



27th Rotary Clarendon Marathon Souvenir Programme



From Salisbury
To Winchester

Sunday 5th October 2025

clarendon-marathon.co.uk





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Welcome from Rotary

The Clarendon Marathon has been running since 1998 and was supported by Rotary from an early stage. In 2012, Winchester Rotary took over the full management of the event.

Rotary is an international organisation of over 1 million members, made up of individual clubs. Together, Rotary funds projects large and small, which help to change the lives of people who're less fortunate than us.

The Clarendon Marathon enables us to raise funds to support numerous local and international good causes that we're engaged with. Several local charities also provide help with the event, including managing refreshment stations along the course, etc. for which they receive a donation.

The event itself largely follows the Clarendon way footpath, being run mostly off-road which makes it challenging, even for the most seasoned of marathon runners. Many participants are regulars and talk about the sense of achievement they feel in completing the demanding course, which keeps them coming back year after year, in the hope of improving their personal best.

Whilst there is no pressure on 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 charities they support, including Rotary, which is very welcome.

Whether you are motivated by the physical challenge of the Clarendon, or the opportunity to help others by raising sponsorship money, I hope the 2025 Clarendon Marathon will be a day to remember.

Mark Butcher
President, Winchester Rotary





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The Clarendon Chairman's Welcome

We all strive to live a happy life but what does this entail? We are hit by a constant deluge of advertising (and subtle marketing) recommending what could be good for us but is this the answer? No, not really. So, what is the answer? Well, there isn't a simple answer. We are all different. We come from different backgrounds, we have different capabilities, we do different things etc.

In my opinion, living a good life is all about striving to achieve a reasonable balance in our lives. Eating a healthy diet, getting regular exercise and having mutually beneficial relationships with our friends and family are some of the important things to strive for.

Every year it is wonderful to see well over a thousand supporters get involved in the Clarendon Marathon. Some run the full distance of 26 miles from Salisbury to Winchester. Some run the half distance, some the mini 5 mile and we now have lots of people getting teams together and running in the relay. We also have a large number of people who volunteer and help make the whole event possible. Participation in community events like this is an integral part of living a good life.

Top marks to all of you and many thanks for your support!

Regards

JJ

JJ Heath-Caldwell
Chairman of the Clarendon organising committee.





Supporting the Clarendon Marathon

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www.maskerarchitects.co.uk


Welcome to the 2025 Clarendon Marathon souvenir programme. Putting the programme together now, at the end of August, despite it being in the mid-20s°C outside, it feels like the summer is drawing to a close and autumn is just round the corner. This has been a remarkably dry and hot summer, with a hosepipe ban in place and the fields dry as a bone. Will conditions still be the same by the first weekend of October when the Clarendon takes place, or will we finally have had some much-needed substantial rain? Though I'm running the half again this year so I'm hoping it's not wet on the day (or just before) as dry conditions make for much easier running! Looking at my photo from last year, I'm wearing a cap, so it must have been raining at least some of the time – a fact I had forgotten, so it can't have been at the biblical end of the spectrum!



Chris Jackson, part of the Clarendon volunteer team, has written a fantastic history of the Clarendon Marathon, included in this programme and on the website. It mentions the horrendous weather conditions endured in some years. I imagine it makes a massive difference to the average running speed for each year (one day, if I can get all the data, I will see what impact the rain actually has on finishing times!).

It's also great to see some familiar faces and names taking part many years ago – long before I ever dreamt of taking up running. And then there's the T shirts... I don't think a day goes by that I don't see someone in a Clarendon T shirt running around Winchester. They are also often spotted in more far-flung and exotic places – always a conversation starter! And in such conversations, and the runners' stories contained here, I always come away reminded how much affection runners have for the Clarendon: the trails, the hills(!), but most of all, all the people involved, whether running, walking or volunteering, who make the day such a wonderful experience.

Sarah Witt
Editor

A photograph of three people (two women and one man) sitting at a table in a restaurant, smiling and talking. They are wearing light-colored shirts. The table has plates of food and glasses. The background shows a restaurant interior with a window and some decorations.

THE IVY

CELEBRATE IN STYLE AT THE IVY WINCHESTER BRASSERIE

Whether you're a seasoned runner or taking on your very first marathon, crossing the Clarendon Marathon finish line is a moment worth celebrating - and we'd love to raise a glass with you!

