



South-East Region Runner Up England Athletics Club

NEWSLETTER

September 2026

Successful Harting Trail Race: Review in
this edition



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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 polices](#), [Committee](#), [trainers](#), [membership details](#), [current news](#) etc.

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

Liss Runners 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](#).



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.

Make sure you are seen when dark!

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 open race: Harting 10 Mile Trail race: Review 2nd August

Liss Runners pulled off another successful Harting Trail race. All thanks to Mel Jenson bravely stepping forward to take over Race Director duties and all of the fantastic help from club members, family and friends. She had “big boots” to fill taking over from previous race director Andy Turner who has very successfully organised the race for the last few years.

Mel's report on this years race:-

Harting Multi-Terrain '10' - Race Director's Report 2026

This was my rookie year as Race Director, so I approached race weekend with a mixture of excitement, anticipation and a healthy amount of nervousness. I'm delighted to report that the event went off without a hitch.

Preparations started well before race morning, with the course signs going out, the sports field being set up and the many final checks needed to make sure everything was ready for the runners. Once again, the amount of work that goes into creating the start, finish and race HQ was impressive. Signs, poles and tape were used to guide runners safely around the field and keep them away from the road.

One of the main changes this year was the introduction of professional chip timing from Emit UK. We also made a minor amendment to the course just after marshal point four. This extended the route slightly and allowed us to reduce the size of the final lap around the sports field. An additional marshal position, point 4a, was introduced to make the change clear and ensure everyone stayed on the correct route. The runners were challenged by the extra hill but glad of not needing to do a lap around the entire field to finish.

The children's race was organised this year by Emily Durrant and was a great success. It was wonderful to see so many younger runners taking part and enjoying their own moment on the course. Thank you to Emily and everyone who helped her make it such an enjoyable event.



We came very close to filling all 300 available places, with 241 runners lining up to start the main race. We had runners from London, Surrey, Sussex, Hampshire and even as far away as Germany! We had slightly more men complete (134) than women (107). The average age of the field was 50, with our youngest runner being 18 and oldest in their late 70s.



They faced particularly challenging conditions. Temperatures reached around 26-27 degrees, with blazing sunshine and very little escape from the heat. A hilly, multi-terrain ten-mile race is never easy, but those conditions made the runners' achievements even more impressive.

Despite the heat, the feedback at the finish was extremely positive. Runners praised the organisation, the marshals, the beautiful course and

the atmosphere around race HQ. Some even claimed to have enjoyed the hills - although that may have been the relief of reaching the finish talking!

Congratulations to all our finishers, prize winners and category winners. The full official results are available through the race results page.

The café was busy throughout the morning and raised over £700. Given the temperature, it is perhaps no surprise that cold drinks proved popular, although clearly even blazing sunshine cannot stop runners eating homemade cake.

The event once again supported The Rosemary Foundation, our local hospice-at-home charity. The charity provides palliative care to people with advanced, progressive and life-limiting conditions, allowing them to be cared for in their own homes.

An event like this is only possible because of the enormous contribution made by our volunteers.



Thank you to Tom Frost and James White for checking the course and clearing overgrown path sections the week before the race and for putting out directional signs the afternoon before the race, also James White for the race promotion, Laura Armstrong for coordinating the many volunteers, Alison Strudwick for organising the catering, Andy Paton for setting up and managing Race HQ, and Chris Dettmar for managing the timing with Emit.

I was extremely grateful to be supported by such an experienced,

hardworking and incredibly generous team.

A huge thank you to Warwick for once again manicuring the verge towards the finish (this is a huge job), and to Simon Tack for raking, carrying and PAT testing.

Thank you also to the registration and finish teams, the café volunteers and cake-bakers, the parking team, the water-station crews, the course marshals, the sweepers who collected the route signs, and everyone who helped set up and clear away.



A special thank you must go to the marshals and water-station teams who spent several hours out on the course in very hot sunshine. Their encouragement, enthusiasm and attention to the runners' welfare were appreciated by everyone.

Finally, thank you to every runner who entered, took part and supported the event. The friendly atmosphere and generous feedback made all the preparation worthwhile.

My rookie year as Race Director is officially complete - and thankfully everyone made it back, the timing worked, the cakes were eaten and nobody got lost! I look forward to next year.



Full Results:-

[Harting trail race results 2026](#)

First man to finish was Joe Collins from Farnham Runners; taking 1hour 1 minute and 24 seconds over the tough 10 mile course, just over 1 and a half minutes behind second placed Winchester RC's David Gaskell finishing in 1h 3'. Third place was our very own Joe Sykes just 9 seconds behind David.



