



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

# NEWSLETTER

## November 2025



Picking up our runners up award



Remember that hi-viz in hours of darkness



Awards Evening Review



First of the season report

# Contents

Liss Runners Awarded runner up England Athletic club of the Southeast: Page 3

The Importance of being seen: Page 4

Liss Runners Weekly organised activities: page 5

Liss Runners Weekly Strength sessions: Page 6

Liss Runner Christmas Party details: Page 7

Boxing Day Liss Runners Social Run details: Page 8

Club safety rules on bring dogs to club events: page 9

Important club contacts: pages 9 to 11

Chairperson's comments: pages 12 to 13

Editor's comments: Page 13

Hampshire Road Race League race reviews: pages 14 to 17

Southern Cross Country race review: pages 18 to 20

Liss Runners Awards Evening: pages 21 to 31

Priors Dean Pub Run review: pages 31 to 34

Liss Runners Handicap series: pages 34 to 35

Kit corner: page 36

Fancy a race? : pages 37 to 38

Runners profile: Mollie Dyer: pages 39 to 40

Fav. Run: East from Midhurst: pages 41 to 45

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

## Liss Runners awarded Runner up England Athletics club in the South-East Region!



Yet more success for Liss Runners: At the EA awards night held at Denbies Winery on Sunday (October 5th) Liss Runners were awarded runner up Club of the Year for the South East Region. The evening saw clubs represented across Kent, Sussex, Surrey, Hampshire, Berkshire and Oxfordshire come together. The wider Hampshire athletics family was well represented with fellow league clubs from Fareham and Sherfield also winning awards. Plus an award for Malcolm Price of Lordshill Road Runners who is a driving force behind the Hampshire Road Race League.

The Club made the shortlist chosen by a national panel of officials within English Athletics. The award celebrates outstanding EA affiliated clubs, with a focus on those clubs that have strived to improve over the last 12 months. For example, showcasing strong club governance, demonstrating what they are doing to improve the member experience and ensuring the club is inclusive in its approach.

As it relates to the member experience, the Club launched its first member survey in October. This will help us better understand the needs of our members, running motivations and goals, what works well and what can be improved.

The EA award is a fantastic achievement and endorsement for what has been a successful year and one of growth for the Club.

All credit and thanks to the hard work of our chair Catherine Seager and her band of helpers who are continuing to improve the club.

# Important...the need to be seen!

For running on trafficked roads in twilight and hours of darkness, for your own safety you need to be seen by vehicle drivers. It will also be a help with avoiding risks of colliding with pedestrians. Sufficient "be seen" items are suggested on your own arranged activities but is club rules on Liss Runners organised training and other activities.

The worst is to wear dark clothing. Hi-viz yellow or orange is better but it still does not show up enough to be clear for drivers to see you. What is needed is a reflective material to reflect vehicle lights back into the driver's eyes, such as Scotchlite tape:-



Alternatively wear something with its own lights. There are more belts and bands with LED strip lights:-



Then there are head torches. A must where there are no streetlights and mandatory on Liss Runners "Torchy Trails" sessions. Torches should be angled down, when your head is upright, to spot around 20 meters in front of you, to highlight the area, you are to run towards and pick up any trip hazards. What you don't want is drivers and your fellow runners being blinded by your bright head light.



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

**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 club website: <https://www.liss-runners.org.uk/activities/sunday-long-run/>

**Tuesday:** "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. There is a WhatsAppGroup for the weekly location. More details at: <https://www.liss-runners.org.uk/activities/tuesday-torch-trail/>

**Wednesday:** 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, which is on a club e-mail before Wednesday. Now off "The Estate" and Ridings hill (our usual winter training locations). All speeds welcome as training is in one place or there are "gather ups". **Trainers and their dates (may be subject to change on the evening):-**

19th November: Helen Purchase

26th November: James White

3rd December: Rosie Dyke

10th December: Dave Brown

17th December: Max Stuart

24th December: Tom Frost

31st December: James White

7th January: Helen Purchase

14th January: Tom Frost

21st January: Dave Brown

28th January: Rosie Dyke

4th February: Max Stuart

**Thursday:** 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 WhatsApp and on e-mails. Website details: <https://www.liss-runners.org.uk/activities/thursday-social-run/>

There are also occasional organised **walks** on a Saturday. Look out for messages on WhatsApp and on e-mails.

## Liss Runners Future Strength Sessions

Following the success of the strength session last Tuesday (hopefully you've all recovered!) and the results of the poll, Jordan and I have confirmed that Hybrid Move will now offer a permanent Monday evening Strength for Runners session.

This would look to start from the 24th November and be at 7:30pm at Churchers School gymnasium.

To attend you'd either need to be a Hybrid Member (which would enable you to attend this class along with any of the other Hybrid classes - there is no limit) or PAYG. Jordan is willing to offer Liss members a discounted membership at £38 a month if we get 15 or more people sign up - to reiterate this covers all Hybrid classes and not just the Strength for Runners class. Normal membership is £45 a month.



To register, you need to go to the website <https://www.hybridmove.co.uk/> and sign up as a new member (if there's a section for a comment please state you are a Liss Runner). Once we hit the minimum sign ups Jordan will notify you to reduce your direct debit down to the discounted rate. If you can send me a message to let me know you've signed up it makes tracking Liss members a bit easier and hopefully then we can confirm the discount ASAP.

For the classes you need to book in via the website in advance of the session - same as you did for the taster class.

The first class would be on 24th November to start getting you lovely and strong, and preventing injuries, ready for your 2026 running plans!

Any questions, send me a message.

Caroline : [liss.carolinembrown@gmail.com](mailto:liss.carolinembrown@gmail.com)

# Liss Runners

CHRISTMAS PARTY

Saturday 13 December  
The Half Moon

Dinner and dancing!

3 Course meal £41.00 per person

All welcome including partners.

Timings 7pm Guests arrive

7:30pm Sit for dinner

9pm Entertainment begins

Midnight Event concludes

## Starters

CHRISTMAS PARTY

(v) Spicy Swede & Ginger Soup, natural yogurt  
and chilli flakes  
Classic Prawn Cocktail, Marie Rose sauce, brown  
bread & butter  
Duck & Orange Pâté, orange chutney,  
pomegranate seeds, toast  
(ve) Festive Houmous, chargrilled artichokes,  
kimchi, garlic bread  
All starters available GF with bread change

## Main Course

CHRISTMAS PARTY

Traditional Roast Turkey, bacon stuffing,  
chipolata sausage, gravy  
(gf) Braised Pork Steak, maple & apple sauce  
(gf) Smoked Salmon wrapped Cod,  
herb butter sauce  
(ve) Butternut Squash & Lentil Wellington,  
vegetable jus  
All served with honey roast parsnips, festive  
vegetables & roast potatoes

## Desserts

CHRISTMAS PARTY

Individual Christmas Pudding, brandy sauce  
Winter Berry Pavlova, raspberry coulis  
Cheese & Biscuits, celery & pickle  
(gf) (ve) Chocolate, Pecan & Caramel Bake with  
vegan ice cream

To Book with menu choices please contact Alison Strudwick on the Whatsapp Christmas 2025 group.

