



# 26th Rotary Clarendon Marathon Souvenir Programme



**From Salisbury**

**Sunday 6th October 2024**

**To Winchester**

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# Welcome from Rotary

The Clarendon Marathon was first run in 1998, and after a while Winchester Rotary started to assist with marshalling the event for a number of years, until in 2012 the 'ownership' of the event was passed to the Rotary Clubs of Salisbury and Winchester, becoming a permanent and important feature of the local Rotary calendars. The event itself largely follows the Clarendon Way footpath and is run mainly off-road, being recognised as a challenging event by most seasoned marathon runners. Many of the runners who participate are regulars to the event and talk about the sense of achievement they feel in completing the demanding course and it is this sense of achievement that keeps them coming back year after year, in the hope of bettering their previous times.



Rotary is an international organisation based on individual clubs which each have their own identity. Together, Rotary funds projects large and small, across the world, which improve the lives of people who are less fortunate than we are. Winchester and Salisbury Rotary clubs are both part of that international effort, while at the same time working to support their local communities by providing much needed funds for local charities and volunteering at other community projects.

The Clarendon Marathon is an important event in the calendars of both clubs as the entry fees generate income to the clubs to enable them to support local charities and projects such as Go LD, Basics Bank, and the Winchester Hospice. The event is a collaborative effort with a number of local charities providing volunteers to help marshal the course and run water stations along the way and, in return, the event organisers make a donation to their causes.

Whilst there is no pressure on the runners to seek individual sponsorship for themselves the event does provide a platform for runners to do so if they wish and money is thus regularly raised for other charities with an affinity to a particular runner.

Whether you are motivated by the physical challenge of the Clarendon or the opportunity to help others by raising sponsorship money, I hope the 2024 Clarendon Marathon will be a day to remember.

**Paul Russell**  
President, Winchester Rotary



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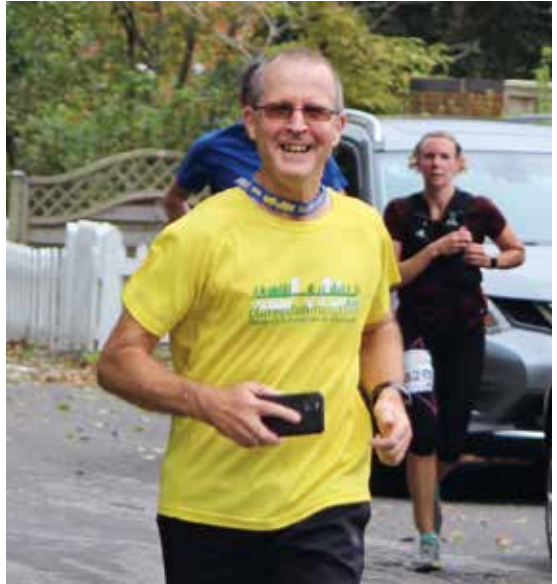
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# The Clarendon Chairman's Welcome

**A special thank you to the Clarendon Committee members**

Each year the Clarendon is made possible by our supporters. We have approximately 1000 participants, over 200 volunteers, a number of sponsors, and a committee of approximately 60 super keen enthusiasts who are the key people who really do make it all happen. In the past much of this work was carried out by members of the Winchester and Salisbury Rotary Clubs but over the years this has gradually changed, and the committee now has an equal mixture of Rotary and non-Rotary members.



By having a large number of people on the committee we are able to spread the load and make sure that no one gets over stretched. It is important that all the members enjoy being involved and that they want to do it again next year. Continuity means that we have a core team of people who know what needs to be done and this makes it easy for everyone.

We are always looking for more people. If you would like to join our team please do contact me.

Again, many thanks to everyone involved (participants, volunteers, sponsors and committee members).

Regards

JJ

**JJ Heath-Caldwell**  
Chairman of the Clarendon organising committee.

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This is my second year editing the souvenir programme for the Clarendon Marathon. Last year I very much felt like an apprentice, but I hope I have a better idea of what is involved this year! I certainly have seen more of the phenomenal effort that JJ and all the many volunteers on the committee and from the charities put in to make this wonderful event happen every year, and to ensure that all the participants, and the various charities, get the most out of it that is possible.

This year I will be back running the Half, after a brief dalliance with the relay last year. Perhaps I was missing the challenge of the Farley Mount ascent? Or maybe I've just forgotten the pain? Either way it's a challenge I am very much looking forward to sharing with both friends and strangers on the day.



When looking back over photos from last year's event I came across this lovely photo of Ian Parker, passing through Broughton at the halfway point in the full marathon, smiling and waving, and clearly enjoying himself. Ian was running his 5th Clarendon marathon. I had got to know Ian from both Winchester parkrun, where he was a regular, and a similar pace to me, and our running club. He was one of those runners who epitomised all that is best about the running community: friendly, welcoming, encouraging, and with a ruthless knack of passing his friends just before the finish line! It was therefore a huge shock to all of us who knew him when he sadly passed away suddenly in France just weeks after last year's Clarendon. I'm sure many of us will be thinking of him and remembering his infectious humour as we run at this year's Clarendon.

**Sarah Witt**  
Editor

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Rotary is primarily about helping those less fortunate than ourselves by working on a variety of community related projects both within our local communities and worldwide, whilst at the same time partaking in a wide range of enjoyable and relaxing social activities.

Both Salisbury and Winchester Rotary Clubs have a mix of men and women members, some working and some retired. Both clubs meet on alternate Monday evenings and lunchtimes, whilst Winchester also has a breakfast on the third Wednesday of the month. We are always pleased to hear from any people who are interested to learn more.



**Swimathon**

**Please contact:  
[salisburyrotary.org.uk](http://salisburyrotary.org.uk)  
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[winchester-rotary.org](http://winchester-rotary.org)**



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# Tanith Rowles – A (nearly a) Runner’s Story

I was making a cheesecake when I decided to run the Clarendon. I was musing on the best nutrition for running, and that took me back to the invitation that one of my clients had made, to join her and some friends on my local yearly off-road half.

I’ve done a few half marathons, and I definitely prefer the off-road ones. More to see, less to watch out for. Since meeting Sarah professionally, I’d become a regular with her running group, running out of Stockbridge or somewhere nearby every Sunday, followed by coffee and cake, often brought along by one of us. Hence the cheesecake.



During my degree, I researched nutrition for various sports. It’s not totally settled, but there’s a lot of evidence that fats (in appropriate amounts) are better for training than carbs.

Carbs fuel shorter distances, but fats are perfect for longer distances at lower intensity. However, the body needs time to adjust over a period of months.

Sarah had suggested the Clarendon as my next outing, because it is an amazing event that brings people from all walks of life together. The terrain is a challenge, and although I had run the Winchester off-road half earlier in the year, this was going to have more hills to accomplish. I would need to gradually increase my calorie intake for the terrain as I increased my run lengths.

With a week to go, everything was in place: a good group of friends to run with, fitness peaking just at the right time, husband ready to be a taxi driver, kids with school work to do while I took a day for myself. And then disaster struck... Those pesky kids came home from school with a sniffle - just a sniffle - which the next morning was a headache, and a cough, and a runny nose, and two lines on a covid test. I was negative again by the day after the race, but even if I had been negative that morning, I would have been exhausted and washed out and tired, so I sent Sarah and the girls good luck messages, asked for photos, and stayed home.

So I’m still a Clarendon virgin, I’m afraid. Next year. But running isn’t about the event, that’s just something to focus on. Running is about freeing your mind, keeping your body healthy, and making sure you’ve got a good excuse for eating that cheesecake.

**Tanith Rowles BSc Sports Injury & Treatment**

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## **EDUCATION PROJECT**

**Winchester Rotary** has been supporting Great Lakes Peace Center in Kasese Uganda for the last five years. One of the principal ways is through their Education Project whereby individuals sponsor individual children to attend school who otherwise would be unable to do so.

