and our founding members our club would not exist. We will do something to remember Trevor at this year's Trevor's challenge race in April.

All the best

John Collis, Club Chairman and Editor

Club Training

Day and Time	Location	Session
Sunday 9:00am	Newman Collard Car Park, Liss	Long Run
Wednesday 7:00pm	Newman Collard Pavilion, Liss	Speed Intervals
Thursday 7:00pm	Central Car Park, Petersfield	Social Run
Tuesday - Times variable	Decided on a weekly basis	Torch/Trail Run

Wednesday Trainers:

See <https://www.liss-runners.org.uk/training/> for the training schedule.

Sunday Run Routes:

See <https://www.liss-runners.org.uk/training/> for full route details.

Thursday social run routes will be decided on the evening.

Evening torch runs:

In addition to the club training sessions above, evening torch runs (winter)/cross country runs (summer) occur on Tuesday's.

These sessions are organised by Kev Osman. See <https://www.liss-runners.org.uk/training/> for dates.

Alan Davidson's PBs

Track

1500m	05.06	1996 High Wycombe
5k	17.55	1991 Crawley
10k	38.25	1992 Portsmouth

Road

1 mile	05.23	1988 Battersea Park
5k	17.47	1991 Thorney Island
5 miles	29.28	1990 Lower Earley
10k	37.05	1991 Poole
10 miles	1.00.04	1991 Fareham
Half Marathon	1.21.47	1991 Portsmouth
Marathon	3.14.53	1987 Fareham

Lots of flat, but Poole did have a climb at Evening Hill, and Fareham at Warsash (I think it was). Walking slowly to Tesco is all I can manage now!

He's Not the Messiah

Think Monty Python, take yourself back to The Life of Brian and, amongst many sayings synonymous with the film is: Excuse me, are you the people's Judean front? I won't repeat what John Cleese's reply was, suffice to say it was in the negative.

So, he wasn't from the People's Judean Front, but I am a Liss Runner, and extremely proud to be. The club may not feature in any blockbuster films, or any Blockbuster questions for that matter, but that misses the point completely. Blockbusters was an 80's quiz show, where questions were asked based on letters of the Alphabet.

I remember a lorry tipped over at the Ham Barn roundabout many years ago, carrying a load of Alphabeti Spaghetti, and I thought that could spell disaster. Whilst I am on the subject of talking utter nonsense, I also recall, back in the day, visiting my local Blockbuster Video store, and asking to rent 'Batman Forever'. The member of staff said I couldn't, I had to bring it back tomorrow!!

So, what is my point, I hear you screaming in frustration. It's about our club, and what makes it so utterly and completely special. I have only been with you all for two years, and I can honestly say that I have never known of a club or organisation which promotes friendliness, encouragement and caring alongside that competitive edge that comes with any sport.

On a personal level, my running journey has gone beyond anything I could ever have dreamed about in that time. Not many years ago, when I returned to running, I could not run along the Riverside Walk, from the station to Liss Forest. I did get slightly better, with practice, but would enter the Great South Run and would hope to complete it in an average of 10 minutes a mile. With the encouragement of each and every one of you, I have just completed the Overton 5 in just under 8 minutes a mile.

So, this is my way of saying thank you. There is no doubt, when you look at the recent Harting 10, as an example, how everyone works so well together as a team. The spirit and comradery at every HRRL event, each Liss runner is so proud to pose for the mandatory team photo. Thank you for making me a better runner and a better person. Saying that though, I am NOT the Messiah, just a very naughty boy!

Richard

Park Runs

On 09/09 I completed my 400th parkrun at QE Park

My parkrun career started on 24/11/12 when I was persuaded to get up earlier than I do for work, to drive all the way to nearly Farnham to do the parkrun at Alice Holt. Little did I realise then what this would start.

I ran that one and I was hooked, so that now if I must miss parkrun for any reason, it feels strange not getting that text and email.