## Boxing Day Liss Runners Social Run: Selbourne



Last year's Boxing day long run group photograph at Waggoners Wells

Our usual Boxing Day morning run out has been organised again and will be from the public car park behind The Selbourne Arms: GU34 3JR, what three words: prepared.vesting.rectangular, in the middle of the lovely village of Selbourne and going East.

Meet up at 10am. Routes available 3 mile, 5 mile and 7 and a Half miles long with Tom leading the longer route and the others having clear written instructions. Then getting back to the car park, after an hour or so, for mince pies and other goodies!

The route is very likely to be muddy. So if coming bring those grippy footwear and no moaning! The views will be worth it!



## Liss Runners - Safety Rules Regarding Dogs

Updated 29/04/2025

To reduce potential risks to our club members we ask runners to please follow the rules below when coming along to our sessions.

- One dog per runner
- Short, hand-held non-extendable leads only - no waist harnesses.
- Keep your dog by your side, not running ahead, and under control throughout the run.
- Runners with dogs must be mindful of other runners.
- Do consider whether the weather/terrain and distance are suitable for your dog.
- Please clean up after your dog.



Due to the nature of the Wednesday night handicaps, hill and interval training these runs are never suitable for dogs to come along to.

On occasion our torch and social run leaders may decide the route they are using may not be ideal to bring dogs. On these occasions this will be communicated when sending out the session details ahead of meeting.

### Liss Runners Important Club Contacts: -



Club Chairperson:

Catherine Seager

[chairman@liss-runners.org.uk](mailto:chairman@liss-runners.org.uk)

Club Secretary: Liz Avery

[secretary@liss-runners.org.uk](mailto:secretary@liss-runners.org.uk)



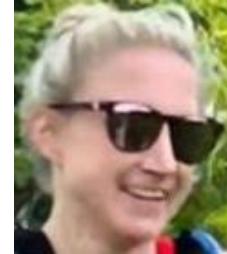


Club Treasurer: Andrew Turner

[treasurer@liss-runners.org.uk](mailto:treasurer@liss-runners.org.uk)

Club Ladies Captain: Caroline Brown

[clubcaptains@liss-runners.org.uk](mailto:clubcaptains@liss-runners.org.uk)



Club Mens Captain: Steve Armstrong

[clubcaptains@liss-runners.org.uk](mailto:clubcaptains@liss-runners.org.uk)



Lead club welfare officer: Ben Tyas

[welfareofficer@liss-runners.org.uk](mailto:welfareofficer@liss-runners.org.uk)



Support club welfare officer: Richard Pegden

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Club kit officer: Stuart Lalavette

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Club membership officer: Rose Lewis

[membership@liss-runners.org.uk](mailto:membership@liss-runners.org.uk)



Club social secretary: Alison Strudwick

[social@liss-runners.org.uk](mailto:social@liss-runners.org.uk)

Communications officer: James White

[comms@liss-runners.org.uk](mailto:comms@liss-runners.org.uk)



Wednesday training co-ordinator: Helen Purchase

Club newsletter Editor: Tom Frost

[newsletter@liss-runners.org.uk](mailto:newsletter@liss-runners.org.uk)



# Chairperson's Comments

,Hi All,

Welcome to our Autumn/Winter edition of the Club Newsletter.

It's been nice to ease into the Winter season with a few milder weeks, allowing a little extra time for shorts and T-shirt runs before we once again dust off the gloves and hats! As always please take care over the next few months to ensure you are easily visible when running and have headtorches at the ready if needed.



Very selfishly it's been fantastic for me to get back to Club sessions after an enforced couple of months off. A big thanks to our Leaders for putting the routes and sessions together for us all to enjoy and to our Members turning up to make the most of them.

Anyone interested in becoming a qualified Run Leader or Coach in Running Fitness please do let me know.

September saw our annual awards night beautifully organised by Alison and well attended, a fun night enjoyed by all!

Over the coming months there will be more chances to get together and socialise at the Christmas Dinner Dance and several social runs leading up to, and over, the Christmas period. Our Thursday Social runners always enjoy a festive drink the week before the big day and Tom puts on a brilliant Boxing Day walk and run for all the family to come along to. Further details by WhatsApp and email closer to the time.

The Southern Cross Country Season began just last week at Benyons Inclosure which saw us come joint 1st place and most importantly had a huge turnout on both our men's and ladies teams. Our focus always has been, and remains, to get out in force, no matter what pace you may be, fill the field with red vests and to have a fun time so please do get involved if you haven't already! The Hampshire Road Race continues on alongside XC. Again, a great start to the season over the first 3 races, check out our website or ask our team captains for details of future races.

We had a fantastic participation rate for the recent Constitution changes and Under 18 trial. Thank you to everyone for taking the time to register your votes. The changes have now been implemented in full and our trial is underway.

This will run until a more permanent decision on the future of this is made at next April's AGM.

Any feedback on the impact this may be having, positive or negative, along with suggestions are very welcome, please do feel free to message or email me any time.

A final plea from me. If you haven't yet had chance to complete our Club Survey please do take a few minutes to fill this out and give your opinions. We endeavour as a Committee to make our Club the best we can for all our Members. The survey provides opportunity to give honest, confidential feedback enabling us to address any potential issues and enhance the areas we are getting right!

Happy running!

Catherine

## Editor's Comments

What's going on!? Liss Runners the second-best South-East Region England Athletic club! Wow, we used to be a small social kind of running club and to be awarded that accolade is amazing. All credit to the efforts of the everyone who contributed to the club changes.

As always, many thanks to contributors to the newsletter: Catherine Seager, Mollie Dyer (for the runner's profile and I'm always after more volunteers as below), David Reid for the Handicap results, Alison Strudwick (for the social side and photographs), Steve Armstrong and James White for articles I've "nicked" from the club website.

"Training Matters" on issues such as injury prevention, nutrition for runners, idea training load, stretching etc. have been a bit light lately. Work in progress!

I'm always after "copy" to go in future newsletters: any race reviews, volunteers for the race profiles, "fav" run routes or anything else of interest to club members. Anything to go in a future newsletter please e-mail me on: -

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

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

# Hampshire Road Race League



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

To plan ahead! The race dates of the new season are:-

Gosport Half Marathon:

16<sup>th</sup> November 2025

Victory 5 mile: 7<sup>th</sup> December 2025

Note: Stubbington 10km not in the league this season.