**Education is not free in Uganda.** However a small sum of £15 per month to which can be added Gift Aid is sufficient to pay the fees and for the school books and uniform. Winchester Rotary are already helping 35 children. **We would like to help more...**

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The link to donate is <https://cafdonate.cafonline.org/23476>

or for more information mail the Rotarian overseeing: [nick@crowded-house.co.uk](mailto:nick@crowded-house.co.uk)

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# Challenge of the Hills



The hills on the Clarendon are challenging. The first major hill is encountered two miles out of Salisbury when the trail progresses up to the site of the ancient Clarendon Palace ruins.

From here the trail passes through woods and then down into the village of Pitton and then across to Winterslow. From here the trail is relatively easy going all the way to Broughton where the half marathon runners join.

After crossing the Test River the trail goes up over the hill and down into Kings Somborne, then onto 'Killer Hill' (nine miles to go) which is where quite a few runners start to walk.

But this is small in comparison to the next climb, Farley Mount (six miles to go), which is where just about everyone starts walking. The best part of Farley Mount is when you reach the top and from there it is down hill for quite some time and only a few small hills after that. All together the trail takes in 657m of hill climbing over the full 26.2 miles. Good luck! When you reach the finish, you will have completed 26.2 miles from Salisbury up to Winchester.





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# Di Cross – A Runner's Story

I didn't like running at school, team sports were my thing. But as I got older, it became harder to commit, so I headed to the gym and ran infrequently to keep fit.

A few years later, with my 40th birthday looming, I was looking for a challenge. I got a charity place for the 2003 London Marathon, asked friends and family to sponsor me, and got training!

This was going well until, six weeks before the marathon, I developed a groin strain. I lined up with a niggling ache that quickly descended into acute pain. I struggled on and came in just before the cut-off in 6:59. It was nine months before I ran again!

Then my life took a downturn. My marriage failed and I lost my job. Running became a lifeline as it provided some much-needed headspace and helped me cope with the stress. I signed up to Romsey Road Runners (and, later, to Salisbury AC & RC). The best move ever! It gave my training some structure and I met a wonderful community of people.



My running was improving so I decided to have a crack at a second marathon: Prague in May 2012. I got carried away and went off much too fast – but kept running and came in at 03:45:38. It was, and remains, my lifetime's best and one of the achievements I am proudest of.

I was diagnosed with an anxiety disorder shortly after, and running again became a lifeline. But my times were getting slower, and running started to become another stress. Then at one race I got talking to a couple of women in colourful tops and tutus and heard of the 100 Marathon Club. A game-changer! Stop looking at the time and start enjoying the scenery and company.

Since then, I have run on the Great Wall of China, the Las Vegas strip, in Budapest and all around the UK: bogs on Exmoor, mountains in Wales, Avebury at night and through tidal rivers by day. I have made many friends and had some great adventures. I am so grateful to the race organisers who make these trail runs possible, and all the amazing volunteers.

At last year's Clarendon I finally joined the 100MC (100 Marathon Club). What a wonderful day! I ran with friends, my daughters and their partners chased us down as a relay team, and a couple of non-running friends walked the 5-mile race, so it was quite a party at the finish! Huge thanks to JJ and all the Clarendon team for providing a perfect ending to this adventure.

# Welcome Stations – Good Causes



## 14th & 16th Winchester Scout Groups

All the sections are thriving with enthusiastic leaders who provide an exciting and challenging programme of activities and events. They all support district events and take the opportunity to give the youngsters the chance to get out and about as often as possible, as well as having meetings in the headquarters.



## Hampshire Search & Rescue

HANTSAR is a voluntary organisation which works alongside the Police in searches for vulnerable missing persons in Hampshire. We are affiliated to Lowland Rescue which forms part of the UK Search and Rescue Operations Group alongside Mountain Rescue and other organisations.



Hope & Homes  
for Children

## Hope and Homes for Children

HHC is a British charity working with children, their families and communities across eight countries in Central and Eastern Europe and Africa to help children grow up in safe and productive environments. The charity moves children out of institutions into family-based care.



## Paediatric Rheumatology Charity at Southampton Hospital

Children suffering with rheumatic conditions are now benefitting from more rapid access to treatment thanks to a new ultrasound scanner at Southampton General Hospital.



## St. Mary's Parochial Church Council, Broughton

St Mary's offers both traditional and more modern worship services and has an active Sunday Club for young people (up to school year 6) and a coffee club (for young people in school year 7 and above)

## Youth Options



We believe that every child and young person should have the opportunity to realise their potential, whatever their life circumstances. Our mission is simple: to support those children and young people that need it most to engage, develop and become empowered to achieve a better future.

# Welcome Stations – Good Causes

## Chase Africa

Our vision is a world where women and men can access basic healthcare and choose the timing, number and spacing of their children, resulting in healthier, wealthier families, communities and more sustainable environments.



## Winchester & District Talking Newspaper Association

Our purpose is to provide digital sound recordings, of the best achievable quality, of edited extracts from the Hampshire Chronicle, on a weekly basis, to blind or visually impaired people in Winchester and surrounding areas.



## Winchester Bereavement Support

It is a voluntary organisation, offering a confidential support service to bereaved people in Winchester and the surrounding area. Support is given through home visits by carefully selected and trained volunteers. There is no charge for this service.



## MHA Communities Winchester

MHA Communities is a charity offering support and friendship to local older people living in their own homes; helping to maintain independent living, improve well-being and reduce isolation.



## Winchester Hospice

Here at Winchester Hospice, we provide specialist palliative and end of life care to adults with life limiting illness who live in Winchester and the surrounding villages. Our dedicated team is here to support patients to live a life as full as possible in an environment that enhances well-being, privacy, and care.



## Winterslow Link Scheme

LINK is a team of local volunteers who offer help with transport and care for people in need. It is organised by a committee of local people who manage the running of the scheme.





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# Laurence Wilks – A Runner's Story

I started running at boarding school as a way to avoid homework. I was reasonable e.g. county level for the 1500, but at 15 I broke my ankle and tore the ligaments badly. By the time I recovered I'd lost my 'fast' fitness but still managed to run 5 trail marathons by the time I was 19. I then discovered bikes, so ended up focusing on bike riding and very occasionally I'd go for a short, <5k, run.

When I was 29 I had my first brush with cancer and had a significant amount of surgery and treatment. What helped me a lot afterwards was setting targets and being able to slowly improve. Then at 45 I had a second cancer and this time I had minimal treatment, just surgery; again having targets helped me get back to where I wanted to be fitness wise.

Fast forward many years to 2013 and I discovered parkrun. I was very inconsistent during the first few years but since 2018 I started to go regularly and also volunteered. I'm now at 220+ parkruns and 55+ volunteers. parkrun restored my love of running and I'm now just sub 24 minutes for the 5K. I then joined my local run club and targeted running a 10K: I'm lucky to have the Eastleigh 10k course just down the road so I've now run this 5 times and this year set a PB of 51:42 which at 58 years old I was happy with.



In May 2023 I ran the Weston Super Mare half marathon and incredibly broke my 10k, 15k, 20k and half marathon PBs in the one race. I was looking to do my 5th Clarendon event and it had been my main focus all year so I was looking forward to getting it done and had an eye on a PB to complete my set :-)

On 30th August 2023 I had what I thought was a vertigo attack. This was diagnosed as a Transient Ischaemic Attack (TIA) or mini-stroke! Further investigations changed this diagnosis to a full stroke. I was gutted as my consultant, an ultra runner, advised me to not run the Marathon as it was still unclear of the cause.

Fast forward to 2024, I have been cleared to run and so far I have broken my 5k PB (25:22 -> 23:44) and my 10K PB (51:42 -> 48:51) so my patience and persistence has paid off. I am really looking forward to picking up my 5 year trophy when I cross the Clarendon finish line.

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Hello, my name is Erin Willmers and I am the co-founder of Altus and our associated running community RunAltus.