I get up early every day except on Saturdays when I get up even earlier for parkrun, all the people, so many people, they all go hand-in-hand, all go down to run parkrun (apologies to Blur).

My home one has now changed to QE Park as it is nearer for me. My 400 are made up of:

Alice Holt	184
QE Park	162
Hogmoor	17
Eglington	13
Havant	7
Lakeside	5
Southsea	2

And one each at:

Frimley, Fareham, Lee on Solent, Eastleigh, Banstead Woods, Worthing, Woking, Whiteley, Guildford and Rushmore.

The Eglington one is in North Ayrshire, so even when I am in civilisation, I can still get my parkrun fix as it's only about 10 minutes from Dad's. Terrain there is similar to Havant.

As well as my 400th run it also coincided with my 100th volunteer as I tend to clear up at QE Park.

Stuie

CROSS COUNTRY PREVIEW

The summer is over... the winter is on its way... time to think about the joy that is cross country races! So, dust off the cross-county shoes (if they were ever put away) and think about taking part in some great races.

Southern Cross Country League: This is open to around 24 clubs from the Hampshire/Sussex/Surrey borders. The difference between this league and the Hampshire league is that top runners are prevented from taking part by a time limit.

If they have bettered this limit, a year before the first race they should not run a Southern Cross Country league event. The limit is 5'30" minute a mile pace for men and 6'00" a minute a mile pace for ladies over a 5-mile race or more. This would mean faster than 27'30" for 5 miles, 34'09" for 10km and 55'00" for a 10-mile race for the men and 30'00" for 5 miles, 37'15" for 10km and 1h for a 10-mile race for the ladies.

Races are one lap courses though lovely countryside and start at 11.00. There is only one race for everybody. Afterwards there usually is a get together of all the runners at a local hall for drink, food (for payment of between £1 to £2) and reading of the results. It has been noticed that few Liss Runners stay for this. Please if you've time fly the flag for Liss and take advantage of the cheap grub. It's very social.

Dates of the races this season – all on Sunday morning: -

29th Oct.: Inglefield Estate near Silchester – Basingstoke & Border AC.

19th or 26th Nov. TBC: Bourne Woods, Farnham

17th Dec: Lord Wandsworth College, Odiham - Hart Road Runners

21st Dec: Chawton House, Alton

On a Sunday in Feb. TBC: Alice Holt

3rd March: Holywell Estate, Swanmore

On race day there is a meeting at Newman Collard with several members getting lifts to save petrol and parking spaces at the venue. So why not take advantage and find out when the meeting time is (usually decided on the Wednesday at training).

Southern Cross-Country League website:
<https://www.southerncrosscountryleague.co.uk/>

Then there are county, regional and national events. Anyone interested in taking part in any of these have a word with Tom. They are competitive and crowded races.

Hampshire Athletics website where there will be details of the Hampshire Country Championships later in the year: -
<https://www.hampshireathletics.org.uk/events/xcc.html>

What is Cross Country?

Cross Country runs are purely that i.e., all off road – cross country. Cross Country routes try to take in grass, mud, woodland and have plenty of short sharp hills. They are usually between 5-6 miles long (national championship races can be as long as 9 miles!).

A lot of events are multi-lap races. Most cross-country races are only open to club runners, with the emphasis being on the team's placing as opposed to individuals.

Often there are no medals awarded at the end and no entry fee is charged. At the end of races instead of numbers on vests, a token is given out indicating your place, which you then give to your team captain, so the placing can be put on a sheet and given to the results compiler.

Cross country races differ from multi-terrain (or trail) races in that, usually trail races have sections of connecting roads and try to take in as much scenic countryside as possible, are usually over 5 miles long, are open to non-club runners and usually have mementoes and prizes at the end.

Why do Cross County Races?

Wasn't cross-country a form of punishment in school? So why consider doing it now?

There is a fun element to running cross-countries. Times do not matter as courses are a variety of distances, hills and even the same course year on year will be different due to the weather, amount of mud. Throw those watches away! Focus on your run instead of matching a previous time. It's you against the terrain, other club runners and the weather.