Ryde 10 mile: February TBC 2026

Solent Half Marathon: March TBC 2026

Salisbury 10 mile: 12<sup>th</sup> April 2026

Alton 10 mile: 10<sup>th</sup> May 2026

Netley 10km: May TBC 2026

Alresford 10km: June TBC 2026

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



[Hampshire Road Race League Website.](#)

## Race Reviews:-

### Totton 10km



The 2025–26 [Hampshire Road League](#) season got underway today at the Totton 10k, the first of twelve fixtures on the calendar.

A new race to this year's calendar. The course takes runners on two 5k laps along roads, with some undulations to test the legs. But as always, what goes up must come down, and many found it to be a fast route.

Liss turned out with a strong squad, including a number of debut performances in club colours. The team rose to the occasion, producing a huge number of personal bests and setting the tone for the season ahead.

Conditions were close to perfect. The rain held off, leaving us with a bright, sunny morning that was neither too hot, nor too cold. Out on the course, a small but vocal support crew made a big difference, cheering on every runner in red.

After the race, Liss also collected last season's silverware:

Liss Ladies – Runners Up, Division 1

Liss Men – Runners Up, Division 2



A brilliant start to the new season, here's to building on it in race two which follows just one week later. The season is underway with a bang!

Thanks to [Totton Running Club](#)

Results: [Totton Running Club 10k Results Leaderboard](#)

## Overton 5 miles Road Race



The 36th Edition of the Overton 5 Mile Race, race #2 of 12 in the 2025/26 Hampshire Road Race League.

The course winds through the beautiful country lanes around Overton, with plenty of rolling hills and the same landscapes that once inspired Jane Austen's early novels.

This year's slightly cooler conditions, combined with a welcome earlier start time, made for perfect racing weather and allowed us to push the pace. A short but heavy downpour at the finish even provided a refreshing cooldown.

A fantastic effort from the small but mighty team today—great running all round!

Overton 5 mile road race results: [Overton 5 Mile Road Race Results Leaderboard](#)

## New Forest 10 mile race



A beautifully scenic and speedy 10-mile race in the heart of the New Forest!  
Race #3 in the HRRL — and what perfect conditions for it!

21 Lissers took on the mixed-terrain challenge, with loads of 10-mile PBs  
smashed. (Sorry we missed a few of you in the group photo!)

Fantastic running from everyone — great work team. Massive thanks to the  
supporting crew too. Alison, John, Colin, Emily, Isabelle. Sorry if I've missed  
anyone.

Next up: race #4 Gosport Half Marathon on 16th November — bring it on!

New Forest 10 results: [New Forest 10 Mile Results Leaderboard](#)



## Review: Benyons Enclosure 2<sup>nd</sup> November 2025



The first [Southern Cross Country League](#) (SCCL race of the 2025–26 season) was hosted by [Basingstoke and Midhants AC](#) (BMHAC) at Silchester and sees Liss Runners looking to defend their title.

The opening race was an 8.4km circuit through ancient woodland and heath - one of the cleaner courses on the calendar (enjoy it while it lasts, the mud is coming!). We had an excellent turnout, with 27 Lissers (sorry not all made the team photo) taking to the start line and, as always, a fantastic support crew out in force, snapping photos, cheering and chasing the little Lissers around the woods.

It was brilliant to see so many new faces making their cross-country debuts, as well as a few familiar ones returning to the racing scene.

There was a bit of mid-race drama when some of the lead runners went off course, and unfortunately one of our own got caught up in the mix. Still, the squad's overall depth and strength shone through, delivering excellent team scores for both the ladies and gents.

The ladies team came a fantastic first, with the Men 4th. Overall, this placed Liss joint first with both Basingstoke and Fleet & Church Crookham. What a great start to the season, but it looks like there's going to be several teams capable of winning the league this season.

Ladies results: 1<sup>st</sup>: Caroline Brown, 8<sup>th</sup> Catherine Seager, 11<sup>th</sup> Mollie Dyer, 14<sup>th</sup> Anna Wemyss, 17<sup>th</sup> Jackie Lloyd, 23<sup>rd</sup> Rosie Dyke, 24<sup>th</sup> Mille Hoare, 35<sup>th</sup> Jayne Jeffreys, 38<sup>th</sup> Lucy Jenkins, 42<sup>nd</sup> Amy Woods, 129<sup>th</sup> Alex Wilkinson, 144<sup>th</sup> Karen Potts and 155<sup>th</sup> Emily Durrant.

And for the men: 9<sup>th</sup> Andy Brown, 16<sup>th</sup> John Harfield, 20<sup>th</sup> Steve Armstrong, 28<sup>th</sup> Simon Dimmock, 33<sup>rd</sup> Chris Dettmar (one of those that went off course and did an extra half mile!), 55<sup>th</sup> Paul Turner, 62<sup>nd</sup> Tom White, 74<sup>th</sup> Tom Bennie, 81<sup>st</sup> Neil Hancock, 92<sup>nd</sup> Tom Frost, 98<sup>th</sup> James White, 110<sup>th</sup> Andy Paton, 168<sup>th</sup> Kev Durrant and 214<sup>th</sup> Steve Clay.



Someone who missed the club photo!

Full results at : [https://www.facebook.com/SCCLUK/?ref=embed\\_page#](https://www.facebook.com/SCCLUK/?ref=embed_page#)

Some of our runners giving their all on the finishing straight: -





Remaining Southern Cross Country League races this season:-

Sunday 23<sup>rd</sup> November: [Bourne Woods Cross Country race](#).

Sunday 21<sup>st</sup> December: [Lord Wandsworth Cross Country](#).

Sunday 18<sup>th</sup> January: [Chawton Cross Country](#).

Sunday 8<sup>th</sup> February: 100 Acre Cross Country race, Boarhunt.

Sunday 1<sup>st</sup> March: [Alice Holt Cross Country race](#).

Southern Cross Country League Website:-

[Southern Cross Country League \(SCCL\) Official Website](#)

Cross Country tips and advice from last year's newsletter: [Training tips and advice](#)



# Liss Runners Awards Evening



The annual Liss Runners awards evening took place in the Half Moon Pub in Sheet on the 20<sup>th</sup> September.

Many thanks to Alison Strudwick for organising and taking the photographs and to our Chair Catherine Seager for compiling and delivering the commentary and handing out the awards.

Some of the attendees:-





As a bit of extra fun there were two table quiz rounds. One was to get twenty-five 90's pop song from the song's first line. Quite hard! The second quiz round was to identify ten pictures of UK sporting legends. In there was a crafty Liss Runner member who now looks different from their picture.

