



**South-East Region Runner Up England Athletics Club**

# NEWSLETTER

**May 2026**



**Club Photograph before The Trevor's Challenge**



Liss Runners have converted to Teamo. This is a sports team management app and platform and should streamline and standardise our club's communications.

See pages 17-19 for a report.

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    Liss runners website: [liss-runners.org.uk](http://liss-runners.org.uk)

Note: teamo is soon to be the only controlling system for the club website:  
<https://sites.teamo.chat/lissrunners>.

This website has all the information about Liss Runners: [activities calendar](#), [club constitution](#), [club polices](#), [Committee](#), [trainers](#), [membership details](#), [current news](#) etc.

When time why not have a good look around the website especially to have a check on club policies to ensure you correctly following these and keeping safe.



## **Liss Runners Ruby Anniversary Social**

**Sunday 5<sup>th</sup> July from 3pm**

Calling all Liss runner members and especially former members along with friends and family, come along to The West Liss Pavillion (GU33 6JE) to celebrate 40 years of Liss Runners with an afternoon of food, drink reminiscing and activities. See Teamo for further details especially closer to the day.



## **Liss Runners Weekly organised activities:-**

The dates and details of the following sessions are on the Liss Runners Teamo system. Please ensure you have registered with Teamo to receive notifications as chosen and be able to check details

**Sunday:** Due to low numbers this has become an informal, non-coached members get together on a Sunday morning. It's usually for a slower, longer run with attendees deciding on route and length. More details on the [Teamo Website](#) [Liss Runners Calendar](#). Also further details on the Sunday run on the [Teamo Sunday run page](#).



**Mondays:** Over the spring and Sumer: Pub runs: see page and Track sessions: see page

**Tuesdays:** "torch" runs: evening trail runs over 5 to 7 mile routes: note: trail shoes are ideally needed and High viz and a head torch is a must on dark evenings. Locations change every week with a meeting time of 7.15pm. More details on the [Teamo Liss Runners calendar](#). Also on the [Teamo Torch run page](#).





**Wednesdays:** Interval training session: A number of club members are kind enough to each organise a Wednesday evening training session. Meet up at Newman Collard Pavilion at 7pm or closer to the training location. All speeds welcome as training is in one place or there are "gather ups". Details on training location, trainer and helper are on the [Liss Runners Teamo Calendar page](#). And further details on Wednesday training is on the [Wednesday training Teamo page](#).

**Thursdays:** Social runs: Easy paced runs with frequent stops to "gather up". Meet up at 7pm in the Central Car Park, Petersfield near Waitrose (what three words: sugar.bumpy.besott). Note: There are occasional starts and finishes away from Central Car Park: "First Thursday Forays" (on the first Thursday of the month). Look out for messages on (you guessed it!) [Teamo Liss Runners calendar](#). Also on the [Thursday Teamo run page](#).





There are also occasional organised **walks** on a Saturday. Look out for messages on our Teamo club site.



## South Downs Relay: Liss Runners Marshal point: 6<sup>th</sup> June

We have two Liss Runners teams in the 100mile long relay over the South Downs on Saturday 6th June. Clubs are allocated a runner's change over point to marshal. Our marshal point is at the end of leg 15/start of leg 16 near to The Sustainability Centre above East Meon, Droxford Road, East Meon. GU32 1HR: what three words: Landed.entertainer.foggy with parking opposite in a farm yard.

Many thanks to Andy Paton, James White and Ella for volunteering to help already. Any help offers let me know: [tom.frost@westsussex.gov.uk](mailto:tom.frost@westsussex.gov.uk) or mark availability on the Teamo date entry. Helpers are needed from 4.30pm to 6.30pm.

Or just come and cheer our teams through. Our teams usually come through between 5pm and 6pm depending on how they are running.

## Liss Runners Brecon Beacon Training Camp: Early May Bank Holiday

Over the May bank holiday, Liss Runners organised a running "Training Camp". 18 club members headed to the Brecon Beacons in South Wales for 4 days of running, hills, food and socialising. Highlights included a 20km run with 900m of ascent to summit Pen y Fan heading up the north face with some scrambling to reach the top. Liss took over the Brecon parkrun Y Promenade which turned out to be a lovely run along the river Usk. The ice cream shop in Brecon served an incredible selection of tasty ice cream to sweaty runners and we found a great spot for coffee by the river. Thanks to Mollie's recommendations we found waterfalls and a reservoir. The evenings were full of food and conversation with a quiz, 'red' party, dancing (thanks Anna) and karaoke (thanks Liz). Well done to everyone for such great enthusiasm and efforts. Everyone achieved so much! We can't wait for the next trip ... Any ideas or requests on where to go next pass onto to the committee.





# Track Sessions are on for another year

Track training is underway at the club for those members wishing to participate in speed work at a proper athletics track led by me, Jayne Jefferies, EA Run Leader on Monday evenings at the Mountbatten Centre, Portsmouth. Other club running leaders will run these sessions as well, when I'm away, apart from the Pub Run dates on Mondays through the Summer months into Autumn.



Our first session began on the bank holiday Monday 4<sup>th</sup> May down, a small group attended, but considering it was on a bank holiday it was good. The track is always a busy place on Monday evenings, and we must work around many other club users using the track all at the same time. There are some basic track etiquette rules to adhere to, and we do our best to represent the club in a positive way, respecting the regulars who have been coaching or using the track for years.

My first planned session for the season was to include a one-mile time trial in the main session. This was done after the usual 10-15 min jog warm up, then the drills and some plyometrics, which always get a giggle from the varied attempts at it all. The time trial was just over 4 laps of the 400m track, which I timed and noted down for each of the runners. For the runners that will try and come consistently to these track sessions, it will be a good measure to see how much their speed will improve by the end of the summer season when we do another time trial. Those who couldn't come for this first one who come next time, I am happy to do this again for.

For future sessions I am reluctant this year to share in advance, as I prefer runners not telling me about their thoughts on how it should be, or getting anxiety before we even get down there. We are all individuals with different abilities and needs; it should be a fun and positive way of training not a scary process and can be adapted once I know who shows up and what their needs are, this can vary with regard to general fitness, age, pace ability, possible injuries or ongoing rehab/physio recommendations, etc.

The more runners that show the more I can arrange groups according to pace ability, basically from a 5k PB time and fitness level.

Basically I plan the session to do approximately 5k worth of speed interval work in the main part of the session, which I feel for 90% of our members is enough, but the main objective is to run out of your comfort zone at periods to prepare for speed when you need it on race days, or if you just like to have that in your locker. This type of training uses all 3 of our energy systems, aerobic, alactic and lactate. Speed work should be used on a regular basis for distance runners to improve their lactate tolerance. The body will adapt over time to this speed work and after adequate rest recovery phase the body will repair and get stronger, it must be a gradual process, if rushed this will risk injury, illness or overtraining. The lactate system is underdeveloped in pre-pubescent runners, and the aerobic system tends to dominate, so special attention is paid to them to protect them from working too hard. Good coaches will identify with this, which is why leadership training and further coaching qualifications are necessary, as well as experience to lead this type of training. The structure of the session is set out but the application of the session is down to you with my guidance. Some adult runners don't realise when they are working too hard as



well, so common sense and good guidance is essential to being a safe and effective way to train.

Feedback so far has been positive when we began offering the track sessions over a year ago, a small fee of £4.65 is payable at reception for use of the track. We try to lift share as possible to save fuel costs.

Please come along one Monday and give it a go, if you haven't already, I would love to see you. I apologise in advance if I come across as a little Miss Bossy Boots, but time goes quick at the session and there's a lot to cram in. It's hard work, a lot to take in for newbies but really rewarding.

