



28th Rotary Clarendon Marathon Souvenir Programme



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To Winchester**

Sunday 4th October 2026
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Welcome from Winchester Rotary

It gives me great pleasure to lead Winchester Rotary into our Centenary Year celebrating 100 years of service in the Winchester Community as well as the International Community. Our 100th Anniversary is on 9th May 2027 and we will be organising a series of events throughout this Rotary Year (July 2026-June 2027) celebrating the achievement which we will be publicising further in due course.



One of major annual events which we are proud to organise and which not only is one of our major fundraisers but also involves our local Community, is the Clarendon Marathon to which I am pleased to welcome you either as a runner, supporter or volunteer. We have been involved in this event since 1998 and solely responsible for organising it since 2012. Around £30,000 is raised for charity each year by entry fees, sponsorship and donations, and over 1,000 runners participate with over 200 volunteers helping. This year the entries at the time of writing show it to be no exception.

I know from personal experience of having run the half marathon once and the full marathon twice, how tough the course is, but due to the tremendous organisation led by Rotarian JJ Heath-Caldwell and his team and the volunteers how also enjoyable the event is and how so many runners come back each year.

Thanks to you for reading this and to everyone involved in helping to make this such a successful event for 2026 in our Centenary Year. You are all an integral part of this Event and it wouldn't happen without you! If you are keen to learn more about our other activities and maybe even become involved then please contact us on secretary@winchester-rotary.org

Nick Bell
President, Winchester Rotary 2026-27



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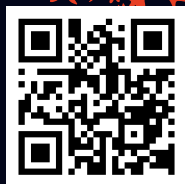
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The Clarendon Chairman's Welcome

As I write this the big question is the broken bridge at Houghton. Do we run through the ford, or do we take a long detour (1.4km) to the south along Stockbridge Road? Both options entail risk but the ford probably has a lower risk. If you are now reading this, you will probably know the answer. This has been a complex issue, and I would like to say a big thank you to everyone involved and also to all the runners who have sent me their thoughts and preferences. Whichever route we chose, I hope you enjoyed it.



While on the subject of risk, are we all becoming a bit too risk adverse? On the one hand we certainly want to avoid doing anything irresponsible especially if it creates an unnecessary risk for other people. But at the same time, we all need to be taking on new challengers, pushing our boundaries and continuing to learn more about life in general.

I hope that the Clarendon this year will be a great adventure for all who take part.

Many thanks for your support.

Regards

JJ

JJ Heath-Caldwell

Chairman of the Clarendon organising committee



Supporting the Clarendon Marathon

Contact-

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www.maskerarchitects.co.uk

As another scorching summer approaches its end, preparations for the upcoming Clarendon marathon inevitably bring thoughts of autumn, and the unpredictability of its weather. Especially with the prospect of having to ford the Test at Houghton – will we have much rain beforehand to increase the flow (and depth!)? Will it just wash the already-accumulated mud off our shoes? I have opted to run the relay (instead of my usual Half) this year, and as I write, my team (“Winchester Waddlers”!) have yet to decide on who has the pleasure of leg 3 – a daunting prospect in a normal year, now made even more challenging.



But thoughts of wading through streams and challenging trail runs, as well as reading Mary Siddall's lovely tribute to her husband Pete in these pages, also remind me of fun excursions on the trails, as well as club races and relays, with Pete, who was taken from us far too soon and is very much missed. It was not unknown for Pete to give piggybacks to one or two of my relay teammates when they didn't fancy getting their feet wet in a stream (or a very muddy patch). But we will now all have to valiantly make our own way through and think fondly of Pete as we do so (who I am sure will be looking down and chuckling at the sight).

But the challenges of Clarendon are partly what makes the community around it so strong and welcoming. Facing down challenges together is an incredible way to form bonds between strangers. And the sight of a Clarendon T shirt in a far flung destination can always spark a conversation along those lines (as I discovered at Edinburgh's Holyrood parkrun quite recently). Geoff Meads' article in this programme covers the Wellbeing context for Clarendon and how it has changed over the years – an interesting read! We also have a great selection of runners' stories from all parts of the spectrum of those who take part in the various Clarendon events, from walkers to winners.

Sarah Witt
Editor

+ LCP is proud to support the Clarendon Marathon 2026

The Winchester office of professional services firm LCP is demonstrating its commitment to city causes by supporting the Clarendon Marathon this year.

We look forward to showing our support to all the runners on Sunday 4 October.



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Rotary is made up of over 1.2 million members in over 200 countries throughout the world.



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End Polio Now

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
or
winchester-rotary.org**



Reminiscence Group

Alex Weller

A Runner's Story

My story is not unusual but it does serve to show that if I can manage to run marathons then anyone can. Like many people, I started running to lose weight. Working in a predominantly sedentary role, a predisposition for using wine as a release after a long day's work, and very little exercise other than the odd dog walk were beginning to take their toll.

In 2022 I decided I needed to start looking after myself better and, for the third time, uploaded the Couch to 5K app. This time I stuck with it. By 2023 I was running 5km a couple of times a week and then committed to The Great South Run, raising money for Cancer Research in memory of my Dad. It was the catalyst for the running I do today.

I absolutely loved the event and felt such a sense of achievement and empowerment. I was never good at sport at school, so it felt good to have found a sport I was OK at.

Running is now such a large part of my life. It has led me to take up strength work, yoga, overhaul my diet and radically reduce my drinking. Having suffered with anxiety and depression for most of my adult life, I have been off all meds for the longest period in my history. I am absolutely certain that running is the cornerstone of that improvement. It gives me structure, purpose, discipline and has connected me to friends old and new. It's just bloomin' great.

After The Great South Run, I completed a half marathon and a 25km event in 2024. By then I was officially hooked. In 2025 I completed several half marathons, a 30km event and, after plenty of physical and mental preparation, my first marathon. I learned that success was not about avoiding discomfort but expecting it, accepting it and managing my way through it.

The Clarendon Marathon was medal number nine for the year and it did not disappoint. The support from the marshals, local community, friends and family was phenomenal, and the organisation was superb. I absolutely loved the whole thing and even managed another PB, missing a sub-five-hour marathon by just 58 seconds.

I'm still sorting out my goals for 2026. It promises to be a landmark year as I have the privilege of running the London Marathon for Mind Charity in memory of my younger brother Chris. Of course, I will also be running Clarendon again and looking forward to seeing how far under five hours I can get.



Chris Ashdown

The Clarendon – a Walker's Perspective

For many, the Clarendon presents an ultimate marathon or half-marathon challenge (or relay or mini!), but people mainly think this is for runners. I'm writing this to show that isn't entirely the case. The Clarendon Way is a beautiful and challenging route whether you're speeding over the course in three hours or taking it as a route march in seven hours or more. It's one of the few organised events that caters brilliantly for both runners and walkers.

I've run the half from Broughton twice but, since a knee operation that restricts my running, I'm left to walking...but I walk fast. Don't get me wrong, tackling the course without running it and getting to the end in a decent time is no walk in the park. It's a very different challenge, but one I enjoy.

2025 was my third Clarendon marathon as a walker. From a walker's perspective, good weather helps enormously, and this year's conditions were perfect. The first half is a joy: largely a solitary walk with the odd friendly marshal for company (some are odd but all are friendly!). There's plenty of fuel on offer, which walkers appreciate even more as we're on our feet for longer.



