



NEWSLETTER

May 2025



Liss Runners Southern
Cross League
Champions 2024/25



Well done to all who took part and helped. Report pages 26 to 28.

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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.

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):**

May 21st: Dave Brown ; May 28th: John Collis ; June 4th: Handicap ;
June 11th: Tom Frost ; June 18th: James White ; June 25th: Helen
Purchase ; July 2nd: Handicap ; July 9th: 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.

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

Track Sessions are back!



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, other than when there is a **pub run**. They will be during the summer months until the light and weather hold.

Meet at 6:00pm at Newman Collard - w3w [///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.

2025 Dates (provisional)

May	19th
June	2nd, 16th, 30th
July	14th, 28th
August	4th, 11th, 18th
September	1st, 15th, 22nd, 29 th



Liss Runners open race: Harting 10 mile Trail Race

We annually stage a 10 mile open trail race from the Cricket Field off the Road from Petersfield to South Harting. Check out: <https://www.liss-runners.org.uk/racing/harting-10/> for details. Race date is on the first Sunday of August: this year on the 3rd.

Entries are now open. We also need lots of help on the day. If able to help out and you have not come forward yet, please contact Andy Turner on race-director@turner62.com.



We usually organise a pre-race run of the course. Tom has "hijacked" one of the torch run Tuesdays for this; Tuesday 1st July starting at 7pm from the Memorial Sports Field: to the West of South Harting on the Petersfield to South Harting Road. If marshalling on race day, it may be a good idea to come along and we can show you your marshal point.



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 Handicap Series



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

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

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

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

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

Remaining Handicap races this year:-

4th June: 5.1 miles: double lapper via Woodland Lane, Wyld Green Lane and Liss village Centre.

2nd July: 4.15 miles: Liss Forest, Brewells Lane and St. Patrick's Lane.

6th August: 3.6 miles: Wyld Green Lane, Huntsbottom Lane and Stodham Lane.

3rd September: 4.2 miles: Hillbrow Road, Old A3, Rake and St. Patricks Lane.

Come Support The Liss Runner Teams taking part in The South Downs Relay.

We have two Liss Runners teams in the 100mile long relay over the South Downs on Saturday 7th June. Clubs are allocated a runner's change over point to marshal. Our marshal point is at the end of leg 15/start of leg 16 near to The Sustainability Centre above East Meon, Droxford Road, East Meon. GU32 1HR: what three words: accompany.gossip.second.



Many thanks to Chris Wilson, Julie Allcock, James White, Stavros and Jayne Jefferies on coming forward to help: I've not had the marshal instructions yet but will e-mail you when received. Must likely needed from 4.30pm to 6.30pm.

To see the Liss Runners teams through, they usually come through between 5pm and 6pm.

Emsworth to Basingstoke Relay Report

We not only take part in the South Downs Relay but we also take part in the Emsworth to Basingstoke relay. It is like a "mini" South Downs Relay. The route distance is a shorter: just over 50 miles long (instead of 100 miles) over 18 legs.

You don't have to get up at some god dame early morning time or finish late.

Runners legs are a lot shorter. Teams are a more manageable 17 instead of around 46 and parking is easier. Other than that, it's still teams of six taking on the very scenic and hilly route up through the Hampshire countryside from Emsworth to Cliddesden (to the South-West of Basingstoke).

The race has been going for more than 30 years and, as the name suggests, is a baton relay from Emsworth to Basingstoke. The race requires strong running, but equally as important is good navigation. Not just for the running but also getting transport to arrive at the baton change over in time.

Liss was well represented with three teams taking on the challenge; Flapjack Fiends, Liss Lovely Limpers and Rose's Rebels. Here's how our teams faired on the day.

Flapjack Fiends

Powered by Mel's magic flapjacks, the Fiends consist of Liz Avery, Ellie Bryan, Mel Jensen, Richard Pegden, Paul Turner and Stavros Valourdos. The Fiends put in a superb performance coming in a magnificent 6th overall.

Liss Lovely Limpers

The Lovelies return after their triumph of 2024. But this time with a rebrand give that most of these highly trained and fragile athletes were competing for the "whose injured the most" award. The Lovelies are Caroline Brown, Sandra Hunter, Sarah Page, Catherine Seager, Gemma Sills, Anna Wemyss plus driver, motivator and cheerleader Robin Greenfield.

Too frail and injured to cope with the flapjacks, this fruit power team probably spent more energy chatting than running - poor Robin! In fact, they made the challenge seem a breeze on a perfect sunny day. Despite the severity of the "injuries", they ran strong. Those of the team who ran last year bettered their times, and collectively they shaved 19 minutes off last years' time.

