



South-East Region Runner Up England Athletics Club

NEWSLETTER

July 2026

Relay Special: E2B & SDR



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Liss runners website: 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 policies](#), [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.

Emsworth to Basingstoke Relay 16th May 2026

A 70 km, 18 stage, South to North relay. The baton travels mostly along footpaths, bridleways and green lanes through beautiful Hampshire countryside. It is like a "mini" South Downs Relay! No very early wake up, legs a lot shorter and a finish in a civilised late afternoon. This event is a favourite in the Liss Runners calendar, can we beat 5 teams next year?

The Liss Teams this year:-

Rose's Rebels



While the line up has changed over the years, it was the same team as 2025 – Rose Lewis (the eponymous lead rebel), Mark Bailey, Alex Wilkinson, Kev Durrant, Tom Frost and James White. And while not officially a Liss Runners team, it is in spirit with 5 current club members, plus Mark a lapsed member who might just re-join. One of the greatest honours, and biggest pressures in life, is to be invited to join the Rebels. Like Hotel California, this could be heaven or this could be hell, plus you cannot leave.

While not at the sharp end of the race, sorry challenge, nonetheless the Rebels put in a solid performance and were caught up in their own mini race with The Cow Tippers (Liss Runners), as well as Victory Veloceraptors (Victory AC) and Super Social Six (Chichester Runners). In fact, the Rebels loved chasing The Cow Tippers so much that James managed to overtake the Tippers three times on leg 12 – navigation errors, what errors?

The Cow Tippers



After a few last-minute changes, the Cow Tippers made it to the start as a team of five—Neil Gwatkin, Emily Connolly Brown, Laura Rogers, Nicky Thorneycroft and Emily Durrant. Setting off from Emsworth in the sunshine, we kept spirits high with plenty of laughs, some friendly rivalry with Roses Rebels, and the promise of Laura's amazing chocolate brownies waiting at the finish.

The Liss Stunners



What an incredible day was had being part of The Liss Stunners Ladies Team - Catherine Seager, Amy Corbett, Anna Wemyss, Emma Burrows, Sandra Hunter and Cari Brown. From start to finish the day was full of laughter, teamwork, encouragement and brilliant club spirit. The sun was shining for the majority of the race and was perfect weather conditions! Even when the rain arrived towards the end, it certainly didn't dampen any spirits! There was such a great atmosphere all day, with plenty of friendly banter between all the clubs and teams, and everyone cheering each other on every step of the way. Finishing as 1st ladies team was the perfect added bonus 🏆.

The Flapjack Fiends



Still fresh from the buzz of competing at the E2B relay for the first time in 2025, coming a respectable 6th place, the Flapjack Fiends were excited for the 2026 version. Welcoming Flo Seager to the lineup, a huge achievement in so much as she is bang in the middle of her GCSE's, Mel Jensen, Stav, Paul Turner, Liz Avery & Rich Pegden remained for the Flapjacks. What a run the half dozen produced. Liz set the tone on leg 2, flying to Havant, Paul smashed Poets Stone like it was as flat as a pancake. Flo nailed the hills, Mel produced two incredible legs and Stav does what Stav always does, an amazing steady and quick athlete. As Flo flew down the final footpath, the Fiends knew they had finished 5th. The icing on the cake was then being told that they were the first mixed place team, a stunning performance!! With time to karaoke with Liz on the way home, the Fiends reflected on another wonderful day, with true friends and top athletes. Special thanks to Mel, and husband Simon, with support crew Otter, for the driving.

Liss Less and Breathless



For a team taking on the E2B for the first time, it was a wonderful and memorable day. Injury made it even tougher, as we competed with only four runners—Rosie Dyke, Aido, Steve Clay and Emily White—and had no separate chauffeur. It truly felt like a magical mystery tour. Even so, we can be proud that we gave it everything. The camaraderie, friendship and support within our team, and across the wider Liss Runners family, were something special and will live long in the memory.

Emsworth to Basingstoke Relay results 2026: [E2B results](#).



Action shots through the day:-





Trophy winners...



South Downs Relay 6th June 2026

Liss Runners also enter two teams – men's A team and a ladies team - in the larger and longer South Downs 100 mile Relay. Teams of six tackle the South Downs Way between Beachy Head, Eastbourne to Chilcombe, Winchester. Each runner runs three legs over the day with leg lengths between 4 and a half and 9 miles long. A long and tiring day made worst by the heavy rain through the day this year but still a great way to spend a day!

Ladies Team Report by Cari...

There are relay days... and then there are South Downs Way Relay days.

This year's event seemed determined to test far more than our running legs. By mid-morning we were greeted with relentless wind and enough rain to make us question whether we'd accidentally entered a swimming event instead.

Thankfully, spirits remained high thanks to Mel's legendary flapjacks, an impressive soundtrack of 90s cheese and some enthusiastic (if occasionally out of tune) car karaoke.

A huge thank you goes to our very own "The Stig", Mel, whose expert driving got us safely to each changeover point despite the weather trying its best to slow us down. The dryrobes certainly earned their keep, and although the rain kept making regular appearances, we were eventually rewarded with a welcome flash of sunshine – admittedly only long enough for us to remember what it looked like before the clouds returned!

Like any good relay, there were a few brief sense of humour wobbles (cough Cari cough), but they soon disappeared as the miles, laughs and flapjacks accumulated. Better still, the weather finally relented for the closing stages allowing the day to finish on a dry note.