Cross-countries are a lot more about how the team does than how the individual does. It's club against club and this makes it a very social affair. How did you do in the team? How did your team-mates do? How did the club do? A lot more runners stick around at the end of a cross-country race than a road race to cheer on other team members, then see how the club did overall.

Cross-country running can be mentally refreshing. It makes a change from pounding the road over the Summer and start of the Autumn. The variety on the courses with hills, muddy areas is totally different than a road 5 miler.

Cross-country running builds strength for other events. The tougher terrain, uneven surfaces and sharp hills makes your body work harder. So, a tough 5 miler run could be the equal to a flat 10-mile road race but takes a lot less time. Your hip flexors, ankles, calves, quads and upper body strength (due to the need to pump those arms on the hills) will all increase in strength and stand you in good stead for other races.

Cross-country running creates less impact stresses on the body than running on the road. The softer surfaces absorb your foot impact much better than inflexible tarmac. This will lessen the risk of shin splints, knee and hip trouble and stresses on the back.

Cross-country running creates new opportunities. Good road runners may struggle up the hills or slip and slide in the mud. A chance for you to beat some rivals! If you are well prepared and suit cross-country terrain.

Training for Cross Country Races

To get used to the different terrain of a cross-country race you need to do a fair bit of your training on the same surface. Get used to sand, mud, ruts etc. It's not a good idea to suddenly change from road running to cross country running. Ease in slowly.

Cross-country races have loads of short sharp hills so I'm afraid a bit of hill work is needed! Work hard up the whole hill and don't stop at the top. Hills, if wide enough are a great place to pass people. Also concentrate on the downhills. Bend the legs

slightly and use your body lean – tip forwards to go faster or lean back to go slower – to control your speed and the arms held out for balance. Again, it's a great place to pass your fellow runners.

Cross-country running usually has a lot of pace changes. So, interval training and fartlek (Swedish for speed play) runs are important – similar to what training is on Wednesdays. Interval training is to run hard for a specific distance or time, many times with jogging/walking/complete rests in between.

Fartlek is unstructured interval training. Run according to how you feel e.g. after a warmup sprint between the next lamp posts then jog then do the same or run hard across a park or up the nearest hill etc. or such like. It's up to you to make up your own sessions.

Don't neglect a steady long run such as a 10-mile steady session. This would maintain your stamina to keep you strong all through the race.

Cross Country Race Tactics

It's worth going through a few pointers to get the most out of yourself:

Be prepared running wise, as in follow the above training with sessions to suit yourself.

Be prepared equipment wise, as in bring with you everything you need on the day. Cross country races are usually in the middle of nowhere and in the depths of winter. So, make sure you bring enough clothes including changes as you often come back caked in mud, towels, food, drink, toilet paper!!!

Try to run as even pace as possible, the start of a cross-country race is a bit of a sprint compared to a road race as

most are trying to get a position before the first bend. It's easy to be pulled along by this, go off too fast and suffer for it later. The more races you do, the more you should know how your body feels. You want a good position before the first bend but not at the expense of the rest of the race. The pace usually slows a bit after this first sprint. Ease into your cruising pace for the rest of the race until near the finish. Here you can afford to pick up the pace. You should not be able to do an eyeball out sprint, collapsing on the line and knocking a few marshals over. That means you have kept back too much which you could have used over the whole course.

Work the hills but do not waste energy sprinting up them, again remember nice even pace and pick runners off who went too fast up the hill putting themselves into oxygen debt.

Try to glide over muddy areas picking the easiest, shortest route If you skirt around the outside, you could lose a lot of time. Plough through the middle if not too deep. Be very careful passing runners (if you need to). Courses are usually narrow. If you pass and have to run through long grass, you can waste a lot of energy. Be patient and wait for a good wide area to pass others.