RunAltus is based at Altus, a Wellbeing and Peak Performance Centre in West Tytherley. It is an inclusive group of runners of all abilities, speeds and goals: what we have in common is a supportive environment, an ability to push ourselves (measured by our own efforts, not meeting a particular speed), positivity, encouragement and of course a sense of humour. We have training sessions with England Athletics qualified Running Fitness coaches (Emma and me) on a Tuesday and Thursday evening. Then every month we have a lovely Sunday social trail run (often featuring coffee and cake afterwards). We also like to have an event to work towards together on our calendar. The Clarendon Marathon has been a key event for us since we founded in 2022, making this our 3rd year of running as a team.



In 2022 we pulled together two fabulous teams of runners, not knowing what to expect. We had such a memorable day, all working together to organise the logistics! In fact, the support team and our families were as much a part of the day as the 8 team members. The great thing about the Clarendon relay is that it brings the individual sport of running and weaves it into a team and social event. The route is both challenging and scenic, giving you a sense of achievement, excitement from the race and camaraderie of racing together. The first 3 runners of both our teams joined the anchor runner so they could run in together as a team – a wonderful feeling (even if I'd just finished the infamous 'leg 3')!

In 2023 we returned, this time with 3 teams and 2 full marathon runners! Once again, we had a fantastic day, knowing a bit more what to expect, and able to judge our performances against our last efforts. More members of RunAltus were involved. The support team had grown, especially in Winterslow where lots of our members are from: we had banners up and RunAltus members volunteering and marshalling on the day. We initiated a post-event celebration at the pub, (which is now of course mandatory). Not forgetting to mention, we had a great result of 1st Female team across the line so came away with some prizes too!

As for this year? We've grown again! At time of writing, we have 4 teams entered and 5 individual full marathon runners entered and we can't wait!

[www.thealtuslife.co.uk](http://www.thealtuslife.co.uk)



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# Richard Spalding

## How to raise money for a charity

In 2023 Richard was raising money for Motor Neurone Disease

### Why not enter a sponsored team?

Can you help to raise even more for charity whilst running the Clarendon? And let us know who you did so and for how much?

The Rotary Clarendon Marathon is predominantly a community event to attract runners who want to face the challenge of a lovely scenic mainly off-road marathon or Half or 4-person Relay. The mantra is "It's tough but you'll love it" and that pretty much sums it up.

However, there is a secondary, really worthwhile reason for the event, and that is to raise funds for great causes. In the main, the funds raised go to charities supported by Rotary. A number of runners also raise funds for their own charities, but it is actually a very small percentage. I took this to heart last year and raised just over £5000 for Motor Neurone Disease, which my sister-in-law had at the time, though very sadly has died since then. Additionally, only a few runners declare they are raising funds, so the organisers never know the real financial benefit to charities.

[www.mndassociation.org](http://www.mndassociation.org)

This tough event is an ideal opportunity to raise funds both for Rotary-sponsored charities and individually-preferred charities.

So, here's the challenge for 2024. See if you can get sponsorship for running in the event, especially if it is one of your first times or you have a particular finishing time in mind or have a specific charity you wish to support. And then to declare both which charity you are supporting and how much you raised.



# 2024 Route Map



**Marathon Start!**  
Laverstoke & Ford  
Sports Club  
10.30 hrs.

## 1. Clarendon Palace

Hope and Homes  
for Children

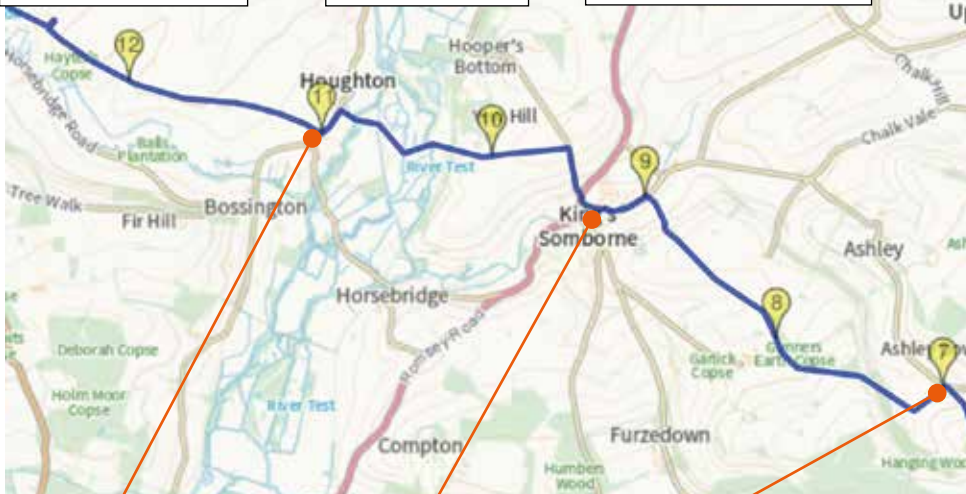
## 2. Pitton

Pitton Village Hall

## 1st Relay Change Point

## 3. Winterslow

Winterslow Link  
Scheme



## 6. Houghton Drayton

Hampshire Search  
and Rescue

## 7. Kings Somborne

Winchester  
Hospice

## 8. Ashley Road, Farley Mount

Winchester & District  
Talking Newspaper

# 2024 Route Map



**2nd Relay Change Point**  
**Half Marathon Start**  
**5. Broughton**  
St Mary's Parochial Church Council, Broughton

**4. Buckholt Farm**  
Winchester Bereavement Support

**12. Ham Green**  
Shedding Oats Cattery  
Paediatric Rheumatology Unit, Southampton Hospital

**9. Farley Mount Monument**  
Chase Africa  
**3rd Relay Change Point**

**10. Well Copse**  
14th Winchester Scout Group

**13. Lanham Lane**  
16th Winchester Scout Group

**14. Lanham Lane**  
Youth Options

**11. West Wood Gate**  
MHA Communities

**15. Pinsent Camp Site**  
Rotary GLPC Supporters

**Marathon Finish!**  
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Rotaract

# David Watson – Humdingers Relay Team

So who is going to run the third leg? It's the big question for any relay team aspiring to run the Clarendon Marathon.

Our team, the Humdingers, are highly experienced at the shorter distance of a 5k parkrun. And while we indulge in the occasional 10k, or even a 10-miler, the prospect of that hilly 12+km up to Farley Mount has proved to be the least popular choice of leg.

Holly played rugby and had resolved that "running further than the length of a rugby pitch was not for me". Nonetheless, after "accidentally" running 10k she did her first parkrun in 2021 and has hardly missed a week since, and is a regular Run Director. She ran leg 4 last year but specifically requested leg 1 or 2 this year because she has "never done them before".

Peter originally played tennis and took up running to destress from work and a London commute. He got into parkrun in 2020 after his child, Charley, volunteered at Winchester for their DofE award. Charley enjoyed it so much that Peter was inspired to give it a go. He has now volunteered over 100 times. Last year Peter did the notorious leg 3 so it seems fair that he gets an easier leg this year.

Jessica was a gymnast when she was younger, competing at state level in the US. She is a yoga teacher, occasional 5k runner and regular Run Director at parkrun. This year's Clarendon is going to be a big step up for her, both in distance and terrain. While she is used to the hills of Winchester, she prefers running on nice smooth surfaces, and hasn't gone further than 6k for a while. So leg 3 would literally be a step too far.

And that leaves me. My name is David and I have been parkrunning for over 10 years. I was Event Director for a while and now volunteer occasionally and am trying to complete the challenge of doing 50 parkruns in 2024. I have run the full Clarendon marathon, the half twice, and this will be my 4th relay. I've never done the 3rd leg.

So, through a process of elimination, it will be me running from Broughton to Farley Mount. I'm training on footpaths and hills around Winchester and praying for good weather on the day. And I know, whatever happens, that the Clarendon will be a great day in the countryside with fantastic support from all the volunteers and charities cheering along the way.



# Mike and Alison (CHASE Africa) Farley Mount Water Station

When David Attenborough was born the world's population was 2.3 billion people and 66% of the planet was wilderness. The world's population now is more than 8 billion and the wilderness left is 37%. It's no surprise these figures are connected.