There was also the matter of finishing ahead of the Chineham men's team...we'd been battling them all day and sharing lots of banter so it was a small victory, but all in good humour.

To round off a memorable day, Robin surprised us at the finish with a celebratory bottle of prosecco – a welcome treat after a day spent battling the elements together.

The South Downs Way Relay is never just about the running. It's about teamwork, supporting each other, sharing plenty of laughs, and making memories along the way. A huge well done to everyone involved – it was a brilliant day with a brilliant group of ladies. Here's to doing it all again next year... although perhaps with slightly less wind and rain!

Ladies team photographs:-



One to make Stavros jealous!



Men's Team report from Stavros...

South Downs Relay 2026 – Liss Runners Men's Team: Three Legs, Four Legs, No Problem!

By Stavros Valourdos

This year's South Downs Relay already felt different before a single runner had crossed the start line. For a start, I finally stole a page from the Women's team playbook and booked their hotel in Eastbourne for the night before. No 4 a.m. alarm, no sleepy minibus journey across Hampshire and Sussex, and, in theory, a few extra hours of precious sleep. It felt wonderfully civilised.

Then came the weather forecast. Normally, the pre-race WhatsApp chat revolves around the usual questions: How hot is it going to be? Who's bringing sunscreen? Has anyone packed enough gels? This year's discussion was rather different. Instead, everyone was talking about trail shoes with proper grip... and dryrobes. Dryrobes in June? Only a week earlier I'd looked at one while shopping, thought about buying it for XC and decided it seemed a bit strange at this time of the year. Leave it for XC season where it belongs. That decision aged about as well as leaving a banana in the sun. This wasn't the usual "chance of a shower" forecast that never materialises. Nor was it last year's "possible thunderstorms" that ultimately postponed the relay. This was genuine, full-fat British weather: heavy rain and strong winds. Naturally, the Women's team all managed to acquire dryrobes. Our team? Simon. Just Simon.

Friday afternoon arrived and I travelled to Eastbourne together with the Women's team before enjoying a relaxed evening meal, followed by a short walk around town and along the seafront. Neil Hancock joined us later, and before long everyone disappeared to their rooms for what we all hoped would be an early night. The Women's team, starting an hour before us from Beachy Head, had the dubious honour of setting their alarms first. Thinking of them leave the hotel while we enjoyed a few extra minutes in bed was probably the last time fortune smiled on the men's team all day. Those extra credits would soon be spent. Quick breakfast completed, Neil and I met the minibus outside the Hotel where the rest of the squad was there: Paul Stokoe, Simon Dimmock, Ed Rolls, Mitch Stanley, Stuie Lavalette (our captain) and Robin Greenfield, who once again volunteered for the arguably toughest job of the day—driving.

Everyone was remarkably cheerful considering the hour. They'd already encountered rain when starting from Petersfield, while the forecast confidently predicted that the weather would arrive in two separate waves—as if one wasn't enough. The minibus was spacious making life easy by having our bags always accessible, people could move around, and before long we were climbing the road towards Beachy Head.

The weather immediately reminded us where we were. Beachy Head has a remarkable ability to feel like February regardless of what month the calendar insists it is. A biting wind swept across the downs, and although it was technically summer, nobody was volunteering to remove any layers.

After the race briefing, we gathered for the obligatory team photographs before cheering Paul away on Leg 1. Our adventure had officially begun. The rain soon followed. We saw Paul through Birling Gap before he handed over to Simon at Exceat—a relay exchange point that also deserves recognition as one of the finest comfort-stop locations on the entire route. As we climbed towards Bo Peep to drop Neil for Leg 3, the weather somehow managed to deteriorate even further. If Beachy Head had been unpleasant, Bo Peep was actively hostile. To make matters worse, reports filtered through those cows had decided to take an active interest in Leg 2, blocking the route and forcing Simon into an unexpected detour. Apparently, the livestock had also checked the weather forecast and chosen violence.



The morning continued in much the same fashion through Legs 4 and 5. Robin and Stueie, meanwhile, maintained one of the South Downs Relay's finest traditions by buying sandwiches of truly heroic proportions for breakfast at a predetermined food van across the street from the start of leg 5. Eventually it was my turn for Leg 6. By some miracle, I threaded the needle perfectly between the two forecast storms. Rain was minimal, although the wind more than compensated, especially across the exposed tops where it seemed determined to push runners backwards rather than forwards. I reached the finish of my leg relieved to have escaped the worst of the weather, only to discover something rather more concerning. The marshals informed me there had been an accident on the A27, and my team hadn't arrived. For a few horrible seconds my imagination went into overdrive. Had our minibus been involved? Thankfully, Neil suddenly appeared on the opposite side of the road. Both the marshals and

I immediately began shouting at him to get moving. Timing, as always in relay running, is everything.

The accident created its biggest challenge for Leg 7, arguably the trickiest logistical leg of the entire relay. Unlike most exchanges, runners are dropped well away from the handover point, where vehicles aren't allowed to stop. Normally the incoming runner spends the final few hundred metres anxiously scanning the path, desperately hoping to see their teammate waiting. This time Robin had the added challenge of navigating a lengthy diversion caused by the A27 closure, on top of an already awkward transfer from Leg 6.

Considering the circumstances, Neil waiting only two or three minutes before handing over to Simon felt like an outstanding logistical victory. It certainly felt like one inside the minibus. Simon disappeared into what was shaping up to be one of the toughest legs of the day.