Joe Collins



David Gaskell



Joe Sykes

First lady to finish was Alton Runner Rachel Walsh in 1h 13' 16", over 2 minutes in front of second lady Madeline Calderwood (1h 15' 27"), third was our own Chairperson Catherine Seager (1h 16' 13").



Rachel Walsh



Madeline Calderwood



Catherine Seager

Age category results:-

First Senior lady: Rachel Walsh; first F40: Catherine Seager;

first F50: Catriona Cockburn Liss Runners 1h 25' 22"

First F60: Michelle Hetherington HRC (Hill Racing Club – Edinburgh) 1h 25' 03"

First F70: Shirley Faichen Gosport RR 2h 12' 36"

First senior man: Joe Collins; First M40: David Gaskell

First M50: Mark Bicknell Denmead Striders 1h 07' 14"

First M60: Kevin Gale Denmead Striders 1h 11' 28"

First M70: Terry Heally Victory AC 1h 33' 10"

Pub Runs 2026

Over the Spring and early Summer Liss Runners have organised fortnightly events from local pubs. There are usually routes of around 3 miles, 5 miles and 7 miles long over lovely countryside routes.

As it has become a lot harder of late to source good pubs that are open and serve food on a Monday. It has been decided to move the pub runs, next year, to Tuesdays and include them as part of the "Torchy Trail" series. They may not necessary be based at a pub but a nearby pub could be used.

Queens Head, Sheet: 3rd August



Many thanks to Catherine Seager for organising this one with Jayne Jefferies's routes. Jayne's routes used the area to the North-West of Sheet: Steep Marsh and Steep areas with the longer route having a long climb up to the top of Wheatham Hill but the views from Cobbett's View and the top of Poet Stone Hill made all the effort well worthwhile. Then back to the pub for good beer and pizza! made all the effort well worthwhile.



Three Horseshoes, Elsted: Bank Holiday 31st August



More of a "Church run" as low numbers eating in the pub made it unviable to use the pub car park. Instead, the meet up point was outside the lovely St. James church. The three routes used the area to the South-East of Elsted. The shorter route used paths to get out and back to Treyford. The middle also went out to Didling. Whist the longer route went up to the South Downs Way, along the ridge and back down to Elsted.



The meet up point.



View from the top of The Downs



Long runners on the South Downs Way looking South towards Chichester.



View from the South Downs Way looking North-East towards Midhurst.

Chairperson's Comments

Hi All

Hopefully everyone has enjoyed a great Summer, although I'm not sure I'm quite ready to let go of it yet! It's been a busy one for the Club with our annual Harting 10-mile, weekly track sessions, adhoc pub runs and some stunning Tuesday trail and Thursday social runs to attend. Wednesday intervals have had the luxury of greater variety with the longer days and have made way once a month for our Handicap Series of races, the last of which gave us chance to have a social catch up back at the Clubhouse too.



All of these rely on members to plan and arrange them, as Chair I'd like to say a huge thank you to everyone who has given and continues to give up their time in order for these to go ahead.

Harting 10 always stands out to me as the most wonderful show of our 'all hands-on deck mentality'.

Mel did a sterling job as Run Director and I'm pleased to say she'll be back in charge for 2027, but I know all the sub team leaders and individuals stepping up to volunteer made this role far more manageable!

Despite being a sun worshipper there are definite perks to moving towards the Autumn and Winter period. The return of our Southern Cross Country league runs, free for all affiliated members to take part in, alongside the Road Race leagues schedule beginning to fill up brings plenty of opportunity to get involved. I'm sure there are many that will welcome the cooler temperatures to race in over the next six months!

Whether you are out to set some new PBs or just keen to come along and take in the atmosphere and camaraderie all our runners are so welcome. Do speak to myself, Ed or Cari if you'd like any more details at all!

As great as our Summer schedule is I do always feel like the club comes into its own in the Winter. Being able to continue training with the safety and motivation of having others around you can really help keep that routine going when staying in becomes a little more tempting!

We also have several social events to look forward to, the two big ones of our annual calendar being the Awards Night later this month and then the Christmas Dinner Dance in December. Alongside those we are bound to throw in the odd curry night and pub evening to give plenty of chance for everyone to let their hair down too!

See you all out at a run or social event soon!
Catherine

Editor's Comments

Many thanks to Contributors to this edition: Mel Jenson for the Harting Trail race report (and for being such a fab race director!), Catherine Seager for the Chairperson's report, all who have added photographs and reports on Teamo, all involved with the handicap series, Stuie for dealing with the club kit, James White for maintaining the website and Teamo site and Paul Hawes for volunteering and filling in the runners profile questionnaire.