On to the awards: First off it was about the **Hampshire Road Race League (HRRL)**. Liss Runners had a fantastic season with our ladies scoring a second in the top league and our men getting a second in league two to gain promotion to the top league.

Two of the men did all twelve races and were awarded coveted HRRL t-shirts: Steve Armstrong and Andy Paton. In addition Rob Flemming, Stavros Valourdos, Neil Hancock, and Laura Rogers ran seven or more races to get a HRRL mug.

The club award for the top individual over point scorers were Laura Rogers (finishing in 32<sup>nd</sup> overall in the league) and Steve Armstrong (finishing 23<sup>rd</sup> overall).



Laura and Steve with their HRRL club awards



Laura, Neil and Steve with their seven or more races mugs

Next was **The Southern Cross Country League (SCCL)**: Thanks to the efforts of the team captains, races were well attended by club members. There were some great race placings leading to us becoming League Champions.

The Liss Runners SCCL club award is to reward runners based on both attendance and finishing positions (both runners took part in every race). The winners were Laura Rogers and Tom White.



### **On to the Relays:-**

In May we had three Liss teams taking part in the **Emsworth to Basingstoke relay** (like a mini version of the South Downs Relay): Rose's Rebels, Flapjack Fiends and Liss Lovely Limpers.

The Liss Runners award is the **Ann Parnell memorial cup** (to remember a past Liss Runner) and is for the team competing the relay in the fastest time. Winners were the Liss Lovely Limpers; finishing first ladies team and third place overall (only 90 seconds from second). The team were: Cari Brown, Sarah Page, Gemma Sills, Sandra Hunter, Anna Weymess and Catherine Seager.

The first Saturday in June was meant to be the day of the **South Downs Relay**. However, a storm on that day meant a move to the end of June. Some teams had to pull out and Liss Runners were able to add a third team. All of teams: A team, Ladies and a mixed team ran really well with some great placings. Teams participation would not be possible without the drivers; it was a big thanks to James Yeardley, Laura Armstrong and Robin Greenfield. Also, a big thanks to last minute stand in Aido.

Next was the **Liss Runners Handicap Series**: Large thanks must go to all the helpers, without which there would be no series: Louise, Robin, Julie and Tanya at the start and finish, David for the start positions and results and Tom for the signage.

Winners of the First race (scratch race "Trevor's Challenge") and Club champions were Georgie Freeman and Paul Stokoe.

Overall winner of the Handicap shield was Laura Armstrong with four outright wins achieving several personal bests through the season.



Liss Runner **consistency award** is for club members who have shown the most consistency in training and with the most regular attendance in club sessions and races.

Men's winner was again Stavros Valourdos (who won this award last year, that's consistency for you!). He takes part in a multitude of club events and races and who misses him getting extra hill training after Wednesday training sessions by going up and down Hill Brow Road. That's dedication for you!

Ladies winner was Anna Weymess. A regular at torchy trails, social runs, HRRL races and both relays.



The next club award is the **new member award**. This is to reward club members who have joined the club in the last two years and have really got involved with Liss Runners.

Honourable mentions go to:-

Rosie Watkins has joined recently having moved to the area and was willing to step in as one of our last minute additions to the mixed team on our relay. Also has put herself forward on to the rota of Wednesday trainers.

Aido since joining nearly 2 years ago has been a regular at road races, torchy trails and track and, as mentioned earlier, got stuck in with 6 days to spare for the Southdown's team!

Ed Rolls joined back in April and has thrown himself into races, club sessions and park runs along with also joining us for his first Southdowns Relay this year. The improvement he has made really shows the commitment he has put into his strength and running.

Millie and John Harfield, although joining at separate times both have embraced the club with John now taking on some Thursday night leads and both getting involved with club races.

So onto our winner. When we set the award we stipulated a member joining within the last 2 years.

I had to double check this persons joining date as I was worried he might be over the two years but really wanted to give recognition for how much he has brought to the club.

It turns out he only joined last Summer, which is probably another clue as to how much of a difference he has made, it feels like he's been here far longer!



Then it was onto the **Personal Achievement award**. Club members have had so many achievements. Honourable mentions go to:-

Ben Potts had another fantastic year off the back of his UTMB last year, he continued on with several fantastic performances, most recently the insane Dragons Back 6 Day event covering 236 miles and a ridiculous 16,400 meters of ascent!

Sarah page has continued to impress running several more ultramarathons this year achieving 2nd lady at the Arc of Attrition and 3rd at the Lakeland 100. On the other end of the distance scale, it's not unusual to see Sarah turn up at a park run having just done a 10 mile warm up to then speed around at the front of the field!

James Yeardley has worked so hard throughout the past 12 months to build on his fitness preparing for his ultimate goal of finishing UTMB Mont-Blanc, 174k with nearly 10,000 metres of elevation, which he smashed!

We had a great results at the Serpent Trail with Phil Avery coming 2nd in the 100k, Rosie Dyke 4th female and Zoe Snow 10th female in the 75k, Kate Parker 3rd female in the 50k, Ben and Joe Sykes, and Alex Ralph putting in great performances also with Kev Durrant and Sarah Tyas achieving their first ultras also in the 50k race.

The Southdowns 100 mile was another busy one with Rob Nugent setting an impressive PB of 19 hours 13 minutes, Alex Coomer ticking another 100 miler off on her way to the buckle, Warwick Parker coming in under the 24 hours. John Collis ticked off his second 100 miler later in the year over the North Downs Way.

Abhi has worked hard on his plan and pulled off the UTMB Val D'aran 50k and Mel Jenson battled one of the hottest days this year to finish the Race to the Stones. Kate and Sue took on Goring 50 mile together finishing joint 5th place.

Emily Durrant represented us at this year's London marathon, again another hot one. Lots of superb marathon times set with Phil Avery getting a PB of 2:41 at Berlin, Joe Sykes PB of 2:42 at Copenhagen and Ben Sykes PB of 3:13 also at Copenhagen, Kate Parker PB of 3:25 at Boston with Sandra Hunter 3:30 at Boston. Chris Redmond decided on a last minute entry to Goodwood marathon and walked away with a PB of 3:19.

At the shorter distances, Emily White has pulled off several PBs over the year, notably a great effort at this year's Lordshill 10k with a PB of 47 minutes. A testament to the consistent training she has been putting in.

Mollie Dyer ran her first half at the Big Half coming in under 1:44, with the way she's flying around the rack I expect she'll see lots of PBs coming!

There are so many more inspiring members in the club that I haven't even got space to mention within the limited time we have this evening.

So, onto our winner. I think all Chairs look for slightly different things when looking for the winner of this award. I like to try to find someone who has progressed through plenty of hard work, that has navigated some of the lower points running can bring and come through to still aim high and achieve.

