



NEWSLETTER

August 2025



Pub run and
Harting race
special

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General Liss Runners information

Liss runners website: liss-runners.org.uk

Liss Runners Weekly organised activities:-

Sunday: Morning long run (around 10 miles usually on the road): meet up Newman Collard Car park in Liss (what three words: ghosts.firmly.sprayed) at 9am.

Monday: Pub runs as pages 19 to 23 and occasional track sessions down at The Mountbatten Stadium, Portsmouth as the next page.

Tuesday: "torch" runs: evening trail runs over 5 to 7 mile routes: note: trail shoes are ideally needed 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. (Ed: no report yet, of the torch runs, from a regular, hint, hint!).

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):-**

27 th August: Max Stuart,	3 rd September: Last Handicap race,
10 th September: Kim King,	17 th September: Rosie Dyke,
24 th September: David Brown,	1 st October: John Collis,
8 th October: James White,	15 th October: Helen Purchase,
22 nd October: Tom Frost,	29 th October: Max Stuart,
5 th November: Kim King,	12 th November: Rosie Dyke.

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.

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

Liss Runners Track Sessions



The club is resuming run track training sessions (intervals) at the Mountbatten Centre in Portsmouth. There will be a small charge of £4.50 for each runner to use the track.

Sessions will be managed by Jayne Jeffries and will be Monday evenings. They will be during the summer months until the light and weather hold.

Meet at 6:00pm at

Newman Collard - w3w [///ghosts.firmly.sprayed](https://ghosts.firmly.sprayed) for lift sharing or meet at 6:30pm at the Mountbatten Centre. Check the **LR Track Sessions** WhatsApp group for confirmation of the session.

Remaining 2025 Dates (provisional)

September 1st, 15th, 22nd, 29th



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

Club Secretary: Liz Avery

secretary@liss-runners.org.uk



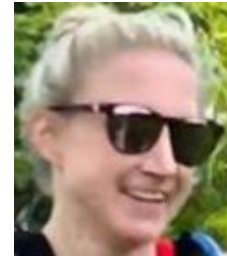


Club Treasurer: Andrew Turner

treasurer@liss-runners.org.uk

Club Ladies Captain: Caroline Brown

clubcaptains@liss-runners.org.uk



Club Mens Captain: Steve Armstrong

clubcaptains@liss-runners.org.uk



Lead club welfare officer: Ben Tyas

welfareofficer@liss-runners.org.uk



Support club welfare officer: Richard Pegden

welfareofficer@liss-runners.org.uk



Club kit officer: Stuart Lalavette

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Club membership officer: Rose Lewis

membership@liss-runners.org.uk



Club social secretary: Alison Strudwick

social@liss-runners.org.uk

Communications officer: James White

comms@liss-runners.org.uk



Wednesday training co-ordinator: Helen Purchase

Club newsletter Editor: Tom Frost

newsletter@liss-runners.org.uk



Liss Runners Open race history and the current open race: Harting MT Trail Race

History of the Liss Runners Open Race:-

Liss Runners held their first open race in 1992 over parts of the unopened Petersfield bypass. Next, starting in 1996, was a few years of a 10km cross country over the army land at Weavers Down. We then had The Milland Trail race. A Half Marathon and 10km race over the lovely footpaths and trails around the village of Milland near Liphook from 2000 to 2012. Due to the number of marshals needed, the numerous hours to layout the course and the last race having course markings moved endangering runners, it was decided to look elsewhere for a location for our open race.

Most important was a race HQ with car parking in a good location. South Harting's sports field looked almost ideal. Car parking around the cricket field, easy to find off the main road from Petersfield to South Harting and a sports pavilion. Looking at maps of the area a 10 mile race route was possible by following a side lane South up to the ridge of the South Downs, A track towards Compton, West along a lane then track to Ladyholt. A drop down to follow forest tracks near to the Chalton to Finchdean lane. A long drag up, using a footpath, to Ditcham School. A drop down through Coulters Dean before using the South Downs Way East back to the side lane to get to the finish inside the sports field. The only problem was the way to get runners down the main road from the side lane to the sports field. This has only just been resolved this year, by the perseverance of Andy Turner, with the grass verge being cut and taped off.

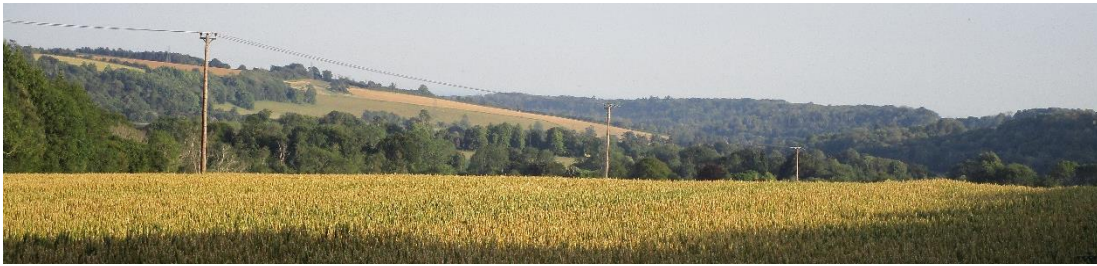
This year:-

"Reccy" run of the Harting Race route was held on Tuesday 1st July. Ten brave Liss Runners turned up to run the route on the evening of one of the hottest days of the year.



The group near to the top of the Ditcham climb: It was quite a slog to get round in the heat but worth it for the views!

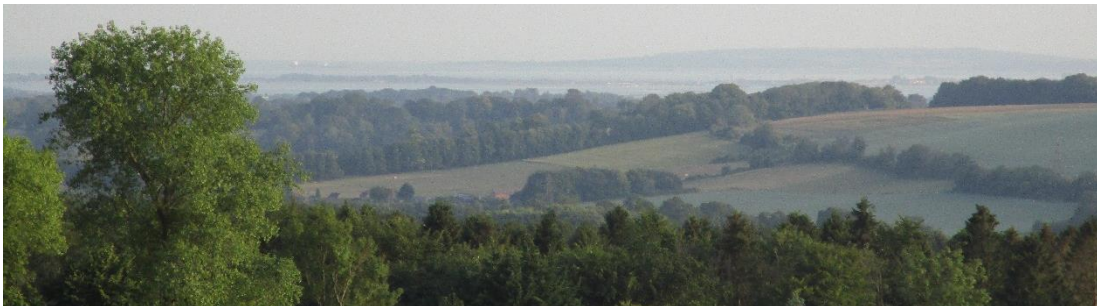
Some of views:-



Looking towards the direction of Compton.