By now the weather had settled into a relentless routine of wind, rain and general unpleasantness. Leg 8 offered plenty of all three, and Ed experienced much the same on Leg 9 before Paul headed out again on Leg 10. Waiting for Paul to appear at the end of his leg, I noticed something wasn't quite right. He was limping and saying something to the tune that he was done for the day. There wasn't much time to find out what had happened because I was about to start Leg 11—the one I'd already marked in my mind as my toughest assignment of the day.

I'd recce'd it once with Kate Parker and knew exactly where the climbing ended. Throughout the leg I kept reminding myself: "Just get to that point... once you're over there, it gets better." The weather, unfortunately, hadn't received that memo. The wind repeatedly tried to turn my cap into either a blindfold or a kite. Walkers wrapped head-to-toe in waterproofs looked at me with expressions that seemed to ask, "Why would anyone choose to do this?" Honestly, I couldn't entirely answer them. Adding to the entertainment, I'd opted for road shoes again on this leg. They were about as suitable for the increasingly muddy trails as roller skates would have been. Every few minutes I'd perform an involuntary impression of Bambi before somehow regaining my balance. Eventually the climbing relented, the flat also ended, and I reached the final glorious descent—a section I'd somehow forgotten to photograph during the recce despite admiring it at the time. This time there was no sightseeing. I threw everything I had left down the hill before handing over to Simon across the road for Leg 12.

Only after getting into the minibus did I discover what had happened to Paul. His race was over. Paul's injury meant we suddenly had a relay to save. Fortunately, within minutes and while I was running earlier, a rescue plan had emerged. Mitch would take Paul's third leg—Leg 17, the infamous eight-mile monster and the longest leg of the relay. Ed would then take Mitch's scheduled final leg—Leg 18, the famous "glory leg" into Chilcomb sports ground. In practical terms this meant Mitch would shoulder the extra distance, while Ed would end up running four legs during the day. Nobody complained. Nobody hesitated. Everyone simply adjusted their plans and carried on. It was one of those moments that quietly reminds you what relay running is really about.

Meanwhile Mitch was preparing for Leg 13. If there was one certainty throughout the previous month, it was that Mitch had talked about Leg 13 at least once every time the relay was mentioned. And it was most of what he talked about during the day. The hardest leg of the relay seemed to have become his destiny. When Simon returned safely from Leg 12 we noticed something else. The weather had finally begun to ease. People started smiling again. Morale rose almost as quickly as the clouds lifted. By the time we reached Harting Down we were back on home territory.

There was time to catch up with the Women's team who, judging by the steady stream of WhatsApp photos and videos, appeared to have spent considerably more time documenting their adventure than surviving it. Our own contribution to the group chat had consisted mainly of silence. We also bumped into various club members who'd come out to support, making Harting Down feel more like a home fixture than a relay exchange. It was here that Stuie reported Paul's injury to the Race Director along with our revised running order. The response wasn't quite what we'd hoped. We were allowed to continue...but we'd receive a DNF. As we later discovered, every runner must complete all three allocated legs. It was disappointing. For about thirty seconds. Then everyone simply shrugged and got on with finishing the relay anyway. If anything, the decision strengthened everyone's resolve.



Mitch soon arrived at the end of Leg 13 absolutely buzzing. Judging by his expression you'd have thought he'd just won the London Marathon rather than completed one particularly brutal section of the South Downs Way. His enthusiasm was infectious. At Queen Elizabeth Country Park we met even more Liss supporters before Ed set off up Butser Hill on Leg 15—a leg originally intended to be his final run of the day. From there we moved to the Sustainability Centre, another place that feels like home thanks to Tom Frost once again coordinating our ever-reliable Liss marshals. It's one of those reassuring moments in the relay where familiar faces suddenly appear just when everyone's energy is beginning to fade.

My final assignment was Leg 16. The route had transformed into something that belonged somewhere between November and January: Mud everywhere. Fortunately, unlike earlier in the day, I'd finally made the sensible decision and was wearing trail shoes. Progress immediately became considerably less dramatic. The leg itself is relatively short, although near the finish another group of cows had decided to become race officials for the afternoon. After some careful negotiations—and thankfully without requiring another detour—I squeezed past them and handed over to Mitch for his unexpected eight-mile epic.

By the time Mitch disappeared onto Leg 17, we headed for Holden Farm, one of the relay's finest locations. Not just because of the handover and again the fine facilities. Because there's usually enough time to eat. When your runner is tackling the longest leg of the entire relay, and all bar one are done, everyone suddenly develops a healthy appetite. Sandwiches, flapjacks, bananas and whatever else could be found disappeared remarkably quickly while we waited for Mitch steadily make his way across the Downs. Considering he'd inherited the leg at short notice—so hadn't even recced it—he produced an outstanding run. There was never any doubt about the effort he'd put in.

Next stop: Cheesefoot Head. The final runner checking point. Ed was coming through on the famous Glory Leg. We stationed ourselves at the junction before the A272 crossing to cheer him and I went across the street to take a picture just as Steve Armstrong and Gav Saunders had done for me 2 years back. It turned out to be a successful tactical decision as I was also able to point Ed to the right way (again no recce) with a Chichester runner hot on his heel. As he disappeared over the ridge, the entire team made its way to Chilcomb Sports Ground.