I'd like to make a special mention to Laura Armstrong who I need to applaud for the massive improvements you have made over the past 6 months. You've been a true inspiration to many of us having really dedicate the time to both your running training and your PT, the results are incredible.

The winner of this year's award came to running less than 3 years ago, joining Liss at the start of 2023.

Over the course of 2024 you could see his pace improving significantly with higher placings in the XC races and PBs in the Road Race runs.

However, he had clearly set his sights on the longer challenges with the 100 miler being the ultimate goal. Having signed up to the 2 day 110k challenge in Finland he realised that he would need to set a time in a suitable qualifying race if he wanted to do the South Downs 100 mile in 2025 so entered himself into the 2024 Serpent 100km just 6 weeks after the initial ultra.

The winter of 2024 saw him achieve more PBs again in some of our club races before sustaining an injury at the beginning of 2025.

With just a few months to the 100 mile event and no chance to run he turned to the gym spending up to 2 hours at a time on the dreaded Cross trainer. With just a few weeks to go he was still on limited running mileage, at which point I think the majority of us would have decided maybe that year just wasn't meant to be!

However instead he decided to go and give it a go, see what would happen! He started steady but it was soon clear to his support team that he was way ahead of his estimated times, I think there may have been a bit of rushing around by his pacers to get childcare in place and arrive on time!

Working to his watches time he was feeling confident at achieving not just the finish but also the sub 24 hour belt! Unfortunately when going into the final 10 miles with his sister she pointed out he had forgotten the pause time! Queue a formidable effort to pick up the pace even more to claw back whatever time possible to still make that ultimate goal. Finishing up with a sub 8 minute mile and a sprint around the track the final finish time was 23 hours 59 minutes and 32 seconds!



So for getting through months of injury, keeping positive on achieving your set goals and finding the mental and physical strength to keep those legs moving this years Personal Achievement Award goes to Warwick Parker.

Next is the **Mike Squirrel plate** for contribution to the club.

Again, there are many deserving candidates:-

Steve Armstrong has put in so much time and effort as men's captain. Leading by example, he's attended every HRRL race yet again along with almost all the cross-country races. He is always the first person to welcome new members and encourage us all to get our red vests on and be there at the start line for the races. The support he gives to us on the committee and as members is invaluable.

Laura Armstrong was also in the running, partly for putting up with spending half her life looking at the back of Steve's phone as he sends yet another whatsapp or posts another Instagram post! But Laura is always in the background helping out at many club events. She has been Andy's number 2 at our Harting 10 mile the past two years, driver at the South Downs relays which really is one of the hardest jobs and never fails to turn up with baked goodies and as ultimate support throughout the XC season. This year I hope to see you running more of them (although hopefully still bringing those cakes)!

Both Liz Avery and James White have joined the Committee this year as Secretary and Comms Officer respectively and I can honestly say the time they have given and support has been hugely appreciated. So much admin goes on behind the scenes from all committee members but with a lot of regulation changes and looking to the future of our club they have had a baptism of fire joining the committee this year and have been a godsend.

Andy Turner, alongside his year long role as Treasurer, has also been our Run Director for the past few years and has done a great job in managing this and making it the success it is. He steps down from this role with Andy Brown taking on the reins with the help of Laura from 2026. I'd like to offer a little thank you from the club to Andy for all the time he has given to the event.

A thank you too to the team leaders at Harting and all those who volunteered before and on the day to help it run so smoothly. I believe we raised £1271.00 for the Rosemary Foundation this year which is fantastic.

A little mentioned to the rest of our Wednesday night trainers, leads for torchy trails, route planners for Sunday long runs & Thursday social runs, and those that gave their time to organise pub runs.

This year we have had a group of runners take the Leadership in Running course with a further dozen training up over the next few months. Thanks to all of you for your time.

And so, on to the winner.

If you mention any training/event/league that we as a club take part in it would be very difficult to find one that this person does not contribute towards.

A lifelong member of our club and a long-standing member on the Committee I think we would be lost without all of his knowledge, time and effort.

Cross country, he helps to arrange this and is a regular runner.

Pub Runs, he writes up and arranges the vast majority of these.

Handicaps, without fail is there to set the course and take it all down again afterwards

Wednesday Intervals, regular trainer and attendee!

Harting 10 mile, oversees all course markings and preparation for the day

Boxing Day Runs, well this is his baby as far as I am concerned. For any new members this is a great fun run/walk to all get out of the house and work off some of the Christmas indulgences and usually explore a few local trails you may not know about.

Club newsletter, oh yes he is the editor!

Add in last minute quiz organiser and all round friendly face when you come to club, we would be lost without him!

Last year I was told in no uncertain terms not to present him with this again, I think he was embarrassed as he'd won it a few times before, and as my first year as Chair I did as I was told. This year I feel I have earned the right to overrule him!

A huge thank you and well done to our Mike Squirrel plate winner, Tom Frost



The last award was another new award this year: **Bill Allcock Top Training Partner Shield**. As you know we sadly lost Bill last December and we all wanted to mark what a huge influence he had on our club with a fitting award. Bill was always incredibly welcoming and supportive and this is what our Top Training Partner Award is here to celebrate.

We had several nominations in for who might fit this description.

Jayne for both getting the track sessions off the ground and continuing to oversee them each week. They are loved by everyone that comes along, partly down to the great session planning and partly down to the encouragement and support you give to keep everyone going!

Our first winner of the award is a regular at all of our weekly club sessions and one of, if not the, most active at our club races. He is usually the first point of contact for new members and goes out of his way to welcome them personally if he can. He'll be the first to encourage people to get involved and to keep pushing that little bit harder until goals that seemed out of reach are suddenly achievable.



I honestly don't think our club would be what it is now if we didn't have him being such a large influence on it. Bill's wife Julie spoke a few words and gave the shield to Steve Armstrong. Well deserved!

The evening ended with a round of raffle "give away". Where it is better to have one of the later numbers as you can then "take" prizes away from those who have already one.



What a year for Liss Runners! Roll on next year!

### Review of the last of the Season Pub Run: Pub with no Name, Priors Dean: Bank Holiday Monday 25<sup>th</sup> August



Outside the pub after the walk and runs

There was some interest in an extra pub run of the August Bank Holiday, so one was included and the pub chosen was the Pub with no Name at Priors Dean. Routes available were 3 ¼, 5 and 7 ¼ mile long.

The 3 ¼ mile route used a footpath going East from the pub car park all the way over to Warren Corner, offering some superb views over to the North-East. Then following a lane South, across the Petersfield to the A32 main road and along a track to Ragmore Farm. After the farm a couple of lanes were used to get up to main road, across and a cut through to get back to the pub.