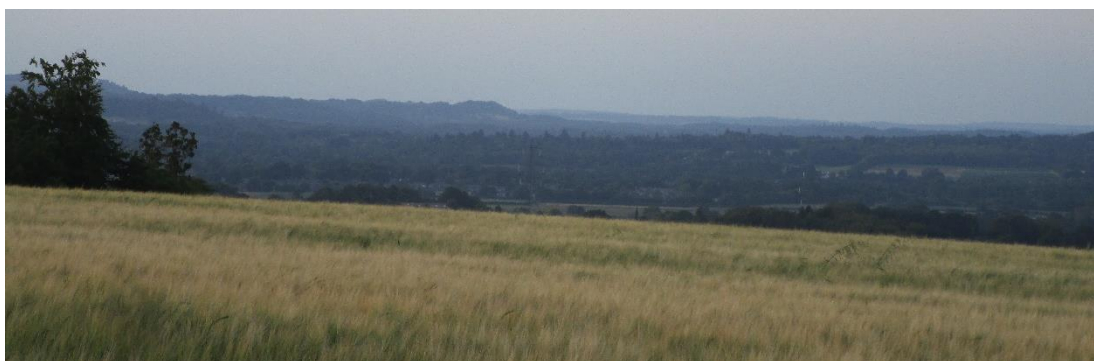
Looking South from Eckensfield



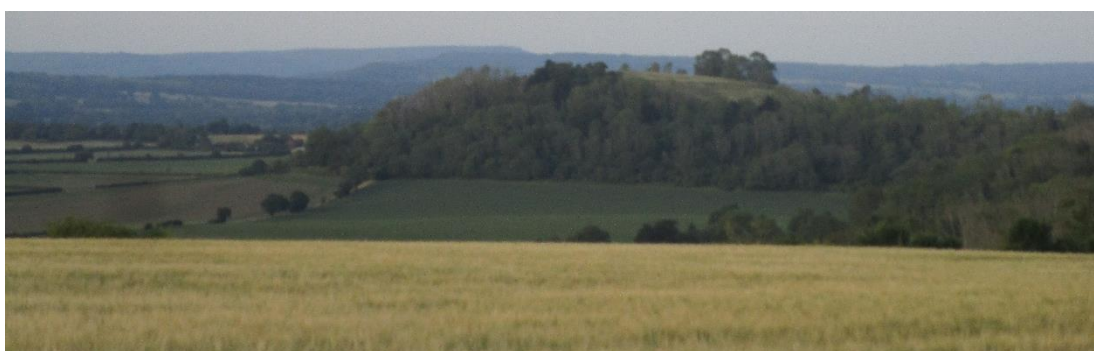
Looking towards the Solent and the Isle of Wight



Sunwood Farm with Harting Down beyond



Looking towards the Liss direction



View of Torberry Hill and beyond



Halfway up the hill to Ditcham





Back at the cars

...and for the race it's self!

My experience was the laying out of race route direction signs on the Saturday afternoon and a bit on the morning of the race before getting down to the race HQ and being amazed at the set up with loads of signs, poles and tape keeping runners off the road and around the sports field to get the route as close to 10 miles as possible.

I did not managed to see the children's race but heard it went very well thanks to the organising by Ben Tyas and his helpers.

I left the start with 15 minutes to the race start, to make sure I'm in front of the lead runner for the majority of the route, on the lead bike, to ensure signs had not been interfered with. He caught me just before Coulters Dean. Not James Baker this year! But a Southampton AC runner well ahead of any rivals.

At the finish the results were: 1st man: Max Costley of Southampton AC finishing in 58'11" just 40 seconds off James Baker's course record. 2nd was our own Joe Sykes 4 minutes off Max. 3rd was Oliver Davis of Verwood Runners.

1st MV50 was Mark Bicknell from Denmead Striders finishing in 4th place overall. 1st MV60 was Mike White of Stubbington Green Runners and 1st MV70 was Alton Runners Richard Bacon.

For the ladies 1st was Christine McCullough with 1 hour 15' 53"; 2nd was City of Portsmouth AC Athene Ryan 2'29" behind Christine; 3rd was Nuala Smyth from the 100 Marathon Club.

1st FV40 was Nicola Thomas from Denmead Striders; 1st FV50 was Haslemere and Border AC's Philomel Bennett; 1st FV60 was Nuala and 1st FV70 was Shirley Faichen.

We had a total of 215 entries and 191 finishes with a profit of £1700 to give the majority to our nominated charity: The Rosemary Foundation who had members serving the cakes and drinks at the race. The charity provides palliative care at home to individuals with advanced, progressive and life-limiting conditions to make their lives as comfortable as possible.

At the finish I heard nothing but praise from the runners coming in, well a bit tongue in cheek about the hills! But all in good spirit. The amount of club members help was brilliant with cakes supplied, James White dealing with the race promotion, Laura Armstrong sorting out the marshalling and water stations, Alison Strudwick organising the catering, Andy Paton sorting out all the masses of signage and race tape for the traffic, route channels and finish and Chris Dettmar and crew for getting and producing the results including all the other helpers, marshals around the course, sweepers (who did an excellent job clearing the course signs) and water station crews and anyone else involved.

The main thanks must go to Andy Turner for co-ordinating it all and organising everything. His attention to detail and perseverance is amazing! His successor has big boots to fill!



Sports field



Towards the pavilion



First man



Second man our own Joe Sykes

Third Man



First Lady



Second Lady



Main man Andy Turner calling runners to the prize giving

Chairperson's Comments

Hi All,

We seem to have enjoyed a large influx of new members again over the past few months, so firstly a huge welcome to anyone who has joined recently.