For most of us living in the UK, food and water are not matters of life and death, but they are for the 700 million people we share this planet with who live in extreme poverty.



There has been much in the press about how falling populations around the world are going to cause problems. How will Governments afford to look after the elderly with ever fewer people of working age? But this is not the situation in Africa where the present population of 1.5 billion is predicted to rise to 2.5 billion by 2050 and to more than 4 billion by 2100. There are already 450 million people in Africa living on less than £1.50 a day, hunger being a daily reality. This number can only rise over coming years.

CHASE Africa (Community, Health and Sustainable Environment) is working on an issue which many ignore but which is the root cause of so much poverty, namely the lack of family planning. With 120 million women in Africa, currently without it, this means the majority have their children by chance, and not choice.

Enabling a woman to plan the number, timing and spacing of her children, has multiple benefits for the entire family. Her health and her children's health will improve, she will have more time to look after her children, their life chances will improve and she will have more time for productive work, making her family better off.

There are other health benefits that family planning can bring. A reduction in teenage pregnancies & longer gaps between children reduces low birth weights and stillbirth. Having fewer pregnancies can reduce complications & subsequent health problems caused by multiple births.

Wider benefits include better educational opportunities for children as the chance of completing secondary school is much higher for children from smaller families. Being able to choose when to have children empowers women & enables them to build resilience which is deemed critical in coping with other challenges such as economic hardship and adaption to climate change.

# Ossian Watt-Smith –A Runner’s Story

I am doing my first ever marathon to raise money for Project Trust, a charity which provides opportunities for young people to go on youth work and educational placements abroad. They have been running for fifty years and operate all around the world, from Africa to Asia. Project Trust’s speciality is in placements long enough to foster relationships and make real changes.



From January 2025, I am volunteering for eight months as a maths and science teacher in rural Ghana, and I am running the Clarendon Marathon as a fundraiser for my placement. I have been tutoring maths in Petersfield, Hampshire for two years, and I am going to read maths at university when I get back from Ghana. This will be an amazing opportunity for me personally, but also, Project Trust are renowned for bringing benefits to the children their volunteers work with internationally. In rural areas of Ghana, there is a scarcity of STEM teachers, because better-paid jobs exist nearer cities and towns.

I am really looking forward to sharing my passion with the students I’ll be teaching, but there is a lot I want to learn about life in Ghana myself. Most of all, I want to make a difference, and the Clarendon Marathon is a big step up the ladder towards doing that, and a chance to fundraise.

Any donations at [www.justgiving.com/page/ossian-watt-smith-ghana](http://www.justgiving.com/page/ossian-watt-smith-ghana) would be much appreciated.



# Sarah Crudgington – Massage Team Leader

scflofitness.co.uk

Last year Sarah joined the Clarendon organising committee and took up the role of Massage Team leader. Her story is as follows:

When I first walked into the empty sports hall at Kings School Winchester, I had no idea how popular the post massage treatments would be.

There was a buzz of activity all around whilst our team set up. The marshals were waiting, the bags from Salisbury and Broughton began to arrive and the smell of hot food filled the air ready to entice those hungry runners who needed a refuel.

Shortly after 1.15pm we started to see the first few runners. They were followed by a continual stream of people, all with tired bodies but big smiles. This was nonstop until 4pm. I heard lots of wonderful stories and saw the happy faces of those who had conquered the full, the half, the mini and the relay.

Most had prepared and had that satisfactory glow of achievement. Their hard work had paid off. But there were a few who had simply rocked up in the hope that it would 'all be fine on the day!' Amongst them there were moans of regret. As a massage therapist, I remain hopeful that the advice I gave them, to plan ahead and train for future events will have stuck.

Overloading muscles, when they are not used to exercising and, in this case, long distance running, can cause small tears in them which can lead to injuries. As a general guide, adding 1 mile each week to a long run is enough. Sometimes it may be beneficial to stick to the same distance for a few weeks before adding on more mileage. We all respond differently to training plans, so the key thing is to listen to your body.

Remember to add in cross training, such as swimming, walking, cycling and strength training too. By building stronger muscles and bones, you are bullet proofing your body.

I am really looking forward to meeting the runners at the Clarendon Marathon in 2024.



# **+LCP is proud to support the Clarendon marathon 2024**



LCP, a professional services firm with an office based in Winchester, is demonstrating its commitment to the city's causes by supporting the Clarendon Marathon this year.

**We look forward to showing our support to all the runners on the 6th of October.**

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 **Diversity  
& Inclusion**

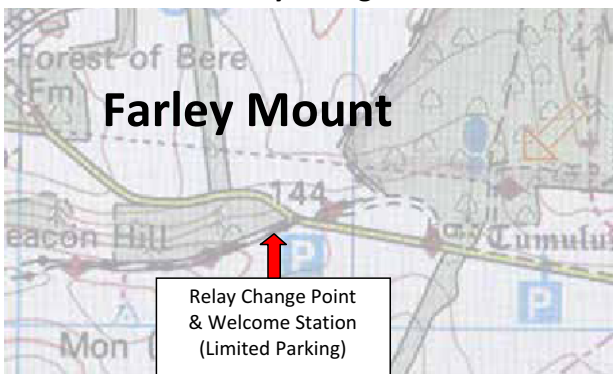
## 1st Relay Change Point



## 2nd Relay Change Point and Half Marathon Start



## 3rd Relay Change Point





# 2023 Marathon Photo Gallery



# Winners 2023

## Marathon

<b>1st male</b>	<b>PETER BAKSH</b>	<b>2:56:08</b>
2nd male	MATT HAMMERTON ROMSEY ROAD RUNNERS	2:59:23
3rd male	TOM GRAY	3:02:08
<b>1st female</b>	<b>GEORGINA ADAM</b>	<b>3:45:34</b>
2nd female	REBECCA STARK Hedge End Running Club	3:58:11
3rd female	MIRANDA HOULDEY	4:03:36

## Half Marathon

<b>1st male</b>	<b>MARK STILEMAN ROMSEY ROAD RUNNERS</b>	<b>1:34:30</b>
2nd male	BEN TURGOOSE	1:36:57
3rd male	NEIL JENNINGS Romsey Road Runners	1:38:32
<b>1st female</b>	<b>ANNA TURGOOSE</b>	<b>1:49:38</b>
2nd female	EMMA CARTER WADAC	1:51:25
3rd female	ISABEL MCNULTY City of Salisbury	1:51:43

## Mini 5 Mile

<b>1st Male</b>	<b>RUBEN PRICE HAMPSHIRE GBR</b>	<b>29:58</b>
<b>1st Female</b>	<b>LOUISA CHOWNS</b>	<b>45:22</b>

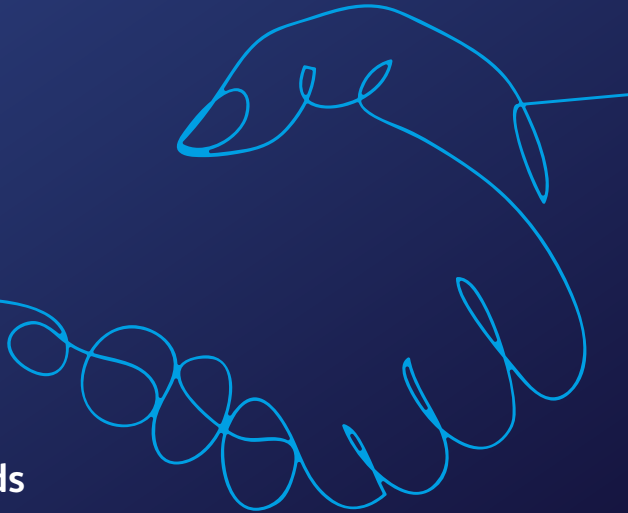
## Relay

<b>1st all male team</b>	<b>GREEN FOSSILS STUBBINGTON GREEN</b>	<b>3:06:33</b>
Colin Trigg, Russ Coleman, Jon Warner, Lee Reynolds		
<b>1st all female team</b>	<b>RUNALTUS</b>	<b>3:17:35</b>
Erin Willmers, Caroline Ralph, Claire Hemmings, Di Mattingly		
<b>1st mixed sex team</b>	<b>BEEN THERE RUN THAT City of Salisbury ARC</b>	<b>3:22:08</b>
Edward Klein, Thomas Wood, Milly Rayner, Alice Snow		