The efforts paid off with 3rd place overall, a mere 3 minutes behind the second placed team. And, was it ever in doubt, coming in first ladies team and retaining their big shiny trophy.

Rose's Rebels

Long time E2B team, the Rebels were out again. With a few changes of personal, the eponymous team were led by Rose Lewis with Kev Durrant, Tom Frost, James White, Alex Wilkinson and Mark Bailey. Not technically a Lisser, Mark has been a member in the past and is a long time friend of the club.

The Rebels found themselves in the middle of some tight racing with 3 other teams. Lots of to and fro across the course adding to the enjoyment. The added competition seemed to push the team with the 2025 version of the Rebels coming in almost an hour and a half quicker than last year.

Despite all the fun of racing, good natured competition and banter with the other teams, the important business of the day was the fund raising. While the amount raised is not yet known, typically around £3,000 is raised on the day. This year's charity is The Pink Place that makes a real difference to those dealing with cancer.

Let's see more Liss teams out there next year.



The FlapJack Fiends at the start



Kev for Rose's Rebels near to the end of Leg 15



Mark for Rose's rebels near to the end "Glory Leg" managing to keep ahead of the rival team (being paced!)



The Liss Lovely Limpers with their trophy



All three of the Liss teams

Liss Runners Important Club Contacts: -



Club Chairperson:

Catherine Seager

chairman@liss-runners.org.uk

Club Secretary: Liz Avery

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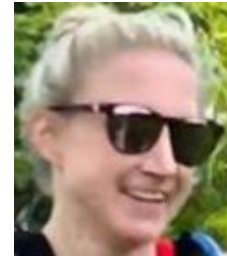


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Wednesday training co-ordinator: Helen Purchase

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Liss Runners Quiz Evening



Friday 13th June starting at 7pm

At The Townhouse, Petersfield:

<https://townhousepetersfield.co.uk/>

Free entry.

All welcome: come with your own team with a maximum of six or just turn up and form a team on the night!

If coming please complete the poll on whatsapp or e-mail Alison on:-

Ajh.strudwick@yahoo.co.uk

Your quiz master on the night: Tom Frost.



Liss Runners AGM

An important date of a sports club is its Annual General Meeting. Here the past year is reviewed, to see what went right, anything that may have gone wrong and to plan for the future: any needed changes or new club activities? Most important of all is to elect club officials and members of the clubs' committee. Without these a club can't officially function.

At an AGM there needs to be above a certain number of club members present to agree on issues and legitimise club elections.

Liss Runners is no different and our AGM was held on the 16th April at The Half Moon, sheet instead of Wednesday training. As an added benefit club members attending were all offered a free drink.

On the evening reports were given by the Chairperson (please see following), Treasurer and Membership Secretary. Then club activities were reviewed such as the Harting Trail Race, training, the handicap series etc. before the all-important club elections.

Please look out for the AGM in Spring next year, so as many club members attend and legitimise the club.



The committee getting ready for the Clubs' AGM



Club members ready for the AGM, many with their free drinks!

Chairpersons' Report for the Club AGM:-

Hi All,

The past year has very much been a learning curve for myself taking on the position as chair and trying to ensure I'm covering all the bases needed! I've really appreciated the support from current committee members and confidence club members have shown to me, both of which have definitely helped settle me in!

Over the past 12 months there has been a big influx of new members and, equally importantly, a great retention in existing members. This has been clear to see in the numbers turning out to our regular sessions and to club races in force.

We've enjoyed many successes as a collective and individually which is always wonderful to see. Most recently the phenomenal turnout and result at the final

Cross Country run of the SCCL season cementing the win for Liss. I have brought the trophy along tonight for anyone who may not have seen it to enjoy (if interested)!! I'll let Steve and Caroline go into more detail on races later this evening.

I think what's been even better to see is the support shown both in person and within our WhatsApp community for everyone working towards their goals.

There's always somebody around to offer advice or a little reassurance when needed and immense pride in all our runners when they do go out and achieve.

There have been many new ventures this year, 2024 saw the introduction of track sessions with huge thanks to Jayne for getting this going and to Stav, Caroline and Joe for helping when needed. They were a great success and I'm pleased to say they will be returning in May this year. Details to follow.

The introduction of our Instagram page has helped increase our visibility to the wider community

and has proved really successful.

Our website has gone through great changes, it is updated regularly so do check it out for any info you might need.

Tom has taken on the newsletter this year and is publishing brilliant articles to help inform on local races, running techniques and interesting personal running profiles and race write ups. He's always in need of more content so if you've taken part in any events recently or would be willing to feature in our Runners Profile section do let him know!

We've also been able to offer a number of our runners the opportunity to qualify in the EA leadership in running training course. Having increased knowledge when taking sessions is only ever beneficial for the club as a whole so a big thanks to our 7 'guinea pigs' who have all now completed this.