I've been out of action following an accident so have been slightly more removed from the usual sessions but have loved seeing all our social and race photos throughout the weeks and look forward to meeting everyone for a run very soon!

Summer is always a great season for our runners with the handicap season really ramping up, pub runs exploring some new local trails and the return to track training. Lots of opportunities making the most of the longer days.

Tuesday trail runs allow us to fully appreciate the beautiful area we live in, and social runs have introduced our first Thursday Foray this year going further afield once a month for members to introduce some of their favourite routes that may be based outside of the usual Petersfield meeting point.

In addition to the training Summer also features our two main club relays, Emsworth to Basingstoke and the South Downs Relay.

Liss Runners did us proud in both and it was great fun following the action on both days.

Emsworth is open for 2026 entries already and I urge anyone interested to get involved, I don't know anyone who has taken part not to consider it one of their favourite days of the running calendar!

As we head towards Autumn and Winter we can look forward to the start of the HRRL 2025/26 season where our men have just gained promotion to the top division, with our ladies finishing up in second in the top division 2024/25.

I'm sure you'll hear more of this later on, but let's get a great start to the new year and continue to build on our recent success.

The torches might be coming back out soon, but that also brings about refreshed need for the encouragement and safety of coming along to club sessions and to keep motivation up when the days do become shorter!

We have plenty of social events to enjoy throughout the next few months too with curry after the final handicap run next month, pub nights and our annual Awards Do in September. Members new and old are welcome, a great opportunity to enjoy some great food, a few drinks and get to know everyone away from pounding the pavements!

Catherine x



Editor's Comments

Firth one in! Another bumper edition.

Many thanks to contributors: Catherine Seager, Ed Rolls (for the runner's profile and I'm always after more volunteers as below), Warwick Parker for his review of the South Downs Way 100 (100 miles in a day!!!), Those who took on the organisation of pub runs: Tom and James White, Richard Pegden, Sandra Sellis and Gemma and unsung heroes Steve Armstrong and James White. Who do so much in the background (Whatsapp and the club website and such like!).

I'm hoping to get future articles on "training Matters" on issues such as injury prevention, nutrition for runners, idea training load, stretching etc. 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

I'm wondering on the continuation of the "Fav Runs" section. I've had no fav runs from others and I've other Fav runs but they are more "out of area"; like the one in this edition. Are they of interest to others and worth including in future newsletters? Let me know on the above e-mail.

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

South Downs 100 mile Relay 2025 Race Report



The South Downs Way Relay is a 100 mile race along the South Downs Way, east to west, from Beachy Head to Chilcomb just outside Winchester. 18 stages, teams of 6 runners and a driver/team manager getting runners to the right place on time for the baton change over.

After a postponed start to the race, from its traditional date of the 1st Saturday in June to the last one (28th), Liss put in a strong show. The chaos of the postponement gave Liss the opportunity to put in a 3rd team for the event –

mens, womans and mixed. But last minute injuries also saw a reshuffle of runners, with some given just a weeks notice to prepare.

The start of the race saw high winds and low visibility with sea mist enveloping the tops of the Downs. The first 2 miles of the race runs along the edge of the Seven Sisters cliffs. Conditions meant that racing was suspended with all the runners sticking together for safety. Once down to the Birling Gap, the racing began in earnest. It was the runners equivalent of a rolling start in F1. But the weather soon cleared and the rest of the day was spent in hot, sunny and humid conditions. Great for spectators but very challenging for racing.



Teams are set off with starting times according to their predicted finishing times - the target is for teams to arrive at Chilcomb by 8pm.

As well as racing with the other 35 teams, there was inter-club competition to be the first Liss team to reach the end. And it went right down to the wire, with the men just catching the mixed team on the final leg and only 2 miles from the finish line.

Congratulations to all the runners for putting in a great performance in challenging conditions. But special mention to the team drivers and managers, and to the Lissers who marshalled the change over on leg 15/16 at the Sustainability Centre. A big thank you too to both Amesbury and Bohunt schools for lending us their minibuses.

First off at 6am were The **Mixed team of** Dave Brown, Aido Albury, Ed Rolls, Paul Turner, Rosie Watkins and James White, driven by Robin Greenfield, managed by Catherine Seager; with a predicted time of 14 hours. They broke that with a finish time of 13 hours and 46 minutes in finish in 5th place in their category.

Next off at 6.30am were the **Liss Ladies** of Cari Brown, Alex Coomber, Sandra Hunter, Kate Parker, Gemma Sills and Anna Wemyss, driven and managed by Laura Armstrong; with a predicted time of 13 hours and 30 minutes. Due to an injury to a key runner, they were over this with a total time of 13 hours and 44 minutes to finish in 3rd in their category.

Last off for Liss was the **A team** at 7.30am of Steve Armstrong, Tom Bennie, Andy Brown, Paul Stokoe, Ben Sykes and Joe Sykes, driven by James Yeardley, managed by Stuie Lavalette; with a predicted time of 12 hours 30 minutes. They bettered this with a total finish time of 12 hours 15 minutes to finish in 8th.



It was, as always, a fantastic event with the smiles and happiness at the end more than drowning out the pain and discomfort from a hard day's racing.



Pub run reports 2025

Bank Holiday Monday 26th May: From the Bat and Ball, Hambledon:-

Many thanks to Rose for sorting out the routes. There were 4 to choose from! : 4,6,7 and 9 miles long. Rose chose the area to the South West of the pub. The walk route went up and over Broadhalfpenny Down and back to the pub along a lane. The two middle routes also went over to Denmead Mill, Hinton Manor and North Farm (North of the Clanfield Road). The longer run got as far as Catherington Village.



Monday 9th June: Hen and Chicken, Upper Froyle:-

Over a bit of a different area than usual. Route choices were 3 ¾, 5 and 8 miles.



All routes went up and over Saintbury Hill. The short route went through Lower Froyle and back to the pub, the middle route skirted around the North of Lower Froyle and the longer route went as far just to the South of the grounds of Lords Wandsworth College with some recognising part of the run as over a bit of the Southern Cross Country race route done in the winter. It was a bit less muddy!