It's funny how the atmosphere changes there. The stress evaporates. Now all that's left is waiting for your final runner. Eventually Ed appeared. Just ahead of him was the runner from Chichester. At first glance the gap looked too big. After four legs, plenty of miles and a full day's worth of relay logistics, surely nobody was finding another gear now. Apparently, nobody had informed Ed. Within one hundred metres he simply reeled the Chichester runner in. It wasn't gradual. It wasn't subtle. One moment there was daylight between them. The next there wasn't... Our cheering became progressively louder as he swept past and crossed the line first, finishing the relay in perfect style. Given everything the team had dealt with throughout the day, it somehow felt like the perfect ending.

With both Liss teams reunited at the finish, attention finally turned away from splits, exchanges and weather forecasts. The obligatory team photographs followed, everyone somehow managing to look remarkably cheerful considering the conditions we'd endured. Then came the prize giving, and finally the long journey home. Looking back, this wasn't the fastest South Downs Relay we've ever had (organisers said it was the worst conditions in 30 years). We battled relentless wind, driving rain, blocked paths, wandering cattle, road closures, logistical headaches, on the day leg changes without recce, questionable footwear choices and, most significantly, the disappointment of losing Paul through injury halfway through the day. Despite the eventual DNF, nobody stopped racing. Nobody stopped supporting each other. Everyone simply adapted. Just another reminder that the South Downs Relay has never really been about times or finishing positions. It's about spending an entire day on eighteen legs of hills, a minibus full of friends, plenty of laughter, questionable decision-making, and somehow still wanting to do it all again next year; because, let's be honest...we're probably already wondering whether we'll need dryrobes in 2027.





Liss Runners
Ruby
Anniversary
Social

Sunday 5th
July

To celebrate 40 years of Liss Runners an afternoon of food, drink reminiscing and activities was organised at the West Liss Pavilion. Many thanks to Catherine and her brilliant team for organising such a successful event.



Liss Runners take over the Pavilion



Table with loads of interesting articles, photographs and a board dedicated to a few club members who have died, covering the past 40 years.

Catching up with former club members who attended: -



Jenny Broadhead: a founder member along with husband Bob (from 1986 to 2010). She is please the club has gone from strength to strength: from initially 12 members in 1986 to now almost 200.



Pam Peacock: club member for several years from 1990. Encouraged to join Liss Runners by Jenny. She especially liked the club being able to accommodate all with her favourite session being Wednesday intervals.



Ginny and Bill Andrews: Ginny is the daughter of Bill's Hills Allcock and of course was encouraged to run by Dad. A club member from 1988 to 2008 she liked that the club was inclusive where all runners were looked after and helped and there was a great social atmosphere to the club.



Jez Dicken: club member from 2010 to 2019. Great team player, always willing to help out and take part. Also a good orienteer in his time and now lives in Somerset as he is the owner of a holiday caravan and camp site.



John Ainsley: Club member from 1995. This long term Liss Resident was a fast runner in his time.

Tim Greenwood: Club member from 1990 with wife Val and long-term club treasurer; excellent at keeping the club finances on the straight and level. Organiser of 20 "Grayshott Gallops": an annual social run around the Grayshott with famous tasty soups when finished.



Derek Graham: Club member from 1987 to 2020. Really helpful never shirking offering help on club races and events, including many years as club chairman on a good period for the club.



Mike Dadd: Club member from 1987 to 2013. Aspects of the club he liked were that it kept him fit, "on his Toes", sessions were testing but social with friendly fellow club members.

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: Generally track Sessions down at the Mountbatten Centre, Portsmouth. Usually taken by Jayne Jefferies and includes warm up, drills and plyometrics before the main session of around 5k worth of speed work. There is a £4.65 use of the track per person and car sharing is encouraged. Dates on the [Teamo website Liss Runners Calendar](#) and specific details on [Teamo track page](#).



There have also been “**pub runs**” every fortnight from May. [Liss Runners Pub run webpage](#). Also see the reviews later in this newsletter. The run on the 6th July needed to be cancelled and it is unsure if the one on the 20th July and the one on the 31st August (Bank Holiday one) is going ahead. Please keep an eye on the Teamo calendar closer to the days. Due to troubles booking in food orders at the pubs (many are closed on Mondays) there is a proposal to change the pub run day to Tuesday and have them as part of the “torchy Trails” series. Mondays can then be purely for the track sessions. Any comments on this please let the committee know.

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.

Total ascent: 312m

142m 141m 142m 75m

Harting10

Take on the hills with this stunning multi-terrain course through the beautiful South Downs.

02 AUG 2026 | **10:30 START**
SOUTH HARTING, W SUSSEX



In support of:



LISS 
Runners

Spot prizes donated by:



www.liss-runners.org.uk/harting10

Only a few weeks to go until our main event of the year: The Harting 10 mile trail race along with Children's fun runs. A race article was in the last newsletter.

Plenty of help is needed to put the race on. If you've not already and can help out on the day please contact the volunteer co-ordinator Laura Knight on e-mail: lauraknight17@hotmail.com.

Or give it a go! Check out the race website as above.

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. Clear written route instructions are available for all routes but Tom usually leads the long run for each pub run.

This may be the last season pub runs will be on a Monday. Mondays can be kept clear for the track sessions and the pub runs can be combined with the "torchy Tuesday" runs next year. Also, more pubs open on Tuesdays than Mondays. Any comments on this proposed change please let the committee know.

Review of West Meon Pub Run: 25th May



Many thanks to Rose Lewis for organising the last Bank Holiday in May's pub run. It was from The Thomas Lord, West Meon on one of the hottest days so far this year. Rose took all three routes down South from West Meon to Warnford on a lovely footpath before coming back to West Meon on the route of the old Alton to Fareham railway. The middle length route did an extra loop in the middle and the long route had the long climb up to the ancient hill fort on Old Winchester Hill to contend with. The views were well worth it though! Then it was back to the pub for some good food and drink.