The second half can be challenging as the course grows busier with runners, particularly on the narrower stretches, but there is also more support from those around you to drive you forward. The climb to Farley Mount is hard whatever pace you're doing, but once through the woods it all flattens out, with great support from spectators near the finish.

Finishing felt like a huge emotional and physical release. The exhaustion and satisfaction of leaving everything out on the course is not something you experience every day. Marching at nearly 4mph for seven hours is a different kind of tough.

I can't run a distance any more but I'd challenge any runner to do what I did – it's a different kind of demand mentally and physically but one that the Clarendon supports. Even if your competitive running days are over, there will always be a place for you at the Clarendon to do it your way.

Chris Ashdown (2 running half marathons, 3 walking marathons).

David Jones

Running the Clarendon... and a Little Bit More

At some point in life, many of us are motivated to take on a challenge. Something seemingly bold, and slightly questionable, that makes our friends and family lightly question our sanity.

My own such endeavour for 2026 is to run 260+ kilometres across more than 15 formal race events, including two marathons and a small stack of half-marathons. There is no doubt about the centrepiece of the year, or rather the slightly terrifying peak of the whole effort: the Clarendon.



I am doing this because running long distances hurts. Especially when your knees make noises more commonly associated with haunted houses. But that pain is nothing compared to cancer. Last year I lost a friend and a family member, both far too young, both leaving behind families who now shoulder a far heavier pain than anything I will experience during a race. Others close to me continue to fight their own battles with the Big C with extraordinary courage.

I can't always be there in person, but I can lace up my trainers. I can run. I can sweat. I can wheeze up some hills and do something, however small, to help by raising money for Cancer Research.

I ran the Clarendon Half Marathon in 2022, so I know this is not just any marathon. I could not fathom then how runners get through double the distance on this historic, hill-studded trail. Beautiful, brutal and utterly unapologetic. A living reminder that gravity remains undefeated, and a real challenge to earn the charity donations I am seeking.

In my twenties, when cartilage was more abundant and recovery happened mostly naturally rather than requiring compression gear and an ice pack, I ran three London Marathons in decent times. Twenty years on, this will be a very different affair. Slower. Tougher. More personal.

The Clarendon is the event that will truly define the challenge. Every run in 2026 is building towards it. Every training run, muddy half marathon and reluctant stretch session works towards that one day. The test within the test.

If you feel moved to sponsor me, any contribution, of any size, will support vital cancer research and be deeply appreciated. I'll keep supporters updated with every struggle, every race experience and, hopefully, every success.



Fundraising page: David's 260 in 2026 Challenge:

<https://fundraise.cancerresearchuk.org/page/davids-260-in-2026-challenge>

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.



PETE SIDDALL

A Runner's Story

On the back of this year's Clarendon shirt you will find the name of my husband, Pete Siddall, who died suddenly in May 2026. He had been planning to run the Clarendon for the sixth time this year.

Pete always loved outdoor activity but he came late to running, only taking it up in his fifties. It quickly became a passion for him and suddenly his bike was being ignored while he went out almost every day. After we moved to Winchester he revelled in the wonderful routes he discovered all around us. He made a huge number of friends through Winchester Running Club and liked nothing more than planning long, muddy and nettle-lined runs through the countryside for all of them.



Pete progressed to running marathons and even ultra-runs. He was always fit and healthy and he coped well with the training. It was a huge shock to discover, after he became unwell during a run in Madeira, that he had suffered a heart attack. He had a family history of heart disease and was diagnosed with the same condition, which the doctors decided had been masked by his extreme fitness. Although he received excellent care from the Cardiology team at Basingstoke, he had a second major heart attack at home and could not be revived.

We had been planning to walk the Camino de Santiago together in June. After Pete died, my sister Catherine stepped in and we did the walk together in Pete's memory – even wearing our Clarendon shirts on one of the days!

Keeping going with my running has been one of the things that has really helped me since Pete's death. This October I have signed up to run the 'Mini' 5 miles on 4 October. I will be proudly wearing the 2026 shirt with Pete's name on it, alongside our children, my sister and other family members. I am sure Pete will be running alongside us.

Mary Siddall

David Walter

A Runner's Story

Having enjoyed running when playing sports or with my children or grandchildren, I was never one for long distance or cross country runs. In my mid fifties I was inspired by work colleagues to run 2 or 3 times a week of around 3+ miles. During the pandemic I covered 5-8 miles mainly on the road. In February 2023 I joined the Halterworth Harriers running club in Romsey where I found good support, comradeship and the training to develop my running.



Being in the Harriers spurred and encouraged me to run my furthest distance and my first half marathon aged 70 at the Clarendon Marathon event organised by the Winchester Rotary Club. After the success of my first half I ran several socially and in April managed 30km which helped me realise I could run a marathon. So at the age of 71, I registered for the extremely hilly and tough Clarendon Marathon 2025. I decided to use the occasion to raise funds for the MND Association in memory of my sister Christine who died of the incurable motor neurone disease in 2021.

www.mndassociation.org

During the summer I prepared with many solo runs including hill repetitions and longer 17 mile distances. Additionally I ran and trained with fellow Harriers who were great company and support. On October 5th with strapped



arthritic knees and plenty of encouragement on and along the route and at the finish, I completed the course in 5 hours, 12 minutes (including photo stops and chats). My first marathon was tough going but I knew I would complete it as I was determined to pay tribute to my sister who endured a tough 18 months affected by MND during the pandemic. To my delight £1602 (plus £335 in gift aid) has been donated to the MND charity, including the pocket money of 2 young boys living near me! The Hampshire Chronicle gave excellent coverage before and after my challenge providing good publicity for the MND association charity. Finally I owe a big thank you to everyone who has been part of my journey.

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 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.



Winchester Branch of Muscular Dystrophy UK

We connect a community of more than 110,000 people living with one of over 60 muscle wasting and weakening conditions, and all the people around them. So everyone can get the healthcare, support and treatments needed to feel good, mentally and physically.



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.



St Peter's Sanctuary Welcome Hub

Offers a welcoming space every Wednesday morning from 10 - 12pm in the Pastoral centre for people who have either sought or are seeking sanctuary in Winchester and neighbouring villages to meet, talk, listen, share information and knowledge.



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£30) to **70085** – to donate £20, text **RADIO 20** to **70085**.

Fran Rawlings

A Runner's Story

Clarendon Marathon 2025. What an event, from start to finish – loved it!

I started running back in 2014 aged 35, after a significant hiatus (school XC). I had entered a charity 10k and it reignited a love again.

I ran my first full marathon in 2017 at the infamous London Mara, followed by 10 more around UK and Europe, getting my times down from running my first in 3:35 (London) to running Manchester in a time of 2:59 (finally the sub 3) in 2022.

It's been a hell of a ride hitting the roads of Valencia, Berlin, Rotterdam, London x3, Newport, Cheddar & Manchester x2. The most memorable of all was getting a podium finish at Newport and being filmed on SC4 in the last miles.



If you want to improve your running, then joining a club is a game changer. This really stratospheres your potential, it worked for me. Learning more about the science of training but also running with others makes you push yourself. parkrun is also such a great weekly fun run where you can chill or go for it. Since moving to the New Forest earlier this year I'm enjoying trying new ones out, my first one being lovely Winchester.