View from Saintbury Hill above Lower Froyle

Monday 23rd June: Hound and Heather, Hindhead:-

Many thanks to James and Tom White for the routes. There was a choice of four routes over the Gibbet Hill side of Hindhead Common, with the longer route going all the way down to Grayswood and back.



View from The Gibbet Hill viewpoint

Monday 7th July: The George, Finchdean:-

This one it was over to Richard Pegden for the routes and he did himself proud. Three lovely routes over the area to the East of Finchdean with lovely views including Stanstead House for some of us.



Before the off outside the pub



The "longuns" above South Holt Farm



Over towards the Isle of Wight



"Longuns" met the "Middleuns"



Evening view of Stansted House

Monday 21st July: Seven Stars, Stroud:-



Many thanks to Sandra Sellis and Gemma for coming forward to provide the routes for this one. The short route went North from the pub up to the top of the ridge and back. The middle one to the South-East of the pub towards Butser Hill and back and the long one went over to East Meon and back.



The middle routers taking a photo break



And they're off again



Which way now?



Nice view of Butser Hill



View towards Butser from the hill above East Meon

Bank Holiday Monday 26th August: Pub with no Name:-

This year, due to interest, we've organised a bonus pub run on the Bank Holiday at the end of August. It's from "The Pub with No Name" (AKA The White Horse!) <https://www.thepubwithnoname.uk/> . Meet at the pub at 10am. Routes available are 3 ¼, 5 and 7 ¼ miles long. The middle and longer routes are more "laney" than usual but what lanes! Note: the short route is not suitable for child buggies



due to kissing gates, stiles and rough ground.

I've booked a table for 14 that are eating. Any eating please order your food when you return to the pub. The table is for those who have let me know they are eating.



Hampshire Road Race League Reports

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



Liss Runners Ladies had a fantastic Hampshire Road Race season to finish in second in the top Ladies A1 section. The men weren't far behind with also a second but in the second A2 section and a promotion into the top A1 section!

A very well done to all the multitude of Liss Runners who took part. Scorers in the League (who ran 7 or more races) were:-

For the ladies Laura Rogers (32nd) and for the men: Steve Armstrong (who ran all 12 races with a 23rd placing), Rob Fleming (31st). Andy Paton (54th who also ran all 12 races), Stavros Valourdos (62nd) and Neil Hancock (63rd).

The last three race results are following.

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

Totton 10km (new to the League): 31st August 2025

Overton 5 mile: 7th September 2025

New Forest 10 mile: 26th October 2025

Gosport Half Marathon: 16th November 2025

Victory 5 mile: 7th 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: 12th April 2026
Alton 10 mile: 10th May 2026
Netley 10km: May TBC 2026
Alresford 10km: June TBC 2026
Lordshill 10km: 5th July 2026

[Hampshire Road Race League Website.](#)

Netley 10k - HRRL

18th May 2025

The brand-new course at Netley 10km delivered a great mix of scenery and challenge - a single, undulating lap taking in traffic free roads and paths around the beautiful Royal Victoria Country Park and through the village of Netley Abbey. Friendly marshals were out in force, keeping things smooth and supportive all the way around.

It was a chilly start, but the sun soon came out and made for perfect running conditions. A strong crew from Liss Runners turned up and gave it everything, with loads of well-earned PBs across the team on what proved to be a brilliant new course.

Ed got lucky and bagged one of the spot prizes-amongst a bag full of goodies a voucher for a new pair of trainers! We also had a small but mighty Liss support team out on the course, cheering us on and snapping some great photos-massive thanks to them for the energy and encouragement.

To top it all off, someone even came up to us after the race asking how to join the club- another new addition to the ever growing Liss family.

There are plenty of photos on our social media channels and on the main WhatsApp group.

Just Alresford 10k and Lordshill 10k left in the season. As always if you're interested in some racing please message either myself (Steve) or Caroline.



Alresford 10k - HRRL

16th June 2025

Another hot and hilly Alresford 10k this morning — the penultimate race of this season's Hampshire Road League.

Set in the charming market town of Alresford, the route weaves through the town, past its famous watercress beds and out into the surrounding countryside. Half of the course is an out-and-back section, adding a unique twist to the challenge.

20 Lissers donned the red vest. It was a strong performance all round today, with many runners battling the conditions to achieve 10k PBs — a great accomplishment on a tough course.

The "little Lissers" also had the opportunity to show the crowds what they can do in the kids races. Taking the top positions in almost every race.

Just one more race to go before it all starts again.



Lordshill 10k - HRRL

6th July 2025

The last race of the 2024-25 HRRL season saw 19 Lissers done the racing red top.

Fast, flat, and full of potential, this out-and-back course gives a chance to show off those post-marathon legs - or take on your first 10K in a welcoming, supportive setting.

Perfectly placed in the calendar, 10 weeks after London and 3 months before autumn marathon, this race is an ideal speed test for seasoned runners, or a confidence-boosting challenge for newcomers. Quiet countryside lanes, a super-friendly atmosphere, and a course built for PBs and good vibes. Whether you're chasing a time or just toeing the start line for the first time.

And a number of Liss PBs fell too!! Well done to all the ladies and gents who smashed it out there!

A special shout out to our newer members racing in red for the first time- welcome to the Liss family.

We'll see how today affects the overall results but both the Liss ladies and gents teams went into this final race in incredible positions.

Women's team – 1st in A1

Men's team – 2nd in A2, securing promotion alongside Winchester.

A massive THANK YOU to every road racer who gave their all this past year. You've done the club proud, we couldn't have asked for more.



Liss Runners use their brains instead of their legs!

We held our first full quiz evening at The Town House in Petersfield on a Friday evening in June. Six teams filled the first-floor room.

The first round was a table round to identify twenty athletes from their photographs. Most teams scored in the high teens with team 2 (Andy Turner/Steve Armstrong team) getting 19 out of 20. This year's men's London Marathon winner: Sebastian Sawe proving problematic for most.