# Marathon Runners (1)

1001	Anthony	Aimon	1045	Matt	Cheales	1089	David	Eminton
1002	Matthew	Allen	1046	Simon	Child	1090	Gary	Fish
1003	Rex	Anderton	1047	Glenn	Churchill	1091	Jade	Fish
1004	William	Archibald	1048	Ruth	Churchill	1092	Paul	Fishwick
1005	Christopher	Arnell	1049	Guy	Coakley	1093	Eileen	Fitzgerald
1006	Chris	Ashdown	1050	Simon	Coles	1094	Brendan	Fletcher
1007	Nick	Austin	1051	Iain	Collins	1095	Alice	Foster
1008	Matt	Avery	1052	Andy	Colvin	1096	Annabelle	Fox
1009	Nicola	Barker	1053	Dan	Conroy	1097	Fiona	Fox
1010	Matthew	Barker	1054	Michael	Considine	1098	Andrew	Frazer
1011	Chris	Bath	1055	Andrew	Cooke	1099	Ian	Freeman
1012	Darrell	Benge	1056	Richard	Corp	1100	Andrew	French
1013	Paul	Bennett	1057	Kait	Cottrill	1101	Jennifer	Frost
1014	Stephen	Benwell	1058	Andrew	Coupe	1102	Darsh	Furby
1015	Ian	Beveridge	1059	Ian	Covey	1103	Ed	Furlong
1016	Matthew	Billings	1060	Natalia	Cowie	1104	Samuel	Gale
1017	Anna	Bion	1061	Jason	Cox	1105	Si	Gillett
1018	Caroline	Blackburn	1062	Kevin	Cox	1106	Shelley	Gooch-Smith
1019	Edouard	Boost	1063	Finlay	Cox	1107	Matt	Gosse
1020	Matt	Bourne	1064	Florence	Cross	1108	Myles	Grandison
1021	Scot	Bower	1065	Ben	Cross	1109	Tom	Gray
1022	Sophie	Braakenburg	1066	Irene	Cruickshank	1110	James	Gray
1023	John	Bradbury	1067	Julie	Cullen	1111	Zdenek	Gregor
1024	Tom	Brain	1068	Harry	Danaher	1112	Giulio	Grieco
1025	Naomi	Brewer	1069	Cameron	David	1113	Brian	Grieves
1026	Tom	Brewer	1070	Annika	Davidson	1114	Jonathan	Griffiths
1027	Jack	Broadhurst	1071	Nicholas	Davies	1115	Will	Griffiths
1028	Nick	Brooke	1072	Barry	Davies	1116	Sharon	Gwynn
1029	Penny	Brookes	1073	Gary	Davis	1117	Will	Hadley
1030	Mark	Brooks	1074	Carl	Dawson	1118	Michael	Hall
1031	Jenni	Brown	1075	Paul	Day	1119	Jo	Halsey
1032	Gus	Bruce Jones	1076	Oliver	De Groot	1120	Ed	Halsey
1033	Laurence	Bunch	1077	William	De Laszlo	1121	Charlotte	Hammond
1034	Benjamin	Burfoot	1078	Peter	Dennett	1122	Oliver	Hampden-Martin
1035	Mary	Burnfield	1079	Philippa	Dew	1123	Rob	Hanna
1036	Daisy	Burnfield	1080	Roy	Dillon	1124	Kevin	Harding
1037	John	Calvert	1081	Julie	Dinkele	1125	Michael	Harding
1038	Lenka	Cambalova	1082	Peter	Doughty	1126	Andrew	Hayman
1039	Edward	Cane	1083	Tara	Duncan	1127	Murray	Henderson
1040	John	Carter	1084	Adam	Earley	1128	Christopher	Hibberd
1041	Danny	Chadburn	1085	William	Egan	1129	Anthony	Hill
1042	Garga	Chamberlain	1086	Duncan	Ellis	1130	Craig	Hiscock
1043	Martin	Chambers	1087	Peter	Ellis	1131	Dan	Hoare
1044	Joanne	Chappell	1088	Matt	Emery	1132	Jess	Holmes

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# Marathon Runners (2)

1133	Kenneth	Holt	1177	Darren	Legg	1221	Bryan	Morrish
1134	Tim	Holt	1178	Jennifer	Leishman	1222	Sheila	Nash
1135	Paul	Horler	1179	Peter	Lemon	1223	Keith	Newhouse
1136	David	Horne	1180	Lewis	Lester	1224	Tom	Niedrum
1137	Andy	Horsley	1181	Ashley	Lewis	1225	Jane	Nockemann
1138	Sophie	House	1182	Freddie	Line	1226	Jeremy	Norris
1139	George	Howarth	1183	Andrew	Little	1227	Laurence	North
1140	Steven	Hubbard	1184	Jon	Littlechild	1228	Alison	Nott
1141	Gary	Hubbard	1185	Peter	Lockhart	1229	Harry	Owen
1142	Richard	Hudson	1186	Jon	Lockhart	1230	David	Ozanne
1143	Christopher	Hunt	1187	Bethan	Looker	1231	James	Panther
1144	Daniel	Hunt	1188	Brian	Loughlin	1232	Tony	Payne
1145	Chris	Hunter	1189	Joseph	Lowres	1233	Ollie	Payne
1146	David	Ingram	1190	Machteld	Luff	1234	Ian	Pearce
1147	Peter	Iveson	1191	Simon	Lynch	1235	Alex	Perry
1148	Elizabeth	Jacobsen	1192	James	Mackenzie	1236	Alex	Phillips
1149	Caroline	Janas	1193	Susan	Mackie	1237	Damien	Pick
1150	Jennifer	Jenks	1194	David	Mackie	1238	Tim	Pitman
1151	Simon	Jennison	1195	David	Madelin	1239	Richard	Porges
1152	Selina	Jervis	1196	Bob	Maguire	1240	Martin	Potgieter
1153	Sue	Jewell	1197	Sara	Main	1241	David	Pratt
1154	Mark	Johnson	1198	Amy	Marley	1242	Giacomo	Prideaux
1155	Matt	Johnson	1199	Thomas	Marsh	1243	Adam	Prideaux
1156	David	Jolliffe	1200	James	Marshall	1244	Michael	Prideaux
1157	Jason	Jones	1201	Adrian	Martineau	1245	Susan	Pye-Beraet
1158	Howard	Jones	1202	Callum	Maxwell	1246	Caroline	Ralph
1159	Katrina	Jones	1203	Catherine	Maynard	1247	Kate	Randall-Coles
1160	Sarah	Jouty	1204	Daniel	McFarlane	1248	Alastair	Raynes
1161	Rupert	Kellie	1205	Stuart	McInnes	1249	Hannah	Reay-Mead
1162	Dave	Key	1206	Allan	Mckinnon	1250	Tim	Redfern
1163	Maurice	King	1207	Gareth	McQuaid	1251	Daniel	Reid
1164	Sarah Anne	Kinsella	1208	Matthew	Meads	1252	Paul	Reilly
1165	Emma	Kinsella	1209	Steven	Melligan-Hart	1253	Andrew	Reitzner
1166	Nichole	Kirk	1210	Jonathan	Mellows	1254	Stephen	Reynolds
1167	Vicky	Kitcher	1211	Robert	Metsoja	1255	Simon	Richardson
1168	Steve	Knell	1212	Mel	Middleton	1256	Craig	Richardson
1169	O	Knight	1213	Ben	Middleton	1257	Philip	Roberts
1170	De Wet	Kruger	1214	Ela	Miller	1258	Daniel	Roche
1171	Tina	Kwok	1215	Ginny	Mills	1259	Salvatore	Rotondetto
1172	Mike	Lane	1216	Matthew	Mitchell	1260	Ian	Rummey
1173	Alice	Lane	1217	Richard	Mitton	1261	Riya	Sabharwal
1174	Terry	Lawless	1218	Julie	Mitton	1262	Aurelie	Sanner Theaker
1175	Bleddyn	Lawrence	1219	Emma	Moran	1263	Pranav	Satish
1176	Mark	Lawton	1220	Helen	Morgan	1264	Ben	Saunders