Join us at The Ivy Winchester and enjoy a complimentary glass of The Ivy Cuvée as our way of saying congratulations.

While you're here, step into the charm of quintessential British dining with our Two-Course Heritage Menu - just £20.95, available Monday to Friday.

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Terms and Conditions: The complimentary glass of The Ivy Cuvée is valid from 5th October until 17th October 2025 for new bookings, when booked through the direct link and a medal from the Clarendon Marathon should be shown. You must dine with us in order to redeem the complimentary glass of The Ivy Cuvée. If the product is not available a suitable alternative will be offered. We reserve the right to amend or modify the terms and conditions without prior notice. This offer is valid only at The Ivy Winchester Brasserie.

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



Shelterbox worldwide



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

The Clarendon Marathon: A Brief History (and a lot of t-shirts)

The Clarendon Marathon has a proud history going back to 1998.

Thousands of runners have completed the picturesque and challenging 26 miles of trails between Salisbury, Broughton and Winchester since then – either in full, or as a half marathon, or as part of a relay team of four. The 2025 Clarendon Marathon will be our 27th event.

But how did it all start? Travel writer and broadcaster Simon Calder picks up the story. In his column in *The Independent* on 4 Sept 1998 (three weeks before the historic first event) he wrote: “It’s always rewarding to learn that readers have been inspired to travel to a place we write about, but it’s not every day we manage to inspire a marathon. After reading my article about a walk along the Clarendon Way (in *The Independent*, 25 October 1997), keen runner Paul Elderkin decided to organise a charity marathon along the route ... The aim is to raise money for the Magpie MRI Scanner Appeal for the Royal Hampshire County Hospital in Winchester and the Patient Monitor Appeal for Salisbury District Hospital”.

British 400m runner Iwan Thomas opened that first event (on 27 Sept 1998) at King Alfred College Sports Ground, Bar End, Winchester (now the University of Winchester’s Sports Ground). The runners finished at Wyvern College, Salisbury. This “east to west” direction continued for the first 10 events. Also at the event was Winchester’s Madge Sharples, aka “Marathon Madge”, who, with weak joints and aged 82, took the sensible option of only walking half the 26.2-mile route.

In 1999 (event #2), there was a “signage failure”, as Dave Wright recalled: “One of the direction arrows near Broughton (around half way) fell over. This saw the four leading runners heading off towards Andover in completely the wrong direction. ... I realised their error and took the correct path. I didn’t see another runner for the next 13 miles and was first to cross the line in 2hrs 59mins!”

Runners were seemingly undeterred by the “horrendous” conditions in 2001 and 2002 (events #4 and #5) – the latter being opened by BBC South Today’s Tony Husband. One reviewer cheerfully noted that: “the countryside would have been outstanding if you could see it”.

Sir Ranulph Fiennes (with expedition colleague Mike Stroud) opened (and ran) the Clarendon in 2003 (event #6) - in perfect conditions. It was just two weeks before their remarkable Land Rover 7x7x7 Challenge for the British Heart Foundation (seven marathons in seven days on seven continents – starting in Patagonia and ending in New York). This was despite Sir Ranulph suffering a heart attack and undergoing a double coronary artery bypass operation just four months earlier.

Event organiser Paul Elderkin memorably addressed the runners in 2003 donning a bishop's outfit and mitre, in an effort to portray the history of the course through the Clarendon Estate where Thomas Becket and King Henry II both lived.



Four time Clarendon marathon winner Sue Sleath hits the headlines in 2005

In contrast to the bright and sunny running conditions of 2005 (event #8), flash flooding in 2006 (event #9) meant runners had a new challenge that year: knee deep water in a Salisbury underpass that took runners to their new race finish location (Salisbury Leisure Centre).



Paul Elderkin in a 2008 shirt congratulating Matt King for winning the 2009 race.

The Clarendon Marathon: A Brief History (and a lot of t-shirts)

By 2008 (event #11), the race direction had reversed: the start moving to Salisbury (Godolphin School) and ending in Winchester. Conditions were “biblical” at the start, as Phil Hewitt described: “Before the race, the rain wasn’t just hitting the ground, it was hammering into it with such force that it jumped up to meet the next drop on the way down...but by mile 5 or 6, the rain had more or less stopped, and from then on the sun started to break through.”