At the moment I'm having trouble getting photographs off the Teamo site (grey screen and circle of death!). If able any club activity/race photographs and reports that would be suitable for future club newsletters can you e-mail them to me direct on the e-mail address below.

For future newsletters I would love more input from club members. Don't be shy, any race reviews, runners' profiles volunteers (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

Also are there any knowledgeable runners that could produce articles for our runners such as training, race, nutrition or such like advice?

Let's make our newsletter the best it can be.

There was no club feedback about the newsletter from my request last newsletter: So no changes needed?

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

Cheers all,

Tom.

Hampshire Road Race League



This is an annual league of 12 road races around the Hampshire area where runners are rated to their finish position and added to their club's league score. Four men and four ladies need to finish to score for the team. There are usually a good number of Liss Runners at each race with even a few trying to race every race through the season.

The new season has now started!

There has already been the Totton 10km Road Race and the Overton 5 mile Road Race. Reviews below.

Remaining races of the season (some fill up fast, so if entering, get in there quick!):-

New Forest 10 Mile Race: 25th October
Gosport Half Marathon Road Race: 15th November
Victory 5 mile Road Race: 29th November
Ryde 10 Mile Road Race: 7th February 2027
Solent Half Marathon Road Race: 14th March 2027
Salisbury 10 Mile Road Race: 11th April 2027
Alton 10 Mile Road Race: 9th May 2027
Netley 10km Race: 16th May 2027
Alresford 10km Road Race: 20th June 2027
Lordshill 10km Race: 4th July.

[Hampshire Road Race League Website.](#)

Race Reviews:-

Totton 10km Road Race: 30th August

Not in Totton but based in the village of Copythorne to the East of Totton. It was an early up to get to the start time of 9am. The undulating course has closed roads and is a two lap course starting and finishing along the wide A31 with the rest along semi-rural lanes through Winsor.

Full Results: [Totton 10km results](#)



Overton 5 mile Road Race: 6th September

The second HRRL race starts on a narrow lane for half a mile. So there is a need to place yourself in your right place at the start to minimise overtaking. Then it's an out and back section on lanes to and from Ashe Warren before a small footpath section and a final road section to finish on the Recreation Ground in the middle of the village. It's usually hot and sunny, that can lessen finishing times, as it was this year.

Well done to all runners who took part. Full results: [Overton 2026 race results.](#)





In our area there are two cross country leagues: The fast Hampshire Cross Country League and the more our type of club suitable Southern Cross Country League. The Hants. League has many age and sex category races and has the top runners taking part meaning it is very "cut and thrust"! Liss Runners are not currently in this league but there is a proposal to be. If interested keep an eye on Teamo for information on this.

The Southern Cross Country League have single races for everybody (subject to England Athletics rules on maximum distances for young runners) but has a speed limit to prevent the top runners from taking part making it more of a social club-based league. Check out the rules below for details.

League rules: [SCCL rules.](#) SCCL website: [SCCL](#)

The league itself has around 24 clubs around the East side of Hampshire area. Races are approximately a month apart, as able, with races between four and a half and five miles long on scenic courses held between October and March starting at 11am. Note: to take part you need to be a paid up member of a league club and run in club colours. They are really great club events with a fantastic social atmosphere. We have won the league a few times and been second many times. So let's try to win it again at some stage.

[Cross country tips, comments and advice here.](#)

Race details this season:-

25th October: Benyons Inclosure North of Basingstoke.

22nd November: Alice Holt (note: this is a multi-club put on event. Tom will be requesting willing volunteers to marshal pretty please!).

13th December: Lord Wandsworth College, Odiham.

3rd January 2027: Alver Valley, Gosport.

17th January 2027: Chawton House, Alton.

24th January 2027: Highfield School, Haslemere.

28th February 2027: Tilford Rural Life Centre, Farnham.

Liss Runners Handicap Series 2026

That's it for the Handicap series this season (a series of Liss Runners races on the first Wednesday of the month from April to September). Many thanks to all who took part and especially to all who helped out. Results table prior to the last race is below. With three at the top blanked out as the series winner will be revealed in the Clubs' awards evening (at the top all within eleven points are Tom White, Kevin Durrant and David Reid). Same again next year...all starting again in April with The Trevor's Challenge club championships.



Food and drinks after the finish of the last handicap race.