Jayne

Any questions message me on Teamo app

2026 Dates on the [Liss Runners Teamo Calendar page](#).

# Pub Runs 2026

Liss Runners annually arrange fortnightly runs from a local pub on a Monday evening from May to August. Routes are over lovely countryside with usually a choice of around 3 miles, 5 miles and 7 mile long routes. Then it's back to the pub for drinks and a meal if wanted but all are welcome just to come for the walk/run. If not using the pub as possible please don't park in the pub's car park. Clear written route instructions are available for all routes but Tom usually leads the long run for each pub run.

Pub run dates this year (Tom Frost organised unless stated):-



11<sup>th</sup> May: Rising Sun, Milland: review below;

25<sup>th</sup> May: Thomas Lord, West Meon (note: Bank Holiday morning one, organised by Rose).

8<sup>th</sup> June: from the Canadian Bridge, Liphook then as chosen to The Green Dragon for Thai food.

22<sup>nd</sup> June: The Mill, Shottermill, Haselmere.

6<sup>th</sup> July: James White organised one.

20<sup>th</sup> July: Richard Pegden organised one.

Details on the Teamo calendar as they come available. Note: if intending to eat at the pub please reply to any organisers message to give the pub an idea of numbers to cater for.

First Pub Run of the 2026 season: The Rising Sun, Milland

We were back to Milland after two years. This time the area used was the area to the South-East of Milland. The walkers stayed on the flat using the South Lane from Milland, passing Lyford Farm, turning North on a footpath by Queen's Corner, then along Lambourne Lane track before passing Alfords Farm and back to Milland.

The 5 milers included a climb up to Dunner Hill with lovely views South before dropping down to Titty Hill. Here it should have been back to Milland using the walkers route but an embarrassing right/left mistake by Tom (I checked it so many times but failed to pick it up) and they used part of The Serpents Trail to get to the church yard at Iping Marsh and the lane to get back to Milland.

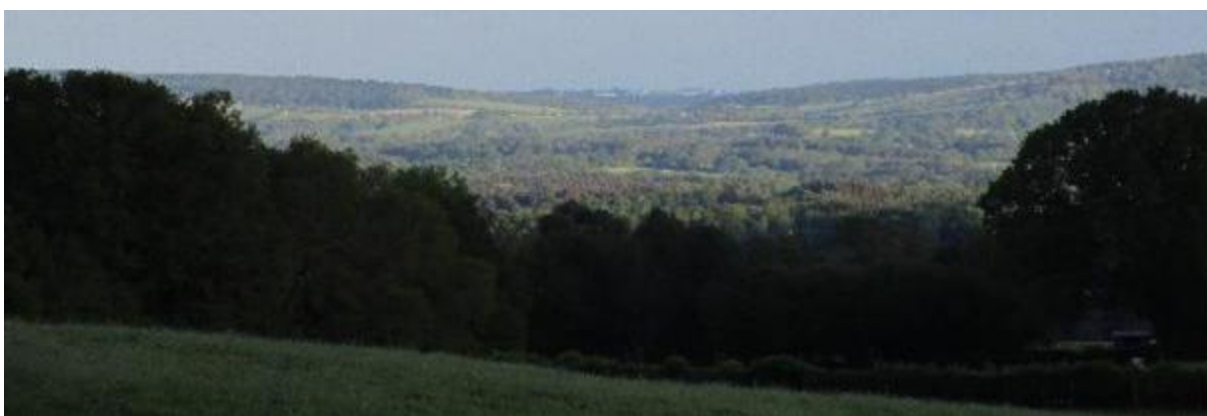
The 7 milers went further East with a tough climb up to Older Hill and some more fantastic views before dropping down to the hamlet of Redford, along passing Slathurst Farm and back to Milland.



Queuing to get over a stile.



At the top of Dunner Hill



View from the top of Dunner Hill



7 milers on  
Older Hill



View from Older Hill



Almost back! In  
the strong sun set  
on a farm track  
towards Slathurst  
Farm.

# Liss Runners open race: Harting 10 mile Trail Race: 2<sup>nd</sup> August

## Trails, Hills and Homemade Cake

Some races are all about chasing a PB.

The Harting 10 Multi-Terrain race is more about lovely lanes, trails, big hills, brilliant views and chatting about it afterwards over tea and homemade cake.

In case you're unfamiliar with our annual event, the Harting 10 Multi-Terrain has become a real favourite, with runners returning year after year. It's challenging enough to make you work for it, but friendly enough that everyone feels welcome - whether you're racing hard or just hoping to survive the hills with dignity intact.



The 10 mile route winds through the South Downs on a mix of trails, tracks, lanes and footpaths, with plenty of climbing thrown in for good measure.

And runners genuinely love it - last year we received 53 wonderfully positive reviews.

"Just a fantastic, feel good event...tough but so very much worth it. "

"Great organisation and lovely Marshals. Very friendly and welcoming event for a first-timer."

"Beautiful location and facilities, friendly atmosphere and a challenging 10 miles. Fantastic! "

## **More Than Just a Race**

The race raises money for [The Rosemary Foundation](#), a local charity providing specialist palliative and end of life care for people in their own homes.

Their nurses and healthcare assistants work 24/7, supporting more than 450 patients a year across the Petersfield area. They also provide bereavement counselling and a monthly bereavement café for families.

Every service they offer is completely free of charge, relying entirely on donations and local support — so events like the Harting 10 genuinely make a difference.

## **Powered by HOKA**

This year's event is once again proudly supported by HOKA (thank you to Jhon Cosgrave). Their support helps make the event possible, and every finisher is entered into a prize draw to win a pair of HOKA trainers.

## **The Kids' Fun Run (and the Cake)**

Race day isn't just for the adults.

The free kids' fun run was a great success last year, and is returning again this year. Kids aged 4-14 can take part and everyone gets a medal.

And whilst the runners are out there, we have the fantastic pavilion café open for tea, coffee and an impressive spread of homemade cakes. Honestly, the cake alone is worth turning up for, and it's all made by members of our team.

## **Volunteers Needed**

This event only happens because people give up their time to help.

From marshalling and registration to handing out medals and serving cake, our Liss Runners volunteers are a huge part of what makes the Harting 10 special. A huge thank you to everyone who has ever given their time to support this event. It's because of you that this event is so much fun and why it is so successful.

A special thank you to this year's team leaders for giving so generously your time and expertise:

- Volunteer organisation – LauraArmstrong lauraknight17@hotmail.com
- Publicity - James White
- Course clearance & signing - Tom Frost
- Timing & Results - Chris Dettmar
- Race HQ set-up - Andy Paton
- Kids race - Emily Durrant
- Catering - Alison Strudwick

If you can support this year's event, please reach out to Laura.

**Beautiful scenery, friendly runners, tough hills and homemade cake at the finish line - that's why people keep coming back to the Harting 10 year after year.**



## Come run the course before the race

We usually organise a pre-race run of the course. Tom has “hijacked” one of the torch run Tuesdays for this; Tuesday 30<sup>th</sup> June starting at 7pm from the Memorial Sports Field: to the West of South Harting on the Petersfield to South Harting Road. He is also considering sorting out a 5 mileish route for those unable to complete the full 10 mile route. See Teamo closer to the day for more details.



You will be aware that the club have now implemented the Teamo App to better manage our club. As of the time of going to press with the newsletter, we have had **136** members set up as registered users of Teamo.

But why have we done this?

As a club, we put a lot of effort into how we communicate and engage with members. Indeed, this was praised by England Athletics as part of our runner up award for the South East region club of the year.

But equally, we could be guilty of over communicating. And that's because we have a reasonably diverse membership, as it relates to age and gender, with different communication preferences. Some prefer email, some WhatsApp. Some rely on the website, some prefer other social media platforms such as Facebook or Instagram. Some predominantly use a smart phone, others computers.

This all means there isn't a simple, consolidated way to communicate. Potentially members get the same message from multiple channels. All of this, the positives and the negatives, was clear from our membership survey.

We also wanted to move away from paper-based membership cards to something more modern.