The read-out questions in the first half were ten on current affairs, ten on the specialist round on Romans and ten on general knowledge link round. The top three scoring teams after the first half were: Team 1 (Neil Gwatkin/Sara and Godfrey Rhimes team) with 43 ½ points out a possible 52. Team 3 (The Whites: Emily and James with Julie Allcock team) with 40 ½ and team 2 with 40 points.



There was then a break with a second table round of twenty birth names and teams had to provide which name matched the supplied famous people's names (but there were far more supplied names than the questions – can't make it too easy!). The teams struggled with this round with teams 1 and 4 (team of Alison, Annett, Laura and Terry) getting the most with 11 points out of twenty.

On to part two: another read out ten questions on current affairs, ten on general knowledge and finishing the quiz on ten on another general knowledge link round. Team 4 had a stonking last round getting a score of 11 out of 12 to gain ground on the rest.

Final scores:-

First place: team 4 with a brilliant 79 points out of a possible 104 ; Second place: Part 1 winners team 1 with 76 points; third place: team 3 with 72 ½ points, fourth place: team 2 with 69 points; fifth place: team 6 (Sandra and Gemma's team) with 62 points and bring up the rear team 5 (Cliff's team) on 33 ½ points.

Many thanks to all who took part. Hoping that everyone enjoyed themselves, wherever they were placed. A big thank you to Alison for organising and the staff at The Town House for letting us use their first floor room.



Liss Runners quizers ready for the questions.

Liss Runners Handicap Series

Only one more club handicap race to go. The last one is on the first Wednesday of September: 3rd.

Note: The route has been changed to a "reverse of Trevor's Challenge": It starts from the Triangle Centre in the middle of Liss, goes up Rake Road, turns left into Warren Road, under the railway bridge, another left turn to go along Mint Road. At the end of Mint Road turn right to go along Forest Road. After Liss Forest turn left to go down the old Longmoor Railway Line to the finish by the "Buffer".



It'd been competitive all through the series and I've heard it's tight at the top. After we usually go for a curry at The Madhuban. Look out for a future club message.

Many thanks to all the efforts of those that ensure the races happen and results are recorded and worked out.

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.

Sunday 24th August: [Arundel Castle 10km](#)

Sunday 31st August: [Totton 10k](#) HRRL

Sunday 31st August: [Southampton Running Festival](#).

Sunday 7th September: [Overton 5 mile Road Race](#). HRRL

Sunday 7th September: [Pilgrim Trail Marathon and Half](#).

Sunday 7th September: [Bacchus Half Marathon and 10km](#).

Sunday 14th September: [New Forest Marathon, Half, 10k, 5k](#), Brockenhurst.

Sunday 14th September: [Butser Hill Challenge](#).

Sunday 14th September: [Alf Shrubb Memorial 5 and 10k, Slinfold](#).

Sat. to Sun. 13th to 14th September: [Ventnor Fell Run Series: Isle of Wight](#).

Saturday 20th September: [Hambledon Hilly 10km](#).

Sunday 21st September: [Winchester Half Marathon](#).

Sunday 21st September: [OutRunCancer: Angmering](#), Arundel.

Saturday 27th September: [The Two Towers 50km](#), Mickleham.

Sunday 28th September: [Barns Green Half, 10km and 5km](#).

Sunday 28th September: [Marwell 10km](#).

Saturday 4th October: [Punch Bowl Challenges](#): Hindhead.

Sunday 5th October: [Bolt round The Holt](#): Alice Holt.

Sunday 5th October: [Guildford 10km Road Race](#).

Sunday 5th October: [Chichester Half and 10 mile MT race](#).

Sunday 5th October: [Basingstoke Half and 10km road race](#).

Sunday 5th October: [Rushmoor Wellesley 10km and 5km](#): Aldershot.

Sunday 12th October: [Blackdown Hill Challenge](#): Fernhurst.

Sunday 12th October: [Southampton 10km Road Race](#).

Sunday 12th October: [Denmead 10km Road Race](#).

Sunday 19th October: [Great South Run](#): Porstmouth.

Sunday 19th October: [Running Grand Prix](#): Goodwood, Chichester.

Sunday 26th October: [New Forest 10mile race](#). HRRL.

Sunday 26th October: [Fleet 10km and 5km Road Race](#).

Saturday 1st November: [Multi-terrain Races, Wickham](#).

Sunday 2nd November: [Hayling 10 mile](#).

Saturday 8th November: [South Downs Off Road Half Marathon](#): Goodwood.

Saturday 15th November: [New Forest off Road Half Marathon](#).

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

Sunday 16th November: [Gosport Half Marathon Road Race](#).

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

HRRL = Hampshire Road Race League race.

Runner's Profile questions:- Ed Rolls



Where were you born? Bath

Where have you lived? Melksham, Sheffield, Devizes, Southampton, New Forest, Haslemere and now Greatham

When did you get into running? When I was 17 during my A-Levels

What got you interested in running? I signed up for an Alpine Mountaineering trip when I was 17. Before going to the Alps we did a training session in Snowdonia, I was so unfit I struggled to get up the mountains so I got interested in running as a means to getting me fitter so I would be able to do the Alpine trip. To start with I could only run for 5 minutes but I built it up from there.

What do you like about running? The challenge of running faster, feeling super fit and the endorphin rush afterwards

Anything you don't like about running? The 1st mile

Do you have any running heroes or memorable running events, that you have watched, that have stuck in the memory? Mo Farah winning the 5k and 10K at London 2012 Olympics

What and when was your first running race? When I was attending the sixth form at Beechen Cliff School. It was a Cross Country Race at Monkton Comb School.

What running performance are you most proud of? Getting sub 20 min 5k at Southsea Park Run

What has been your favourite running event? Alton 10 mile, it was my 1st race for Liss Runners and there was such a good atmosphere and I loved the support all the Liss Team gave me

What type of terrain do you prefer (trail, road cross country)? I equally like road and trail. Road because it's the fastest and trail because you get amazing scenery

What race distance do you prefer? 10k

How did you get to join Liss Runners? Sadly early this year I lost my partner suddenly. I hadn't run for a few years before this, so I took up running again to help cope with the grief. As well as the grief I am new to this area so had not made a lot of friends so felt very alone, my sister suggested I join a local running club as they are really social and you get to meet lots of new people, so I googled local running clubs and found Liss Runners and joined. It was the best decision I made, I haven't looked back and have made so many friends.