HANDICAP POINTS TABLE

Name	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total
Laura Rogers	66	75	90	83	100	0	414
Edward Rolls	91	58	63	98	98	0	408
Rob Fleming	90	68	76	85	84	0	403
Rose Lewis	40	96	75	95	93	0	399
Alex Wilkinson	46	76	79	92	99	0	392
Paul Judge	53	83	83	79	87	0	385
Catherine Seager	81	93	0	94	89	0	357
Paul Stokoe	97	86	65	0	94	0	342
Stavros Valourdos	0	67	92	96	86	0	341
Tom Adams	96	0	72	89	80	0	337
Andy Paton	68	73	95	97	0	0	333
Sandie O'Hanlon	71	95	78	88	0	0	332
Joe Hogan	89	80	0	81	82	0	332
James White	78	74	85	93	0	0	330
Eddie Butters	79	81	74	91	0	0	325
Florence Seager	84	90	68	80	0	0	322
Georgie Freeman	42	0	91	77	92	0	302
Steve Clay	61	66	0	78	97	0	302
Emily Durrant	45	0	77	84	91	0	297
Tom Frost	83	60	71	82	0	0	296
Noel Wright	63	62	80	0	79	0	284
Chris Dettmar	100	82	84	0	0	0	266
Neil Gwatkin	48	64	66	0	85	0	263
Matt Gregory	0	71	94	0	95	0	260
Max Stuart	50	99	100	0	0	0	249
Paul Turner	87	72	89	0	0	0	248
Lana Page	52	87	99	0	0	0	238
Debbie Band	55	88	81	0	0	0	224
Gavin Saunders	59	69	93	0	0	0	221
Jacqui Waddell	43	0	67	86	0	0	196
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
Mitchell Stanley	95	0	0	0	81	0	176
Angus Cockburn	93	78	0	0	0	0	171
Mollie Dyer	0	92	69	0	0	0	161
Emma Burrows	69	91	0	0	0	0	160
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
Christina Harfleet	56	0	64	0	0	0	120
Emma Parson	49	63	0	0	0	0	112
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
Anna-Kaisa Williams	0	0	0	99	0	0	99
Phil Avery	98	0	0	0	0	0	98
Rosie Watkins	0	97	0	0	0	0	97
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
Jordan Allan	0	0	87	0	0	0	87
Russell Hall	86	0	0	0	0	0	86
David Brown	0	0	0	0	83	0	83
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
Total							78

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.

Check out the dashboard on the [club Teamo site](#) under products.



Note: The last pictures are of the hi-tec running vest – fairly expensive (around £60) There needs to be a certain number in an order. An order will only be placed when there are enough to order.





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.

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

Sunday 20th September: [Butser Hill Challenge](#).

Sunday 27th September: [Marwell Zoo 10km Road Race \(full!\)](#)

Sunday 27th September: [Polesden Lacey 10km trail race](#).

Sunday 27th September: [Barns Green Half Marathon](#).

Saturday 3rd October: [Maverick South Downs Trail races](#).

Saturday & Sunday 3rd & 4th October: [Phoenix Hampshire Think Pink Races](#).

Sunday 4th October: [Southampton Half & 10km Road Races](#).

Sunday 4th October: [Basingstoke Half & 10km Road Races](#).

Sunday 4th October: [Chichester Half Trail Race](#).

Sunday 4th October: [Isle of Wight Marathon](#).

Sunday 11th October: [Denmead 10km Road race](#).

Sunday 11th October: [Rushmoor Wellesley 10/5km races](#).

Sunday 11th October: [Running Grand Prix Goodwood](#).

Sunday 18th October: [Great South Run](#).

Sunday 18th October: [Blackdown Hill Trail Races](#).

Sunday 18th October: [Guildford 10km Road Race](#).

Sunday 25th October: [New Forest 10 mile race](#): **HRRL**.

Sunday 25th October: **SCCL** [Benyons Inclosure](#).

Sunday 25th October: [Fleet 10/5km Road Races](#).

Sunday 25th October: [Andover Half & 12km races](#).

Sunday 25th October: [Worthing Seafront 10km race](#).