Finally, with the increased focus on the safeguarding of our members, heightened further with the introduction of young runners to the club, we needed a better way to manage all aspects of runner welfare. Spreadsheets and contact lists just isn't a robust way to manage this.

In undertaking some initial research, we soon came across the Teamo App. Teamo was originally built to help team sports, such as Hockey, Rugby etc, manage their club including squad management and team selection. But Teamo has more recently moved into participation sports such as running clubs.

In initial discussions with Teamo it became clear that the App could address our challenges, but also bring so much more. Teamo were willing to make adaptations to better tailor the user experience for a running club. It seemed too good to be true, and commercially it was no more costly than our current website and email systems. But we wanted to be certain, so undertook a pilot deployment.

First, we personalised the App to Liss Runners. Then we had 30 members, a mix of technophiles and technophobes, use the App over a 6 week trial period. The pilot met all of the claims from Teamo and the approval rate from the volunteers was 95%.

So that's the "why". The "what" is hopefully becoming clearer by the day. But here are some key features.

### **For Club Members**

- See activities that are coming up, review details such as time, location, routes and indicate your participation. This will replace numerous WhatsApp groups and polls.
- Chat function allowing you to message individual members, set up groups as well as club wide chats.
- Manage your membership. This will replace the old paper membership card. Plus, you will be able to renew and pay your membership subscription from Teamo.
- Manage your personal data and preferences. You'll be able to record key medical and emergency contact information. This will be available to Run Leaders should an incident happen during a club activity.
- Manage your communication preferences. Opt in or out from club emails, in App chats and discussions as well as App notifications and reminders. Oh, and by the way, issuing emails from Teamo will stop the issues with google groups and reply all!
- Only receive communications for activities you've selected to attend. For example, only get final information of the next Torchy Tuesday if you are attending – compared to having to join the Torchy WhatsApp group and get notifications even when you are not attending that week's run.
- A controlled way to interact with younger members of the club, providing transparency to parent members.
- Keep up to date with club news. While this is already available from our existing website, we will be able to publish information even more quickly. For example, we can post race reports from the event.

- Buy club kit from the club shop.
- Purchase tickets for club events such as the Awards Dinner.

### **For Run Leaders**

- See who is attending your activity and be able to message attendees with final details – eg route details.
- At the activity, you can check members in. Should there be an incident, you have access to emergency contact and medical information.
- For league races, be able to have auto notifications to remind members of the upcoming race. Post race, be able to quickly publish a race report.

So Teamo does all everything that Google Groups, our website and WhatsApp does today and much, much more – “One App to rule them all”.

Teamo will be a success if we make small adjustments to how we interact with the club. Most important is to review activities on the calendar and mark your attendance if you wish to participate. Please, no more “when is the next cross country race”! Everything is on the calendar and you can filter between races, training and social activities. If we can all do that we’ll be in a better place.

While any change can be unsettling, this will soon be the new normal. I know I get grumpy each time Apple change the way my iPhone operates. Every time I think I prefer the old interface, but soon it’s become normal and better.

And just a reminder that the current website, google email group and WhatsApp groups\* will all be removed by the end of May. Teamo will become the single, unified way to interact with the club. While it’s great that we have 136 members on board, there are still 43 that have not registered on Teamo.

And finally, don’t forget the Teamo Ambassadors are here to help you with any questions. They are:

Andy Paton  
Annett Heitsch  
Cari Brown  
Chris Turner  
David Reid  
Emilie Stevens  
Emily White  
James White  
Liz Avery  
Stavros Valourdos  
Steve Armstrong  
Steve Clay  
Tom Bennie

*\* The main chat group will remain. But this is for general chatter within the club. It will not be used for publishing club information or updates*

# Chairperson's AGM Report

Hi All,

We are at the end of my second year as Chair, and it feels as though the past 12 months have flown by.

One of the club's proudest moments came in October last year with EA choosing us as runners up for the South East Club of the Year, coming second only to Fareham.

To be shortlisted was a huge honour up against some huge clubs, so I think James, Cari, Steve and I were in slight shock when we heard 'Liss Runners' being announced at the awards night!



They highlighted how engaged our members are with both sessions and racing along with the encouragement and variety we offer. A huge congratulations to all of you for helping us to achieve that recognition.

You may have noticed there have been many changes to Policies and general club Procedures over the year, all to ensure we are keeping up with the ever-growing EA requirements! I'd like to say a huge thanks to all our committee members who have spent more hours than we might like to remember pouring over the detail! Special mention to Liz who, as new Secretary last year, bore the brunt of this work. Part of this included the introduction of our trial for Junior and Young Members within the Club. To get this trial off the ground and the new Policies approved we needed to run a virtual EGM which was rolled out last Autumn. The engagement was fantastic with over 100 people taking the time to vote resulting in a 97% approval of the policies and 91% of voting members approving the trial for under 18 members. We will be discussing this further and voting for or against under 18s becoming permanent later this evening.

2026 also saw us secure further funding from EA, a successful EHDC Councillor Grant along with fundraising at the Petersfield fireworks and our Beacon for Peace charity walk last Summer. We have used a significant amount of this to offer further Leadership and Coaching courses to interested members to give them the opportunity to learn more about what we all love, but more importantly to be able to offer safe and well delivered sessions across the week for our members. We will be starting the next round of training shortly so do step forward if you are keen! We intend to allocate a part of the funds towards our 40th birthday celebrations which will be open to all current and past members. This will take place at the West Liss Pavillion on Sunday 5th July from 3pm. Please do save the date and spread the word!

Our runners have continued to show up in force at the Road Race and Southern Cross Country league races, but I'll leave this to our captains to talk through shortly.

We have such a wonderful range of runners at the Club but whether someone is out to get their 5k PB at parkrun, complete their first half marathon or, like some nutters, choose to spend 11 days embarking on a 250km tour of the Sahara everyone rallies around to encourage and celebrate. To me that shared love, respect and interest in each other's challenges is what makes Liss Runners so special.

We have continued to see an increase in membership and in turn larger attendance to sessions. One thing we are conscious of is that with a larger number of members it can become easy for people to feel their opinions and needs aren't quite being heard or met.

As such, James kindly took on the task of setting up and overseeing a club survey to try to cover what our runners felt we did well, where we might like to implement changes and suggestions on what we could do better. The information received was generally positive but there were several points which have been heard, and we are acting towards to improve.

Two things that stood out as the key areas to focus on was inclusivity within sessions to ensure they satisfy the slower and faster runners amongst us along with the large area of communication! Some people loving Whatsapp other feeling they might have to throw their phones if another message pings through!

With regards to inclusive sessions, we are lucky that our Monday track, pub runs and Wednesday intervals do cater for all. We do appreciate Tuesday trail, social and Sunday runs are trickier to manage. However, with the increase in Run Leaders we hope to offer a choice of pace groups within suitable sessions soon allowing runners to chose which they would be most comfortable to run in.

Moving on to the communications, James will be talking us through the Teamo platform this evening which provides us with a brilliant solution!

Tom has continued to publish great newsletters for us to enjoy throughout the year, informing us on local races, running techniques and interesting personal running profiles and race write ups. He's always in need of more content so if you've taken part in any events recently or would be willing to feature in our Runners Profile section do let him know!

Our annual Harting trail run was another great success. Andy took on the role of Run Director yet again with his sub team leaders all well versed in getting their responsibilities ticked off. All appeared to run like clockwork with lots of happy runners (once they'd finished) including for the first time the children enjoying the fun run whilst their adults raced. Thanks to Ben for getting this off the ground. We were able to increase our donation to the Rosemary Foundation this year with a total of £1250 being raised.

There will be more on the Harting race later, but we are sad to see Andy stepping down after doing such a great job for the last few years. Mel Jenson has kindly agreed to take on this role.