Can you list a typical running week training wise? My favourite run with the club is the Torch Run so if I'm available I do that. I then like to do an interval training session either with the club or on my own on the Wednesday and then on Thursday or Friday I like to do a run round the ranges and finally Saturday is all about doing Parkrun at various locations. I also like to add in 2 sessions of weights to help leg strength and injury prevention, I do squats and dead lifts for this.

Have you a running bucket list and if so, what's still to do? London Marathon next year (I am running for my late partner with a charity place. The charity is doing research in Brain Haemorrhages, which is what my partner died from).

Is there any interesting or funny running stories or anything else that may be of interest to fellow club members? I enjoy mud runs

Finally, Stats...

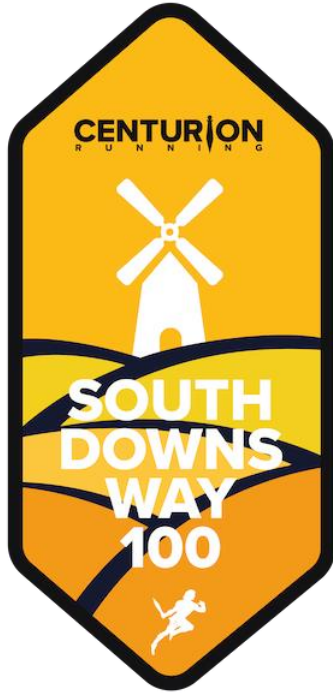
Can you list your personal best for mile, 5km, 5 mile, 10km, 10 mile, half marathon and full marathon (if done)?

1 mile – 6:02

5k – 19:46

10k – 41:22

10 mile – 1h13:21



Warwick's Race Report

Of The Southdowns Way 100 miles 2025, 30 hours cut off between Winchester and Eastbourne

Saturday 14th June 3:30 am alarm call. I was awake before the alarm of course. Rob was catching a lift to Matterley Bowl with us for the race start at 5:30 am. We had been over the Friday evening to check out the race village and get a bit of the atmosphere. We had a few minutes chat with one of the best 100 mile runners in Britain and race favorite Mark Darbyshire. Explaining he was running in road shoes and was hoping not to race the notorious narrow gulley coming off the downs at the end of the course. I said you may need to be racing down it but I'm sure I won't need to. Those words were ringing in my ears early Sunday morning!

I was very relaxed all morning. I felt happy to have got to race start. I had a bad year for training with a calf pull in January that set off a series of niggles. I first rested and rehabed my way back to running with hours on the elliptical, bike and in the gym. Then pushing to catch up and finding a new niggle. This repeated, bouncing off the injury line but not pushing past. I was going in under cooked but I felt OK and was determined to give it my best shot. This would be my first 100 mile foot race. I got into running and joined Liss in December 2022. Things slowly progressed and eventually my Sister Kate along with fellow Liss Runners Sue and Imogen decided to try ultra X 110km in Finland in May 2024. I could not resist the feeling of adventure that this would bring, 2 days running around the lakes and woods of Finland.

I had always had SDW100 at the back of my mind. I had previously cycled it a couple of times, always thinking it may be possible to run this (never thinking anyone would or that these races existed, they probably didn't back then). Fellow Liss Runner Sarah had won the 2023 race and was a massive inspiration for me and showed that these things are possible. With that in mind I also signed up to the 2024 serpent trail 100km so I could qualify for a 100 mile entry with Centurion Running. This was only 6 weeks after Finland so I was pushing it as I had never raced an ultra marathon or even a marathon previously.

Race Start 5:30 am Matterley bowl just outside of Winchester. I had put myself in wave one with the elites and all three Liss Runners Ana, Rob and Alex. As I



knew I would probably be one of the slowest in this group I waited at the back with a strategy of walking any steep early hills and jogging around at my own pace. I had a big desire to complete it within 24 hours. I had set my watch to have a pace plan to keep me on track.

Around Matterley Bowl: only 95 miles to go!

Early running was easy and chilled. Chatting with fellow runners from UK and abroad I had a good chat with a Portuguese guy around the Bowl. We were all just excited to be out on the South Downs on a lovely day being part of something challenging but with a great spirit to it. The miles really did tick off quickly. You may think in an ultra you could get bored of just running for so long but the reality is you are constantly managing yourself. You have to feed and hydrate and keep on top of electrolytes. This is a constant job that really keeps you occupied. I had great chats all the way to QECP where I would meet my crew for the first time and hopefully a few supporters, being so close to home. First I met a colleague at the top of butser who ran with me a third way down and then towards the bottom Jules kids Connor and Finn had run up to meet me and ran down where Jules, my sisters, mum and Imogen were cheering me on. A very quick chat and resupply and I was off. Meeting them again at Harting. It was quite emotional seeing them especially at Harting. I think just knowing people are out there just for you is amazing.

I would not see familiar faces now until halfway, 50 miles. Where I would plan to pick up my crew and pacers for the second half. I mostly enjoyed those miles but the heat did really build along with the humidity and at the Cocking aid station I rushed and only filled up my two water bottles but did not drink at the station. This was really my only nutrition/hydration error of the day. I really struggled on that leg, running out of water a good few miles from the Houghton Farm aid station. My crew and I had done quite a lot of planning and had come up with vague timing of when I would get to Kithurst Hill 50 miles and pick up my pacers. Now pacers really is a funny term as there would be very little in the way of pace!

More moral support and for me being my first 100 miles the support through the night. I have not experienced that and was unsure how I would manage, especially with navigating while tired.