Aim for trying to connect most of your shoe onto the ground on each footfall but not if it changes your running style (could cause you injuries). The greater area of your shoe on the ground will give you the most grip. Forefoot runners – on footfall they only connect with their forefoot – loose out here as they can slip and slide about too much in the mud. Keen runners could invest in dedicated cross-country shoes with studs or spikes which give excellent traction on slippery surfaces. Many places can be gained by having a secure footfall.

So, take part in as many cross-country races as you can. Newcomers will be surprised how much fun they are to run.
Tom F

Isle of Wight Challenge

I realised my ambition to run round the IOW [April 2021] before moving to the “mainland”



	Route	Miles	time	Pace/mile	Elevation ft
Thursday 15 April	Bonchurch to St Helens	11.05	02:22	11.05	1051
Friday 16 April	St Helens to East Cowes	12.07	02:09	10.42	924
Sunday 18 April	West Cowes to Shalfleet	9.71	01:45	10.51	643
Monday 19 April	Shalfleet to Freshwater Bay	16.84	03:02	10.51	1693
Wednesday 21 April	Freshwater Bay to Whale Chine	10.71	01:57	10.57	938
Thursday 22 April	Whale Chine to Bonchurch	9.44	01:43	10.54	1077
		69.82			6326

We knew our completion date to leave the Island, AND [in my case] retire and enjoy the next chapter in our lives. I feel very lucky to have such a warm welcome into the club and feel very much a part of Liss Runners. My dream to complete a coastal path circuit of the Island was a “bucket list” wish. My support runners were all club members of our club - West Wight Road Runners.



Job done. A well-earned Yorkshire “brew” - My favourite tippie

Paul J

South Downs Relay – 3rd June 2023 (A drivers account)



The day has arrived. The recces are done, all plans made, and bags packed for our day on the South Downs. I had the enormous pleasure of being the driver for the ladies' team or as I renamed them, the Liss Stunners. This is the first time for quite a few years that we have been able to field an all-female team as well as a men's team. We had an awesome team, and I was looking forward to seeing how they did.

Most of our ladies' team had gone on ahead and stayed overnight in Eastbourne. This gave them a bit of a lie in before the start time of 6:30am. I left home around 3:45 to pick Gemma and Liz up. We had a lovely journey down with the tunes going and some singing going on. We arrived bang on time at 5:45am. Met up with the others, briefing done, and the time had come. Unfortunately, Millie had injured herself the week before, so a reshuffle was done, with Kate Parker coming in as a very last-minute super sub. Our team now consisted of a Doctor and a Physio. We were well equipped for emergencies. The reshuffle meant that our first leg runner was now Caroline Brown with Liz moving to the second leg.

Team photo done and away Caroline went. She was fast and put in an outstanding performance. Liz took the baton at Exceat and we got back in the car to Bo Peep, the next changeover. Gemma set off here and we made our way to the next stop at the Youth Hostel. By now there were minibuses everywhere, but we parked up and cheered the runners through after a quick toilet break.

Jayne was off next for a repeat of last year's leg to Housedean Farm. Our journey to here is where I introduced the team to my favourite breakfast stop on the A27. Last year I was on my own but this year the girls joined me and had bacon sarnies whilst I had my usual big breakfast baguette. We then got back in the car, crossed the road, and parked up in the layby awaiting Jayne who was to hand over to Caroline for her second leg.

Off we went to Ditchling Beacon which has a small car park. We were very fortunate this year to time it right and get a space. Catherine was now ready to run her first leg. Full of nerves which is not unusual for her, she took the baton from Caroline and away she went. Devils Dyke was next.

This leg begins at the bottom of a hill. I must admit I struggled to walk back up it. I had the utmost respect for the girls for what they were doing all day. We were now well into the day with 6 legs completed. This next changeover, however, was a challenge. Roadworks on the A27 at Shoreham meant that an

alternative route was necessary to give us a chance to drop off Kate to meet Liz. We went through two little villages to get to the drop off point which we did and then drove off to park the car in the field at St Botolph's Church. Last year we had ample time to walk the ¼ mile to the changeover point from the car but that wasn't the case this year. We managed to miss both Kate and Liz on our walk to the changeover point as we had a call from Jayne to say Liz was back at the car.