As we head towards the summer, in addition to the year-round training we also look forward to our track sessions and fortnightly family friendly pub runs returning from early May and continuing the handicap season after a record turnout for the Trevor's Challenge race earlier this month.

I would like to reiterate my request when I came in as chair to please always approach me with ideas/advice or suggestions you might have on how you feel the club could grow and improve. Ultimately the club is about all of you and the more feedback we get the better we can run it!

Finally, we have a few current members of the committee who have decided to step back this year. Alison, Ben, Helen and Andy are all stepping back this year. I'd like to say a big thank you to them all for everything they have done for the club in their roles, but I know all will continue to support the club in various other ways outside of the committee!

Catherine

## Captain's AGM Report

Another incredible year for the club! As Captains, we've really noticed an increase in Lissers showing up; whether that's for road leagues, cross country, local races, or our regular training sessions.

At the mention of training I'll go straight into a roundup.

Following feedback from the survey and increased interest in these again, the organised Sunday runs are back and what a success they've been. A big thank you to Andy P for instigating this, not only planning the routes, but forward planning them too, which makes a huge difference. It means people can plan ahead and tweak routes to suit their own training which we all appreciate.

Monday track was hugely popular last summer, and I know many of you will be pleased to hear it's starting up again soon.

Tuesday torch runs continue to go from strength to strength and somehow, out of running in the dark with headtorches, a trail running weekend in the Brecon Beacons was born... for those of you with slightly questionable definitions of "fun"! Huge thanks to Paul T for organising that and opening it up to Liss members.

Wednesday intervals remain, unsurprisingly, our most popular session of the week. Who knew that voluntary suffering could be so appealing?

And then we have our Thursday socials, the highlight for many where the miles are chatty, the pace is relaxed, and the smiles are guaranteed.

We are constantly amazed and genuinely proud of the energy and commitment our members bring week in, week out. So thank you all for turning up to these sessions.

Now... onto our leagues.

Starting with cross country, as that's just wrapped up. After such a strong 24-25 season, we went into this one with great momentum. Despite a few cancellations and date changes, which always make things a bit tricky, Steve and I were absolutely delighted that we finished 2nd overall. And even better... it was by just 2 points. TWO POINTS! What a team we are, and I'm already looking forward to seeing what we can do next season (after a long summer of warm days and sunshine.....heres hoping!).

And yes, I did just say I'm excited for next season... although for the record, I still hate XC.

Moving on to the HCCL, eight fixtures down already and we've managed to field teams at nearly all of them which is fantastic. It feels like we barely caught our breath after Lordshill at the end of last season before we were back at it again in August with, the men newly promoted into the A1 league, and the new addition of the Totton 10k.

As it stands, the men are currently 9th in their league and the ladies are sitting at 2nd . " Go ladies".

Steve and I have been so pleased with the turnout and team representation this season. There have been some truly inspiring individual performances but more than anything, we love seeing so many of you turning up, giving it your all, and finishing with a smile. We'd love to see as many of you as possible at the next few events.

We've got four fixtures left, starting with the Alton 10-miler on 10th May. Our men's captain Steve has a score to settle there, so I expect to see his game face on! After that, it's three "lovely" 10Ks... well, some lovelier than others. Alresford, I'm looking at you...

Lastly, I just want to mention the South Downs Way Relay last year. As you know a lot of planning and organisation goes into this, with team members dedicating time to recce, drivers getting prepared with route planning and volunteers stepping up for the changeover point ahead of the event. With the postponement of the event a day before the original date we were left frantically trying to re-organise teams and volunteers for the newly proposed date. Yet again our Lissers showed us how committed and enthusiastic you all are, with us not only still managing to field the planned 2 teams but an additional 3rd team, which meant an additional driver and vehicle being offered up too, and we were still able to support the changeover point with a team of volunteers. This was not an insignificant ask so a huge huge thank you to everyone involved.

## Editor's Comments

Another bumper edition, thanks to all who do so much for the club. With a special thanks to contributors: Catherine for the Chairperson's AGM report, Caroline Brown for the Captain's AGM report, all who organise and help with the Liss Runners Weekly activities, Jayne for her track report, Mel Jenson for her report on our annual Harting Trail race (and for taking on the Race Director duties, brave lady!), James White of all the time consuming work on Teamo, all who report on the Hampshire Road Race League and Southern Cross Country League races, all who ensure we have a successful handicap race series, Stuié Lavalette for dealing with kit for the club, Paul Hawes for his report on The Marathon Des Sables and Rob Flemming's report on The Manchester Marathon.

As always, I'm after "copy" to go in future newsletters: any race reviews, volunteers for the race profiles – I've two coming from Joe and Paul (sorry I needed to issue the newsletter and your profiles can be saved for future newsletters) - Paul can you e-mail me your e-mail address and I can e-mail over the standard questions, photographs. "fav" run routes or anything else of interest to club members to go in a future newsletter please e-mail me on: -

[tom.frost@westsussex.gov.uk](mailto:tom.frost@westsussex.gov.uk)

Don't just stick them on Teamo e-mail me to get them in newsletters!

I aim to produce the next Liss Runners newsletter in late July/early August.

Cheers all,

Tom.

## Liss Runners Annual General Meeting 22<sup>nd</sup> April



An important session of any sports club is its Annual General Meeting. To officially function club officials need to be elected and club accounts agreed by a certain number of club members. It's also a chance for the past year to be reviewed, to see what went right, anything that may have gone wrong and to plan for the future with club members having a chance to comment especially requests for consideration.

Our AGM was held on the 22<sup>nd</sup> of April at The Half Moon, Sheet instead of Wednesday training. As an added benefit club members attending were all offered a free drink.

### **Summary of the AGM:-**

**Chairperson's AGM Report:** see pages 20-22.

**Treasurer's Report Summary:** The club is financially healthy with joint funds of almost £9,000. Hard work by some members of the committee brought in a lot of grant funding and this was used to train up many club members as qualified run leaders.

**Membership report Summary:** signed up club members currently stand at 183 (up from 160 last year).

**Captains AGM report:** see pages 22-24.

**Harting 10 mile Trail Race:** Review of 2025 race: many thanks to the race Director: Andy Turner and to all the other helpers who made the event so successful.

Improvements incorporated in the 2025 race: Grass cutting along the main road verge for greater safety: many thanks to Warwick, Raynet being present around the course to improve communications (some areas with poor mobile phone coverage), Reduction of entry fees, kids run: thanks to Ben Tyas and a large donation to The Rosemary Foundation. Race had just over 200 entries.



2026 date is Sunday 2<sup>nd</sup> August. Emily has volunteered to organise the Kids fun run. Volunteers helpers are to contact Laura Armstrong. Hoka is providing sponsorship and other sponsors are being sought.

**Junior and Youth Membership:** There was a successful vote to continue with the incorporation of junior and youth in Liss Runners with some rules. Concerns: If there are some club session unsuitable for juniors: guidance is being sort. Consideration of having separate junior sessions if there are larger groups of juniors and if so a club member is to be elected to be to be responsible for junior/youth sessions. Further briefings are to be arranged for trainers on the management of juniors.

**The Teamo system** was voted in and is to be the main means of club communications. One general whatsapp is to remain but all others are to close along with the Liss Runners googlegroups e-mail.

**Election of club officials:** A very big thank you to Ben Tyas, Alison Studwick, Helen Purchase and Andy Turner who are standing down as club officials and a big thanks to these who have stepped forward and been voted in:-

Welfare officer: Molly Dyer, Social Secretary: Emily White, Training lead officer: Paul Turner and treasurer: Tanya Roberts.

All current standing committee members were voted in to remain in post.