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# Marathon Runners (3)

1265	Colin	Saxon	1308	Emily	Townrow	1352	Carole	Woodall
1266	William	Sexton	1309	Kate	Townsend	1353	Eric	Woodward
1267	David	Sheppard	1310	Simon	Treglown	1354	Will	Woodward
1268	Vijayakumar	Shivamurthappa	1311	Tanya	Tribbell	1355	Simon	Wreford
1269	Pete	Siddall	1312	Emily	Trumpelmann	1356	David	Wright
1270	Ross	Simmonds	1313	George	Tuckey	1357	Alexander	Wrigley
1271	Tiernan	Simmons	1314	Linda	Tyler	1358	Florence	Wynn
1272	Michael	Simms	1315	Marijana	Urbany	1359	Neil	Young
1273	Tom	Sindall	1316	Paul	Venus			
1274	Derek	Skinner	1317	Chris	Vian			
1275	Chloe	Slater	1318	Sandy	Walker			
1276	Matt	Smallman	1319	Sarah	Walker			
1277	Dominic	Smith	1320	Stephanie	Wallace			
1278	Chris	Smith	1321	Ray	Wallace			
1279	Ally	Smith	1322	Kirsten	Walton			
1280	Alyssia	Smith	1323	Jon	Ward			
1281	Rachel	Smith-Harrison	1324	Sarah	Warren			
1282	Emma	Smithson	1325	Neil	Watkiss			
1283	Adam	Smy	1326	Richard	Watson			
1284	Guy	Sommerville	1327	Poppy	Watson			
1285	James	Spencer	1328	David	Watt			
1286	Neal	Stayner	1329	Ossian	Watt-Smith			
1287	Henry	Steen	1330	Peter	Watts			
1288	Pete	Steen	1331	Chris	Waugh			
1289	Greg	Steeves	1332	Rob	Waugh			
1290	Lewis	Sudbury	1333	Tristan	Wheatley			
1291	Mike	Summers	1334	Neil	Wheeler			
1292	Thomas	Sutton	1335	Paul	Wheeler			
1293	Kevin	Sykes	1336	Natalie	White			
1294	Tom	Tabori	1337	Robert	Whitehead			
1295	Mark	Tait	1338	Clinton	Whitfield			
1296	Poppy	Tanner	1339	Thomas	Wilkins			
1297	Matthew	Tanner	1340	Laurence	Wilks			
1298	Davina	Temple	1341	Amy	Williams			
1299	Mahesh		1342	Stuart	Williamson			
	Thagadur	Channaveeregowda	1343	Mark	Wilson			
1300	Lucy	Thompson	1344	Giles	Wilson			
1301	Alastair	Thompson	1345	Carl	Wilson			
1302	Simon	Thompson	1346	Peter	Windross			
1303	Michael	Thompson	1347	Linda	Windsor			
1304	Susan	Thomson	1348	Edward	Wingfield			
1305	Fiona	Tipler	1349	Byron	Winser-O'Donnell			
1306	Liana	Todd	1350	Henny	Winward			
1307	Chris	Topley	1351	Dave	Woodall			





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# Half Marathon Runners (1)

3001	Izzy	Allam	3045	Andy	Clinton	3089	Steven	Glaulier
3002	Steve	Allen	3046	Ben	Coeshall	3090	Bob	Gold
3003	Darren	Anderson	3047	Mark	Cogan	3091	Roena	Gooch
3004	Georgina	Annett	3048	Jon	Cole	3092	Paul	Goodenough
3005	Sharon	Ardley	3049	Frankie	Colling	3093	Danielle	Grant
3006	Karen	Arney	3050	Jemma	Conway	3094	Sophie	Green
3007	Donna	Austin	3051	James	Cook	3095	Nick	Hale
3008	Tom	Baines	3052	Nick	Crane	3096	Hayley	Halford
3009	Jana	Banwell	3053	Ian	Crawford	3097	Tommy	Hamer
3010	Ian	Banwell	3054	Richard	Croker	3098	Eloise	Hammerton
3011	James	Barnes	3055	Christine	Currie	3099	Will	Hanbury
3012	Harry	Barnes	3056	Beth	Dancer	3100	Lewis	Hancock
3013	Catherine	Barrington	3057	Gina	Day	3101	Andrew	Harker
3014	Madeleine	Barrow	3058	Claire	Deacon	3102	David	Hartwright
3015	Lorraine	Barry	3059	Kate	Dew	3103	Timothy	Haughton
3016	Joanna	Baxter	3060	Sarah	Dew	3104	Kat	Hayes
3017	Gemma	Begley	3061	Richard	Disney	3105	Nigel	Hemsted
3018	Veronica	Benson	3062	Jack William	Disney	3106	Fraser	Hornby
3019	Sarah	Billington	3063	Judy	Disney	3107	Charlotte	Horner
3020	Chris	Billington	3064	Molly	Dixon	3108	Sarah	Houghton
3021	Emile	Bojesen	3065	Isobel	Docwra	3109	David	Howells
3022	Suzanna	Boon	3066	Richard	Docwra	3110	Lucy	Hughes
3023	Andrew	Bowyer	3067	Magdalene	Dolman	3111	Kate	Hurrell
3024	Rufus	Boyd	3068	Rebecca	Dominick	3112	Stephen	Hyde
3025	Jon	Braund	3069	Paul	Donegan	3113	James	Hynard
3026	Eleanor	Bream	3070	Kelly	Doris	3114	Richard	Jackson
3027	David	Bream	3071	Julia	Downes	3115	Mark	Jackson
3028	Richard	Briant	3072	Allison	Driver	3116	Claire	James
3029	Sean	Browes	3073	Sarah	Dugdale	3117	Vanda	Jeffreys
3030	Robin	Bruce	3074	Darren	Edds	3118	Penny	Jennings
3031	Rebecca	Bryant	3075	Paul	Elliott	3119	Neil	Jennings
3032	James	Bryant	3076	Christopher	Exelby	3120	Clare	Johnson
3033	Emma	Budd	3077	Louise	Eyles	3121	David	Johnson
3034	Ian	Bush	3078	Phil	Fenberg	3122	Milly	Jones
3035	Andrew	Cable	3079	Tom	Fenning	3123	Meriel	Jones
3036	Ildia	Campbell	3080	Michael	Fernie	3124	Leanne	Jones
3037	Henry	Carding-Wright	3081	Amanda	Flanagan	3125	Mark	Jones
3038	Charles	Carr	3082	Tim	Foster	3126	Scott	Jones
3039	Vanessa	Carter	3083	Serena	Franklin	3127	Mark	Judkins
3040	Deborah	Carter	3084	Louis	French	3128	Jason	Jump
3041	Ben	Carter	3085	Alison	Fugard	3129	Vanessa	Kellie
3042	Sam	Chamberlain	3086	Oscar	Garcia	3130	Tom	Kendell
3043	Greg	Chapple	3087	Suzanne	Gardner	3131	Paul	Kettle
3044	Colin	Clarke	3088	David	Gaskell	3132	Andy	Knight



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For all those involved with Clarendon Marathon 2024  
Quote CM2024-15