We are aiming to get another round of training started soon, I have the original list of those who were interested but do contact me if you'd be keen to find out more. In addition we would like to be able to offer the more advanced Coaching qualification to a few members which is a more involved process but one we're excited to be able to offer to those with the time and interest to complete this.

Our annual Harting trail run was another great success. This year saw Andy delegate several of the areas of organisation to team leader volunteers which seemed to work well and take a little off the pressure off Andy after years of bearing the brunt of most of this!

There will be more on the Harting race later on, but we are working towards hosting a kid's race this year. The event always appeals to families having such a lovely setting and this should only prove to build on that.

As we head towards the summer months, in addition to the year-round training and track sessions, we also look forward to our fortnightly family friendly pub runs and the handicap series beginning properly following on from the Trevor's Challenge race earlier this month.

Sadly, we lost one of our longest serving members and trainers, Bill Alcock in December last year. We were very grateful to have had the opportunity to present him with a thank you gift last Summer and for all our members that turned up to show their gratitude. It was heartening to see how many club members old and new turned up in Liss red to pay their respects to Bill at his funeral.

A real testament to both how much he was loved and respected, but also reminded me of how very special our club is. A lovely environment to meet likeminded people and build lifelong friendships.

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

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

Editor's Comments

Fourth one. We are such a busy club, it's a bumper edition. Many thanks to all involved with putting events on and helping out. There was not time to include a "training matters" this edition. I hope to comply an article on stretching and running form in future newsletters. If there are any training issues you want me to look into for a future "training matters" article: let me know using the e-mail below.

Many thanks to contributors: Catherine Seager, Jayne Jefferies (for the runners profile), Sue Godsell for her review of an Ultra race down at Arundel and a special mention to James White for doing a fantastic job on the club website. Many of the newsletter articles have come from information on the website. Sorry for the repetition but it does get all the information in one place.

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 aim to produce the next Liss Runners newsletter in September.

Liss Runners' vests in New York!



New Yorkers: The Liss family resplendent in their Liss vests in New York

We like to think of Liss Runners as one big family, including the awkward uncle and wayward children - you know who you are! But we literally are a Liss family.

We were recently contacted out of the blue by a family in New York. Their family name really is Liss and they all run. They had come across our website and enquired about getting their hands on the much coveted red kit with their family branding. We now have a branch of Liss Runners members in NYC proudly flying the red flag.

Here's a photo of the family mid run on the bridge from Manhattan to the Bronx. Does anyone else think there is a quite remarkable similarity between the Daniel and our own Andy Paton - coincidence?

Good job Stuie got their kit to them before the Trump Tariffs kicked in.

Here's the full story in Daniel's own words:

We are Daniel, Maydelle, Sylvie, and Vaughan.

How I found you is sort of funny and is maybe a classic runner problem. At some point, I was googling for race results and got pointed at your site. Oh, the vanity! We never see our name out in the world and to see it linked to running was a little exciting as we're all four runners. I couldn't wait to surprise the family with their own personalized singlets, thanks, Stuie!

It's been a lifelong quest to figure out where the name Liss comes from on our side. I know that in a few slavic languages, "lis" means fox. And that side of the family would certainly have a bit of slavicness, so we tend to go with that. If it now means fox in a marsh, all the better! My wife's side of the family has the actual British blood.

Running in NYC is fantastic. We're all the way uptown in Manhattan where there's almost nowhere to run that's not a hill. Practically right outside our door is the last old-growth forest in the city. You can wind your way to the top and look out over the Hudson and the palisades across the river.

There are days, like the one pictured, when we run up through the Bronx to the park where I played as a kid. Running along Broadway especially along this section in the Bronx, if you are...let's say...older than your average runner, can be like having a full support team and moveable pep rally. I get a lot of "Let's go, papi!" And "My man looking strong!" and sometimes any runner will need that. You can run down along the river for long runs or cross over to New Jersey, suspended 200 feet above the river. Running the Brooklyn Bridge is its own kind of challenge: my favorite sport is trying to guess the nationality of the tourists currently in your path as you approach and shouting out "Excuse me, please!" in your guessed language. Maybe that, too, is particular to New York (and this New Yorker.)

The NYC Marathon is - clearly I'm biased - the greatest running event in the world. If you've grown up running here, the opportunity to run through all five boroughs and all your own memories with the city powering you forward is unparalleled. Loops of Central Park (nearly a perfect 10k), running commutes, and riding the subway in a post-run/race glow (and on very rare occasions with a medal) are additional benefits.

Pub Runs 2025

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

The first pub run was on Monday 12th May from the "Canadian Bridge" just to the North of Liphook.