The Walkers going up the first hill



The runners



The walkers



Lovely field of poppies on the route

Review of Liphook Pub Run: 8th June



Before the off by "The Canadian Bridge"

The third pub run of the series was from and to "The Canadian Bridge" just to the North of Liphook. All routes went through Radford Park and a steep climb up a rocky track to Hewshott Lane. The walkers then went through the Old Barn campsite to get back to the Bridge. The five milers dropped down to go along the River Wey valley before a climb up to Bramshott Common and back over the campsite. The seven milers had an extra journey over to Bramshott Chase and over the middle of Bramshott Common.

Unfortunately, The Green Dragon was closed. So, no Thai food this year!



The seven milers along the River Wey valley footpath



The fivers have found some friends!



The seveners going under the A3 bridge



The seveners going back under the A3



Walkers and fivers back at The Bridge

The Mill, Haslemere: 22nd June Review



The fourth pub run of the season was from The Mill, Shottermill to the South-West of Haslemere. All routes used the countryside to the South of the pub. The walker's route climbed up a track to The Ridge, along The Ridge to go over Marley Common. The route should have taken them down Marley Combe to Camelsdale but they got lost going over the common and used a lane to get back down to Shottermill.

The five and seven milers went, from the ridge, towards Linchmere then dropped off The Ridge with the five milers using a footpath going along middle of Cognor Wood before a climb up to Marley Common and back what the walkers should have used. The seven millers got as far as Newlands Cottage and Shulbrede Priory before a long climb up to Marley Common.



Up the first track to "The Ridge"



Long climb up through Cognor Wood



View near Linchmere



Almost back to the pub: Shottermill War Memorial

Chairperson's Comments

Hi All,

Newsletter time again and finally we are in the heat (literally) of Summer!

We all pray for these warm, balmy days as we battle the wind and rain throughout Winter, but I think we have all been surprised at the intensity of it 2026 has brought so far!



We've enjoyed the return of both the pub runs and track sessions thanks to the longer days, both firm favourites amongst our Club Members.

A huge thank you to Jayne for committing her Monday evenings to the Mountbatten track and to everyone who has put together the pub routes for us to explore new trails.

The SCCL league has come to a close with a later than usual last race in April. I'd like to congratulate all our runners for putting in a strong performance throughout and earning us 2nd place overall. A superb result.

Last weekend saw the final HRRL league race at Lordshill 10k. Both this and Alresford 10k before it through in high temperatures and difficult race conditions but our teams battled through impressively. We await the final results, but our ladies look to have held 2nd place in the top division and we are very much hoping our men have done enough to avoid relegation in the men's top division too 🤞

So now to sit back and enjoy some more leisurely social runs for a month or two before we go again!

This year has been a particularly special one where we've celebrated our 40th anniversary in style. Thanks to the team behind last week's party, in particular Tanya who worked like a Trojan to ensure it was a success!

It was a great chance to remember all the efforts of previous and current Members and to remember some we have lost along the way. I think we all came away feeling very lucky to be part of such a great community and to know the club is continuing to thrive.

We look forward to the Harting 10 mile next month, another truly special event for everyone to get involved with, whether running, volunteering, or coming along with the kids for their race. Cakes are always needed so please do get your aprons on and bring along what you can!

See you all at a run soon,

Catherine

Editor's Comments

There was enough copy to issue the newsletter slightly early. Many thanks to all who contributed: James White for all the information on the Emsworth to Basingstoke Relay and all his work on the Teamo site that I've used, Cari for the South Downs Relay from the ladies perspective and Stavros for the men, Catherine for the organisation of our 40th birthday celebration party and the Chairperson's comments and anybody I've missed.

Any feedback about the Newsletter please let me know on the e-mail address below. Is the format fine? Is the newsletter of use or is it too similar to what's on Teamo? Is there too much in the newsletter or anything that's missing?

As always, I'm after "copy" to go in future newsletters: any race reviews, runners' profiles - these have "dried" up at the moment! (I can e-mail the standard questions for any kind volunteer's), photographs. "fav" run routes or anything else of interest to club members to go in a future newsletter please e-mail me on: -

Tom.frost177@outlook.com

I aim to produce the next Liss Runners newsletter in September.

Cheers all,

Tom.

Hot Stuff!

Information and tips on running in periods of strong and hot sunshine: as triggered by the recent period of hot weather.

There are two main hazards when running in hot sunny weather: sunlight itself and overheating. Moderate sunlight exposure is beneficial in stimulating the production of Vitamin D3, essential for bone health and other



heathy functions of the body along with the "feel good" factor. However, you can easily have too much of a good thing! Anything more than 30 minutes of uncontrolled moderate to strong sunlight is likely to cause harm.

Ultraviolet radiation (UV) is generally the most harmful aspect of sunlight. There are two main types of UV rays that reach the surface of the earth: UVA and UVB.

UVB rays (along with high energy visible light) mainly affect the outer skin layer. It can cause sunburn (red/pink coloured patches of skin with pain and tenderness, swelling, peeling skin layers and in severe cases fluid filled blisters on the skin and the risk of "sun poisoning" making you very ill), hyperpigmentation (discoloration of the skin), actinic keratoses (creating rough, scaly patches of skin with increased risks of skin cancer – anything like this get it medically checked out) and possible DNA damage again increasing cancer risks.