One runner pithily summarised event #13 (2010) as: “mud, mud, mud, mud, mud, hills, hills, hills, mud, mud, hills, hills and bananas”. This was the final event of the Elderkin era. After a fallow year in 2011, he handed over the reins to the Rotary Clubs of Winchester and Salisbury – who have organised the event annually ever since, from 2012 (event #13) through to today’s event (#27). More about those 15 events another time!

The final word goes to Paul. After event #12 (2009), drama unfolded in the Hampshire Chronicle letters page. Elderkin mounted a spirited defence of our event, in response to a litter complaint:

“it is unfortunate that he cannot appreciate the benefit and enjoyment that events like the Clarendon Way Marathon give to so many people. I am sad for him if he finds the site of “panting, perspiring men and women” so upsetting. ... I do feel [his] comments in a subsequent email, where he said that those passing his gate were “not all lean, mean, running machines”, were unnecessary and derogatory. This event attracts well over 1,300 entries from all over England, Wales and even Germany and Holland. It has helped raise tens of thousands of pounds for charities over the years, among them the Magpie Scanner Appeal, Rotary, Macmillan, Mencap, St John Ambulance, Hampshire Search and Rescue and the Hello Martha Fund. So may I say, well done and a big thanks to all the helpers and runners. I think you’re great, even if one or two might not do so!”

A sentiment that we share to this day. Good luck to all our runners (and a big thank you to all our helpers) in this year’s event #27! See more photos on page 38-9.



Chris Jackson running in 2021 wearing a 2020 t-shirt. 2020 was Covid year and the t-shirts were printed without a date. If the event had been cancelled the t-shirts would have been ok for the following year.

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.



Level Up Your Run

How Chiropractic Care Can Improve Your Running Mechanics

Helpful hints from Evolve Chiropractic in Winchester about how to level up your run:

Level Up Your Run: How Chiropractic Care Can Improve Your Running Mechanics

A well-tuned body is essential for peak performance. Let's dive into the core concepts of running mechanics and how improving them can be your secret weapon!

Running Mechanics – Core Concepts

Running is a complex movement that relies on several key elements:

- **Posture:** Think tall! An upright torso with a slight forward lean from the ankles is ideal.
- **Foot Strike:** Aim for a midfoot or forefoot strike to promote efficiency and reduce the impact that can lead to injuries.
- **Cadence:** Finding your rhythm is crucial. An optimal stride rate of around 170-180 steps per minute can help reduce overstriding.
- **Stride Length:** Avoid reaching too far with your steps. Landing your foot under your hips minimises braking forces.
- **Arm Swing:** Keep those elbows bent at about 90 degrees, relax your shoulders, and swing your arms forward and back, not across your body.
- **Hip Mobility:** Your hips are the engine! Tight hips can reduce stride efficiency, so keep them loose and driving forward.
- **Core Stability:** A strong core keeps your pelvis stable, preventing wasted energy.
- **Glute Activation:** Powerful glutes are essential for propulsion and injury prevention.

Why Better Mechanics = Better Running

So, why focus on these mechanics? The benefits are huge:

- **Improved Efficiency:** Run faster and farther with less wasted energy.
- **Injury Prevention:** Reduce strain on your knees, ankles, and lower back.
- **Consistency:** Stay on track with fewer injuries and more training time.
- **Speed Gains:** Experience better force transfer and momentum for faster times.

How Chiropractic Care Can Help

- **Spinal Alignment:** Ensuring proper posture and nerve communication for optimal body function.
- **Joint Mobility:** Improving range of motion in your hips, ankles, and spine.
- **Muscle Balance:** Identifying and correcting imbalances or compensations.
- **Injury Recovery/Prevention:** Helping you recover from running-related injuries.
- **Neuromuscular Efficiency:** Enhancing the connection between your brain and muscles for smoother, more coordinated movement.