Now we had to get a move on to get to Washington before Kate did. The boys still were behind us, but we started seeing them at the changeover points. They were closing in. Gemma took over from Kate and we now had the battle of getting through Steyning and the narrow lane of Kithurst Hill to negotiate. Caroline was the next runner for leg 10. We managed to get through Steyning with the help of Liz's sat nav. It was rammed. The lane up to Kithurst was eventful, but again we got through unscathed. A quick decent was then needed to get to Amberley before the flying machine came in. We managed it and we waved goodbye to Jayne as she disappeared into the distance to repeat her 2022 exploits.

I then made a detour to find a toilet and coffee for the ladies at Bury Hill and we were then off to rendezvous with Jayne at Littleton Farm. This was the point as well that we said goodbye to Caroline who had a previous arranged engagement to get to. We had chance to tidy up the car here as we had a bit more space. Jayne meanwhile was having a meltdown. Our doctor was running, so Liz became our psychiatrist and calmed her down, reassuring her that she had indeed ran a brilliant fast leg and not a slow one like she felt it had gone. The boys had now caught us and overtaken us but that was okay. They were running a storming relay, as we were. Off to Cocking we went to cheer Kate in and wave Catherine on her way from the other side of the A285. A detour to Midhurst for a luxury toilet break at the Grange, and then it was off to Harting Down.

We arrived to find it rammed with cars and buses. I just about parked the car and then went and met up with our supporters Helen & Jacqui (and doggy). David and Lachlan were also there, to cheer in Catherine. I know this meant a lot to her, them being there. It was a great boost for her as I know she wasn't looking forward to the leg.

Back in Hampshire now and QE Park. Gemma was to pass the baton on to Kate for the climb up Butser. That climb is not one for the faint hearted. The next

changeover is The Sustainability Centre and one that our Liss Runners man. We were met with many familiar faces here, too many to mention but it was so nice to see you all. We had smashed our cut off time, so we were clear to carry on to the finish. 3 legs to go, Jayne, Liz, and Catherine to finish it off.

Jayne ran a stormer to finish her days work. Liz had the longest leg now to do. This is a heart sapping 8.7miles from Old Winchester Hill to Holden Farm on the A272. Again, Liz ran a fantastic leg and passed the baton over for the last time today to Catherine, to bring it home. Reflecting on her leg she felt a good place to cheer people on would be at Exton. Perhaps something to try in 2024. Our penultimate cheering on spot was at Cheesefoot Head. We parked the car up and went down to where the SDW crosses the A272 and waited for our Catherine to appear. We didn't have to wait long as she sped along the path, across the road, expertly marshalled by us and off she went to find the finish line.

Back to the car we went to drive the last bit to the finish line at the playing field at Chilcomb. We just about made it to see a sprinting Catherine successfully fighting off a runner from Chichester. In the end we beat them by a second, so it was a very important sprint finish. Our ladies finished in 13 hours 43 minutes. I presented the ladies with a little memento for each of them, a personalized mini-Prosecco with their very own Liss Stunners labels on.

My thanks, and congratulations go to Caroline Brown, Liz Avery, Gemma Sills, Kate Parker, Jayne Jefferies, and Catherine Seager. What a team I had, what a day we had. Congratulations to the boys as well who smashed their target time to come in an amazing 12 hours 43 minutes. Records were broken that day. Can you believe, one team did it in 9 hours 57 minutes?

It is a long day but one that is very rewarding and memorable. Would I do it again? You bet I would!

Robin Greenfield







Member Profile – Sarah Page

"At interval training on Wednesday, a fellow runner suggested it could be an idea if I shared my recent ultra with you all, so I thought I would take this opportunity to do a profile piece too! Are you ready?!?"