## Hampshire Road Race League



(an annual league of 12 road races around the Hampshire area)

Remaining race dates of this season are:-

Netley 10km: 17<sup>th</sup> May 2026

Alresford 10km: 21<sup>st</sup> June 2026

Lordshill 10km: 5<sup>th</sup> July 2026



[Hampshire Road Race League Website.](#)

Team results after the Sailsbury 10 mile road race: Ladies 2<sup>nd</sup> in the top A1 league, Men 9<sup>th</sup> in the top A1 league: [team results.](#)

## Race Reviews:-

### Solent Half Marathon 8<sup>th</sup> March



This race has recently moved from its traditional autumn slot to March. It is a scenic half with the start and finish in Gang Warily near Calshot and it loops round part of the New Forest around Exbury and along the Solent Shoreline at Lepe.

Results : [Solent Half Marathon Results](#)

## Salisbury 10 Mile Road Race



Salisbury 10 mile Race 8 of 12 in the Hampshire Road Race League saw 18 Liss Runners take on a beautiful (and deceptively challenging!) course just north of Salisbury last Sunday. The route followed the River Avon through the stunning Woodford Valley, with gently rolling hills and incredible views of the cathedral spire on the return leg — a real treat on tired legs! With sunshine, patches of cloud, and a decent breeze, conditions were almost ideal for some fast running.

Despite a slightly chaotic start (and no full team photo this time!), the team absolutely delivered. Some fantastic performances across the board. Huge effort from everyone — proud to be part of this team. Let's keep it rolling, Liss Runners.

Salisbury 10 mile road race results: [The Salisbury 10 Mile Results](#)

# Alton 10 Mile Road Race



What a difference a year makes! For the first time in what feels like forever, the Alton 10 wasn't run in blazing heat and instead, runners were treated to near-perfect racing conditions — cool temperatures, cloudy skies, but maybe just a bit too much wind to keep things interesting out on the course. A fantastic turnout from Liss Runners saw over 20 club members take on the beautiful but notoriously challenging Alton 10 route. With its rolling hills and testing sections, it's never an easy race, but our runners rose to the occasion with some brilliant performances. Special mention has to go to Chris Dettmar, who produced an outstanding run to finish 5th overall in a superb 58:58, also taking 1st place in the V55 category. A phenomenal achievement on a tough course, huge congratulations Chris ★. Well done as well to every single Lisser who took part, whether chasing PBs, racing hard, or simply enjoying the atmosphere and supporting teammates along the way. The club spirit was out in force once again. Finally, massive thanks to everyone at @alton.runners for ensuring the event could still go ahead after their Race Director suffered a serious accident yesterday. Pulling together to deliver such a well-organised event under difficult circumstances was an incredible effort and very much appreciated by all involved. We send our best wishes to Darren for his recovery. A great morning of racing and another proud day in the Liss vest!

[Alton 10 mile RR results](#)



League Results: Liss Runners took a fine runners up spot just behind the mighty Fleet and Crookham: results at: [Southern Cross Country League \(SCCL\) Results](#)

## Race Reviews

### Bourne Woods 1<sup>st</sup> March 2026



The race was changed from October due to a film set on the course of the race to March (there have been a few films made here such as Gladiator as it's one of the few areas where there are no visible power lines). Race HQ is at the Rural Life Centre at Tilford South of Farnham and the 5 mile, mostly sandy and hilly course is over the Forestry land North of The Centre.

We had a great turn out with our Ladies doing us proud as usual with scorers: Anna Wemyss in 5<sup>th</sup> place, S.Hunter 19<sup>th</sup>, Gemma Sills 20<sup>th</sup> and Kate Parker in 21<sup>st</sup>.

Our men scorers were: Phil Avery in 5<sup>th</sup>, R.Peters 8<sup>th</sup>, J.Sykes 16<sup>th</sup> and Jhon Cosgrove in 18<sup>th</sup>.

Overall this gave 3<sup>rd</sup> overall keeping us in the running for a chance of winning the League.

Full results: [SCCL Results from BOURNE WOODS 01/03/26](#)

## Alver Valley 5<sup>th</sup> April 2026

A new venue for the last race of this season's Southern Cross Country League and later in the year too due to the cancellations for poor weather in January and February. The race was over a country park to the North-West of Gosport.

The early April date made for blue skies, firm ground and warm weather albeit with a bit of wind. Definitely a change from the typical cross-country scene which added a different twist to a superb event at Alver Valley Country Park. The course was enjoyable throughout, the volunteers were brilliant and everything was delivered seamlessly. An outstanding first outing for the venue and huge thanks to Fareham Running Club for putting on such a well-run and memorable XC race.

Our lady scorers were: Mollie Dyer in 4<sup>th</sup> place, Catherine Seager 5<sup>th</sup>, Jackie Lloyd 9<sup>th</sup> and Rosie Dyke in 11<sup>th</sup> to take the top spot.

For the men we had a fine run from Chris Dettmur taking 3<sup>rd</sup>, John Harfield 21<sup>st</sup>, Simon Dimmock 23<sup>rd</sup> and Paul Turner 24<sup>th</sup>. This gave the men 4<sup>th</sup> and overall we were 2<sup>nd</sup>.

In the League we were just pipped by Fleet and Crookham AC to finish in second place in front of 3<sup>rd</sup> placed Basingstoke and Mid Hants AC.

Results, including league results are available here: [SCCL Results from ALVER VALLEY 05/04/26](#)





# Liss Runners Handicap Series 2026

We run a handicap race series from April through to September. Races are on the 1st Wednesday of the Month and replace interval training.

The courses vary in distances from 3.6 to 5.1 miles and will be well marked around the Liss area.

The first race, Trevor's Challenge (named after our club founder Trevor Stoddard), is a scratch race with everybody setting off together. This gives each runner their handicap

time. Each subsequent race runners are set off at timed intervals depending on their preceding finishing times, with each runner's handicap adjusting throughout the series. The system is aimed at everyone finishing together. It's worked out well in the past with the majority of runners finishing within a two minute window. A hard task for the results collector!

Points are awarded for each runner's finishing position with the runner with the most points at the end of the season the winner.

Consistency is key along with attending each of the races. You can afford to miss one race, if you have to, as your five best race results count, your worst is discounted. There are prizes for the winners. The races are very social with early finishers giving a lot of support for the later finishers. So don't miss out on the fun!



Remaining Handicap races this year:-

3rd June: 5.1 miles: double lapper via Woodland Lane, Wyld Green Lane and Liss village Centre.

1st July: 4.15 miles: Liss Forest, Brewells Lane and St. Patrick's Lane.

5<sup>th</sup> August: 3.6 miles: Wyld Green Lane, Huntsbottom Lane and Stodham Lane.

2nd September: 4.2 miles: Reverse of "Trevor's Challenge" course: from Triangle Centre up Rake Road, left into Warren Road, left again to go along Mint Road, right down Forest Road, through Liss Forest and finishing by Liss Station via the old railway track.