EVOLVE CHIROPRACTIC

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Paul (*Brogue Runner*) Bennett A Runner's Story

I am proud to be running the 2025 Clarendon Marathon in aid of The Pattenmakers Company Charitable Foundation.

www.pattenmakers.co.uk/charity/fund-raising/



We support various fabulous causes including military affiliations fundraising for **The Defence Medical Rehabilitation Centre (DMRC)** alongside initiatives such as "**I Choose Freedom**" and St Mary-le-Bow **Young Homeless Charity**. The foundation also aids various training and education initiatives within the **Footwear and Facilities Management sectors** and inner London schools.

2025's plan was another London Marathon run but due to injury I could not run the streets of London and now I am recovered, I have decided to thank all my sponsors by running the Clarendon marathon.

Our Company membership consists mainly of people who have worked with or have an attachment to the footwear industry. As the 4th generation in the shoe business it gives me great pleasure to raise money for all our causes but working with and raising money for injured ex-military servicemen and women at the DMRC remains a highlight.

Good luck to all,

Thanks,

Paul (*Brogue Runner*) Bennett



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.



Southampton
Hospital Charity

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.





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

Gift of Sight Highfield Relay Team

On 5th October 2025, Professor Andrew Lotery, a leading eye specialist at the University of Southampton and Southampton Eye Unit, will be running the Clarendon Marathon with three friends, Andy Adams, Andrew Bateman and Peat Allan, as part of a four-person relay team. Together, they're aiming to complete the full 26 miles in under 4 hours – all to raise vital funds for eye research.

Every day in the UK, 250 people are told they're losing their sight – that's one person every six minutes. Losing vision can have a huge impact on independence, mental health, and quality of life. Yet, despite eye conditions being one of the most common reasons for hospital visits, eye research receives very little government funding.

That's where Gift of Sight comes in. Donations help fund groundbreaking research at the University of Southampton, where Professor Lotery and his team of scientists are working hard to understand and develop treatments for debilitating eye diseases like age-related macular degeneration (AMD) – the leading cause of blindness in the western world, as well as conditions that affect people of all ages.

By supporting the relay team, you're helping to fund life-changing research and bring hope to those affected by sight loss. Every donation, big or small, makes a real difference.

Thank you so much for your support!

Tel: 02380 599073 (Ailsa Walter) | 02380 595921 (Jennie Mugridge)

Email: info@giftofsight.org.uk



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The Fun of Running in a Relay Team

Gill Thomas – Gosport Road Runners

In 2022 I was persuaded by my friends Penny and Vicki to join them in a Clarendon relay team. Of course, they played the classic newbie trick on me of allocating me leg 3 - but despite that, and after I had peeled myself off the ground at the top of Farley Mount, I was hooked. As a keen cross-country runner and lover of the countryside it's the most lovely race and it's very enjoyable dashing from point to point to cheer in your fellow team mates at each handover.



I run with Gosport Road Runners. They are a game bunch, quite a few had done the full or half marathon in the past and I wondered if a few club members would be interested in making up a relay team (a quarter marathon each). For 2023 we got a great response and booked 3 teams.

Logistics, team spirit as well as the challenge and the beauty of the course all added to the success and enjoyment of the day. We had such a good time we returned with 3 more teams in 2024 and word must have spread as we have 5 teams entered for the 2025 race as well as at least 2 ladies, Yvette and Miranda, doing the full marathon.

This is a very challenging, but well-organised and friendly race with a welcoming atmosphere. A marathon relay is a really good club event which engenders cooperation, teamwork and support as well as challenge and enjoyment. These are core values of Gosport Road Runners, which is a very inclusive and supportive club, so the Clarendon Marathon relay is now well established in our club diary. So, please give a cheer to guys in the yellow Gosport vests as they go past!



Muddy Runners, Andover

Jon Littlechild, Caroline Blackburn and Adam Early

The 2024 Clarendon was my and my partner's first full marathon, and although many we'd spoken to (who had all done it before) said we were nuts to make the Clarendon our first, in reality I think quite the opposite is true.

We've both been casually running for a few years and have done plenty of shorter running events, some road, some trail, and we've had a couple of marathon non-starts because of illness. So, we were looking forward to the Clarendon, but we were also slightly apprehensive given the reputation it has for its challenging hills. In the lead up, myself, my partner, and a gang from our local running club in Andover, Muddy Runners, would get a Long Sunday Run in most weekends: 18 miles was about the most we did, but mid-teens were common. In our neck of the woods, it's hard to run very far without encountering an incline, so hills became part of our normal running expectations. Generally, on these longer runs, conversation would soon turn to what events were coming up, and when the Clarendon was mentioned, some would wish us luck, and some would suck through their teeth like a plumber pricing up a boiler replacement. We started to wonder what we'd let ourselves in for.