**REDEFINE YOUR LIMITS**

# Half Marathon Runners (2)

3133	Travis	Knight	3177	Lucy	Neate	3221	Dean	Robinson
3134	Alice	Krige	3178	Ian	Newbold	3222	Claire	Robinson
3135	Anna	Kukla	3179	Bernie	Newitt	3223	Mikayla	Rose
3136	Reginald	Kwamie	3180	Ian	Nichols	3224	Martin	Rossiter
3137	Peter	Lancaster	3181	Jeremy	Noble	3225	Thomas	Rossiter
3138	Richard	Larman	3182	Danny	Noon	3226	Peter	Rowlandson
3139	Ben	Larsen	3183	Rory	O'sullivan	3227	Tanith	Rowles
3140	Ian	Lewis	3184	Dan	O'sullivan	3228	Colin	Rudd
3141	Tom	Lincoln	3185	Daniel	O'sullivan	3229	Bex	Savage
3142	James	Lineker	3186	Rupert	Oscroft	3230	Frances	Savage
3143	Lisa	Lisle	3187	David	Osment	3231	Roger	Savage
3144	Liz	Lockey	3188	Alistair	Overy	3232	Jon	Scammell
3145	Louise	Lowans	3189	Nicolette	Overy	3233	Nigel	Scarfe
3146	Colin	Lowans	3190	Catherine	Overy	3234	Joanna	Scott
3147	Stephen	Lucas	3191	Kathryn	Palmer	3235	Matt	Scott
3148	Duncan	MacDonald	3192	Prithvi	Palungwa	3236	Daniel	Sellick
3149	Jack	Madgwick	3193	Sarah	Parker	3237	Theo	Servini
3150	Ben	Maghiari	3194	Franc	Parr	3238	Jamie	Seymour
3151	Lambros	Malafouris	3195	Tom	Parrott	3239	Cars	Shadbolt
3152	Glenis	Maloney	3196	Stephen	Paterson	3240	Caroline	Sharp
3153	Isabella	Maloney	3197	George	Paterson	3241	Jake	Sharratt
3154	Lucinda	Maloney	3198	Jenny	Payne	3242	Tom	Shaw
3155	Paul	Martin	3199	Will	Pearson	3243	Rob	Sherwin
3156	Diane	Mattingly	3200	Philip	Pearson	3244	Emma	Sims
3157	Andrew	Maundrell	3201	Ruth	Pelling	3245	Chris	Sinclair
3158	Margaret	McGilp	3202	Adam	Perry	3246	Tom	Sinclair
3159	Andrew	McDermott	3203	Mark	Phelan	3247	Kenny	Skillen
3160	Angus	McGilp	3204	Isabelle	Pierry	3248	Frances	Skipwith
3161	Joanna	McKenzie	3205	Louisa	Pinkham	3249	Stephen	Slater
3162	Paul	McMahon	3206	Richard	Plant	3250	Barry	Slater
3163	Isabel	McNulty	3207	Chris	Plyming	3251	Robert	Slinn
3164	Liam	Metcalfe	3208	Henry	Plyming	3252	Ashlie	Smart
3165	Tyrone	Miller	3209	Michael	Pointer	3253	Joe	Smith
3166	Raymond	Mingioni	3210	Alexis	Politakis	3254	Amy	Smith
3167	Felicity	Mitchell	3211	Thomas Martin	Prince	3255	Leanne	Smith
3168	Sarah	Mitchell	3212	Matthew	Pullen	3256	George	Spalton
3169	Quinn	Mitchell	3213	Peter	Qualmann	3257	Hannah	Stacey
3170	Vanessa	Monteleone	3214	Harriet	Quast	3258	Alexandros	Stamatiadis
3171	Callum	Moore	3215	Bipin	Rai	3259	Eleanor	Stanger
3172	Keith	Morris	3216	Jonathan	Rau	3260	Grace	Stewart
3173	Adele	Mostert	3217	Jeremy	Rees	3261	Caitlin	Stewart
3174	Matias	Muscio	3218	Rhona-Jean	Reid	3262	Leo	Stimpson
3175	Andrew	Mustoe	3219	Tony	Richards	3263	Daisy	Stoddart
3176	Sean	Naile	3220	Jane	Robertson	3264	Jemma	Storrar

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Louise Richardson  
Solicitor



# Half Marathon Runners (3) and Mini Marathon

3265 Mark Sullivan  
3266 Graham Sweetman  
3267 Arabella Swift  
3268 Ellie Swire  
3269 Sue Sylvester  
3270 John Sylvester  
3271 Isaac Tallack  
3272 Paul Taylor  
3273 Ellena Taylor  
3274 Sanvi Thagadur  
3275 Nar Thapa  
3276 Ali Thomas  
3277 Owen Thomas  
3278 Rob Thomas  
3279 Philippa Thornton  
3280 Polly Tickle  
3281 Adam Tighe  
3282 Danny Trace  
3283 Wayne Turpin  
3284 Sara Vale  
3285 Jon Vamplew  
3286 Nick Walshe  
3287 David Walter  
3288 Elizabeth Ward  
3289 Rachel Warner  
3290 Ray Webb  
3291 Lin Webb  
3292 Nicolas Weir  
3293 Sam Weston  
3294 Tom Whalley  
3295 Jonathan Whelan  
3296 George White  
3297 Martin White  
3298 Jack Whitehouse  
3299 Jim Whitmarsh  
3300 Denise Wight  
3301 Julie Wilkinson  
3302 Geraldine Williams  
3303 Ed Wilson  
3304 Venetia Wingfield  
3305 Sarah Witt  
3306 David Wood  
3307 James Wood  
3308 Nick Wood

3309 Linda Woolley  
3310 Jim Wright  
3311 Lucy Wyatt

## MINI MARATHON

4001 Harry Beamish  
4002 Leon Beamish  
4003 Helene Beresford  
4004 Jasper Burrows  
4005 John Cooper  
4006 Lenny Dalby  
4007 Shannon Eyles  
4008 Samantha Faggetter  
4009 Callum Free  
4010 Daniel Gangai  
4011 Sam Godfrey  
4012 Janne Hansen  
4013 JJ Heath-Caldwell  
4014 Keith Horn  
4015 Catherine Jones  
4016 Dee Lewis  
4017 Mike Molyneux  
4018 Nicola Porter  
4019 Charlotte Rickerd  
4020 Mary Siddall



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- 2001 4th Venneration
- 2002 Adventure Buddies Are Go!
- 2003 Billy the Kid and the Young Guns
- 2004 Biltong Ballies
- 2005 Bitcoin Runners
- 2006 Cider Striders
- 2007 Clarendon Kleptomaniacs
- 2008 Coffee break mistake
- 2009 Dstl Past & Present
- 2010 Durley Runners A
- 2011 Durley Runners B
- 2012 Everything Hertz
- 2013 Family feet
- 2014 Gosport Road Runners Ladies
- 2015 Gosport Road Runners Men
- 2016 Gosport Road Runners Mixed
- 2017 Groburton
- 2018 Halterworth Eagles
- 2019 Halterworth Hawks
- 2020 Hedge End Alligators
- 2021 Henfield Joggers
- 2022 HERCulean Heroes Past & Present
- 2023 Here To Make You Look Good
- 2024 HQ AGC 1
- 2025 HQ AGC 2
- 2026 HTAC – Blue Lobsters
- 2027 I'd rather be après skiing
- 2028 I'd rather be skiing!!
- 2029 IBM Alumni
- 2030 Ironed The Wrong Shirt
- 2031 Jenny's Pacers
- 2032 Justin Owers Team
- 2033 Keen Beans
- 2034 Mark Gordon Team
- 2035 Mexico Mamba's
- 2036 Moore Saint Peter's Pacers
- 2037 Morning Star Salisbury
- 2038 PowerBoosters
- 2039 Random runners
- 2040 Run Fit Fordingbridge – Purple Team
- 2041 Run Fit Fordingbridge – Teal Team
- 2042 Run Fit Fordingbridge – Yellow Team
- 2043 RunAltus Team 1
- 2044 RunAltus Team 2
- 2045 RunAltus Team 3
- 2046 RunAltus Team 4
- 2047 Running on Sourdough
- 2048 Scrambled Leggs
- 2049 Scrambled Legs
- 2050 SCTU
- 2051 SGR Parkrun Pals
- 2052 Slow Farrah
- 2053 South West Road Runners (Mens)
- 2054 South West Road Runners (Mixed)
- 2055 St Peter's Pacers
- 2056 Stephen Wyeth Team
- 2057 Team Cobra 1
- 2058 Team Dolphin
- 2059 Team H
- 2060 Team Vosser Ladies
- 2061 The Ambling Abbotts
- 2062 The Bats out of Hell
- 2063 The Bombas
- 2064 The GreenMeads Plus 1
- 2065 The Humdingers
- 2066 The Mike Parker Experience
- 2067 This Mum Runs #3
- 2068 This Woman Runs – Winchester #1
- 2069 This Woman Runs 2
- 2070 Tuesday Night Titans
- 2071 WADAC Wonder Women
- 2072 Wessex Road Runners
- 2073 WFCRC TEAM B
- 2074 Where's the shortcut
- 2075 Wiltonians
- 2076 Winchester? I hardly knew her
- 2077 Worthy Monday
- 2078 Worthy Runner Thursday team