I grew up in Rake and used to do the odd run with my Dad on the Ranges - I certainly remember the runs on the hill we called killer hill! I have always enjoyed running, and especially enjoy a natter on a run (although probably not on a Wednesday evening interval session...). I had done a couple of marathons; however, it was following the separation from my ex-husband, running took a new direction and love! I took part in the Ultra

Challenge Cotswold Way 100km with a friend from school (I am a teacher) and loved it, two years later I did the Ultra Challenge Isle of Wight 106km. For both of these, there was no plan - just to run, one foot in front of the other!

I wondered what could be next, not a 100km but something bigger... My godson has a rare condition called CCHS and I had raised money in previous races, but wanted to do a biggie, so I signed up to the Centurion 100-mile South Down Way on 10th June 2023. It certainly was a challenge. There was a moment when I did the Ultra X 75km Spring Trail and smiled as I thought "this is a warmup/practice run". The 10th June was a day I will never forget and there was so much to learn from it and be grateful for! I had an incredible support crew, and Jhon and Rob very kindly paced me for two chunks after the 55-mile mark. They were both brilliant and made a HUGE difference to the challenge - we chatted (well, at this stage I listened), they were encouraging and were patient as there were parts at that stage, I was finding tough! It was also fantastic seeing Phil and John C at the checkpoints.

My partner Max, who has recently joined Liss Runners, and I had a week without our daughters (I have two daughters 12 and 9 and Max has a daughter 10), so we thought it would be fun to do an ultra together. On 19th and 20th August, I ran the 110km Ultra X Wales and Max did the 50km - it was a real adventure, the weather was AWFUL, the route had to be changed on day one, and on day two the highlight and toughest part was plodding across the top of the ridge in a hailstorm and smiling! It was a massive learning journey, one of the biggest ones being that I don't know how to use poles!

What is the next challenge? On 14th October, Rob and I will be taking part in the Centurion Autumn 100 which will be a challenge as the route is x4 out and backs!! And I am sure there will be something else around the corner...

I have really enjoyed joining Liss Runners - everyone is so friendly and supportive; this has been the first time I have been part of a running club and I love it. On my first Interval session I went to, I saw my music teacher from when I was a child - Helen, which was a lovely surprise, and Jhon was in my year at school (who I hadn't seen for 25years crumbs, that is a long time!) I have taken part in a couple of HRRL races and only one park run - I get more nervous for these than I do for the

ultras! So, that is me...I love running, love the running community and looking forward to running with you all more!"









GETTING OLD

Confession time. For those of you who don't know, I'm not just a runner. In fact, for the last nine months or so, some of you may have noticed my absence, and this is because I'm actually a broken runner. Even worse (especially in accordance with the Velominati, or rules of cycling) I'm also a triathlete. Why on earth have I taken the time to share this guilty secret with the lovely legends of Liss Runners?

Mine is a cautionary tale. Having been a triathlete for about 20 years, I assumed that with swimming, biking and running, I had most bases covered. I would routinely do a bit of stretching to loosen off my aging limbs and flirt with the occasional bit of strength work, but that was about it.

Then in about February of this year I started getting the classic symptoms of planter fasciitis. A bruised feeling under my left heel which wouldn't go away, so I sought treatment, started rehab and haven't really been running since.

The lessons from my rehab in principle are quite straightforward. As endurance athletes get older, we should focus increasingly on strength and conditioning to keep our bodies strong and worry less about the endurance side of training; we are likely to already have a good level of base fitness, and you reach a point in age where it's about staying fit and healthy rather than getting fitter and faster.

Just because I was swimming and cycling as well as running did not mean I was getting all the right training. If you only focus on running, I imagine it becomes even more important to get your training balance right. So, my pitch is really simple:

1. Don't assume the way you train will always be the same.

2. Recognise that as your body ages and changes, so do your requirements as an athlete.

3. Incorporate strength and core training into your exercise regime. We will all be different, but for me it seems to be about single leg squats. As an example, my Physio has recommended I should single leg squat 1.2 times my own body weight before I start running again. Try it and see where you are!