We had groups out on the 4, 5 and a half and 7 mile routes. The routes went out to the North-West of Liphook to the village Bramshott and Conford with the middle and longer routes getting as far out as Passfield.

Delights were the Bramshott church yard, River Wey, Boris Karloff House and the lovely countryside and views. Then it was up to The Green Dragon for Thai food.

The "Canadian Bridge"

Second Pub run is on Bank Holiday 26th May from The Bat and Ball, Hambledon:
https://www.batandballclanfield.co.uk/?utm_source=googlemybusiness&utm_medium=organic&utm_campaign=yext&utm_content=P203&y_source=1_MTIyMzc xMDctNzE1LWxvY2F0aW9uLndIYnNpdGU%3D

Meet at 10am but we have been instructed that **runners cars should be parked outside the pub car park** (there is lane side verge parking available). Also, we are not able to book a group table. If eating please contact the pub yourself but times are limited I'm afraid (if unable to book for food just come for the run?)

Routes available: 4 miles, 6.2 miles, 7.1 miles and 8.7 miles.



Third Pub run on 9th June from The Hen and Chicken, Upper Froyle (off the A31 between Alton and Farnham:

<https://www.henandchicken.co.uk/>



Meet up outside the pub at 6.50pm. Routes available: 3 3/4rs Mile, 5 mile and 8 miles. (part of the 8 mile route may be familiar to those that have done the SCCL from Lords Wandsworth!).

Fourth pub run on 23rd June from The Hound and Heather (within The Punch Bowl Hotel) Hindhead:
<https://houndandheather.co.uk/>

Meet as usual at 6.50pm. Route details to be confirmed.

Many thanks to James and Tom White for arranging.



Fifth pub run on 7th July, thanks to Richard Pegden for offering to organise. Details to be confirmed.

Sixth pub run on 21st July, thanks to Sandra Sellis for offering to organise. Details to be confirmed.

Seventh pub on Bank Holiday Monday 25th August: Details to be confirmed, possibly from the White Horse (AKA Pub with no name), Froxfield.



Hampshire Road Race Reports

Salisbury 10 Mile Road Race



Race #8 of the Hampshire Road Race League saw 18 Lissers encouraging their legs back in to racing mode just a few days after the Club Championships (Trevor's Challenge). Lining up with the Team, we had both the mens (Paul Stokoe) and ladies (Georgie Freeman) champions.

The weather gods continued to provide good racing conditions with a coolish start and clear blue skies, quickly warming up as the race got under way. 974 runners were entered into a road race run predominantly over quiet rural roads on an undulated course.

Another strong performance from team Liss. The men were first in men's A2 with the women 3rd in A1. Overall standings with 4 races to go have the men in second place and the women 4th.

There were strong individual performances from the team, with Stava indicating 8 members setting PBs. Although, I can hear old timers muttering that there was plenty of running done before Strava! But of particular note is Joe Sykes finishing 9th overall, Rob Peters 15th. There were also top 10 placings for a number of members within the age categories - Kate Parker, Paul Stokoe and James White.

The day also saw Lissers competing in other events with a number of club members running the Brighton Marathon.

The Salisbury Team today was: Tom Adams, Steve Armstrong, Leoni Barber*, Laura Baty*, Eddie Butters, Georgie Freeman, Neil Hancock*, Millie Harfield, John Harfield, Kate Parker*, Andy Paton, Rob Peters*, Laura Rogers*, Paul Stokoe, Ben Sykes*, Joe Sykes*, Stavros Valourdos, James White.

* *Strava PB*

Alton 10 mile Road Race



11th May 2025

Race #9 of the Hampshire Road Race League saw 27 Lissers back racing again just a few days after Wednesday's club handicap.

As seems to be the way with Alton, the weather was warm, the scenery spectacular and the course tough with some challenging hills. At total 448 runners completed the race.

The HRRL standings will follow in due course, but it looks to be another good performance from the team with some strong individual achievements. Special mention to Sarah Page for 3rd lady overall with Rob Peters 12th and Phil Avery 14th men.

Caroline Brown at last made a contribution after a long injury break. Her "take it easy first run back" performance was a 1st in her age category. But to Cari's ying we had Steve's yang. The men's captain, resplendent in new super carbon shoes managed to get a foot injury. Money well spent Steve. Thanks to Ben and Rob for running back to pick him up. Steve is now giving feedback to the store on his purchase!

We also had Amy make her HRRL debut, having just joined the club, after taking 2nd on Wednesday's handicap. Quite the week Amy. A number of Lissers also managed to get a top 5 age category placing.

Congratulations to Alton Runners and Darren Mansfield their Race Director for a well organised event.

