**Road/Trail runners report February 2019**
The road group sessions continue to be well attended on both Tuesday and Thursday evenings with a varied cross section of both ability and ages: our youngest runners are late teens, our oldest in their 70s.
Sessions vary between road and trail, but all details are available on the club’s website (Road / XC Page). Many of our members started as their children attended the junior sessions, so if any newer parents fall into this category and are thinking about getting back into running, feel free to come along and join in!

The sessions couldn’t go ahead without the cooperation of our coaching team, so many thanks to: Tim Fowler, Don Powell, Michael Hickey, Jenny Froud, Terry Wegg and Ray Gartland. Special thanks as well to Debbie Cook who coordinates the coaching rota and posts regularly the session details.

On Tuesday evenings there has been a choice available with a track/speed group (led by Michael Hickey) and a marathon group (December-April, led by Terry Wegg) alongside the regular training group. So as not to fragment the groups too much, we all train together on a Thursday evening.
One of the more popular sessions on a Thursday is the monthly handicap – run on the first Thursday of the month, with the winter route in Chineham used in the darker months and an undulating route via Cliddesden during the summer. This couldn’t go ahead without our monthly volunteers and scorers. Thanks then to Graham Hall who collates the start times, volunteers and statistics each month and to Ken and Wendy Littlejohns who score and time on the Cliddesden circuit.

The annual Club Championships feature 16 races which our members area asked to compete in. The results in the best 8 races count towards the final athlete’s tally. The main awards, as they are every year, are complimented by the age graded equivalent which tries to equalise allowing for age (and gender). Congratulations then to our outright winners: Andy Goddard in the men’s competition, and a tie in the ladies category between Debbie Cook and Sue Burton. Alastair Bridgman and Alex Bigg took 2nd and 3rd for the men, with Gail Tyson completing the podium places for the ladies.
In the age graded, Russell Burton was again victorious, with Mark Slaney and Tony Watkins joining him on the podium. Margaret Moody won the ladies version, Jenny Froud and Sue Burton just behind.
Margaret Moody won the award for best age graded performance, Mike Hill took the most improved trophy award and Runner of the year went to Tony Watkins for a series of fast times and excellent race performances.

Over Cross Country BMH had another successful year at the 24 club Southern Cross Country League in 2017-18 with over 85 different runners competing in at least one of the 6 race series. Such was the club’s dominance over the series, that the overall title was clinched prior to the final fixture of the season.
To accompany the main league, the club runs an internal competition for members with scoring based on results and attendance. Congratulations therefore to our winners for 2017-18: Mat Shaylor and Gemma Bigg.

Some of the road/trail group compete in the Hampshire cross country league which is made up of 5 races over the season on Saturday afternoons.
The Senior Men and Senior Ladies both finished the season in 4th place with the veteran men placing 9th. Over the course of the season it has been brilliant to see a variety of our veteran women competing in this league for the first time, which resulted in a final Vet Ladies position of 9th place.
This is the first occasion since 2002 that the club has finished a HCCL season with a Vet Ladies position, so a big thank you, and a well done to all those that ran.
The county XC Championships again took place at Botley where Alex Hamilton took first place in the V40 men’s category, and with the help of Mark Slaney, Andy Goddard and Tony Watkins, also picked up Vets bronze. Senior Men finished 6th, Senior Ladies 10th.
The South of England XC took place at Parliament Hill and featured one of the highest turnouts from the club in many years, well done therefore to Charlotte Earl, Naomi Holborough, Cat Coveney & Elaine Liversage in the women’s race and Alex Hamilton, Stephen Reid, Andy Goddard, Ashley Coxden, Mark Slaney, Justyn Moore, Neil Brown, Tony Watkins, Mark Norris, Russell Burton, Michael Hickey, Mike Hill, Terry Wegg & Tim Fowler in the men’s race.
The club once again had three teams in the 100mile South Downs Relay with the vet team taking gold. The winning team comprising Andy Goddard (Captain), Alastair Bridgman, John Payne, Steve Jeffery, Mark Slaney and Matt Lyness. Rob Harrison was team driver, motivator, timer and planner. Members also competed in the SEAA road relays back in September, fielding teams in both Senior categories as well as Vet 40 & Vet 50 men.

Under the guidance of race director, Tim Fowler, the club held the third Hampshire Hoppit half and full marathon in June. Once again, over 100 of the club’s membership were on hand to run, support or marshal at the event. The 2019 event takes place on June 9th and entries continue to come in for a race awarded Gold Standard by RaceCheck in 2018. If you wish to help in any way for the 2019 event please get in touch with either Tim Fowler or myself.

Wishing all our athletes a successful and injury free 2019

Terry Wegg
23/02/19