## **Liss Runners Championship Race: "Trevor's Challenge"**

Trevor's Challenge 2026 results: That an amazing evening for our 2026 Trevor's Challenge race! 64 runners and so many more out organising/supporting and cheering on our members. The largest turnout I've seen during my 12 years in the club and the atmosphere was buzzing. The irony of our beloved Bill being member number 64 wasn't lost and big thanks go out to his lovely wife Julie for starting off the race for the second year running. Everyone gave it their all over the 3.8 mile course, we were blessed with great running conditions too with a dry Riverside walk to start and a nice mild evening. Chris Dettmar took back title of Men's Club Champion, after originally winning it in 2024. Selfishly a very emotional moment awarding Ladies Club Champion to my daughter Flo Seager, our first under 18 to have won the honour ❤️ Next month the fun really begins with our runners set off handicapped based on today's times. Allowing everyone the potential of winning regardless of pace, it all about personal progression. If you did miss tonight's race please don't worry we can find a suitable spot to start you off for race number 2. Big thanks A very proud Chair (and Mum) Catherine x



## Trevor's Challenge 2026 - Results

Position Number	Runner Name	Time	Points
1	Chris Dettmar	00:22:14	100
2	Rob Nugent	00:22:17	99
3	Phil Avery	00:22:25	98
4	Paul Stokoe	00:22:45	97
5	Tom Adams	00:23:02	96
6	Mitchell Stanley	00:23:32	95
7	John Harfield	00:23:46	94
8	Angus Cockburn	00:23:48	93
9	David Reid	00:24:12	92
10	Edward Rolls	00:24:15	91
11	Rob Fleming	00:24:20	90
12	Joe Hogan	00:24:22	89
13	Steve Armstrong	00:24:44	88
14	Paul Turner	00:24:55	87
15	Russell Hall	00:24:58	86
16	Tom White	00:25:26	85
17	Florence Seager	00:25:36	84
18	Tom Frost	00:25:49	83
19	Toby Clay	00:26:07	82
20	Catherine Seager	00:26:24	81
21	Victoria Band	00:26:59	80
22	Eddie Butters	00:27:13	79
23	James White	00:27:28	78
24	Emily Connolly-Brown	00:27:34	77
25	Rob Finn	00:28:19	76
26	Sam Brear	00:28:27	75
27	Richard Pedgen	00:28:33	74
28	Catriona Cockburn	00:28:41	73
29	Lucy Mitchell	00:28:44	72
30	Sandie O'Hanlon	00:28:53	71
31	Hugh Maddison	00:28:55	70
32	Emma Burrows	00:29:00	69
33	Andy Paton	00:29:02	68
34	Ben Potts	00:29:26	67
35	Laura Rogers	00:29:35	66
36	Laura Armstrong	00:29:53	65
37	Lucy Jenkinson	00:30:18	64
38	Noel Wright	00:30:40	63
39	Annett Heistch	00:31:16	62
40	Steve Clay	00:31:27	61
41	Rose Turner	00:32:33	60
42	Gavin Saunders	00:32:37	59
43	Stu Lavalette	00:32:42	58
44	Joe Lague	00:32:49	57
45	Christina Harfleet	00:33:12	56
46	Debbie Band	00:33:20	55
47	Cliff Pay	00:34:00	54
48	Paul Judge	00:34:22	53
49	Lana Page	00:34:26	52
50	Sarah Page	00:34:26	51
51	Max Stuart	00:34:28	50
52	Emma Parson	00:34:44	49
53	Neil Gwatkin	00:35:53	48
54	Kevin Durrant	00:35:55	47
55	Alex Wilkinson	00:35:56	46
56	Emily Durrant	00:36:01	45
57	Millie Harfield	00:36:05	44
58	Jacqui Waddell	00:36:08	43
59	Georgie Freeman	00:36:10	42
60	Karen Potts	00:39:34	41
61	Rose Lewis	00:39:51	40
62	Melissa Matthews	00:41:08	39
63	Gary Lomas	00:42:32	38
64	Ellie Bryan	00:42:40	37

# Liss Runners Kit Corner

For any Liss Runners running gear please contact our "kit man" Stuart (Stuie) Lavalette: [stuielavalette@gmail.com](mailto:stuielavalette@gmail.com).

Note: to run in team events – such as the Southern Cross Country League races – you need to have a Liss Runners top on.

Kit available:-

Available in Male and female cuts: Running vests, T shirts and long sleeved T-shirts.

Unisex: hoodies, fleeces, rain jackets, winter jackets, head bands, baseball caps.

There are also options to have hi-viz reflective markings on vests and T-shirts that show up in car headlights. Ideal for winter evenings.



Note: The last pictures are of the hi-tec running vest – fairly expensive. There needs to be a certain number in an order. An order will only be placed when there are enough items. If interested let team captain: Steve Armstrong via WhatsApp, to go on a future possible order list.





## **Fancy a Race?...**

Every Saturday 5km [Parkruns](#) at 9am: local [Parkruns](#): [Hogmoor Bordon](#), [Queen Elizabeth Country Park Petersfield](#), [Alice Holt](#). Note: to be included in the results you need to be registered with Park Run and have a bar code to show at the finish.

Saturday 16<sup>th</sup> May: [Emsworth to Basingstoke Relay](#).

Sunday 17<sup>th</sup> May: [Netley 10k](#). HRRL.

Sunday 17<sup>th</sup> May: [Hook 10 mile and 10km Road races](#).

Sunday 17<sup>th</sup> May: [Godalming 10km race](#).

Sunday 17<sup>th</sup> May: [Race for life Winchester](#).

Saturday 23<sup>rd</sup> May: [Fox Ultra Trail races, Guildford](#).

Sunday 24<sup>th</sup> May: [Race for life 10k/5k/3k Basingstoke](#).

Wednesday 27<sup>th</sup> May: [Lakeside 5km Portsmouth: Race 1](#).

Wednesday 27<sup>th</sup> May: [Trundle View 5 mile cross country race, Goodwood](#).

Sunday 31<sup>st</sup> May: [Southampton Running Festival](#).

Wednesday 3<sup>rd</sup> June: [Yateley 10k Road Race: Race 1](#).

Saturday 6<sup>th</sup> June: [South Downs Relay Race: cheer our runners through!](#)

Sunday 7<sup>th</sup> June: [Alice Holt Wild trail runs](#).

Sunday 7<sup>th</sup> June: [Run Wisborough 5k/10k](#).

Sunday 7<sup>th</sup> June: [Purbrook Ladies only 5 mile race](#).

Wednesday 10<sup>th</sup> June: [Hayling Billy 5 mile race](#).

Sunday 14<sup>th</sup> June: [Hampshire Hoppit Trail Races](#).

Saturday 20<sup>th</sup> June: [Race to the King ultra trail race, Chichester](#).

Sunday 21<sup>st</sup> June: [Alresford 10km road race](#). HRRL.

Sunday 21<sup>st</sup> June: [Solent Airport 5km race, Stubbington Green](#).

Sunday 21<sup>st</sup> June: [Martian Race 5k/10k/21k races, Woking](#).

Wednesday 24<sup>th</sup> June: [Lakeside 5 mile road race, Portsmouth: race 2](#).

Friday 26<sup>th</sup> June: [Elstead "Marathon" \(5.4 mile trail race\)](#).

Saturday 27<sup>th</sup> June: [Run the Seasons: Summer: Cowdray, Midhurst.](#)

Saturday 27<sup>th</sup> June: [Maverick North Downs Trail races, Cranleigh.](#)

Sunday 28<sup>th</sup> June: [Exbury Gardens 10km Road race, New Forest.](#)

Sunday 28<sup>th</sup> June: [Hangers Way 50km trail race: QE Country Park.](#)

Wednesday 1<sup>st</sup> July: [Yateley 10km road race: race 2.](#)

Saturday 4<sup>th</sup> July: [Serpent Trail Ultra Races.](#)

Sunday 5<sup>th</sup> July: [Lordshill 10k.](#) HRRL.

Sunday 5<sup>th</sup> July: [Running Grand Prix Goodwood.](#)

Wednesday 8<sup>th</sup> July: [Gibbet Hill 10km.](#)

Wednesday 15<sup>th</sup> July: [Lakeside 5km Road race, Portsmouth: race 3.](#)

Sunday 19<sup>th</sup> July: [Portsmouth Joggers Summer X-Co. race: QE CP.](#)

Sunday 2<sup>nd</sup> August: [Liss Runners Harting Trail Race.](#)

Wednesday 5<sup>th</sup> August: [Yateley 10km Road Race: race 3.](#)

HRRL = Hampshire Road Race League race.

## Paul Hawes tackles the MARATHON DES SABLES 2026



The Marathon des Sables 2026 was celebrating its 40th edition so they decided to increase the distance by 20 km's and cover 270 km, the event not a race in my case is in the Sahara desert over six stages and you are totally self sufficient by carrying all your own food and sleeping kit with you in a back pack.