4. Stretch, properly. The way you stretch before exercise is different from how you should stretch after exercise.

I'm not qualified to provide advice so please take my experience as illustrative. But however, you approach your training I would advise you to reach a balance and not forego strength training at the expense of just one extra run during the week. With the range is closed this should be easier now than ever!

Happy training, and when my quads reach Chris Hoy massiveness, I hope to see you all again on a Wednesday evening!

Toby

Kit

With us now in September with the night's drawing in, just a reminder to you all that we now have Hi Viz t-shirts and vests for winter training. They are Hi Viz yellow with the club logo on the front and Liss Runners written on the back.

If you would like one email me at the kit email address: kit@liss-runners.org.uk

Emsworth to Basingstoke Relay

On a lovely Saturday in mid-May, I joined Rose's Rebels to complete the 2023 Emsworth – Basingstoke relay. I have taken part in this event several times and each year the sun has shone, and it's been a thoroughly enjoyable day out. We met in the morning at the carpark in Emsworth and began running the first leg from Emsworth to Warblington church as a team.

Rose then continued running from Warblington to the next changeover point, whilst the rest of us jumped in the car to meet her. We very cleverly decided to take a route to avoid the level crossing, only to be reminded that the trains weren't running that day! Luckily, we weren't too delayed, as Rose completed her leg much more quickly than she'd anticipated and handed the baton over to our next runner, David. By the time we had meandered back to the car, we just about spotted him racing along the road towards Rowland's Castle and knew we had to be quick in order to avoid Tanya missing the next changeover point. I still had a while to wait for my first leg, which wasn't until Buriton, which I think is the latest time I've started the relay. It was a bit of an anxious wait, but soon came around.

After all the wet weather we'd had, the route had been very muddy when I'd reccied it and also covered in stinging nettles, but I came prepared with leggings and a spare pair of trainers. I actually discovered that the mud was easier to deal with whilst running (less opportunity to collect mud) and not trying to avoid an overexcited springer spaniel and completed the leg relatively easily.

As we went to leave the next changeover point at TPS, having passed the baton back to Rose, we saw another club member, Emma Burrows, which was a nice surprise. I then had a little bit more of a wait for my next leg- including whilst poor David ran up the shoulder of mutton hill and took the opportunity to have some of my lunch (tuna pasta and Nakd bars- yum).

The next route is a lovely run from fields near Hawkley/Selborne to Upper Farringdon. The views are really lovely, and you even get to travel across somebody's garden- remembering to shut the gates! The only parts which tripped me up slightly were a) becoming disorientated trying to find the gate out of Selborne common and b) the farmer having harvested/ploughed one of the fields, so my nice path across the middle no longer existed! On my recce of this route I had seen some amazing birds of prey hovering over this field and admired the creative topiary in upper Farringdon, but there was no time for that on the race day. As it was, I was unfortunately overtaken going through Upper Farringdon and despite the opposition's suggestion that we stop off at The Crown, this is not what happened!

I then had one more wait before completing my final leg- and the final leg of the relay (no pressure!). As we travelled to the start of the final leg, we did see one runner who had gotten a little lost, which goes to show how important it is to recce your routes.

By this point, the sun was really shining, and we enjoyed this whilst waiting for Tanya to complete leg 17. It is worth noting that the start of leg 18 and the finish point are actually very close together, but unfortunately you don't go the direct route! I started running up a grassy track until I reached a path on the right. I took this path and then took a path through a gap in the hedge to a field. I think this part caused some of the other teams some confusion. I then followed the path round the edge of some fields (luckily mostly downhill) and then, just as I was becoming a little bit overheated and worrying about whether I was following the correct edge of the field to get to my final destination, I saw Catherine Seager, who had been driving for David's team (who had long since finished!) waiting for me! This spurred me on to keep going and finish with a little sprint.