Sunday 25th October: [Polesden Lacey 10km Trail Race.](#)
Saturday 31st October: [Maverick Dark Hampshire Gravel.](#)
Saturday 31st October: [Phoenix Halloween Runificent.](#)
Saturday 31st October: [Brutal Halloween Hogmoor, Bordon.](#)

Saturday 7th November: [South Downs Trail Run Goodwood.](#)
Sunday 8th November: [Hayling 10 mile race.](#)
Saturday 14th November: [Brockenhurst Trail Run.](#)
Saturday 14th November: [Phoenix Hampshire Autumn Fiesty.](#)
Sunday 15th November: [Gosport Half Marathon:](#) **HRRL.**
Sunday 15th November: [Roly's Run Swanmore.](#)
Sunday 15th November: [Brighton 10km Road Race.](#)
Sunday 15th November: [Southampton Mo Run.](#)
Sunday 22nd November: **SCCL** [Alice Holt.](#)
Sunday 22nd November: [New Forest "Stinger" 10 Mile Trail race.](#)
Sunday 22nd November: [Polesden Lacey 10km trail race.](#)
Sunday 29th November: [Victory 5 mile Road Race:](#) **HRRL.**
Sunday 29th November: [Serpent Trail Ultra.](#)
Monday 30th November: [St Andrews Day Run, Gosport.](#)

Sunday 6th December: [New Forest Xmas Trails.](#)
Sunday 6th December: [Wacky Run Series.](#)
Saturday 12th December: [Phoenix Hampshire Nutcracker.](#)
Sunday 13th December: **SCCL:** [Lord Wandsworth College.](#)
Sunday 13th December: [Guildford Mince Pi Run.](#)
Sunday 20th December: [Portsmouth Waterside Marathon.](#)
Saturday 26th December: Liss Runners Boxing Day Walk and Runs.
Monday 28th December: [Winter X.](#)

HRRL = Hampshire Road Race League race; SCCL = Southern X-Country race

Runner's Profile: This edition Paul Hawes:-

Where were you born?: *I was born in Aldershot on 30th December 1960 while my Dad was doing his National service.*

Where have you lived?: *My Dad owned Liphook Coachworks so we lived in Liphook until 1971 when we moved to Liss Forest. But my wife and I have two sons and we have lived in Petersfield for the last Forty years.*

When did you get into running?: *I started running in my early twenty's in between smoking, drinking and dancing !*

What got you interested in running?: *My first proper race was a half Marathon in Guildford in 1983 sponsored by the then Fairy Meux brewery notice the hydration drink of choice. That started my love for running and led me to join Liss runners on its first day in 1986 and meet the legend that was Mr Trevor Stoddard. In those early days Trevor was a huge influence on my running and introduced me to TRAINING.*



What do you like about running?: *I've enjoyed running ever since as a way of keeping fit particularly when we had a young family as it gave me the flexibility to work around them and work. Although during my 30's I ran only for pleasure it wasn't until I was forty and ran my first London Marathon that I returned to running semi seriously.*

Anything you don't like about running?: *The only thing I perhaps didn't enjoy was when trying for longer distances, my toes would always suffer and I never seemed to fix the problem with changing socks or trainers.*

Do you have any running heroes or memorable running events, that you have watched, that have stuck in the memory?: *I wouldn't say I ever had a running hero apart from Trevor, however David Bedford was a 70's running icon with his distinctive moustache and red socks so much so they used his look for the 118 118 adverts.*

What running performance are you most proud of?: *The running race I am probably most proud of was London Marathon in 2024 when six weeks before the race I tore a calf muscle. I went to Ben at Body and Mind and luckily the tear wasn't too severe so I turned to Cycling and light running two weeks before managing to still complete the Marathon in 3:28.*

What has been your favourite running event?: *My favourite race is by far the London Marathon, I have been lucky enough to run it six times and every time it still gives me the same buzz.*



What type of terrain do you prefer (trail, road cross country)?: *I prefer road running and the Marathon distance as I love the sixteen weeks training block. However socially I love a chatty cross country run with a mixed group of ages and ability.*

Can you list a typical running week training wise?: *For me at the moment I run three times a week about 15 to 20 miles intermixed with cycling and three gym sessions this cross training seems to have helped prevent injuries. But when I am training for a marathon my mileage and type of training changes. I would add a lot more interval and speed sessions to help my body get used to the load and maintain a consistent pace.*

Have you a running bucket list and if so, what's still to do?: *This year I finally achieved my bucket list event by taking part in the Marathon des Sables. You can't call it a run as it's a different endurance event carrying all your own food and being self sufficient for 7 days across different terrain in the Sahara. I know many in the club have competed in much more challenging and tougher events and at speed, so my challenge was nothing like that but it was a personal goal for ME.*

Finally, Paul's Stats...

5k : 20 mins should still
try and break the twenty !

10k : 41 mins

10 miles : 69 mins

Half Marathon 1hr 27mins

Marathon 3hr 16mins