So one night after I'd retired from work whilst not being under the influence of any alcohol, and after something like a 10 year obsession should I or shouldn't I, I pressed the button and entered.

The following morning, I said to my wife, guess what? She said "you've entered the Marathon des Sables "

So that started a 10 month journey of research on training, nutrition, heat acclimation, foot care and kit.

Firstly I went to <https://i-thrive.uk/> to find out a bit more about how my body would cope and had a Dexa body scan, V2o max and sweat test, hopefully with a bit more information I could begin to understand some of the science behind what I needed in nutrition and hydration.

The Training wasn't difficult to research it basically meant swapping running for trudging with a weighted back pack of 8kgs covering lots of miles, and nutrition wise I needed to carry about 2700 calories a day in a mix of dried expedition food, macadamia nuts, biltong, flapjacks and my luscious haribos ! Plus 1 and a half litres of Electrolytes and water to be topped up at every check point.

So a couple of weeks before I flew out to Morocco I spent 10 days at Chichester University in there heat acclimation centre an hour every day at 40 plus degree's, run walking on a tread mill to measure how my body would respond and how much I needed to hydrate and replace the sodium I would lose, it was very interesting to collect the data that I would have other wised guessed and would hopefully help me complete the desert challenge.

So on the 1st April what a fool! I flew out to Quarzazate via Casablanca to the pick up point where 2 days later, I was bused out on a 6 hour journey to meet my bivouac mates that I would share my next 9 nights with in tent 176.



The first night was simply that, then the following day you had to supply an ESG and show you had all the kit that was in the regulation rules and have your back weighed to show you weren't under a weight advantage and were carrying enough calories a minimum of 2000 to last the 7 days.

The following morning we were woken up by the glow of head lamps, packed up all our kit and walked to the start with all the other 1500 participants from 60 different countries the atmosphere was electric it was still pitch black and then the anthem of a HIGHWAY to HELL blasts out and of you go into the mix of soft sand and rocky terrain.

Each stage distance changes.

Stages 1: 32km 2: 40km 2: 32.5 4&5 100km you have 48 hours to complete. 6: 42.2 7:12.1 km.

So as a Tsunami of yawning ripples over the county!







I completed not competed it and as my pack got lighter my energy increased, I didn't experience any lows just the wonderful experience of having the opportunity of achieving my ten year of should I or shouldn't I goal.



My greatest achievement and my biggest fear was protecting my feet, so I learnt to tape my toes and under strict instructions I didn't remove the tape unless it needed replacing and also no tummy issues which was another wet wipe triumph.

The six hour bus journey was a fragrant trip with all the competitors lacking a shower over the last 9 days, but the reward of a warm shower and cold beer was worth it.

So that's it another box ticked, so what's next, OH yes, a trip to Tesco's.

## **The Manchester Marathon – A different alternative** **Write up by Rob Fleming**



Following my usual London Marathon rejection e-mail, I started to look at alternative options for a spring 2026 Marathon. For the last few years Brighton has always been my fallback option, but this time I wanted to do something different. So after some research and some advice on the Liss Runners What's App group, Manchester became the front runner. Before I got to my second drink of the evening, I was signed up and also unsurprisingly was Catherine Seager!

I had been warned that the accommodation prices in Manchester rocket as the event gets closer, so got straight on with finding somewhere for Becca and me to stay. We found a nice hotel with leisure facilities in East Didsbury. Convenient to drive to and park, but on a tram route that would make travel on the day fairly easy.

As the new year begun, I got started with my training. The plan was very similar to previous years, 15 weeks until race day with the usual long runs added in and building up to a couple of 20 milers. The Hampshire Road League schedule fitted in well with the Ryde 10 after 4 weeks and the Solent Half after 9 weeks that gave me a good opportunity to test myself with some speed with the added bonus of helping out the mighty Liss team.

I was keen this time to mix up my training and really push myself. Very conscious of the old saying that if you always do what you have always done, you always get what you have always got!

So first I looked to add regular track sessions. As our Liss sessions do not run over the winter, I attended some sessions run by Grasshopper Steve at the Mountbatten centre. They are great sessions that you can do on a pay as you go basis. They are every Tuesday at 6.30 am, which is clearly a challenge to get up so early for, but it means you can get back home by 8am and you feel amazing (plus this means it does not get in the way of the usual busy working day!). These sessions really helped me push my pace.

The other thing I introduced was regular strength sessions. I signed up with Jordan at Hybrid Move, which some other Liss members use. I made sure that I went to one session every week and this helped me make sure I was putting in the maximum effort to my strength work. Clearly these sessions are a massive help for injury prevention, but I also found that this meant I was running stronger and my legs were less fatigued.

With a good training block behind me, I felt in good shape as we got ready for race day. We drove up to Manchester on the Saturday and arrived late afternoon with plenty of time to check in and relax. The benefit of staying just outside of Manchester meant that there were lots of food choices close by that were not rammed with runners.

Whilst staying close to the start line for a big city event does have advantages on the day, this often means the restaurants are really busy the evening before, which can lead to stresses of not finding the right food options. We found a Wetherspoons close by that was perfect for the carbs needed for running 26.2 miles!

It was an early start on race day and we were up ready for the early breakfast served in the hotel at 7am. They provided very thoughtful food bags for runners, which was a nice touch that worked well. We walked to the tram stop and whilst this was very busy, we were at the start of the line and so that meant we got on ok and got a seat. After 10 minutes on the tram and a short walk, I was at Old Trafford ready for the start. I said my goodbyes to Becca and then met up with Catherine in the runners area. It was great to see a friendly face as we got ready for the start and after some running chat, I think we were both much more relaxed. We are both similar paced runners and so I convinced Catherine that we should follow the 3.15 pacer. A decision that we both agreed afterwards was definitely the right thing to do.



It was a perfect day for running with beautiful sunshine, no wind and actually not too hot. It was soon time for the gun to start and we were off. Following the pacers made things so much easier. Not having to keep looking at your watch to assess your pace really allows you to stay relaxed and just concentrate on running.

The crowds on the course were amazing and really encouraging. Becca managed to see us around 8 miles in, which was a great lift. The miles were passing fairly easily and we were soon in Altrincham going through half way. I don't know what Altrincham is normally like, but on race day it was rammed with people and really loud. All the encouragement set everything up nicely for the 2<sup>nd</sup> half. Things continued to go well until around 20 miles. By this stage the fatigue was definitely set in, the miles were no longer easily passing and every step felt like a massive effort.

The 3.15 pacer slowly starting pulling further away from me and then Catherine started to pull away from me as well. There was a big sign at 35k and I really struggled getting my head around how far 7k was. All I knew is that based on my depleted energy levels, it was further than I wanted to run for! Everything was hurting and I knew I had to dig deep, relying on all of the tough miles I had to get through in training.

The miles that were previously taking 7.30 were now closer to 8.00, but I knew that if I kept running and did not walk,

I was on for under 3.20 and a PB. Slowly, I could see 3 miles to go, then 2 miles and then I was in the final mile. I turned onto Oxford Street and could see the finish. To see the finish was such a relief that I knew nothing could then stop me!

I crossed the finish line and saw my watch said 3.17.14. A massive PB by over 4 minutes! I gave everything and felt so proud of what I had achieved. All of the 5.30am early starts, pushing each tempo session and squeezing out every last burpee had paid off!

Catherine also achieved a massive PB and did amazing with a time of 3.15.51. I knew she would not be walking in those last 5k and so that definitely spurred me on.

I met up with Becca afterwards and we found a bagel shop that I desperately needed to get some calories back in me. As we all know, being a spectator for a loved one in a Marathon is not an easy task and involves lots of walking and planning. I am very lucky to have such a supportive wife and it was lovely to share this success with her. We then met up with Catherine and her girls in Turtle Bay. We enjoyed a well earned beer that tasted amazing and was lovely to have a chat with all the Seagers before they got their train home.