UVA rays generally penetrate deeper into skin layers and can generate increased free radicals (highly reactive atoms and molecules increasing risks of damages to surrounding atoms and molecules), oxidative stress (where atoms and molecules are out of balance due to damages from free radicals) and photoaging with skin having a loss of elasticity creating skin wrinkles and sags.

So how to reduce risks: Avoid running when the sun is strongest: between 10am and 2pm. Run in areas where there is plenty of shade; such as wooded areas or roads with high hedges. Wear clothing that covers at risk areas: arms, neck, head etc. (more when just being out in the sun along with use of an umbrella or sunshade) and the use of sun cream: SPF (sun protection factor) 30 or more, listing it's a broad-spectrum product (protects against UVA and UVB rays). Apply generously to the most at risk skin areas such ears, nose, neck etc. along with the usual skin areas. Reapply every two hours, when out in the sun, or more often if prone to excessive sweating or you get wet.



As highlighted by Rose in a previous Newsletter also consider the eyes. Uncontrolled sunlight exposure into the eyes can cause sunburn of the cornea (photokeratitis), harmful and painful! Longer term risks are cataract formation, earlier age-related macular degeneration and eyelid cancers. When running try not to look towards the sun. Wear sunglasses if out in the sun. The sunglasses should be

CE and or UKCA certified and be marked with UV400. This blocks almost all UV rays (both UVA and UVB). The glasses should also be marked with a category. Category 3 (the lenses are dark and designed for bright sunshine days). If you are ever in high mountains then the recommendation is for category 4 sunglasses (designed for intense sunshine). **Note:** Categories 3 and 4 are not suitable for use when driving.

Then there are the risks from overheating. When the body is failing to control its temperature and it rises over the normal 37.5oC there can be serious effects on the body. Mild overheating will cause heat stress where blood pressure drops due to the body trying pump blood more to the skin to cool the body core. The heart will worker harder, you will sweet more, performance will decrease and you will tire much quicker. This should be a cue to drop the effort and not worry getting a fast time.

Note: Medical advice is that you should not do vigorous physical activity when its 30oC or more. Running races should really be cancelled. If you do run, run first thing or last thing in the day, don't do hard training, reduce the distance, pick shaded routes, plan in rest breaks and drink plenty of water (note: if doing longer training or races, see the information on isotonic drinks further in this article) or maybe consider having a bike ride or a swim instead?

The next risk is heat exhaustion. The heat beats even faster, the body temperature rises further, your breathing becomes faster and you sweat more. Low blood pressure will lessen blood getting to the brain that can lead to headaches, dizziness, mild temporary confusion, trouble co-ordinating movement, weakness and nausea. A tell-tale sign is a runner slowing down, not running straight, swaying and not being able to talk properly. Very common in hot late spring races when bodies are not acclimatised to hot days. A few runners doing hot Alton 10 mile races have often displayed these symptoms near the finish. To help suffering runners they need to be moved to a cooler, shaded area, get them to lay down and raise their legs to get more blood supply back to the brain. They should drink water and water can be sprayed over them but not poured. They generally should soon recover.



If they do not recover the most serious heat effect is heat stroke. Any risk of these and 999 must be called where the runner will very likely go straight to hospital. The temperature becomes so high there can be fainting, loss of consciousness, heart injury or heart failure, muscle breakdown, blood clotting problems and kidney and

liver injury. Dehydration may be a likely cause where there will be minimal sweating that is unable to cool the body.

So finally, a word on dehydration: This is where the body loses more fluid than it takes in. Dehydration can make you feel constantly thirsty, have dry feeling to the mouth, tongue and lips, make you feel lightheaded, makes you feel sick, cause diarrhoea and causes you to pee less. Pee is a good indicator on dehydration: normal pee should be a clear light straw colour. If it darkens getting more orange or brown, get that water inside you, especially if it starts smelling different and stronger. Ideally take small sips of water throughout the day – always have a water container with you – and more when the weather is hot. On hot runs also always bring water with you and again small sips throughout the run before you get thirsty.

Beware if you have had a drinking session the night before or you are taking medicines as these both can cause dehydration. Increase the water intake, especially a good glass of water before going to bed.

Water is generally fine to use but if it's a longer run (over an hour) and especially if warm or hot an isotonic may be a better option along with water. These are designed to maintain electrolyte balance and replenish glycogen stores. Also, an isotonic drink can aid recovery after a hard training session or race. As these isotonic drinks are quite sweet, it's a good idea to drink water after drinking the fluid and swirl it around the mouth to remove the sweet residue and protect your teeth from decay. Any feeling of nausea or dizziness after drinking any sports drink, stop taking any more.

There are three main isotonic drink types:-

Hypotonic: (hypo=under): lower carbs and electrolytes for rapid hydration: This is typically used for short. Intense workouts around 30 minutes duration. Water is generally just about as good?

Isotonic: (iso=equal): similar carbs and electrolytes in blood. This has been designed for endurance training and races longer than an hour.

Hypertonic: (hyper= over): This has a higher concentration of carbs and electrolytes. It is generally used for recovery after long training sessions and ultra races; with water. It should not be used when training or competing as it takes fluid from the body to be absorbed.



Hampshire Road Race League



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

The Lordshill 10k was the last of the 2025/26 season. It all starts again on 30th August with the [Totton 10k](#) followed by the [Overton 5](#)

mile on 6th September. Get those entries in fast, if interested, as they soon go!



[Hampshire Road Race League Website.](#)

Team results before the Lordshill 10K road race: Ladies 2nd in the top A1 league, Men 9th in the top A1 league: [team results.](#) (season results not out yet).