The 5 mile route used a lane going North from the pub entrance. Then a lane going East, down, past the lovely Slade Farm and up to a lane T junction. Along a track opposite to Five Ash Farm, South along a lane to get to Warren Corner and then the same route as the 3 ¼ mile route to get back to the pub.

The 7 ¼ mile route also used the North lane but then went West to go through the beautiful village of Colemore and on up to the Petersfield to A32 main road. A track was then used to go down to Coles and on up the lane towards Privett. Just before Farnfield a nice bridleway East was used to get over to Hurst Farm. Then some lanes to get back up to the main road, across and a cut through back to the pub.

That was it for this year. I've already had an idea for a pub for next year from Rose and would welcome any other pub location ideas anytime from now to April. Also more important volunteers to take on setting the routes and liaising with the chosen pub.



View to the North-West from the pub car park entrance



Meeting up with the 5 milers



5 milers go right, 7 milers go straight on



7 milers above Colmore



Colmore Church



Lovely view looking West above Colmore (shame on the pylons) [Page 33](#)



Beautiful, thatched cottage near High Cross

## Liss Runners Handicap Series

That's it for the handicap races this season: a series of six club members races around the Liss area with the first race being our club championships.

A massive well done to series winner: Laura Armstrong with a total of 492 points well ahead of second place Ed Rolls on 479 points.

The series starts again in April 2026.

A lot of effort goes into working out runners start times, taking the results and working out the points table. The club owes much thanks to all involved with the series.

The final points table is on the next page.



Name	Race 1	Race2	Race 3	Race 4	Race 5	Race 6	Total
Laura Armstrong	60	100	100	94	99	99	492
Edward Rolls	81	97	99	98	96	89	479
Eddie Butters	70	98	94	95	94	95	476
John Harfield	91	69	93	97	0	97	447
Tom White	95	90	79	90	87	79	441
Paul Turner	90	84	88	88	90	68	440
Paul Judge	61	93	78	80	92	96	439
Alex Wilkinson	54	94	82	81	91	90	438
Stavros Valourdos	86	74	87	87	82	93	435
Neil Hancock	92	81	84	89	83	82	430
Laura Rogers	80	80	90	85	0	84	419
Rosie Watkins	72	83	81	96	0	83	415
Tom Frost	93	67	76	77	76	92	414
Steve Armstrong	97	71	75	82	85	0	410
James White	88	68	83	84	0	76	399
Rose Lewis	52	73	0	99	84	80	388
Jacqui Waddell	55	0	95	78	78	78	384
Georgie Freeman	94	92	91	0	0	74	351
Kevin Durrant	0	59	92	93	97	0	341
Cliff Pay	0	60	98	0	95	88	341
Rob Fleming	96	0	71	0	79	87	333
Emily White	79	75	72	92	0	0	318
Millie Harfield	71	65	0	75	0	98	309
Leoni Barber	76	77	70	76	0	0	299
Hugh Maddison	83	0	0	83	89	0	255
A Runner	0	0	73	91	88	0	252
Mel Jensen	58	95	97	0	0	0	250
Tom Adams	0	85	89	0	0	73	247
Adrian Albury	78	87	0	79	0	0	244
Tom Bennie	99	72	0	0	0	70	241
Liz Avery	69	96	0	74	0	0	239
Neil Gwatkin	63	61	0	0	0	71	195
Paul Hawes	0	0	0	86	0	94	180
Steve Clay	0	91	86	0	0	0	177
Alex Peck	89	86	0	0	0	0	175
Alex Coomber	0	88	85	0	0	0	173
Mollie Dyer	0	0	0	0	93	75	168
Simon Dimmock	0	0	0	0	86	77	163
Gemma Sills	85	0	77	0	0	0	162
Lucy Jenkinson	0	0	0	0	81	81	162
David Brown	0	0	74	0	0	85	159
Maddie Janoe	62	0	96	0	0	0	158
Emily Durrant	0	58	0	0	98	0	156
Andy Paton	87	0	0	0	0	69	156
Noel Wright	65	82	0	0	0	0	147
Alison Strudwick	56	89	0	0	0	0	145
Simon Tack	59	79	0	0	0	0	138
Sara Rhimes	64	70	0	0	0	0	134
Karen Peck	50	62	0	0	0	0	112
Paul Stokoe	100	0	0	0	0	0	100
Jayne Jefferies	0	0	0	100	0	0	100
Rosie Dyke	0	0	0	0	100	0	100
Amy Thornley	0	99	0	0	0	0	99
Rob Nugent	98	0	0	0	0	0	98
Maddie Smith	84	0	0	0	0	0	84
Richard Pedgen	82	0	0	0	0	0	82
Georgina Ashton	0	0	80	0	0	0	80
Mark Zirbser	0	78	0	0	0	0	78
Sarah Tyas	77	0	0	0	0	0	77
Emilie Stevens	0	0	0	0	77	0	77
Ian Simpson	0	76	0	0	0	0	76
Laura Baty	75	0	0	0	0	0	75
Katie Gulvin	0	0	0	0	75	0	75
Sandra Sellis	74	0	0	0	0	0	74
Annett Heistch	73	0	0	0	0	0	73
Julia Whetlor	68	0	0	0	0	0	68
Warwick Parker	67	0	0	0	0	0	67
Kate Parker	0	66	0	0	0	0	66
Stu Lavalette	66	0	0	0	0	0	66
Anna Wemyss	0	64	0	0	0	0	64
Imogen Scott-Plumber	0	63	0	0	0	0	63
Michelle Norton-Hughes	57	0	0	0	0	0	57
Ellie Bryan	0	57	0	0	0	0	57
Jim Hamilton	0	56	0	0	0	0	56
Laura Harding	53	0	0	0	0	0	53
Gary Lomas	51	0	0	0	0	0	51

# 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 15<sup>th</sup> November: [New Forest off Road Half Marathon](#).

Sunday 16<sup>th</sup> November: [Roly's Run](#), Swanmore.

Sunday 16<sup>th</sup> November: [Gosport Half Marathon Road Race](#). **HRRL**.

Sunday 23<sup>rd</sup> November: [Bourne Woods Cross Country race](#). **SCCL**.

Sunday 23<sup>rd</sup> November: [New Forest Stinger 10mile race](#): Ocknell Campsite.

Sunday 30<sup>th</sup> November: [Witterings Beach run](#).

Saturday 6<sup>th</sup> December: [Cowdray Winter night run, Midhurst](#).

Sunday 7<sup>th</sup> December: [Victory 5 mile, Portsmouth](#).

Sunday 7<sup>th</sup> December: [Running GP Goodwood](#), Chichester.

Sunday 21<sup>st</sup> December: [Lord Wandsworth Cross Country](#). **SCCL**.

Sunday 21<sup>st</sup> December: [Portsmouth Coastal Waterside Marathon events](#).