There was mild panic in the team as I was much quicker than expected approaching the crew station. All my crew being mothers had some quick rearranging of family and child care to rush out to meet me. They did an amazing turn around and got there about 90 seconds after I arrived. Seconds will play a part in this day! Sue was my first pacer. She had previously paced me at Serpent 100km. She is a really strong runner and more importantly a great chatter to keep the miles ticking over. Always checking I was eating and drinking and helping navigate and the most important job of chief gate opener! She had a quick first stint handing over to my Sister Kate who would now be with me for 25km from Washington to Clayton windmills.



Up from the Shoreham Road to the ridge top



Towards Ditchling Beacon (I think); look at that view!

Washington aid station where I met Kate was a sight to behold. People were really suffering by that point vomiting in the toilets and laying on floors. I had a quick sit down and some warm pasta which made a great change from gels, aid station sandwiches and melon. I collected my night time mandatory kit and poles and headed off.

Kate running and filming for various whatsapp groups hoping to follow on or just to see some suffering. For someone running to help me and run into the night she seemed to be really enjoying the event. We caught up with Catherine who was pacing Ana, shortly after Washington. Ana had been storming off with the front of the ladies' race but had been really suffering with GI distress which is really common and can massively affect your performance. A quick chat and off we went enjoying the views and chatting.

Kate, Sue and Jules were constantly in touch with each other managing me and my needs for upcoming crew stations and also documenting my pain killer usage. Sue's second stint from Clayton windmills to Firle Beacon was a massive 30km leg and was entirely through the darkest part of the race and with me moving at my slowest. My quads had finally had enough by this point the biggest issue was going downhill. This made progress much slower, mainly power hiking as it seemed quicker than jogging and much less painful. I massively appreciated the effort all my crew put in but 5 hours in the dark with a slow moving zombie was such a generous thing to do. Thank you Sue!

I really did enjoy the night even with the failing quads. We had a stunning large orange moon. Sheep lying by the side of the trail, who must have been wondering what the hell was going on in their bedroom that night. The best part was the river of headlights behind and in front stretching as far as you could see over the downs. It really made me feel part of something very special, not just a race but an experience and a community of people achieving their own goals, all out there probably suffering, with their own motivations as to why. Sue and I arrived at Housedean Farm Aid station to find more carnage. People sleeping in chairs and a guy with blood on his shoes. Personally, I felt really calm and serene, really happy I was out there enjoying this thing we were doing together. I collected a warm cuppa soup and we walked out into the warm night.

Jules had been doing a great job ferrying my pacers about and I hoped they had managed to get a little sleep in the car. Kate took over for the final 16km or 10 miles from BoPeep crew station all the way to Eastbourne Sports Park. She was in great spirits and really kept me going. Now remember my aim. 100 miles one day, 24hrs and the watch pace plan. Well in my mind I was 1.5 hrs inside my pace plan because my watch was telling me that. I had plenty of time but I was tired and your brain doesn't work so well. My quads were wrecked, walking down steep hills was almost impossible. A kind of sideways shuffle as fast as I could. The subject of 24 hrs was being talked about Kate said, "no way are you making it". I said, "we have plenty of time, look at the watch". She repeats "no, it's wrong!".

My tired brain can't compute this. Watch says yes. Kate says no. I knew eventually that she must be correct. In retrospect I should have turned the auto stop off on my watch. It was not counting my aid station stops as my overall time. Always learning lessons.

Kate said "you have to double your current pace to make it in 24 hrs" that's with 10km to go. It's a big aim for me so with absolutely crushed quads I get passed the last two painkillers and two gels and we start moving faster increasing the speed slowly. To my surprise my legs actually can move. I am jogging up hills passing people. The daylight is back and Kate is clearing the path ahead. I passed the last aid station without stopping. Kate pops in and collects some food. We had a brief discussion whether I needed to check in and I assured her that the lady said I didn't need to. Very glad we didn't turn back and ask again.

The last long hill up to the trig point outside Eastbourne was a massive struggle. I had no idea how I was jogging but at one point I thought that's that, I couldn't keep going and walked. I said to myself over the distant shouting from Kate, "you are so close to 24 hrs! You have a chance!" I started jogging again. I passed quite a few runners on their last legs with Kate 10 meters ahead shouting god knows what at me to keep me moving. At one point a broken young runner said "is that your pacer ! She's a bit harsh isn't she!" I muttered "she's trying to get me home in under 24hrs". Finally we hit the trig point, Kate is navigating and moving runners off the path with authority but also people really wanting to step aside. I think they understood my motivation and were happy to help.

Remember Mark Darbyshire not wanting to race down the gulley. Well I was racing it, against the clock. Those words were ringing in my ears all the way down. After the race I checked and we had both run the last section about the same time. Amazingly he managed that pace for 100 miles. We got spat out of the gulley of doom onto the streets of Eastbourne. I handed my poles to Kate and we really hammered the roads. I was thinking the whole time for the last 4km how the hell my quads could turn over like this when I could hardly walk earlier. I think a massive desire can really push the body to places you think are impossible. The mind really does lead the body. We averaged 5 min km's (8min/mile) those last 4km and topped out at 3:52/km. I am still gobsmacked.

I remember running along a path I had seen previously on a Centurion Running video showing the route to the sports park and the finish. I remember it was a fair way. I was continually looking at my watch knowing I had to be in by 5:30. I was thinking "if this last turn doesn't arrive imminently I won't make it. No that's it I'm not making it there are only 3 mins to go". So far yet just short. It was hard to think all that way to just miss out on 24hrs. The turn finally arrived, I could see the stadium. Kate was quite a way ahead screaming at me.

People in the car park were cheering me on. There was a marshal sitting on a chair. I shouted which way as Kate was running along the road. He pointed, shouting "down there". I cut the corner of a grassy verge and pavement cutting precious few meters out rather than run the road.

We entered the track with 2 mins to go. That seems so easy now but then all I could think was that's a long way round that track in 2 mins, such a long way I kept repeating it and watching the clock. I had a wave of emotion entering the track. I had dreamed of this moment in all those hours of training and now the moment was here but I had no time to cope with that feeling and buried it and kept the pace up. The crowd knew the deal, 24 hrs and someone who was really pushing. They started cheering me round the track with Kate encouraging me with a few choice words. I only eased off with 3 meters to go, seeing I had 30 seconds to go. I finished! 100 miles, one day! By 28 seconds!