The day also saw the Sykes boys wearing red at the Copenhagen marathon - that's a new country added to the **Liss on Tour** WhatsApp group. But they didn't just run the Copenhagen marathon, they smashed it. Both set PBs - Joe 2:42 and Ben 3:13.

The Alton team today was: Adrian Albury, Phil Avery*, Steve Armstrong, Andy Brown, Caroline Brown*, Kevin Durrant, Rob Fleming, Neil Gwatkin, Neil Hancock, John Harfield, Annette Heitsch, Rose Lewis, Tom Morris, Rob Nugent, Sarah Page, Andy Paton, Richard Pegden, Rob Peters, Laura Rogers, Edward Rolls, Sandra Sellis*, Amy Thornley, Sarah Tyas, Stavros Valourdos, Anna Wemyss*, James White*, Alex Wilkinson.

** Top 5 position within their age group*



Southern Cross Country League - Bourne Woods

Caroline Brown

Bourne Woods, race number 5 in the 2024-25 [Southern Cross Country League](#) (SCCL).

The final race of the season was a straight race between little Liss Runners and the mighty [Basingstoke and Midhants AC](#) to be crowned champions. We did it and are 2024/25 SCCL winners with a nice shiny trophy.

A huge thank you to every single Liss member who turned out for us this season, whether it was to run or to provide support on the day through team admin, cheering, baking and all important childcare allowing others to run. We're a team at Liss and days like Sunday it shined through.

After much confusion on the date for the final race, we arrive at Bourne Woods to be graced with a gorgeously sunny day. 45 Lissers, a record turnout beating the Stubbington HRRL field, turned up, plus supporters, to give the club their all and help us secure the win. The atmosphere was excitable before the start and the buzz was added to by everyone accepting face glitter from Ellie!

The sea of red was clear for all to see as the runners set off on the 8k loop. There were some amazing performances and a huge well done to all of you, but special mention needs to go to Anastasia Hounslow who came in 1st lady putting in an incredible sprint finish to get ahead of the lady in 2nd. Well done Ana, what a way to introduce yourself to the club.

We not only won the league, but smashed it on the day too. With both the ladies and the men coming first.

Big love and thanks to the Liss Runners family for their support this XC season. Team Captains Steve and Cari are very proud! And well done to [Farnham Runners](#) for a great course and organisation on the day.

Ladies - Anastasia Hounslow 1st, Anna Wemyss 5th, Sandra Hunter 19th, Gemma Sills 20th, Kate Parker 21st, Helen Purchase 24th, Rosie Dyke 26th, Sue Godsall 29th, Laura Rogers 34th, Sarah Tyas 40th, Leoni Barber 46th, Neomi Ward 47th, Sandra Sellis 48th, Emily White 51st, Zoe Snow 54th, Michelle Norton-Hughes 71st, Ellie Bryant 90th, Pai Tang 111th, Louise Bevan 116th, Alison Strudwick 117th, Emily Durrant 133rd, Imogen Scott Plummer 138th.

Mens - Phil Avery 5th, Rob Peters 8th, Joe Sykes 16th, Jhon Cosgrove 18th, Paul Stokoe 23rd, Rob Nugent 27th, Ben Sykes 35th, Tom Bennie 38th, Andy Brown 39th, Tom White 45th, Paul Turner 51st, John Harefield 53rd, Alex Peck 58th, Chris Redmond 60th, Dave Brown 62nd, James White 68th, Tom Frost 72nd, Neil Hancock 76th, Andy Paton 99th, Eddie Butters 105th, Kevin Durrant 132nd, Neil Gwatkin 157, Paul Judge 163rd.

Overall									
Club	Benyon's	LWC	Alice Holt	Chawton	Bourne	Total	Position	Top 4	Position
Liss Runners	2	2	1	1	1	7	1	5	1
Basingstoke & Mid Hants AC	1	1	8	3	6	19	2	11	2
Alton Runners	3	4	2	5	8	22	4	14	3
Denmead Striders	5	5	2	3	4	19	2	14	3
Haslemere Border AC	10	8	2	2	2	24	6	14	3
Farnham Runners	8	3	5	5	2	23	5	15	6
Fleet & Crookham AC	5	5	6	8	4	28	7	20	7
Portsmouth Tri Club	7	13	9	5	7	41	9	28	8
Hart Road Runners	4	8	9	8	11	40	8	29	9
Hook Runners	9	7	9	10	9	44	10	34	10
Hatch Warren Runners	11	11	9	14	14	59	11	45	11
Cove Joggers	11	11	14	12	11	59	11	45	11
Fareham RC	13	14	13	11	10	61	13	47	13
Stubbington Green Runners	19	10	6	15	20	70	14	50	14
Farnham Triathlon Club	18	15	14	15	15	77	15	59	15
Gosport Road Runners	16	16	17	17	13	79	16	62	16
Sherfield Park Runners	13	17	18	18	16	82	17	64	17
Waverley Harriers	21	20	14	13	18	86	18	65	18
Victory AC	17	18	18	21	17	91	19	70	19
Chichester Park RC	13	19	21	20	20	93	20	72	20
Portsmouth Joggers	20	20	20	19	19	98	21	78	21
Petersfield Triathlon Club	22	22	23	22	22	111	22	88	22
Havant AC	23	23	22	22	22	112	23	89	23

Final league Results above.