Race Reviews:-

Netley 10km: 17th May

We had a few Liss Runners taking part in the Netley 10km Race this year, as in the results below.

[Netley 10km Race results](#)

The race was organised by the local Netley Abbey Runners and is a scenic, road and park paths, coastal route mostly around The Royal Victoria Country Park to the East of Southampton.



Alresford 10km Road Race: 21st June



Thirteen brave Liss Runners took on the Alresford 10km Road Race on one of the hottest days so far this year. The course is from Arlebury Park sports field, through the village centre, North over The Great Wier, then it was "laneing" it with an undulating out and back via Abbotstone. The lane did not offer much respite of shade, making the undulations seem twice as steep and long! It was then along the lane and pavement to the West of Alresford before finally once around the footpath pitch to finish. A tough, hot but scenic 10k where just finishing was the order of the day rather than a full out effort for a PB. We had a good Samaritan with Andy Brown stopping to help a runner who was suffering from heat exhaustion, looking pale, confused and wobbly. With several minutes of sit-down rest, in the shade and drinking water, I'm pleased to say he made a full recovery.

[Alresford 10km Road Race 2026 results here](#)

Lordshill 10km Road Race: 5th July



Another hot one but not as hot as at Alresford! Race start and finish was in the Oasis Academy and was a complete out and back along residential roads, cycle paths and a country lane. Congrats for two second age placings for mother and daughter Catherine and Flo Seager.

[Lordshill 10km race results here](#)



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.

Remaining races this season:-

Rerun of cancelled July race: Forest Road, Warren Lane, Reeds Lane, Brewells Lane, St. Patrick's Lane, Rake Road to end at the Triangle Centre. See Teamo for the revised date.

5th 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.

After three races it's well done to Chris Dettmar who is leading the series on 266 points. Then it's very tight! We have joint second Tom White and David Reid on 250 points, then 4th Max Stuart on 249 and joint 5th Paul Stokoe and Paul Turner on 248.

Current results table:-

HANDICAP POINTS TABLE							
Name	Race 1	Race2	Race 3	Race 4	Race 5	Race 6	Total
Chris Dettmar	100	82	84	0	0	0	266
Tom White	85	79	86	0	0	0	250
David Reid	92	70	88	0	0	0	250
Max Stuart	50	99	100	0	0	0	249
Paul Stokoe	97	86	65	0	0	0	248
Paul Turner	87	72	89	0	0	0	248
Sandie O'Hanlon	71	95	78	0	0	0	244
Florence Seager	84	90	68	0	0	0	242
Kevin Durrant	47	98	97	0	0	0	242
Lana Page	52	87	99	0	0	0	238
James White	78	74	85	0	0	0	237
Andy Paton	68	73	95	0	0	0	236
Eddie Butters	79	81	74	0	0	0	234
Rob Fleming	90	68	76	0	0	0	234
Laura Rogers	66	75	90	0	0	0	231
Debbie Band	55	88	81	0	0	0	224
Gavin Saunders	59	69	93	0	0	0	221
Paul Judge	53	83	83	0	0	0	219
Tom Frost	83	60	71	0	0	0	214
Edward Rolls	91	58	63	0	0	0	212

Rose Lewis	40	96	75	0	0	0	211
Noel Wright	63	62	80	0	0	0	205
Alex Wilkinson	46	76	79	0	0	0	201
Kate Parker	0	89	96	0	0	0	185
Liz Avery	0	85	98	0	0	0	183
Lucy Bartlett	0	100	82	0	0	0	182
Neil Gwatkin	48	64	66	0	0	0	178
Catherine Seager	81	93	0	0	0	0	174
Angus Cockburn	93	78	0	0	0	0	171
Joe Hogan	89	80	0	0	0	0	169
Tom Adams	96	0	72	0	0	0	168
Matt Gregory	0	71	94	0	0	0	165
Matt Gregory	0	71	94	0	0	0	165
Mollie Dyer	0	92	69	0	0	0	161
Emma Burrows	69	91	0	0	0	0	160
Stavros Valourdos	0	67	92	0	0	0	159
Emily Connolly-Brown	77	0	70	0	0	0	147
Catriona Cockburn	73	0	73	0	0	0	146
Victoria Band	80	61	0	0	0	0	141
Sarah Page	51	84	0	0	0	0	135
Georgie Freeman	42	0	91	0	0	0	133
Steve Clay	61	66	0	0	0	0	127
Emily Durrant	45	0	77	0	0	0	122
Christina Harfleet	56	0	64	0	0	0	120
Emma Parson	49	63	0	0	0	0	112
Jacqui Waddell	43	0	67	0	0	0	110
Millie Harfield	44	57	0	0	0	0	101
Karen Potts	41	59	0	0	0	0	100
Rob Nugent	99	0	0	0	0	0	99
Phil Avery	98	0	0	0	0	0	98
Rosie Watkins	0	97	0	0	0	0	97
Mitchell Stanley	95	0	0	0	0	0	95
John Harfield	94	0	0	0	0	0	94
Sophia Parker	0	94	0	0	0	0	94
Gary Lomas	38	55	0	0	0	0	93
Steve Armstrong	88	0	0	0	0	0	88
Russell Hall	86	0	0	0	0	0	86
Toby Clay	82	0	0	0	0	0	82
Anna Wemyss	0	77	0	0	0	0	77
Rob Finn	76	0	0	0	0	0	76
Sam Brear	75	0	0	0	0	0	75
Richard Pedgen	74	0	0	0	0	0	74
Lucy Mitchell	72	0	0	0	0	0	72
Hugh Maddison	70	0	0	0	0	0	70
Ben Potts	67	0	0	0	0	0	67
Laura Armstrong	65	0	0	0	0	0	65
Simon Dimmock	0	65	0	0	0	0	65
Lucy Jenkinson	64	0	0	0	0	0	64
Annett Heistch	62	0	0	0	0	0	62
Rose Turner	60	0	0	0	0	0	60
Stu Lavalette	58	0	0	0	0	0	58
Joe Lague	57	0	0	0	0	0	57
Helen Purchase	0	56	0	0	0	0	56
Cliff Pay	54	0	0	0	0	0	54
Melissa Matthews	39	0	0	0	0	0	39
Ellie Bryan	37	0	0	0	0	0	37