I was greeted by the race director who said "you could have been the first to get this buckle (100 mile, finisher) but I am so happy that you are the last to get this buckle (100 miles, one day)". I was so very happy to get that buckle! The whole team were there to celebrate and have photos with me. It was a truly incredible experience topped off with an unbelievable and emotional ending.

I felt great at the end, full of adrenaline. I

showered knowing that by the time we had driven home my legs probably would not have managed to get upstairs. Thirty minutes after I had finished, I think the massive effort I put in at the end was really catching up with me and sickness was really kicking in. I had to cut short any time reveling in the atmosphere at the track and ask Jules to drive us straight back.

I really had to make myself go to sleep to stave off nausea. It felt like a few minutes and we were back in Petersfield. I spent a few hours eating and lying on the sofa catching up on what's app and strava messages and reveling in my achievement before sleeping.

Looking back I am so grateful to my crew and pacers for helping me through this. They were amazing. I feel really proud of my achievement. I think I managed my nutrition really well. Lots of planning with the right team and the right gear helped make it an amazing experience. I would thoroughly recommend Centurion events. The organisation is top quality. The aid station volunteers are incredible, mostly runners themselves or past runners. They really know how you're feeling and what you need. I will be volunteering myself to give a little back. The aid stations are really well stocked. You could run these events with no crew. If you start with enough supplies to get to the first aid station you could get through the race with their supplies. I must have used 40 of their precision hydration gels.

100 miles over the entire South Downs way. A trail walked on for 4000 years. What a great way to spend a day.



Fav Run: Knepp Estate with added Creek

As I sometimes work to the far East of West Sussex I have the chance to run from this area and beyond after work. I've had runs on the North Downs, Ashdown Forest, Uckfield, Lewes areas and in between these and home. Some of my favourite runs have been when I take a map with me and explore an area for an hour or so.

This one is out of our area but the Knepp Estate is a brilliant place to run with wide tracks and plenty to see. Children would especially like it.

The Knepp estate is a nationally famous rewilding project often in the news. The 3,500 acre estate let farmland "go wild" from 2000. Nature has taken over and the estate has also "re-introduced" animals that have become rare or extinct in Britain such as nightingales, wild pigs, wild cattle, turtle doves, beavers and white storks. There are even thinking about introducing bison but it has not happened yet!

Members of the public are also welcome with paths opened and marked (paint on tree trunks, signs, fence posts etc.). As the plan below marked paths are Red 9km, orange 3.3km, yellow 3km and blue 2.2km.

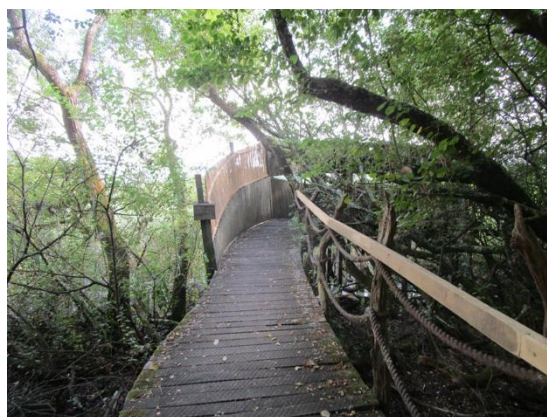


Recently a large car park, shop, restaurant and other buildings have been constructed within the Estate to the West of the village of Dial Post, off the A24 South of Horsham. The estate has also provided information boards and viewing towers. There is a campsite and you can even go on animal safaris.

For my run I usually park in the village of Shipley (to the North-West of the Estate) and go round the red route mostly in the clockwise direction. First off you go through a small wood, across a lane and into the deer park. Following the footpath Knepp Castle (newer) is to the North. This impressive structure was designed by the famous Regency architect John Nash. The Castle was taken over by the Canadian army in the Second World War, for training and they put in concrete tracks over the estate explaining the current wide tracks.



The footpath then goes along a tarmac drive, past a house used in the episode "A problem at Gallows Gate" of BBC's Jonathan Creek (more on this later). Then past Knepp Mill Pond. This was once the largest bodies of water in the South-East but much smaller now due to silting up. It is man made by damming a stream in the late 16th century and was to provide power to an iron producing furnace that used to be on the right. The wealth from this helped establish the Estate. The pond is now a haven for wildlife and where the beavers are but I've not seen them yet. There is a large bird hide on the West side of the pond.





Nice East side view of Blackdown Hill from an Estate view point

After the pond the marked route turns right off the tarmac drive but keep on the drive to follow the orange marked route to turn off the drive further on and go down to the single wall of the remains of a castle type building. This is the 12th century built Old Knepp Castle. It was a hunting lodge attached to Bramber Castle to the South. English monarchs King John, Henry 3rd, Edward 2nd and Richard 2nd stayed here to hunt on the Estate. There is not much of the lodge left thanks to parliamentarians destroying it in the Civil War.



Continue to follow part of the orange marked route to get to the Estate public car park, shop, restaurant, toilets etc. and get back on the red marked route.





Some of the animals you might come across: Wild (they were nice and placid when I passed them) cattle and pigs and a White Stork.



Typical wide Estate tracks

timber high view tower

Continue on the red marked route through the main part of the Estate all the way to a lane. Here the red route goes right then left down a track. Near to the end of the track cross the bridge over the upper reaches of the West arm of the River Adur and on up to see a large windmill in the field on the right.



This is Kings Mill, Shipley. Built in 1879 and is a smock type windmill, once home to famous English-French writer Hilaire Belloc and the fictional home to Jonathan Creek. Jonathan Creek was a BBC series that ran from 1997 to 2004, with Creek being played by Alan Davies as a put-upon creative consultant to a stage magician who got involved with solving seemingly impossible crimes with his logic and expertise in illusions.

At the lane the route turns right to get back to Shipley village. It's worth a detour to see the impressively large (for a small village) church: St. Mary the Virgin. It's a mid. 12th century built stone church with funds from the Knights Templar.