We stayed another night in the hotel in East Didsbury and drove back on the Monday. The post run jacuzzi was very welcome and we enjoyed a few drinks in the evening.

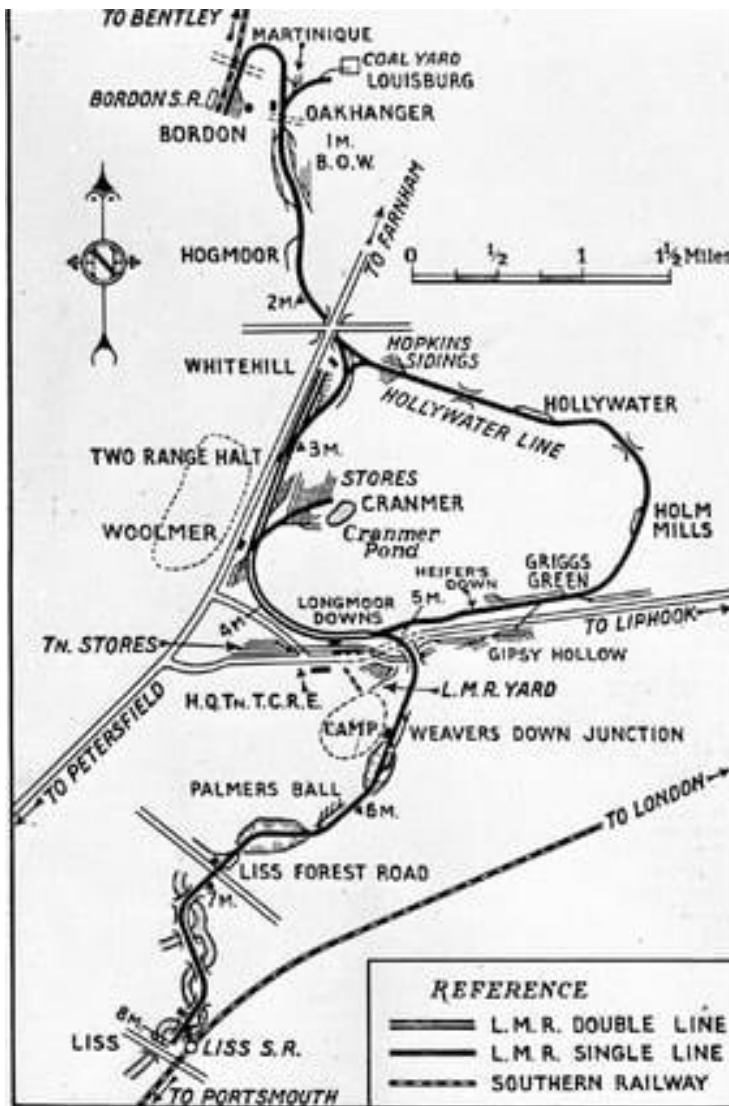
Was a lovely weekend and would definitely recommend Manchester to anyone looking for an alternative to London.



## Fav. Run: Around the Old Longmoor Military Railway (LMR) from Liss with added history

Approximate distances: Liss to Smile with Kyle board and back using the old railway track: 6 miles; Liss to Smile with Kyle board and up around hill triangulation pillar and back to Liss: 7 ½ miles; Liss to Liss using the old railway bed track all around the outside of Woolmer Forest: 12 ¾ miles and Liss to Liss around the perimeter of Woolmer Forest with hill triangulation pillar detour: 14 ½ miles.

The run starts from Liss in the public car park opposite the village hall. It goes down to the station and turns right to go along Riverside Walk track – the start of our “Trevor’s Challenge” race.



down to the station and turns right to go along Riverside Walk track – the start of our “Trevor’s Challenge” race. This is the South terminus of LMR from Liss Forest Road and was known as the Liss Extension built in 1933. Here trains and passengers could transfer to the Portsmouth to London main line.

There was a solid large concrete buffer, on the left, that’s now been changed to a metal one. There is also an information board on the history of the LMR and another board on the World War 2 spy training school at the nearby Stodham Park.

The route continues up the old railway track bed past the old Liss station platform and shelter. Showing my age!: I just about remember seeing a steam train along this section after my parents moved to Liss in 1969.

LMR route plan

The track goes over three distinct river bridges as built by the Royal Engineers before getting to Forest Road, Liss Forest. Here the route goes straight over the road, through the gate and onto Army Land. Here there was a signal box and platformed station. The route continues on the old railway through a cutting (see photograph following) and onwards to go through another cutting (a rifle range was here on the left before the cutting, not much to see now).

After the second cutting the same track is used to reach the distinctive timber boarding with Smile with Kyle on. Here to cut the route short you can turn right and follow the right track fork shallowly uphill as following later.



Old Railway start with buffer on the left



Old Liss Station platform



Sie of the old river bridges



Site of Forest Road railway station



Second cutting, with bridge



Smile with Kyle board



Engine "Gordon" in the first railway cutting North of Forest Road station: in the LMR blue livery: Still working: now on the Seven Valley Railway.

For the longer route continue straight on to rise and cross the A3 on the bridge. Just before if you looked left 60 years ago you would have seen many tracks:-



Railway yard to the East of Longmoor camp (pre 1969!)



East approach to the photograph above, now the site of the A3 bypass

After the bridge the route turns left at the track tee junction and continues along the stoned track. This section of the LMR was first built in 1903 as a narrow gauge railway to transport unsuitable huts from Longmoor camp to Bordon. This was changed to standard gauge rail track in 1907 when the importance of using railways to quickly transport troops and materials was realised. It was originally called the Woolmer Instructional Military Railway until it changed to LMR in 1935.

The route curves right with the old railway track and passes the end of Longmoor range 3. It then continues straight passing the large Cranmer Pond (it has been known to greatly shrink in hot summers as it is not deep), passes the entrance to range 2 and continues onto a track fork. Left fork was the old railway going towards Bordon. The right fork is taken to go past the entrance to range 1 and continuing around the Hollywater loop as built in 1933. Keep all the way round the "loop" taking the right track at the Passfield track junction (here the track leaves the old railway route for a bit).

Soon curve with the track right and drop downhill. At the bottom miss the left track up to a locked gate but continue on the old railway track now going parallel with the A3 bypass all the way to track tee junction by the A3 bridge. The route turns left, over the A3 bridge and back to Smile with Kyle board.



Cranmer Pond



Range 3



Range 1



LMR train on the Hollywater loop

Here the same way back to Liss can be taken but if you fancy more you can turn left by the Smile with Kyle board to go through gate and take the right track to go shallowly uphill soon passing a pond with high earth walls around. This used to an explosive training pit and this area used to have red flags when it was in use. The route continues on the same stone chipped track along to the high communications aerial. Here the route curves right around the aerial, past the concrete triangulation pillar and along parallel to the hill ridge top.



View South-East from near the triangulation pillar.



View North-East from near the triangulation pillar



To get back to Liss Forest the route uses a left track to drop down to the army land East perimeter track and once the perimeter track is reached turn right to follow the track South all the way back to the car park off Forest Road, Liss Forest. Then to get back to Liss the old railway track can be used again or the Road through Liss Forest and on to Liss.

As for LMR, in the sixties the size of the army decreased and its transport moved to a more road based system. Budgets were being cut, so in 1969 the LMR closed with the infrastructure being removed over the next few years with many of the engines going to heritage

railways. So, if you are visiting any heritage railways look out for the distinctive blue livery and the LMR initials. There were plans to turn some of the LMR to a heritage railway it's self but blocked by the Army and some Liss residents. Not much of the LMR remains (except for the track bed) but if you know where look you can still see track remains, sleepers (South of the first river bridge North of Liss Station), posts, signs, some of the old buildings. There were also some films made on parts of the LMR the most famous being Young Winston and The Great St.Trinians Train Robbery.