**Road/Trail runners report February 2018**
There has been a steady increase in the number of people running with the road and trail group over the year including many of those whose children have started with the club. Currently there are around 160 adults ranging in age from late teens to late 70s actively running Tuesdays, Thursdays and weekends with the club.

The road/trail group has been lucky enough to have several more coaches qualify and support the group over the past year. In addition to Tim Fowler and Don Powell who previously ran the sessions between them, there is now a core team who rotate and is made up of Michael Hickey, Andy Cackett, Jenny Froud, Rhi Perryment, Terry Wegg and Ray Gartland. Thanks also to Debbie Cook who coordinates the coaching rota.
This winter/spring there has been a choice available on the Tuesday nights with the regular training group complimented by marathon group, track/speed group and steady run group options. These hopefully cater for the more bespoke requirements of our members. Thursdays is a session for the whole group when we train as one.
A popular session for the Thursday nights 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. Our thanks go to Ken and Wendy Littlejohns in timekeeping and scoring each month.

For many runners over the year, the focus has been on races that comprised the 2016-17 Club Championships. This is open to all members and takes the best 8 results from 16 possible races over the season.
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: Alex Hamilton in the men’s competition, and Debbie Cook in the ladies version. Matt Lyness and Andy Goddard took 2nd and 3rd for the men, with Sue Burton and Nick Walshe taking the places for the ladies.
 In the age graded, Russell Burton was again victorious, with Alex Hamilton and Matt Lyness joining him on the podium. Jenny Froud topped the ladies rankings, closely followed by Nick Walshe and Paula Steckiw.
Margaret Moody won the award for best age graded performance, Gail Tyson took the most improved trophy and Aaron Oliver took Runner of the year after completing multiple ultra endurance events both domestically and overseas.

Over Cross Country BMH had another successful year at the 24 club Southern Cross Country League in 2016-17 with over 70 different runners competing in at least one of the 6 race series finishing 2nd to Haslemere.
This current winter the club is neck and neck again with Haslemere for the 2017-18 title with one race to go.
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 2016-17: Rob Wood and Rebecca Sleap.
Some of the road/trail group compete in the Hampshire cross country league helping the Senior men to place 5th with the veteran men pacing 7th. The Ladies meanwhile finished 4th overall. Regrettably we still get insufficient veteran ladies to compete to ensure a scoring team at any fixture (we only need three to score).
The South of England XC took place at Stanmer Park, Brighton, with Alex Hamilton , Andy Goddard and Terry Wegg representing the road/trail group.
The county Championships took place at Botley where Alex Hamilton took first place in the V40 men’s category, with Andy Goddard, Terry Wegg, Rohan Chaffey & Michael Hickey also running. Charlotte Earl & Gemma Bigg ran for the ladies. There are 6 road runners entered for the National XC Championships at Parliament Hill in late February.

The club competed in other competitions with teams at the 100mile South Downs Relay, the Emsworth relay and the Hampshire road relays. In the latter the Ladies V40 teams picked up gold and bronze, with the men’s V60s taking silver.

A highlight for many was the second running of the club’s Hoppit trail half and full marathon on a blisteringly hot day in June. Under the guidance of race director, Tim Fowler, over 100 of the club’s members ran, supported or marshalled an event that consistently gets 100% approval on Runner’s World rankings and also raises money for the future development of the club.
In 2018 the event is on Sunday June 17th, if anyone wants to help in anyway please get in touch!

Wishing all our athletes a successful and injury free 2018

Terry Wegg
22/02/18