So, My 11th Marathon was Clarendon, after a 2 year break from the marathon distance, I've converted to trails/off road. Someone mentioned Clarendon saying what a fantastic event it was: it made me decide to enter without a second thought.

After an 8 week block of training on undulating trails, race day arrived. I started off conservatively not knowing what to expect and just clipped off the miles. The marshals were immense, the hills were fun and I loved the segments of relay changeovers as you run on by being carried along with the new invigoration of fresh runners. Support was epic and such a relaxed friendly atmosphere throughout.

The signage was excellent: you didn't have to worry which way to go, so you could just get into a flow state and enjoy the stunning scenery. Cherry on the cake was coming First Female which was totally unexpected but such a delight.

I will 100% be running Clarendon again this year. I'm so happy this was my first experience of an off road marathon and I can see it becoming my annual go to Autumn race! So thank you, Clarendon! Happy running and I look forward to seeing you again on the first Sunday in October.

Clarendon: The Changing Context

A Collective Endeavour

Back in the mid-1990s, in the now-defunct Cricketers pub, I was present when the idea of creating a country marathon between the cathedrals of Salisbury and Winchester was first conceived. The precedent was the Seven Sisters Marathon: reputedly the toughest of its kind in the country. There was a lot of scepticism, including from myself. Many of us doubted we could muster more than very modest numbers to sign up, not least as volunteers.

The original notion was remarkably one-dimensional: an event organised by individual runners for individual runners. Wider considerations were largely confined to the historic character of the two cities and the negotiation of finishing times which permitted an official dispensation (of 35 minutes), in order that runners could successfully apply for places at other rather more prestigious races. In the days before the parkrun revolution, sceptics like me expected something closer to a short-lived experiment than a lasting success.

We were completely wrong. Not because the course itself has changed, the trail route remains essentially the same, but because the contemporary context is so different. The Clarendon nowadays means much more than it did in its pioneer days. It has become an icon of Wellbeing in a Winchester that increasingly promotes health, recreation, hospitality and culture. The practice of Wellbeing has expanded far beyond past connotations of physical and mental health to encompass social, psychological, spiritual and ecological wellness.

The result is the Clarendon Marathon as a collective endeavour, sanctioned on the one hand by statutory authorities with novel accountabilities for public health, environmental protection and strategic development, while on the other providing the means by which civil society can flourish. The first of these is reflected in extensive council registration requirements, while the latter features not just Rotary but more than 200 volunteers and funding from and for volunteer groups ranging from neighbourhood scout groups to local philanthropic entrepreneurs.

Individual marathon runners are no longer the largest group of competitors; relay teams are. Their names are an illustrative narrative for the emergent relational networks of all round Wellbeing: Keen Beans, Coffee Breakers, Monday Movers, Wonder Women, Power Boosters, Young Guns, Scrambled Legs and many more.

The context has been transformed: from the informal personal setting of a pub to what has now had to become an increasingly formal and corporate endeavour. It is quite a management challenge.

Geoffrey Meads, Emeritus Professor of Wellbeing Research, University of Winchester, and member of the Clarendon Marathon Organising Committee, 2018-2026.

Duke of Edinburgh volunteering opportunities with the Clarendon

Over the past few years, we've had several Duke of Edinburgh Bronze candidates successfully complete their volunteering section with us: some of you will have met them marshalling at parkrun or on race day, or taking video footage of the race (and you can see their contributions in Clarendon The Movie). It's been great to have them on the team, along with all the Rotary Club members and other volunteers who give their time for free to make the Clarendon happen.

So now we're keen to expand this opportunity to other D of E participants, from Bronze level all the way to Gold. We can offer an interesting and varied programme that we hope will appeal to participants who are interested in running, the outdoors, or event promotion (and preferably all three!)

Our programme runs year-round and there is no fixed start date. Participants will obviously need to be available on race weekend (first Sunday of October) and there are some other activities that are tied to fixed dates. However, the timing of other activities is more flexible and can be planned to fit around participants' existing commitments. The activities include:

- Running social media campaigns to promote the race
- Helping with newsletter articles
- Promoting the Marathon at parkrun
- Learning how to take video footage of runners
- General maintenance of the race course during the year
- Helping to prepare the Marathon Souvenir Programme
- Setting up the race course (Saturday)
- Marshalling on race day (first Sunday in October)
- Taking video footage of the race for the Clarendon Movie
- Taking part in Rotary conservation projects

Participants will have a chance to increase their skill sets through training in social media management and video making.

If you're a Duke of Edinburgh candidate and you're interested in joining us for your volunteering section, please contact the race organisers

www.clarendon-marathon.co.uk/contact



Contact us

80 Years Old and Still Running

John Smallwood, Goderich, Ontario, Canada

In 1970 I moved from London, Ontario, Canada to a small town on Lake Huron to teach English. I enjoyed teaching but, at the end of a long day, I needed something else: enter running with a fellow teacher and fending off scorn from others who thought running was something only children did in those early days before running became what it is today.



My principal asked me to coach the cross-country team. We were a rag-tag group of enthusiastic but not particularly capable runners, but over time some went to all-Ontario finals, as did many from my track team. Coaching and running with my students for twenty-six years was another form of teaching. Many of those runners, and now their children, are still running marathons and other major events today.

For me and many others, running is also a restorative. Some of my best ideas as a high-school teacher and as a university lecturer came during long runs, when the body did what it had done so often before and the mind took over in innovative ways by suggesting new ideas, solutions to seemingly inexorable problems. Now, in my eighty-first year, I'm still working in

education with an international online school and, thanks to running, continue to enjoy helping students succeed.

I started running at twenty-five, progressed through 10Ks and marathons, and eventually ran a personal best of 2:46:19 at age 43. I continued running sub-three-hour marathons into my sixties before discovering half marathons. One lesson I've learned is that fitness matters. Following treatment for prostate cancer and later a heart procedure, my treatment and recovery were helped enormously by the level of fitness that running had given me.

Last year whilst planning a trip to Cornwall, I discovered the Clarendon and was drawn to the idea of running an ancient pathway between two historic cathedral cities. I entered the final five miles. It was a great event, this run through history, and one that I will never forget. Thank you to the encouraging volunteers, the woman who gave my partner a ride from Farley Mount to the finish line, and to the wonderfully gracious Mayor of Winchester who chatted with us at the finish line.



Events such as yours do more than most imagine to promote fitness, local economies, and a sport in which athletes are unfailingly kind and generous.

It all began in 2017 when my friend Penny wanted to get together a Royal Navy ladies' team for the relay. I had never heard of the Clarendon before and was rather curious. The course sounded challenging and doing a leg of the relay seemed much more appealing than tackling the entire 26.2 miles. Having given birth to my son in 2016, it was my first proper running event after becoming a mother. Although I had already completed 33 marathons over a 16-year period, I thought the runners doing the full marathon were bonkers. I really enjoyed the relay and running with a team of friends.



Roll on five years, with my son now six, I restarted my marathon running and returned to Clarendon. Although I generally prefer road running and the London Marathon remains my favourite event, I completed the Clarendon Marathon in 2022 in 4:22:21, my 38th marathon.