# Hampshire Search and Rescue (HANTSAR)

The Clarendon Marathon is a Rotary event organized by volunteers. On the day of the event (Sunday 6 October this year) we will have approx 200 volunteers (friends and friends of friends etc). We will also have a large number of locally based charities who assemble a group of volunteers often to carry out a dedicated function like handling bookings at one of the starting points or running a water station.

One particular charity that has been making an ever-increasing contribution, is Hampshire Search & Rescue (HANTSAR) who in addition to running the Water Station in Houghton will also be organizing the marshals along the section from Broughton through to Kings Somborne.

Many of the runners know HANTSAR very well, as in addition to handing out the usual flapjacks, jellybeans and bananas, they have also provided a band to entertain all the runners as they passed through Houghton (with only 11 miles left to run).

**Christina Plackowski gives us an overview as follows:**

**HANTSAR** have been helping on the Clarendon marathon water stations for many years now. When we can we like to provide some live music but sadly covid has got in the way of that for a couple of years. Hopefully the band will be back this year and you can all enjoy a bit of a dance on the way through. We at HANTSAR enjoy the marathon as the runners seem to be having a good time!



Set up in 2003 Hampshire Search and Rescue (HANTSAR), a registered charity, is one of many (35) Lowland Rescue teams throughout the country which provide professionally trained volunteers to assist the police with searches for at-risk vulnerable missing people (such as children, the elderly or despondent).

Professionally trained to the standard required by the police and other search and rescue agencies, HANTSAR is available for callout 24 hours a day, 365 days a year, whatever the weather.

HANTSAR is staffed entirely by volunteers, both operational members who carry out the searches for vulnerable missing people and support members who provide back-up with administration and fundraising activities. Since its formation in 2003 HANTSAR has responded to over 900 requests for assistance by the police (the 900th being on January 1st this year). The charity receives no external funding and relies on grants, donations and its own fundraising efforts to continue to provide the service to the community.

<https://hantsar.org>

100 Marathon Club  
14 Regiment Royal Artillery  
14 Royal Artillery  
Achilles  
Alton Runners  
Andover Athletics  
Asswi (PE) Running Club  
Asswipers  
Avon Valley Runners  
Bad Boy Running Club  
Basingstoke & Mid Hants AC  
Berkshire Hash House Harriers  
Bitcoin Runners  
Bromley Veterans Athletics Club  
Chandlers Ford Swifts  
Chineham Park Running Club  
City Of Salisbury AC & RC  
Clanfield Joggers  
Clapham Chasers  
Clapham Pioneers  
Corsham Running Club  
CoSARC  
Cotswold Allrunners  
Crewkerne Runners  
Datchet Dashers  
Devizes Running Club  
Donnington Runners  
Dorchester RIOT  
Dorset Doodlers RC  
Eastleigh Running Club  
Egdon Heath  
Fareham Running Club  
Fetch Everyone  
Fulham Running Club  
Gosport Road Runners  
Halterworth Harriers  
Hamwic Harriers  
Hardley Runners  
Hash House Harriers  
Hedge End Running Club  
Henfield Joggers  
Highworth Running Club  
Hiltingbury Long Distance Runners  
HLDR  
Hook Runners  
Langport Runners  
London Heathside  
Lonely Goat RC  
Lordshill Road Runners  
Maverick Run Project in Kings Somborne  
Mr Rs Runners  
Muddy Runners  
New Forest Runners  
Newbury AC  
Oxford City AC  
Petts Wood Runners  
Plymstock Road Runners  
Poole Runners  
Portsmouth Joggers  
Racing Snakes  
Ranelagh Harriers  
Romsey Road Runners  
Royal Navy  
Run Altus  
Run Blandford  
Run Fit Fordingbridge  
Run4George  
Run Altus  
Running4Dave  
Saint Peter's Pacers  
Salisbury AC & RC  
Serpentine RC  
Shrewton Running Club  
Solent Running Sisters  
South London Harriers  
South West Road Runners  
Southampton Athletics Club  
Southampton Orienteers  
Sri Chinmoy Marathon Team  
St Peter's Pacers  
Stubbington Green Runners  
Sunday Runners Club  
Tavistock Athletic Club  
Teignbridge Trotters  
The Stoneheenge Striders  
The Sunday Runners  
This Woman Runs  
Tone Zone Runners  
Totton Running Club  
Trail Running Association  
TTW (Tri Team Wessex)  
Victoria Park Harriers and Tower Hamlets Athletics Club  
Victory Athletic Club  
WADAC  
Warminster  
Warminster Running Club  
Waterside Runners  
Wells City Harriers  
Wessex Road Runners  
Wessex Road Runners  
Westbourne RC  
WFC Running Club  
Wimbledon Windmilers  
Wimborne AC  
Winchester (WADAC)  
Winchester Fit Club RC  
Winchester Running Club  
Worthy Runners  
Worthy Wonder Women  
Yeovil Town RRC

# Runners' Notes

## Look out for cars

The course is mainly all cross country but some parts are on roads.

In some cases we have obtained temporary road closure orders and in other cases we have not.

Please treat all roads as dangerous. Please be vigilant. Cars have right of way.

## Emergencies

In the event of an emergency, please stay on the course. Speak to a fellow runner and ask them to request help from one of the marshals along the route.

## Ambulances

We have three roving ambulances provided by St John Ambulance.

If you need medical treatment, please ask one of the marshals and they will endeavour to contact the St John Ambulance for you. In the case of a serious emergency the marshal will arrange for someone to dial 999.

## Cut off times

Please ensure that you reach the following welcome stations well before the allocated cut off times.

If you fall behind the cut off times, please ask a marshal to arrange a lift so you can short cut part of the course and keep within the time.

If you are very tired please request a lift to the finish.









Miles to go	Location	Cut off time
13.2	Broughton	13:15
11.0	Houghton	13:40
9.3	Kings Somborne	14:00
7.0	Ashley Road	14:30
5.8	Farley Mount	14:45
4.5	West Wood (north)	15:00
3.5	West Wood (south)	15:15
2.6	Ham Green	15:25
0.7	Pinsent	15:50

## Traffic congestion

If you have supporters who are driving, it is recommended that they do not drive around the route (Pitton, Winterslow, Broughton, Houghton, Kings Somborne, Farley Mount etc). The roads and villages along the route tend to get very congested with traffic and in some cases all the cars can end up at a standstill, especially at Winterslow and Kings Somborne.

It is much better if your supporters drive to Winchester via the A30 and the B3049.

## Race Numbering Details

 White	<b>Full</b>	7.30 to 10.30 start	1001	1499	
 Orange	<b>Relay</b>	9.30 to 10.30 start	2001	2067	
 Green	<b>Half</b>	11.00 to 12.20 start	3001	3390	
 Yellow	<b>Mini</b>	13.15 to 13.45 start	4001	4035	



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