Saturday 27<sup>th</sup> December: [Portsmouth Joggers Pub to Pub race](#). Horndean.

Sunday 28<sup>th</sup> December: [Brutal: Longmoor](#).

Sunday 28<sup>th</sup> December: [Winter X](#). Meonstoke.

Saturday 10<sup>th</sup> January 2026: [G3 trail race series Race 1](#), Guildford.

Sunday 11<sup>th</sup> January: [GRIM Challenge \(obstacle type race\)](#), Aldershot.

Sunday 11<sup>th</sup> January: [Stubbington 10km road race](#).

Sunday 11<sup>th</sup> January: [Winchester trail run](#), Sparsholt.

Sunday 18<sup>th</sup> January: [Chawton Cross Country](#). **SCCL**.

Sunday 18<sup>th</sup> January: [South Downs Winter Trail runs](#).

Sunday 18<sup>th</sup> January: [Romsey 5 mile Race](#).

Saturday 31<sup>st</sup> January: [Queen Elizabeth Country Park, trail runs](#).

Saturday 31<sup>st</sup> January: [G3 trail race series Race 2](#), Guildford.

Sunday 1<sup>st</sup> February: [Ryde 10 mile Road Race](#), HRRL.

Sunday 1<sup>st</sup> February: [Chichester 10km Road Race](#).

Saturday 7<sup>th</sup> February: [Pilgrim Challenge Ultra](#).

Saturday 7<sup>th</sup> February: [Langstone Harbour Half Marathon](#).

Sunday 8<sup>th</sup> February: 100 Acre Cross Country race, Boarhunt. SCCL.

Sunday 8<sup>th</sup> February: [Portsmouth Coastal Half Marathon](#).

Sunday 8<sup>th</sup> February: [Farnborough Winter Half Marathon](#).

Sunday 15<sup>th</sup> February: [Bramley 20 and 10 mile Road Race](#), Reading.

Sunday 22<sup>nd</sup> February: [Winchester 10km road race](#).

Sunday 22<sup>nd</sup> February: [Big Mud Trails](#), Queen Elizabeth Country Park.

Saturday 28<sup>th</sup> February: [G3 trail race series race 3](#), Guildford.

Sunday 1<sup>st</sup> March: [Alice Holt Cross Country race](#). SCCL.

Sunday 8<sup>th</sup> March: [Solent Half Marathon](#). HRRL.

Sunday 8<sup>th</sup> March: [Southampton Common 10k](#).

Saturday 21<sup>st</sup> March: [Stansted House Trail Run](#).

Sunday 22<sup>nd</sup> March: [Eastleigh 10k](#).

Sunday 29<sup>th</sup> March: [Fleet Half Marathon](#).

Sunday 10<sup>th</sup> May: [Alton 10 mile road race](#). HRRL.

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

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

HRRL = Hampshire Road Race League race. SCCL = Southern Cross Country League race.

# Runner's Profile: Mollie Dyer:-

*Where were you born?* – Portsmouth

*Where have you lived?* – Horndean, Buriton, Thailand, Liss

*When did you get into running?* – September 2024

*What got you interested in running?* – The idea of being able to improve my fitness. I was struggling in a rut at work and needed a hobby and sense of purpose.

*What do you like about running?* - The freedom, the mental challenge and opportunities it has opened up for me.

*Anything you don't like about running?* - Anything before 3km

*Do you have any running heroes or memorable running events, that you have watched, that have stuck in the memory?* – When I lived abroad in Thailand at the age of 8, I would attend a weekly HASH running club with my family. I would always walk around bare foot and soon got the nick name of Zola Budd. or memorable running event, Olympics 2012 super Saturday.

*What and when was your first running race?* – Totton 10K HRRL with Liss Runners, 2025

*What running performance are you most proud of?* ½ Marathon in London for charity.

*What has been your favourite running event?* My first cross country race with Liss @ Benyons Enclosure.

*What type of terrain do you prefer (trail, road cross country)?* Road but I have recently found the love for trails as it slows me down and allows me to appreciate the run more.

*What race distance do you prefer?* 10k & 10mile

*How did you get to join Liss Runners?* – Being inspired by my Mum and Grandad who were both Liss runners was my starting point. A 3<sup>rd</sup> generation Liss Runner.



*Can you list a typical running week training wise?*

Tuesday – Trail run with Liss (usually 10k)

Wednesday – Intervals session with speed

Saturday – Park run

Sunday – Long run (pending what I am training for)

*Have you a running bucket list and if so, what's still to do?* London Marathon, to honour my Grandad who has completed this 3 times.

*Is there any interesting or funny running stories or anything else that may be of interest to fellow club members?* I am very accident prone and have a tendency to fall over or stumble on majority of my runs. No bad injuries yet just a very dented ego..

*Finally, Stats...*

*Can you list your personal best for mile, 5km, 5 mile, 10km, 10 mile, half marathon and full marathon (if done)?*

5km – 21.04

10km – 44.06

10 mile – 1.14

½ - 1.43

Full – TBC May 2025 (Edinburgh Marathon)

## Fav. Run: Midhurst – South Ambersham-Benbow Pond-Cowdray Park-Midhurst: 6 miles

A bit closer to home this newsletter. This is one from the Midhurst Leisure Centre car park and going East from Midhurst. The run can be varied quite a bit using Ambersham Common, around Benbow, Cowdray Park and around Easebourne. The listed run below is my usual route though.

From the car park the path is taken to the right of the Leisure Centre, passing to the left of South Pond. Crossing straight over Chichester Road to go down The Wharf opposite. Once at the end of The Wharf turn right to go over a stone bridge and keep left to take public path between tree line and field edge.



South Pond



WW2 anti-tank cylinders found buried in an old Council Depot; made a feature at the end of The Wharf.

The public path gets to an old dairy and stables and continues down a tarmac drive to a main lane. The route then goes straight on up Selham Lane. After a mile or so the lane bends sharp to the left. At the lane junction go straight on and then left at the lane junction. The lane goes along and over a couple of stone bridges. After the second bridge the route turns left to go down a side tarmac drive.



Lovely old barn halfway along Selham Lane



Stone bridge over the River Rother.

The drive goes past a drive barrier and to a drive T junction – nice view of lovely old farm buildings of Moor Farm to the left. Turn right to take farm drive all the way to the main A272 Midhurst to Petworth Road. Cross over and turn right to follow grass verge of the main road along and down to a left side turn. The route goes along this side turn passing between the Arboretum and Benbow Pond.