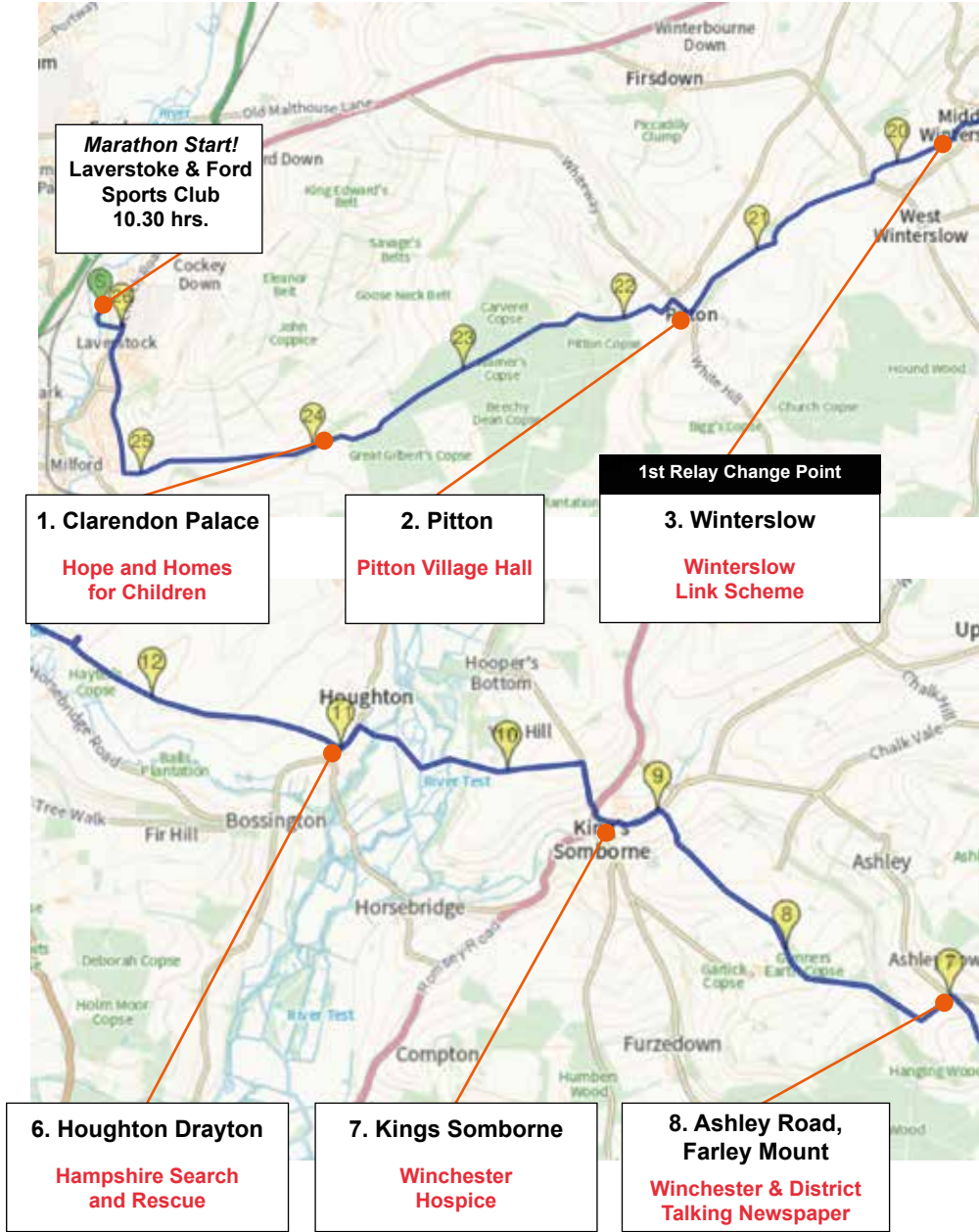
I then had the crazy idea of completing 50 marathons before turning 50 in July 2024. So I thought I need to come back and do Clarendon again in 2023, and again in 2024, by which point I had achieved my target and was delighted to finish as first F50-54.

In 2025, marathon number 59, I achieved my Clarendon PB of 4:20:08 and was once again first female in my age group. However, the best feeling was the honour and excitement of being the Clarendon brochure "Cover Girl". That really made my race. My Where's Wally outfit always brings a smile to runners and spectators alike, although this year I took a heavy stumble at 23 miles and broke the arm of my famous Wally glasses, forcing me to complete the final three miles without them.

I think the Clarendon is pretty special and I will run it as long as my legs let me. When I can no longer compete, I will volunteer to marshal. The support and friendliness of the huge number of volunteers is wonderful, and the organisation is superb. The course is hard, hilly and challenging, yet every year I come back for more.

I run because I enjoy it, it helps manage stress and clears my mind. In 2026 I have been selected by the Royal Navy to run the Cape Town Marathon and will be raising funds for Macmillan Cancer Support, a cause very close to my heart.

2026 Route Map



2026 Route Map



The Venn Family Relay Team

A Runner's Story

Last year (2025) marked our second Clarendon Relay Marathon – and once again, it was a truly wonderful experience! The day was filled with great fun, family teamwork, and the joy of running through some of the most beautiful countryside in Hampshire and Wiltshire. The friendly, happy atmosphere created by fellow runners and the ever-cheerful volunteers made the event feel like one big community celebration. The organisation of the marathon was, as always, amazing – a credit to everyone involved.



As a family, volunteering is something very important to us. When we're not running, we work with the Medi Tech Trust, a charity supporting medical education and donating vital medical equipment to hospitals and clinics in countries such as Ukraine and across Africa. Through Urolink, we also help to train healthcare professionals, building sustainable medical skills for the future.

<https://meditechtrust.org/mtt-team>

Our fundraising from running the Clarendon Marathon has purchased an ultrasound machine for Morogoro Regional Referral hospital in Tanzania – equipment that will help save the lives of mothers, children, and critically ill patients.



It's amazing what a day of running, laughter, and teamwork can achieve!

"One of my joys in life is countryside running."

I started my running history at the age of seven when I won my first race at Butlins Holiday Camp, earning my mother and me a free week back there. I then progressed to running for my school over 100m, 200m and relay. Being competitive, I loved the challenge of being the last-leg catch-up runner.

While training at Southampton Sports Centre, I joined Southampton & Eastleigh Running Club, alongside athletes such as Kriss Akabusi, Roger Black and coach Mike Smith. Around the same time, a school trip to France introduced me to my other sporting passion: volleyball, which I still play today.



I continued to run track and play volleyball for several years and then got myself a motorbike. I soon learnt that motorbikes aren't very safe as I was hit by a car. The result: a fractured knee, a chipped bone in my foot and hurt wrist. That put paid to any thought of being a track star runner.

During recovery, I was determined to regain my fitness through gym and track training. Then came the London Marathon, which gave me a new target. I didn't run London straight away, but instead took on the Winchester Marathon, which was a lot hillier but great fun. I eventually ran London in 2014.

Since running Winchester in 1981, I have completed numerous 10Ks, half marathons and 22 marathons. I also ran the original New Forest Marathon and Half Marathon.

I have run the Clarendon for several years and, although my nemesis, I have yet to complete the full marathon (yet!). I have completed the half and been part of relay teams for my club, the Halterworth Harriers, many times. Nowadays I just run the Clarendon Half and enjoy the course, stopping for selfies and earning the nickname "The Running Tourist". My ideal race is one that's muddy. I do love a bit of mud.

Since 2009 I have enjoyed giving back by volunteering at events, hosting volleyball matches and working on finish lines for races including Race for Life, Help for Heroes, the Romsey Relay and the New Forest Marathon.