Race day came (note – it wasn't a race for us) and probably like many doing their first, we felt a bit under prepared. Registration was as slick as I've seen. On lots of events I've felt compelled to arrive an hour or so before the start to get bibs, join the back of the queue for the loos etc. but the Clarendon was as easy as it comes.

As we went out to the start line, there was a light drizzle, which was a result given the woeful forecast a few days prior. We joined the 9:30 mass start and off we went, slightly worried about the 26 miles of hills in front of us. I'd had a little look at the route the day before, so I knew the villages that were coming and they made great mental milestones to tick off in my head; Pitton, Winterslow, Broughton, Houghton, King's Somborne, Farley Mount (not a village, but certainly a milestone) and finally into western Winchester.

On the whole the route is a great route to run because there's so much going on all the time. The nature of the trail means that the terrain, the gradient, the view and the scenery are always changing. And those hills? Yes, there are hills. Are they tough? Yes, some of them. Getting up Farley Mount is the tour de force but there are others that remind you of the Clarendon's reputation. We weren't fast and plenty had passed us on the way, but the sense of achievement on finishing was fantastic. We'd done a marathon and in a reasonably respectable time. We'd only walked some of the uphill and never the flats or downhill. But most of all, we'd done the Clarendon, the race with a reputation.

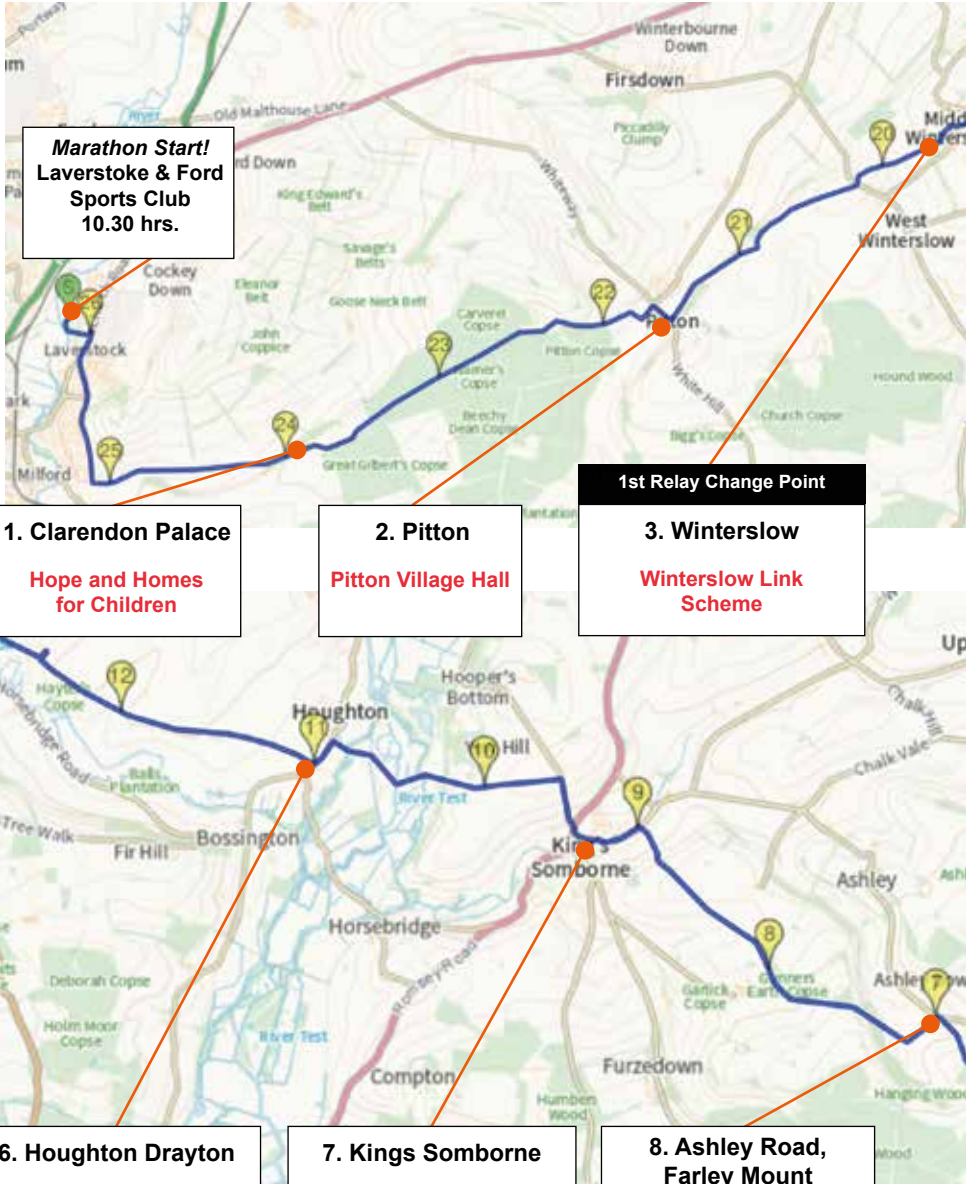
It's also worth mentioning – often when you run longer events the crowd thins out and you can find yourself running alone, but not at the Clarendon. Because there's two mass starts an hour apart, the faster nutters, sorry, runners, who take the second start at some point will catch and pass the slower runners. The relay runners are similar: we found there was frequently a relay runner coming through, baton in hand. And then there's the half marathon. Just after halfway, as it's getting a bit spread out, there's a sudden influx of new runners on the route.