Liss Runners Kit Corner

For any Liss Runners running gear please contact our "kit man" Stuart (Stuie) Lavalette: 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.

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

Sat./Sun. 18th/19th July: [Big Heat Camp Fire events, Petworth.](#)

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

Sunday 19th July: [Surrey Slog Half Marathon Trail.](#)

Saturday 25th July: [Phoenix Anniversary Bash, Winchester.](#)

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

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

Wednesday 5th August: [Lakeside 5km Road Race, Portsmouth: Race 4.](#)

Saturday 8th August: ["Brutal" Bordon.](#)

Sat./Sun. 15th/16th August: [Weekend Phoenix Summer Feisty.](#)

Sunday 16th August: [Southampton Running Festival.](#)

Sunday 16th August: [Isle of Wight Half Marathon.](#)

Sunday 23rd August: [Big Pilgrimage Ultra Southampton.](#)

Sunday 30th August: [Totton Running Club 10k: HRRL](#)

Sunday 30th August: [Arundel Castle 10km Trail Race.](#)

Sunday 6th September: [Overton 5 mile Road Race: HRRL](#)

Wednesday 9th September: [Lakeside 5km Road Race, Portsmouth: Race 4.](#)

Sat./Sun. 12th/13th September: [Isle of White Fell Run Series.](#)

Sunday 13th September: [Pilgrim Marathon/Half Marathon, Farnham.](#)

Sunday 13th September: Butser Hill Challenge. (no website details yet!)

Saturday 19th September: [Rescheduled Elstead "Marathon" 5.4 mile race.](#)

Saturday 19th September: [Hambledon "Hilly" 10/20km trail race.](#)

Sunday 20th September: [Winchester Half Marathon Road Race.](#)

HRRL = Hampshire Road Race League race.

Fav. Run: Around Great Park, Blenheim Palace, Oxfordshire

No one wants to share their favourite running routes; you'll just have to put up with another one of mine!

This edition is one I did on four days Holiday in Woodstock, Oxfordshire. I had two runs with the second a lovely countryside run over to and along the Oxford Canal and River Cherwell and back. But I've chosen the first as my favourite run this edition. I went North from Woodstock and into The Great Park via a footpath. This footpath goes past the North end of Queens Pool (more like a large lake!) and on up the extensive grounds to the North of the Palace. There are a reported 5 miles of public paths and a lot more other tracks and drives within the grounds. You can see why a lot of running, triathlon and horse events chose this venue.





North of Queen's Pool with Palace beyond



North Drive

A long tarmac drive leads the footpath up towards the North of Great Park where it meets Grim's Ditch and Akeman Street. Grim's Ditch is a prehistoric large (when first built) ditch and bank, part of bits of these from Wiltshire to Hertfordshire. Akeman Street was a Roman Road from Hertford to Gloucester. I then went West along the bed of the Roman Road. Here I started to see a few hares, haring about in the fields. I then went South to the impressive high dry stone West boundary of the park and back East through sheep fields with lambs and plenty of Red Kites swooping about in the sky, over to the large stone walled Park Farm.



Remains of Grim's Ditch



Hare



Red Kite

I took a few photographs, one over high solid timber double gates and continued on the drive South. The double gates popped open and two black with blacked out windows Range Rovers came fast out of Park Farm. Very James Bond! I had visions they were going to stop and take my camera but they flashed on by. This left me to continue on down the drive to The Grand Bridge. Just off this is a distinctive film star tree! It was used in the Harry Potter film The Order of the Phoenix in the scene where Severus Snape (as played by the late great Alan Rickman) is recollecting his worst memory. I had a cheeky cross of the Bridge (not part of the footpath), for a slightly closer look at the rear of Blenheim Palace: Built on land given to the First Duke of Marlborough as reward for success in the 1704 Battle of Blenheim in Southern Germany as part of The War of Spanish Succession.



Cute lambs!



Park Farm



Grand Bridge



Rear view of the Palace

I then quickly retraced my steps as some Place staff were coming my way. Back over the bridge and North up the Park to look at the high Column of Victory. This is a tall fluted doric style column, built to commemorate the First Duke, as arranged by his wife. It has text on The Battle and the Acts of Parliament granting the Estate to the Duchy of Marlborough around the high lower plinths, the column itself and then a statue of the First Duke on the top holding a winged figure of victory and dressed as Caesar (as they did! The statue of William the Third in Petersfield Square is also dressed as Caesar). I then went East, back past the North end of Queen Pool and back into Woodstock. What a lovely late afternoon run it was.



Harry Potter Tree



Closer view of First Duke of Marlborough
Up on his column



Column of Victory