My wife Eleanor runs too, so we often run together before work. Enjoy the Clarendon, whatever distance you choose. Happy running, and don't forget to pack your shoes, they're always the first thing I pack for a holiday or business trip.

Running regards, Jon, aka "Jononthefinishlineforyou".



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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...**

YOU can help us do so by setting up a DD for that sum and you will receive twice yearly reports on how your child is doing.

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

or for more information mail the Rotarian overseeing: nick@crowded-house.co.uk

WWW.GREATLAKESPEACE.ORG



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Help and Support for the Clarendon from the Salisbury End!

One of the key things that helps make the Clarendon possible is the participation and support that we gain from over 200 volunteers on the day. A new team to join us this year is CoSARC, led by Amy Bearman. Their story is as follows:



The City of Salisbury Athletics and Running Club (CoSARC) are absolutely delighted to be playing a part in the start of this year's Clarendon Marathon.

We will be providing a small team who will be up early to manage the start location which is located at Laverstock on the east side of Salisbury. As the runners arrive at the "Laverstock & Ford Sports Club" we will welcome them in and hand out their race numbers. Before departing each runner will be able to hand over their bags and we will ensure that these are then transported onto Winchester for collection in the afternoon.

As a proud Salisbury-based club, the opportunity to support an event that begins right on our doorstep holds special significance for us.

CoSARC is a friendly club catering to all ages and abilities within Salisbury and the surrounding region. From junior athletes developing track and field skills to experienced marathon runners, and also those simply looking to enjoy a social jog, we offer something for everyone.

We offer a wide range of activities, including regular training sessions, track and field coaching, social runs, and participation in a number of local and national races. Our aim is to foster a supportive and friendly community where everyone can achieve their personal running and athletic goals, whatever they may be. For more information please visit our website.

www.salisbury-arc.org



Clarendon – The Start

The team at Laverstock and Ford Sports Club are pleased to once again be your hosts for the start of the marathon – whether you are walkers, solo or team runners.

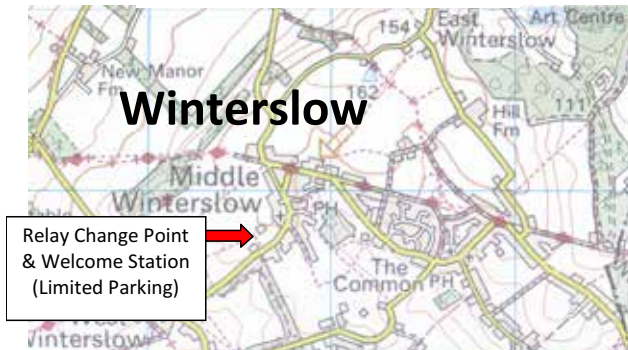
Established in 1942 Laverstock & Ford Sports Club offers facilities for a range of team sports including Youth Football teams, a ladies football team, adult football teams and cricket teams. As well as community sports, the Club also hosts events and gigs. It is proud to include the Clarendon Marathon as one of its annual events.

A vibrant and popular social hub for the local community where sport participants, their supporters and locals receive a warm welcome from manager Rachael and her team.

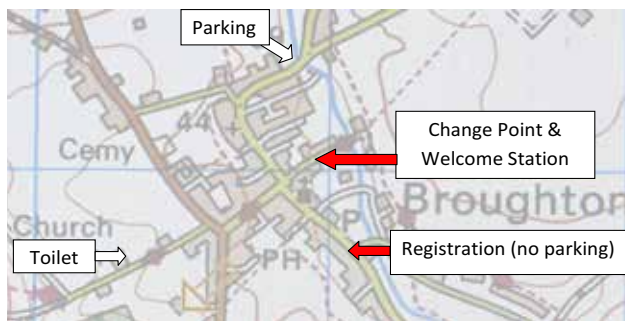
We look forward to seeing you on the first Sunday in October!



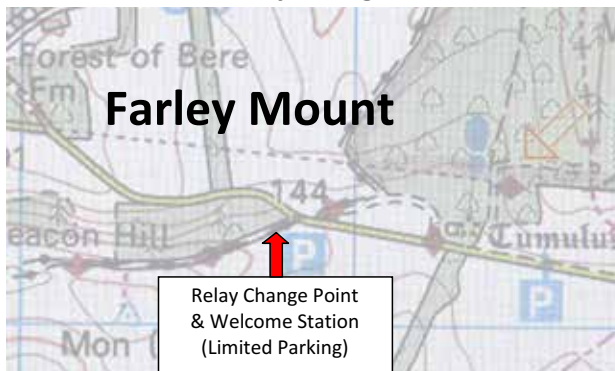
1st Relay Change Point



2nd Relay Change Point and Half Marathon Start



3rd Relay Change Point





2025 Marathon Photo Gallery



Winners 2025

Marathon

1st male	Jamie Rendall	Winchester Running Club	2:57:30.
2nd male	Matt Hammerton	Romsey Road Runners	2:59:15.
3rd male	Maxwell Jenkins		3:03:57
1st female	Fran Rawlings		3:54:10
2nd female	Phoebe Miles		3:59:29
3rd female	Janet Townsend	New Forest Runners	4:00:45

Half Marathon

1st male	David Gaskell	Winchester Running Club	1:25:02
2nd male	Neil Jennings	Romsey Road Runners	1:28:13
3rd male	Ed Gwynne-Harris	Builth And District	1:28:21
1st female	Christina Searle	Andover Athletics Club	1:50:59
2nd female	Imogen Whitehead		1:51:00
3rd female	Magdalen Miller		1:51:57

Mini 5 Mile

1st Male	Callum Maxwell	38:48
1st Female	Sofia Maxwell	45:30

Relay

1st all male team	Bitcoin Runners	2:40:52
A Hall, J Perrett, D Poulton, W Smith		
1st all female team	Wadac Wonder Women	3:27:21
E Carter, J Gandee, J Gill, S Dickinson		
1st mixed team	Winterslow Whippets	2:42:39
E Willmers, H Smith, S Stannah, A Young		

Marathon Runners (1)