As with all events like this, the volunteers who marshal the course, man the drinks stations, organise registration and man the finish are amazing. The Clarendon has loads of these wonderful people and they sign you in, cheer you on, shout your name, hand out drinks, feed you jelly babies, wave you over the finish, and in the main ensure you stay safe for the whole day. The Clarendon's volunteer force is second to none and I'm sure every runner is truly grateful – even if their faces don't always say it on the day.

So, do I think the Clarendon made a good first marathon choice? Yes, absolutely. I think the route is interesting and fun, the organisation is spot-on, the support is amazing but most of all for me, the event is well set to provide a challenge but with good mental milestones that make it possible for a first timer to thoroughly enjoy. Would I do it again? Yes, next year hopefully. Was everyone right about the hills? Yes and no. There were some tough hills, but they add to the sense of accomplishment at the end because the Clarendon isn't just an ordinary marathon.



2025 Route Map



2025 Route Map



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

4. Buckholt Farm
Winchester Bereavement Support

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

10. Well Copse
14th Winchester Scout Group

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

13. Lanham Lane
To be confirmed

14. Lanham Lane
Youth Options

11. West Wood Gate
Winchester Branch of Muscular Dystrophy UK

15. Pinsent Camp Site
Rotary GLPC Supporters

Marathon Finish!
Kings School
Rotaract

2025 will be Matt Collins' Tenth Clarendon!

Kayleigh Collett – Durley Runners

I am a fairly recent convert to running, with only two years under my belt. I got into running after a school mum casually said she had a place going at a "Tough Mudder", did I want to fill the place, and without asking any questions I stupidly said yes.

Tough Mudder done, a few months into running, and a few parkruns under my belt, I decided to join a running club to see where it took me (Stubbington Green Runners). I was marshalling at a local cross country event and there was someone that I had not seen since my younger days at our local 'Young Farmers Club': Matt Collins.

After catching up about recent runs and goals that we are chasing, as only runners can, Matt asked if I wanted to join one of two mixed teams he was putting together to do the Clarendon relay. Having recently done a running club relay I knew how much fun they can be, I said yes and I got allocated leg 3.

Race day was great, Matt brought together seven friends that he knew from various aspects of his life, all of different running speeds, some club runners, some who had run Clarendon as a relay before and some like me, first timers.



Matt's experience of the course was invaluable because half the challenge of a relay is the running, the other is navigating the course by road, not getting lost, getting parked up and getting the team members to the relay handover points without hiccups.

Throughout the day, I learned this was Matt's 9th year running Clarendon as a relay and often putting several teams together. So with 2025 being his tenth year I couldn't let it go by without marking it in some way!