Moor Farm



Benbow Pond

Just after the pond the route turns left off the drive taking a footpath. The route takes the left footpath at the finger posts (missing the first finger post indicated going into the right field) up to the edge of a golf course. The footpath is poorly indicated and best bet is to go diagonally right, aiming to the right of a timber shelter and the down hill on the right of a fairway all the way to the main road A272. The route turns right to follow the main road up, then crosses the main road to the indicated footpath opposite. Nice view across the polo fields, Cowdray ruins, Midhurst and the South Downs beyond.



“Fore!” watch out for stray golf balls!

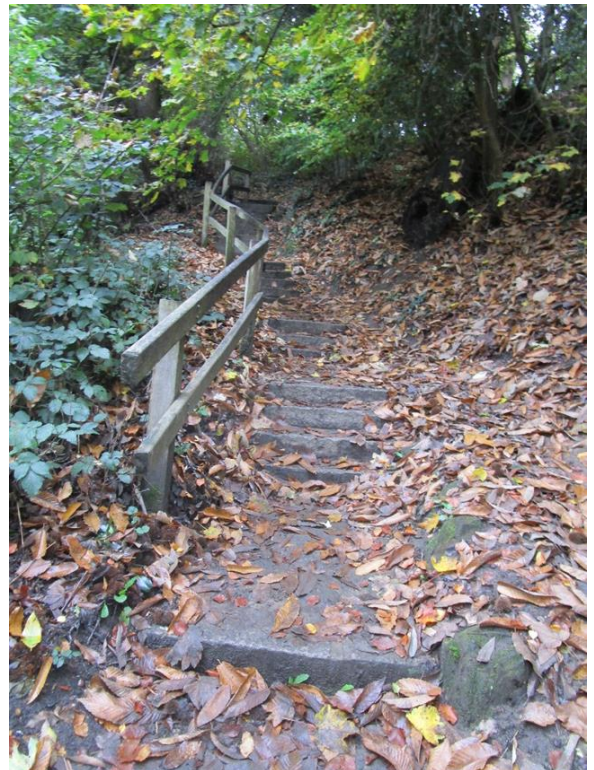
Ancient trees with mistletoe in Cowdray Park





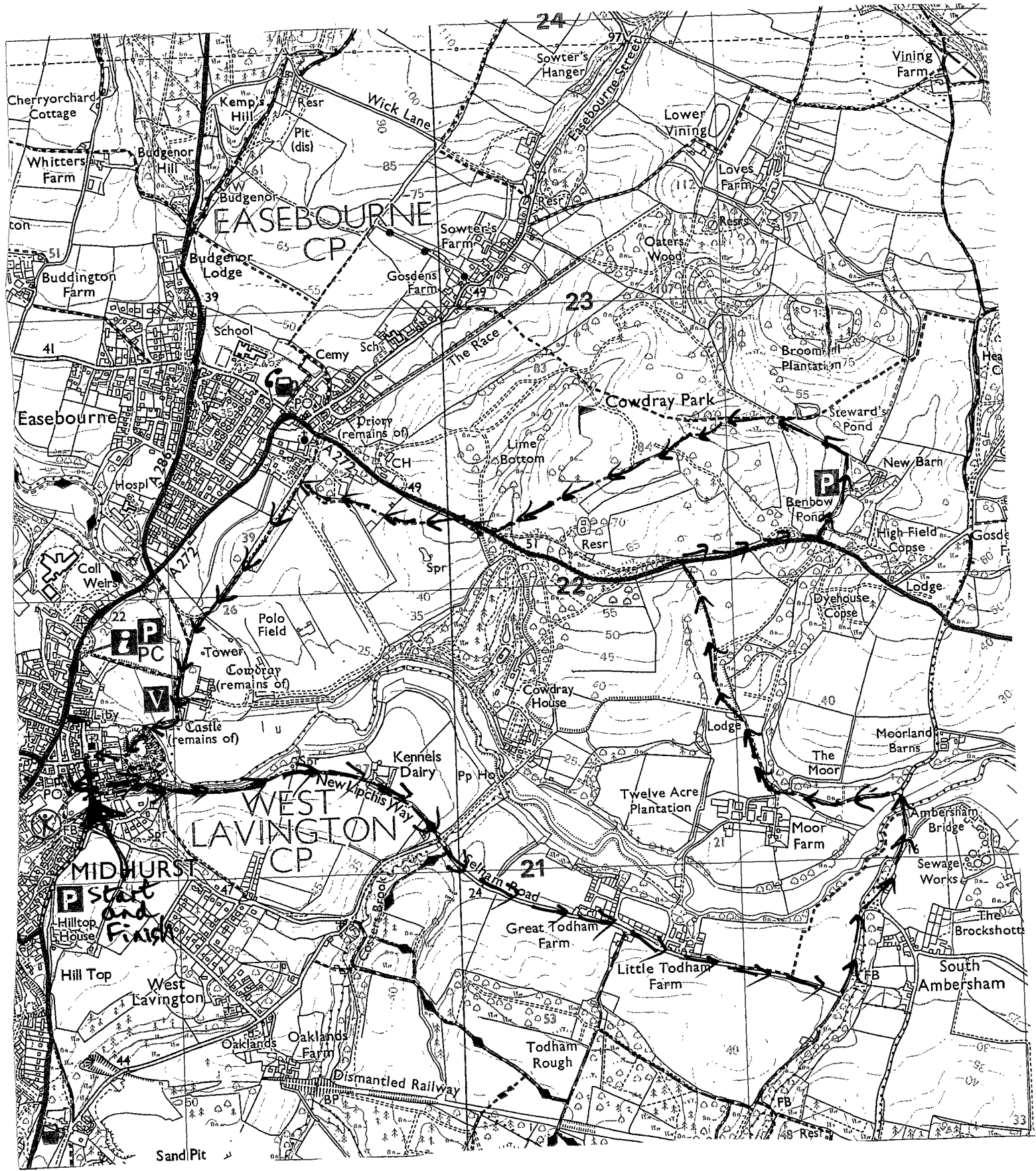
View across polo fields, Cowdray ruins, Midhurst and South Downs.

The route takes the footpath through two fields down to a picnic area. Then it turns left and along a wide track down to a bend of a tarmac drive. It then follows the drive down to the main gates into Cowdray ruins. Here the route turns right, across the River Rother bridge and then immediately left to take the footpath alongside the river. As the path leaves the field there is a choice to continue on the same path to get to the end of The Wharf again or take the footpath on the right, up the stone steps for a bit extra hill training. At the hill top there is the remains of Midhurst Castle. To get back to the car park the tarmac drive beyond the gate on the right side can be used to get to the main square, then a left turn down passed the Spread Eagle Hotel and a right turn to go past South Pond and beyond to the car park.





Closer view of Cowdray Ruins and nice, old buildings to the right.



Fav. Run Plan via Todham, South Ambersham, Moor Farm, Benbow and Cowdray