1001	Georgina	Adam	1045	Emily	Cocker	1089	Pierre	Forster
1002	Ken	Adams	1046	James	Cocker	1090	Flo	Forster
1003	Anthony	Aimon	1047	David	Cole	1091	Nicholas	Forster
1004	Michelle	Akib	1048	Dan	Conroy	1092	James	Fox
1005	Simon	Albert	1049	Holly	Constable	1093	Rebecca	Frew
1006	Craig	Anderson	1050	Kate	Cooper	1094	Dan	Fuge
1007	Edward	Armitage	1051	Gareth	Corbett	1095	James	Fulcher
1008	Chris	Ashdown	1052	Luke	Corbett	1096	Edward	Furlong
1009	Nick	Austin	1053	Richard	Corp	1097	David	Gaskell
1010	Curtis	Badley	1054	Jonathan	Costin	1098	Dan	Geerah
1011	Richard	Bagshaw	1055	Gareth	Cottrell	1099	David	Genn
1012	Yssy	Baker	1056	Frazer	Cowgill	1100	Katie	Gillett
1013	Jeremy	Barber	1057	Sarah	Cowperthwaite	1101	Matthew	Gosse
1014	James	Barber	1058	Robert	Craig	1102	David	Gould
1015	Theo Grymer	Bargeman	1059	Julie	Cullen	1103	Tom	Gray
1016	Pearl	Barnes	1060	Paul	Davies	1104	James	Gray
1017	Robin	Barrett	1061	Richard	Day	1105	Malcolm	Green
1018	Holly	Bartley	1062	Peter	Dennett	1106	Daniel	Grew
1019	Annie	Bates	1063	Philippa	Dew	1107	Eloise	Griffin-Hicks
1020	Paul	Bennett	1064	Lee	Dexter	1108	Kerys	Griffiths
1021	Stephen	Benwell	1065	Tom	Dickinson	1109	Laura	Grimwood
1022	Ian	Beveridge	1066	Edward	Dighe	1110	Isabelle	Gwynne-Harris
1023	Benjamin	Blackwall	1067	Roy	Dillon	1111	Jessie	Gwyther
1024	Graham	Bleach	1068	Martin	Disney	1112	Jennifer	Hale
1025	Adam	Blencowe	1069	Emma	Dorey	1113	Faye	Hammond
1026	Andy	Bone	1070	Jack	Doveton	1114	Belinda	Harding
1027	Edouard	Boost	1071	Iona	Dryden	1115	Michael	Harding
1028	Rob	Borley	1072	Stephen	Duncan	1116	Robert	Harker
1029	Helen	Borrett	1073	Aleksandra	Dunford	1117	Ingrid	Harris
1030	Sophie	Braakenburg	1074	Jennifer	Durden	1118	Giles	Hawke
1031	Cat	Brandwood	1075	Beccy	Dyer	1119	Jacob	Hayes
1032	Nick	Brooke	1076	Peter	Edwards	1120	Sam	Head
1033	Les	Brown	1077	Peter	Ellis	1121	Patrick	Healy
1034	Mark	Brown	1078	Nigel	Elsmore	1122	Roger	Heath
1035	Susan	Browning	1079	Sophus Emil	Enggaard	1123	Nicky	Heather
1036	Laura	Buchanan	1080	Rachel	Evans	1124	Murray	Henderson
1037	Richard	Budworth	1081	Andy	Evans	1125	George	Henry
1038	Benjamin	Burfoot	1082	Andrew	Fenwick	1126	Emily	Henry
1039	Stuart	Cairns	1083	Nicola	Ferguson	1127	Lisa	Hewitt
1040	Craig	Cant	1084	William	Fergusson	1128	Dan	Hoare
1041	Graham	Capper	1085	Emily	Field	1129	Helen	Holland
1042	Steve	Carroll	1086	Lynne	Flynn	1130	Duncan	Hollands
1043	Emma	Challis	1087	Matt	Flynn	1131	Tim	Holt
1044	Julie	Cheetham	1088	Jenni	Forbes	1132	Joseph	Houlton

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Marathon Runners (2)

1133	James	Howard	1177	Rob	Mead	1221	Paul	Provins
1134	George	Howarth	1178	Graeme	Meintjes	1222	Caroline	Ralph
1135	David	Howells	1179	Anna	Metcalf	1223	Naomi	Ratcliffe
1136	Christopher	Hunt	1180	Kate	Mitchell	1224	Jonathan	Rau
1137	Chris	Hunter	1181	Matthew	Mitchell	1225	Lucy	Reeve
1138	Samuel	Illes	1182	Richard	Mitton	1226	Ryan	Reisinger
1139	Peter	Iveson	1183	Clare	Molyneux	1227	Luis	Rela
1140	Ken	Ivory	1184	Tom	Monk	1228	Lorna	Richard
1141	Caspian	James	1185	Simon	Moore	1229	Neil	Richmond
1142	Caroline	Janas	1186	John	More	1230	Adam	Roberts
1143	Jennifer	Jenks	1187	Ann	Morgan	1231	Toby	Robinson
1144	Amy	Jewell	1188	Harry	Morris	1232	Luke	Robinson
1145	Christopher	John	1189	Jackie	Morris	1233	Vicky	Robinson
1146	David	Jolliffe	1190	Karwan	Moutasim	1234	Thomas	Robinson
1147	David	Jones	1191	Jackie	Murphy	1235	Alwyn	Royall
1148	Mark	Judkins	1192	Ian	Musgrave	1236	Malcolm	Rushbrooke
1149	Paul	Keast	1193	Natasha	Natasha	1237	Carmen	Sanchez Toribio
1150	Donna	Kennedy	1194	Keith	Newhouse	1238	Lizzie	Samuel
1151	Jonathan	Kennedy	1195	Thomas	Nixon-Lea	1239	Samuel	Sanders
1152	Andrew	King	1196	Rosco	Noott	1240	Rebecca	Sarson-Hoad
1153	Sarah	Kinsella	1197	Shane	O'Connell	1241	Rachel	Saunders
1154	Emma	Kinsella	1198	Mike	O'Hare	1242	Matt	Sawyer
1155	Kamil	Kucinski	1199	Shaun	O'Keeffe	1243	Alison	Scott
1156	Peter	Lancaster	1200	Teresa	Oakes	1244	Julie	Shanker
1157	Alice	Lane	1201	Steve	Ott	1245	Tony	Sharkey
1158	Adrian	Langford	1202	Maria	Pali	1246	Christopher	Shearwood
1159	Adam	Lay	1203	Andrew	Palmer	1247	Edwina	Shirazian
1160	Emma	Less	1204	Amelia	Palmer	1248	Hannah	Shutt
1161	Nick	Little	1205	Paul	Blackwell	1249	Katie	Simpson
1162	Sam	Lloyd	1206	Ed	Pawsey	1250	Thomas	Sinclair
1163	James	Locke	1207	Richard	Pemberton	1251	Tom	Sindall
1164	Machteld	Luff	1208	Chris	Pengelly	1252	Ryan	Slattery
1165	Hazel	Luff	1209	Steve	Perkins	1253	Matthew	Smallman
1166	Edward	Lunniss	1210	David	Perrett	1254	Chris	Smith
1167	Imogen	Mackie	1211	Alex	Perry	1255	Emma	Smithson
1168	Stephen	Mant	1212	Ian	Pierce	1256	Noa	Snider
1169	Paul	Marchant	1213	Alexis	Politakis	1257	Hayley	Sparshott
1170	Richard	Marchmont	1214	Robert	Pook	1258	Tom	Spears
1171	James	Marshall	1215	Frankie	Postles	1259	Emma	Speed-Andrews
1172	Adrian	Martineau	1216	Martin	Potgieter	1260	Paul	Spooner
1173	Alice	Maxwell	1217	Tom	Pothecary	1261	Michael	Stanley
1174	Caryn	Mcgill	1218	Rebecca	Powley	1262	Harvey	Stead
1175	Katie	Mckernan	1219	Thomas Martin	Prince	1263	Pete	Steen
1176	Allan	Mckinnon	1220	Mark	Proctor	1264	Henry	Steen



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Marathon Runners (3)