Matt's fastest team finish time was 4:35:53 in 2024 and over the years Matt has run every leg of Clarendon, and has been part of bringing together 13 different teams, comprising 21 different runners, which is I think the greatest achievement, as the numbers don't really get across the camaraderie and team spirit of completing Clarendon as part of a team.

Here is to Sunday 5 October 2025 when we will bring that total to 15 teams!

Why I am running the Clarendon

Charlie Hutcheson

According to Strava, I've been a runner since March 2016. Since then, I've run almost 150 parkruns, a handful of Half Marathons and plenty of 10 Mile and shorter distance races. But only one marathon.

In the dark depths of the Coronavirus pandemic, a friend and I resolved to train like never before to give ourselves something to focus on in those strange times.

At the end of our four-month training plan, we ran two loops of a self-planned Half Marathon route around Salisbury, and it was a fantastic experience which saw us both set numerous PBs in the following weeks. Fast forward four years and whilst continuing to run regularly, I've struggled to find that same motivation to train hard and go to events. I enter the fantastic Salisbury Ten Mile Road Race each year, and that's usually it.



However, a couple of years ago I joined the City of Salisbury Athletics & Running Club (CoSARC), and motivation has not been in short supply. www.salisbury-arc.org At our mid-weekly social running groups, I chat with people who've run marathons in Japan, Comrades in South Africa, ridiculous Ultras across the UK.

It all added up and encouraged me to commit to getting myself ready for a big challenge. Clarendon Marathon fits the bill perfectly. I'm looking forward to plenty of training adventures on the trails with fellow CoSARC runners before race day comes around on Sunday October 5th 2025!

Working with its partners in remote areas of Kenya, Uganda and Tanzania, CHASE Africa provides primary health services such as childhood vaccinations and family planning. Many of these services are delivered by back-pack nurses riding on a motorbike.



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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

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we are proud to support the



clarendon marathon

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 Vicki Crossland. 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.

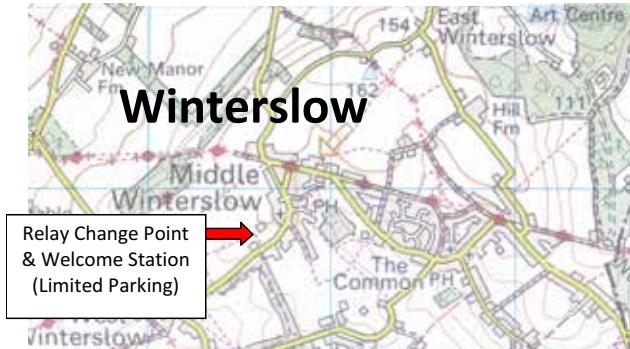
Established in 1942 Laverstock & Ford Sports Club offers facilities for a range of team sports including Youth Football teams, a ladies football team, adult football teams and cricket teams. As well as community sports, the Club also hosts events and gigs. It is proud to include the Clarendon Marathon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

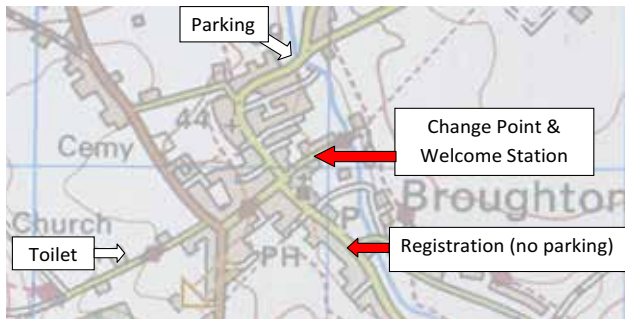
We look forward to seeing you on Sunday 5th October!