My favourite part of the day must be the delicious spread put on at the end of the event, which we usually enjoy whilst waiting for our medals and watching as the various teams are presented with their trophies. Imagine our surprise and delight to find that this year, not only did a team made up of several Liss Runners receive the Men's trophy, but our team won the first Mixed team. This was only slightly dampened by the prior

year's winners having not returned the trophy, but we borrowed the men's for a photo op!

We then finished off the day by stopping off at The Selborne Arms for a couple of drinks, accompanied by our wonderful supporters, Bill and Julie, who remained with us for the whole day, despite only planning to join until Hawkey.

It really is a great day out, shorter than the South Downs Relay, but still with great camaraderie and I would recommend giving it a go next year. Rose's Rebels are already prepared to get the number '1' numbers for next year.

Alex W

Race Results

Hampshire Road Race League

Overton 5 – 3rd September 2023			
Name	Position	Finish Time (gun)	Finish Time (chip)
Sarah Page	63	32:18	32:12
John Collis	76	32:55	32:48
Robert Nugent	79	33:00	32:53
Catherine Seager	80	33:04	32:56
Steve Armstrong	81	33:05	32:58
Tom Frost	128	35:54	35:47
Helen Purchase	144	36:47	36:35
Gavin Saunders	148	36:54	36:45
Andy Paton	188	38:26	38:15
Emma Burrows	197	38:55	38:33
Richard Pegden	233	40:46	40:02
Neil Gwatkin	280	44:27	43:43
Paul Judge	294	44:55	44:12
Kevin Durrant	423	54:36	53:53
Laura Harding	432	55:56	55:07

Solent Half Marathon – 1st October 2023

Name	Position	Finish Time (gun)	Finish Time (chip)
Steve Armstrong	35	1:29:35	1:29:30
Catherine Seager	43	1:30:53	1:30:48
Alex Peck	76	1:38:38	1:38:33
Gavin Saunders	113	1:44:34	1:44:29
Emma Burrows	119	1:45:33	1:45:18
Richard Pegden	118	1:54:50	1:54:18

Hayling 10 – 5th November 2023

Name	Position	Finish Time (gun)	Finish Time (chip)
Catherine Seager	75	1:07:23	1:07:23
John Collis	89	1:08:54	1:08:48
Steve Armstrong	103	1:10:19	1:10:15
Gavin Saunders	168	1:15:40	1:15:20
Andy Paton	182	1:16:44	1:16:32
Warwick Parker	185	1:16:58	1:16:47
Kate Parker	248	1:22:15	1:21:51
Annett Heitsch	333	1:28:21	1:27:42
Neil Gwatkin	349	1:29:56	1:29:19
Paul Judge	369	1:31:48	1:31:10
Laura Harding	486	1:49:39	1:49:00

Great South Run – 15th October 2023

Name	Position	Finish Time
John Collis	659	1:07:51
Steve Reeves	987	1:11:03
Warwick Parker	1561	1:15:02
Kate Parker	2061	1:17:40
Heather Baker	5301	1:27:30
Ian Simpson	4686	1:27:49
Peter Anderson	4913	1:28:18
Cliff Pay	9079	1:42:23
JacquiWaddell	10312	1:47:27
Laura Harding	11151	1:51:02

Locker Room

If members require any club kit, then I'm your man. I can always order kit when requested. We can currently provide vests, long and short sleeved t-shirts, hoodies, fleeces, and jackets. I don't mind you contacting me anytime, and I can put kit aside for you until I see you next.

Prices are as follows:

Vests, Long and Short Sleeved T-shirts £13

Fleeces and Shell Jackets £25

Hoodies £36

Winter Jackets (to order - shell with fleece lining and hood) £40

Headband £7

I can also arrange to have the items personalised with your name or initials for an additional £5.

Kit available through Stuie:

Many thanks to Alex for being our model



Vest, Fleece & Bandana



Winter Jacket & Cap



Hoodie & T-Shirt



Waterproof Jacket

Stuie Lavalette

Photo Finish