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 picture is 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.

Sat. 24th May: [Fox Ultra 20/41/62k Godalming.](#)

Sun. 25th May: [Race for Life, Basingstoke.](#)

Sun. 1st June: [Race for Life, Horsham.](#)

Sun. 1st June: [Dorking 10km and 10mile road races.](#)

Wed. 4th June: [Yateley 10km road race 1.](#)

Sat. 7th June: [South Downs Half and 10km trail, QE Country Park.](#)

Sun. 8th June: [Dell 10km Race, Basingstoke.](#)

Sun. 8th June: [RunWisborough 10km and 5km races.](#)

Sun. 8th June: [Purbrook Ladies 5 mile Road Race \(ladies only\).](#)

Sun. 15th June: [Alresford 10km RR HRRL.](#)

Sun. 15th June: [Hampshire Hoppit trail half and full marathon, Kingsclere.](#)

Sun. 15th June: [Madehurst 10km and 5km trail races, Arundel.](#)

Wed. 18th June: [Lakeside 5km race, Portsmouth.](#)

Sun. 22nd June: [Martian 5km, 10km or 21km races, Woking.](#)

Fri. 27th June: [Elstead "Marathon" \(3 and 5 ½ mile multi-terrain races\).](#)

Sat. 28th June: [Maverick X-Series trail races, QE Country Park.](#)

Sun. 29th June: [Race for Life, Portsmouth.](#)

Wed. 2nd July: [Yatley 10km Road Race 2.](#)

Wed. 2nd July: [Portsmouth Joggers Summer Cross Country, QE Country Park.](#)

Sat. 5th July: [Serpent Trail races, Haslemere.](#)

Sun. 6th July: [Lordshill 10km RR HRRL.](#)

Wed. 9th July: [Gibbet Hill 10km hill race, Haslemere.](#)

Wed. 16th July: [Lakeside 5km race, Portsmouth.](#)

Sun. 20th July: [Bigheat 16mile and Marathon trail runs, Midhurst.](#)

Sun. 27th July: [Michelmersh and Timsbury 5 and 10 mile race, Romsey.](#)

Sun. 3rd August: [Liss Runners 10 mile Harting Trail Race.](#)

HRRL = Hampshire Road Race League race.

Runner's Profile questions:- Jayne Jefferies



Where were you born?:-

St Mary's Hospital - Portsmouth

Where have you lived?:-

South East Hants

When did you get into running?:-

11- 15 years old and started again at 37 years old.

What got you interested in running? :-

My P.E teacher, Miss Rook suggested I go to Portsmouth Atlanta Girls Athletics Club, after I won a few races at Sports Day.

We had a great P.E. team of teachers at Hart Plain Junior School back in the 80's, we were allowed to throw Javelin, Discus, jump hurdles, high-jump, long jump. Health & Safety was not over the top back then. They wanted us trying out track and field at primary level. We had a grass 400m track on the field in the summer, my headmaster Mr Tatlow used to keep himself fit by running solo 400's after school, so it was at primary level I had lots of sporty people to look up to, that got me interested.

My friend, Kerry was in the year above me she was a very fast runner who made it to English School Finals for 100 and 200m, and I wanted to be like her, even though I would never be as fast! My Mum always took us training.

What do you like about running?:-

Running is honest you learn a lot about yourself.

I can eat what I like when I'm training.

It unloads all kinds of stuff from my brain when I run and results in me being a better person. The feel-good factor afterwards I now appreciate more, I didn't back as a kid.

By joining Liss runners, I've made friends and enjoy races more now and the team spirit you get from being part of a club. You get proper satisfaction if you've tried your best. It is also nice just to take part sometimes and not have pressure on yourself, supporting and coaching is great too.

Anything you don't like about running?:-

Injuries that leave you unable to run

Too much sweaty laundry

It's like a drug that if you don't do it, you get low very quickly.