1265 Matthew Stiles
 1266 Ollie Stone
 1267 Matthew Stott
 1268 Stephen Stroud
 1269 Thomas Sutton
 1270 Freddie Symington
 1271 Andrew Tanner
 1272 Rich Taylor
 1273 Gareth Taylor
 1274 Peter Taylor
 1275 James Thackeray
 1276 Jonathan Thorne
 1277 Emma Townsend
 1278 Emma Tristram
 1279 Linda Tyler
 1280 Linda Tyler
 1281 Andrew Ulaeto
 1282 Emily Van Noort
 1283 Christopher Vincent
 1284 Sarah Wade
 1285 Dameon Walker
 1286 Alex Walker
 1287 Stephanie Wallace
 1288 Tim Wallis
 1289 Kirsten Walton
 1290 Alec Ward
 1291 Chris Waugh
 1292 Simon Welch
 1293 Alex Weller
 1294 Mike White
 1295 Johnny White
 1296 Mark Whitehouse
 1297 Daniel Whiteside
 1298 Nadya Wigglesworth
 1299 David Wilkie
 1300 Laurence Wilks
 1301 Amy Williams
 1302 Simon Williamson
 1303 Andrew Wilson
 1304 Isabel Winward
 1305 Jake Wood
 1306 Dave Woodall
 1307 Carole Woodall
 1308 Alex Woodall

1309 William Woodward
 1310 Eric Woodward
 1311 Pete Wyatt

1312 Bruce Y
 1313 Peter Yeates



Half Marathon Runners (1)

3001	Alastair	Adams	3043	Tom	Clayton	3085	Steve	Goodwin
3002	Andrew	Adams	3044	Mark	Cogan	3086	Glenna	Greenslade
3003	Basha	Allaway	3045	Frankie	Colling	3087	Kathryn	Gunn
3004	Jamie	Anderson	3046	James	Constable	3088	Sophie	Hall
3005	Sharon	Ardley	3047	James	Cook	3089	Will	Hanbury
3006	Trevor	Arnold	3048	Manon	Coste	3090	Andrew	Harker
3007	Abi	Ashthorpe	3049	Catherine	Coxon	3091	Kit	Harrison
3008	Jennifer	Ashworth	3050	Nick	Crane	3092	Melissa	Harvey
3009	Matt	Avery	3051	Mark	Curtis	3093	Dan	Harvey
3010	James	Baker	3052	Kathy	D'apice	3094	Ian	Harwood
3011	Georgina	Banwell	3053	Catie	Danbury	3095	Linsey	Haswell
3012	Jana	Banwell	3054	Jess	Danbury	3096	Timothy	Haughton
3013	Lee	Barnicott	3055	Clare	Daunter	3097	Vik	Haydn Taylor
3014	Tom	Barr	3056	Barry	Davies	3098	Clarendon	Haydn Taylor
3015	Catherine	Barrington	3057	Matthew	Davies	3099	Clarendon	Haydn Taylor
3016	Madeleine	Barrow	3058	Leander	Deeny	3100	Lorraine	Hedworth
3017	Daniel	Beale	3059	Julie	Dinkele	3101	Nigel	Hemsted
3018	Tom	Beckinsale	3060	Eleanor	Donegan	3102	Jenny	Herrington
3019	Patricia	Bennett	3061	Dennis	Doney	3103	Home	Home
3020	Veronica	Benson	3062	James	Douglass	3104	Jo	Hooper
3021	Sophie	Black	3063	Jamie	Dullaghan	3105	Alexander	Hudson
3022	Alistair	Bohm	3064	Katie	Duncan	3106	Holly	Humphries
3023	Phil	Bolt	3065	Katrina	Dunford	3107	Peter	Humphries
3024	Tommy	Bosustow	3066	Emily	Dupree	3108	Daniel	Hunt
3025	Suzy	Bosustow	3067	Roger	England	3109	David	Hurrell
3026	Jerome	Boudou	3068	Rebecca	Evans	3110	Richard	Hurrell
3027	Rufus	Boyd	3069	Bonnie	Farmer	3111	Helen	Hurrell
3028	Robert	Boyd	3070	Jo	Farquhar	3112	Helen	Iveson
3029	Jon	Braund	3071	Adrian	Fautly	3113	Olivia	Jagger
3030	Richard	Briant	3072	Phil	Fenberg	3114	Claire	James
3031	Emily	Bridgen	3073	Jane	Fenwick	3115	Ed	James
3032	Tessa	Briggs	3074	Rosie	Fenwick	3116	Penny	Jennings
3033	Sean	Browes	3075	Charlotte	Forbes	3117	Mike	Jennings
3034	Nic	Bryant	3076	Tim	Foster	3118	Neil	Jennings
3035	Lottie	Budd	3077	Suzanne	Gardner	3119	Emma	John
3036	James	Byrne	3078	Sarah	Garratt	3120	Mark	Johnson
3037	Miranda	Carrick	3079	Emily	Giles	3121	Clare	Johnson
3038	Robert	Carter	3080	Matt	Gisby	3122	David	Johnson
3039	Karl	Chapman	3081	Sam	Godolphin	3123	Leanne	Jones
3040	Caroline	Cheer	3082	Janet	Godolphin	3124	Paul	Kettle
3041	Lucy	Chilcott	3083	Roena	Gooch	3125	Rachel	Keyserlingk
3042	Rachel	Christian-Edwards	3084	Josh	Goodman	3126	Neil	Kinder

Half Marathon Runners (2)

3127	Andy	Knight	3169	Hugh	Patrick	3211	Leanne	Smith
3128	Travis	Knight	3170	Tara	Perrett	3212	Ally	Smith
3129	Liz	Knowles	3171	Jessica	Perry	3213	Nicola	Smith
3130	Matt	Lavers	3172	Mark	Phelan	3214	Lucy	Smith
3131	Steve	Le Bas	3173	Ric	Pike	3215	Penny	Smith
3132	Stephen	Lucas	3174	Robert	Pillar	3216	Felicity	Smith
3133	Marcus	Luce	3175	Anna	Pillar	3217	Jamie	Smith
3134	Lucy	MacDonagh	3176	John	Powell	3218	Benjamin	Southwick
3135	Iain	Macintosh	3177	Eva	Powell	3219	Melanie	Spears
3136	Nicholas	Macready	3178	Crispin	Quail	3220	James	Spencer
3137	Ellie	Macready	3179	Hannah	Quirk	3221	Andrew	Stewart
3138	Bob	Maguire	3180	Samuel	Rainer-Guy	3222	Richard	Stone
3139	Lambros	Malafouris	3181	Nicola	Ramsey	3223	Ellie	Swire
3140	Glenis	Maloney	3182	Laura	Rana-Englert	3224	Susan	Sylvester
3141	Ben	Mann	3183	Isobel	Refoy	3225	Davina	Temple
3142	Hazel	Maris	3184	Timo	Reinhold	3226	Lucy	Thompson
3143	Molly	Martin	3185	Nikky	Rendle	3227	Beth	Trevellyan
3144	Kirstie	Mattey	3186	Andrew	Rhodes	3228	Olga	Trollip
3145	James	McConnachie	3187	Deborah	Rhodes	3229	Jon	Vamplew
3146	Gordon	Mclean	3188	James	Richardson	3230	Kay	Verdon
3147	Dylan	Mead	3189	Mark	Rimmer	3231	Emma	Way
3148	Tricia	Meads	3190	Roberto	Rinaldo	3232	David	Wearn
3149	Geoff	Meads	3191	Jane	Robertson	3233	Adam	Webb
3150	Rebecca	Meads	3192	Luke	Rogers	3234	Ray	Webb
3151	Jake	Melling	3193	Kevin	Roman	3235	Dave	Wheeler
3152	Jessica	Mellows	3194	Phil	Rowell	3236	Lynne	Whitaker
3153	Jonathan	Mellows	3195	Peter	Rowlandson	3237	Chris	Wilkinson
3154	Jack	Merron	3196	Hannah	Royall	3238	Julie	Wilkinson
3155	Magdalen	Miller	3197	Alex	Royall	3239	Thomas	Williams
3156	John	Mills	3198	Sophie	Royall	3240	Mike	Williamson
3157	Felicity	Mitchell	3199	Colin	Rudd	3241	Ed	Wilson
3158	James	Moore	3200	Mathew	Rushbrooke	3242	Linda	Windsor
3159	Chris	Morgan	3201	Valentin	Sanner	3243	Matt	Woods
3160	David	Morrison	3202	Aurelie	Sanner Theaker	3244	Toby	Wright
3161	Sam	Morton	3203	Joanna	Scott	3245	David	Wright
3162	Michael	Newton	3204	Vanessa	Scott	3246	Jim	Wright
3163	Ian	Nichols	3205	Susanna	Sealy	3247	Richard	Yellop
3164	Henry	Nixon	3206	Jonathon	Shafe	3248	Chris	Yoxon
3165	Patrick	Nixon	3207	Rob	Sherwin			
3166	Ben	Oconnell	3208	Matthew	Simpson			
3167	David	Osment	3209	Kenny	Skillen			
3168	Naomi	Parker	3210	Max	Skinner			