Do you have any running heroes or memorable running events, that you have watched, that have stuck in the memory? :-

My Uncle David, who was a decent veteran runner, back in the 80's; he ran a few marathons and ran the 80 mile SDW route, wasn't 100 back then. he ran the whole thing in basic trainers, no GPS watches, no mobile phone, gels, special vests, etc. He was so organised (he was a headmaster at the time) he loved it that I ran and we would often go out running together when they looked after me some weekends. He had a big influence on me watching him at his desk working out manually on his huge map with his special tool his mileage and pacing. To fit in his long run, he would run home from school sometimes. He wanted me to do a marathon at 18, but I gave up running way before that, what a disappointment. I'm still his No 1 niece though.

I also grew up watching Olympic greats on TV, like Steve Ovett, Steve Cram, Seb Coe, Zola Budd, Paula Radcliffe, Liz McColgan, Alan Wells, Daley Thompson.

My favourite TV watch was Dame Kelly Holmes becoming double Olympic Champion in the 800m and 1500m I was screaming at the tv for her to win it was incredible. What a woman !!

My worst TV watch running wise was when I saw my idol Paula Radcliffe drop out along the route of the London marathon one year in tears along the road, being consoled by her former club mates apparently. She knew she couldn't do it that day it was devastating for her, due to lack of running training from injury.

What and when was your first running race? :-

On the track 100 metres (1984) on the first night of going to the athletics club, I got an amazing flying start and got away with it, but I still didn't win, then the coaches afterwards gave me the verdict that I would be in the middle-distance team, Boo Hoo! I always wanted to be a sprinter, not an 800 and 1500m runner!

My coach said I would only be a middle-distance runner because of my build and ability, so the hard graft basically. It was hard most of the time, fun was with the friends I made.

What running performance are you most proud of? :-

Let me have 2 from my better years

Doing the first leg of a 4 x 100m for the team as one of the girls was injured, I did 13.9 sec for the first time on my leg, my trainer always had a stopwatch going, I had never done sub 14 secs. My mate Kerry could do 100 in about 12.5 so I felt the pressure but was so excited that my coach asked me to do it. I think we came 2nd can't remember now.

I won a club league meeting at the track about aged 14 with a PB for 1500 of 5:18, I didn't win much, so that was a good one. I had a terrible habit of getting crippling racing nerves to the point of letting runners go past or stay in front, that I probably could have overtaken. I am proud of looking back at my scrap book now on how much I did as a school kid doing this profile.

What has been your favourite running event? :-

South Downs Relay, even though I moaned a lot both times about the early start and other stuff. I did it to the best of my ability and hit my ETA's the achievement by everyone by the end of the day is huge.

What type of terrain to you prefer (trail, road, cross country)? :-

Trail

What race distance do you prefer?

Now I'm a veteran runner 5k, 10k, 10 miles.

How did you get to join Liss Runners? :-

I googled local running clubs nearest to me

Can you list a typical running week training wise? :-

I like to run every other day, I don't follow any plans apart from the one, Liz physio is giving me for returning back from injury. I try to enjoy as many Liss sessions as I can make it to.

Have you a running bucket list and if so, what's still to do? :-

Marathon, I have a mental block about it, that I wouldn't be able to run that far, so I have put a pressure upon myself about it, that I keep avoiding doing one, silly me! I don't think I've ever missed watching the London Marathon. It amazes me and yet I've never done it.

An ultra trail race would also be a dream, if my body will let me.

Is there any interesting or funny running stories or anything else that may be of interest to fellow club members? :-

I can think of many funny ones, but I just can't share them, many would not approve! a lot took place in my younger days. I must leave a little bit of mystery I have shared a lot of personal stuff here. Ha Ha!

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 – 6:28 (2023)

5k – 20:50 (2023)

5 mile – 34:13 (Victory 2023)

10k – 42:26 (Stubbington 2024)

10 mile - 1:12:54 (Salisbury 2024)

Half Marathon – 1:40 (Gosport 2023)

Marathon – not yet

Race Review: UK Ultra Springtide 50km by Sue Godsell



UK Ultra South Downs is a 12 race annual series of long-distance races around the South Downs area. The Spring race is a 50km (31 ½ mile) monster, 3146 feet of ascent over the undulating South Downs to the West and East of Arundel. The race HQ is at the Arundel Football Club ground and the race route warms up with a long climb up through Arundel Park, a sharp drop down to The River Arun and along to Houghton, a tough climb up to the A29 at Bury Hill, then through Houghton Forest and Eartham Wood to climb again and pick up the South Downs Way. The race route then follows the South Downs Way down to Amberly and another tough climb up to the top of the chalk ridge, along to leave the South Downs Way above Sullington. The race route then follows the track towards Findon and then turns West to follow the Monarch's Way through the wooded Angmering Park, along the River Arun back to Arundel.