Mini Marathon

4001	Fiona	Arnott	4022	Louise	Light
4002	Sarah	Billington	4023	Marc	Lyne
4003	Vanessa	Carter	4024	Klara	Lyne
4004	John	Cooper	4025	Liz	Marshall
4005	Frances	Cubbon	4026	Liz	Payne
4006	Lenny	Dalby	4027	Arthur	Pidduck
4007	Andrew	Davies	4028	Andrew	Pidduck
4008	Laura	Davison	4029	Nicola	Porter
4009	Kate	Dowling	4030	Fran	Rawlings
4010	Sarah	Edwards	4031	Tom	Russell
4011	Cameron	Edwards	4032	Moir	Sankey
4012	Kevin	Frisby	4033	Kate	Siddall
4013	Josh	Harris	4034	Mary	Siddall
4014	JJ	Heath-Caldwell	4035	Ben	Siddall-Jones
4015	Lucy	Hooper	4036	Mari	Siddall-Jones
4016	Adam	James	4037	Liz	Slade
4017	Alex	Jeffrey	4038	Richard	Spalding
4018	Catherine	Jones	4039	Hannah	Stacey
4019	Gareth	Jones	4040	Sharon	Swift
4020	Owen	Jones	4041	Brenda	Topliss
4021	Hywel	Jones			



2001	Durley Runners A	2036	3 S's And Ending With A T
2002	Gift Of Sight	2037	The Baby G's
2003	Highfield Sight	2038	Shetland Pony Athletics
2004	Sole Mates	2039	Halterworth Harriers Eagles
2005	Wadac Wonder Women A	2040	Flatties
2006	Winchester Wonder Men	2041	TNT Angels
2007	Plodfathers And Sons	2042	Luker Four
2008	Pond Life	2043	Paced By Perez
2009	Halterworth Harriers Falcons	2044	We're Going To Be Late
2010	GRR4 King Hell	2045	Amport Primary School Staff
2011	Wadac Wonder People	2046	Worthy Monday
2012	Run Altus Ladies	2047	"Winchester? No, She Went Of Her Own Accord"
2013	Muddy Canicross	2048	E=MC2
2014	Gosport Road Runners OAP Team	2049	Split Hairs
2015	June's Joggers	2050	Gosport Nancys
2016	The Informers	2051	Team Gaimster
2017	Durley Runners C	2052	Pimp My Stride
2018	Merediths Minders	2053	Quattro Formaggio
2019	BPS Bois A	2054	GRR2
2020	Halterworth Harriers Hawks	2055	Run Altus Mixed
2021	The Bombas	2056	Chaos Monkeys
2022	Scrambler Leggs	2057	Unleashed
2023	Durley Runners B	2058	Speed Demons
2024	Sarah Dew	2059	Abbotts Amblers
2025	Muddy Canicross Runners	2060	Gosport Road Runners Team 1
2026	Gosport Road Runners W 7	2061	Harnham Junior School
2027	Herculean Effort	2062	Richard Venn
2028	PM Runners	2063	Scrambled Legs
2029	TNT Lightnings	2064	The Bald And The Beautiful
2030	Gosport Girls Dream Team	2065	Tnt Demons
2031	Gosport RR 003 - Clarendon Royale	2066	Muddy Canicross Runners
2032	Mark Horner	2067	Winchester Waddlers
2033	Wadac Wonder Women V	2068	3 Plus 1
2034	Halter Harriers Ospreys	2069	Oh Gawd
2035	As Yet Untitled		

Hampshire Search and Rescue (HANTSAR)

The Clarendon Marathon is a Rotary event organized by volunteers. On the day of the event (Sunday 4 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. 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>

A545RC
Alton Runners
Altrincham and District Athletics Club
Andover Running Club
Avon valley runners
Berkshire Hash House Harriers
BMHAC
Chandlers Ford Swifts
Chippenham Harriers
City of Salisbury
City of Salisbury A & RC
Clanfield Joggers
COSARC
Cotswold Allrunners
Dark Revolutions
Datchet Dashers
Dorset Doodlers
Eastleigh RC
Eastleigh Running Club
Exmouth Harriers
Farnham Runners
Fetch Everyone
Frome
Fulham Running Club
Gosport Road Runners
Halterworth Harriers
Hamwic Harriers
Hardley Runners
Hatch Warren Runners
Hedge End Running Club
HLDR
Kings Worthy Snakes
LDWA
Lordshill Road Runners
Lymington Pub Runners
Market Lavington Runners
Metros RC
Muddy Canicross Runners
Muddy Runners
New Energy

NEWBURY AC
North Devon Road Runners
Okehampton Running Club
Olaf's Run Club
Oxford City AC
Portsmouth Joggers
Racing Snakes
RCS Gugulethu (South Africa)
Romsey Road Runners
Romsey Running Club
Royal Navy Athletics Club
Run4George
RunAltus
Salisbury Tri Club
Sheet Striders
Sherfield Park Runners
Southampton Triathlon Club
Southville Running Club
Southwest Road Runners
St Peter's Pacers
Steel City Striders
Stonehenge Striders
Stubbington Green Runners
Sunday Runners
The Pour House Runners
The Stragglers RC
The Sunday Runners
Totton Running Club
Trail Running Association
Vale of Aylesbury Athletics Club
Vegan Runners UK
Victory AC
Wells Athletics Club
Wessex Road Runners
Wimborne AC
Wincanton Running Group
Winchester and District Athletics Club
Winchester Fit Club
Winchester Running Club
Worthy Runners

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



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email info@tfsr.org, web www.tfsr.org Charity no 280437

This advert is kindly sponsored by the Winchester based firm Mitchell Bridges who supply and erect the footbridge outside Buckingham Palace for the finish of the London Marathon

Thank you to our volunteers



Thank You



Heartfelt thanks to all those who made today successful and who have helped raise funds for many worthy causes.

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Winchester Talking Newspaper, Chase Africa, 14th Winchester Scouts,
Winchester Branch of Muscular Dystrophy UK, Paediatric Rheumatology Unit
Southampton Hospital, 16th Scout Group, Youth Options,
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