Sue Godsell's race experience: -

An early alarm and a short drive down to Arundel was the order of the day to register and line up at the start of the UK Ultra Springtide 50km. A chilly start soon gave way to clear sky's and glorious sunshine, which remained for the whole day. The rolling 50km course followed forest tracks, grass trails and offered stunning views across The South Downs. I started off steady and soon settled into a nice rhythm, but a couple of wrong turns ended up adding an additional km onto the distance, which was frustrating, but could have been worse! At the 25km mark I fell into step with another runner and we ended up running together for c14km which proved to be a great distraction and helped the miles zoom by. By the time I reached the 4th and final checkpoint at 39km I could feel myself flagging. The watermelon at the aid station tasted like nectar in the heat of the day which helped to revive me a little, but from 6km out it was a run/walk/shuffle affair which left me questioning my life choices! I was relieved to see the finish line and delighted to find that I was 6th lady, 4th in age category and 32nd overall! In summary I would 100% recommend this race. It is a local, no-nonsense race with a fully marked course, incredibly well stocked aid stations and friendly marshals.





Sue out of the Downs



Sue several hours later: approaching the welcome finish!

Fav Runs: Petworth Park and beyond with added Vinnie! (just under 9 miles)

For this run a good place to park up is the lane off the A272 at Tillington (village directly to the West of Petworth) just down from the church. From the parking place you can drop down to the main road and turn left towards Petworth but I prefer to go up the hill and turn right into the church yard, round the church and use the public footpath leaving the far right of the church yard down to the main road.



The lovely Tillington church with a very unusual open "Scots" spire.

At the main road turn left and follow the main road pavement to the South gates into Petworth Park (has two gate houses either side of the gates). Turn left to go through one of the pedestrian gates into Petworth Park. Keep on the park track straight ahead. At the track fork go left to follow the park track running North all through the park until the North Lodge is almost reached. Just before the lodge turn right off the main track and use a side track to go towards the far right of the Park and car park.

Go down to the main road and turn left to carefully follow the main road (no pavement) to get to a footpath on the left by Limbo Lodge. Look across the main road to the right and there is Limbo Farm. This is owned by a certain Vincent "Vinnie" Jones: professional ex. Footballer and current "hard man" actor and also wildlife enthusiast where the T.V. series Vinnie Jones in the Country is filmed. I'm not sure how much time he spends here in the winter, when not filming the series. There have been no signs of life when I've been past!



View from the Park of the rear of Petworth House



Looking North across the Park



Inhabitants of the Park



Vinnie's Limbo Farm



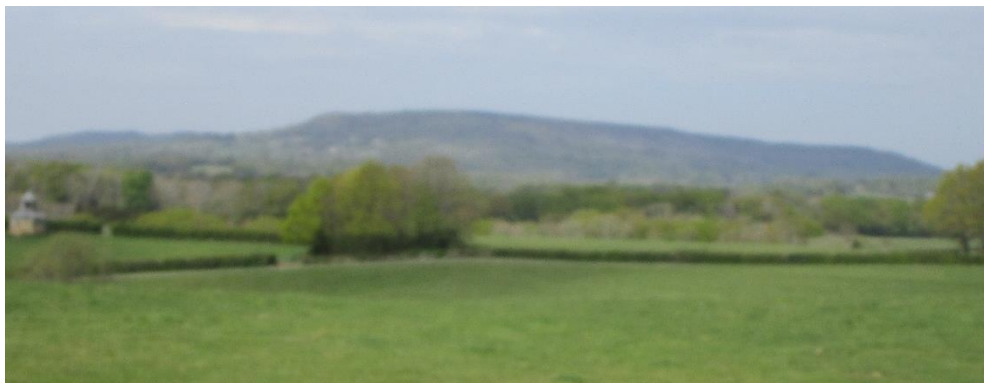
I wonder who has named their courtyard!

Opposite Limbo Farm, turn left off the main road to take the footpath through the gate. Keep on the footpath track through the woods. Turn right at the marked track junction to keep on the footpath up the drive soon passing fishing lakes, another lodge and keep on the drive through the field up to next to farm barns.



Go straight on after the farm barns and drop downhill on the footpath marked drive. Continue on the footpath marked track as it enters woods. Stay on the footpath track where it eventually reaches gate across the track after cottages. Go through and onto lane.

At lane turn left and follow the undulating lane for around 3 miles to get back to Tillington, Church and the car.



East side of Black Down hill.



Lovely old stone barn just before the lane.



Start of the last Uphill: a bit of a nasty one!



Upperton Folly on the West of the Park as viewed from the lane near to the top of the last hill.



View from the top of the last year looking South towards The South Downs



The drop-down hill through the lovely village of Upperton.