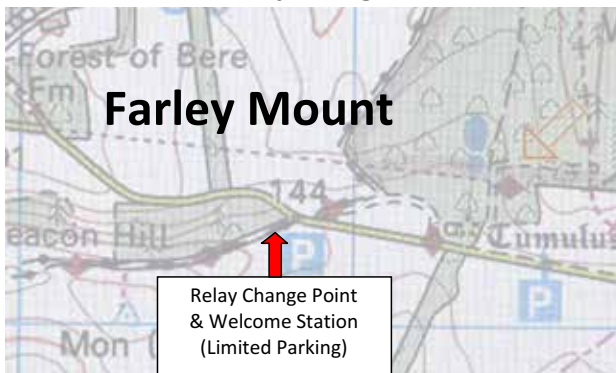
1st Relay Change Point



2nd Relay Change Point and Half Marathon Start



3rd Relay Change Point





2024 Marathon Photo Gallery



Winners 2024

Marathon

1st male	TOM GRAY ST PETER'S PACERS	3:03:2
2nd male	MICHAEL MOTTRAM	3:15:15
3rd male	ALLAN MCKINNON Andover Athletics	3:20:18
1st female	CAROLINE RALPH	3:32:52
2nd female	POPPY TANNER Hardley Runners	3:36:18
3rd female	PHILIPPA DEW London Heathside	3:46:20

Half Marathon

1st male	NEIL JENNINGS ROMSEY ROAD RUNNERS	1:30:53
2nd male	DAVID GASKELL Winchester Running Club	1:30:56
3rd male	DAVID MORRISON Romsey Road Runners	1:31:15
1st female	KATYA KHAZANEH	1:39:20
2nd female	LEANNE SMITH Winchester Running Club	1:48:57
3rd female	ELLIE SWIRE Winchester Running Club,	1:48:57

Mini 5 Mile

1st Male	JASPER BURROWS	45:46
1st Female	HOPE SHERWIN	44:30

Relay

1st all male team	BITCOIN RUNNERS	2:45:27
Dylan Poulton, Alex Hall, James Perrett, Rich Webley		
1st all female team	WADAC WONDER WOMEN	3:23:32
Charlie Hoskins, Shantha Dickinson, Jess Gill, K Leigh-Jones		
1st mixed team	ADVENTURE BUDDIES ARE GO!	2:53:24
George Belfield, Kate Belfield, Alex Lane, Magnus Gregory		

Marathon Runners (1)

1001	Archie	Chitty	1042	Caspian	James	1083	Dennis	Doney
1002	Anderson	Gammon	1043	Catherine	Jenkins	1084	Jade	Fish
1003	Adrian	Martineau	1044	Catherine	Wood	1085	Donna	Austin
1004	Alison	Nott	1045	Stuart	Stedman	1086	Dylan	Townley
1005	Adam	Hopkins	1046	Charles	Light	1087	Andy	Duffin
1006	Adam	Roberts	1047	Charles	Steele	1088	Duncan	MacDonald
1007	Adrian	Langford	1048	Charlie	Hutcheson	1089	Duncan	Dragonetti
1008	Andrew	Brown	1049	Chris	Ashdown	1090	Duncan	Ellis
1009	Alan	Russell	1050	Chris	Waugh	1091	Elizabeth	Bull
1010	Alexander Furse	Talbot-King	1051	Ciaran	McCann	1092	Emma	Crozier
1011	Alexander	Wrigley	1052	Claire	Jarvis	1093	Ed	Fisher
1012	Alex	Weller	1053	Claire	Kelson	1094	Ed	Halsey
1013	Alistair	Wragg	1054	Clare	McKee	1095	Edward	Lynds
1014	Alison	Smith	1055	Charlie	Brock	1096	Emma	Duquemin
1015	Allys	Keen	1056	Paul	Coates	1097	Eileen	Fitzgerald
1016	Amelia	Palmer	1057	Colin	Batchelor	1098	Elaine	Battson
1017	Amy	Williams	1058	John	Dowds	1099	Eleanor	Bream
1018	Anna	Cuthbertson	1059	Chris	Western	1100	Eliot	Hall
1019	Anna	Speed	1060	Chris	Hunter	1101	Ellen	Butler
1020	Anthony	Aimon	1061	David	Ozanne	1102	Emily	Trumpelmann
1021	Aaron	Ticehurst	1062	Simon	Escott-Carrington	1103	Emma	Challis
1022	Matthew	Cornell	1063	Gary	Fowle	1104	Eric	Woodward
1023	Barry	Davies	1064	Daisy	Stoddart	1105	Fran	Rawlings
1024	Matt	Cheales	1065	Damien	Pick	1106	Fred	Symington
1025	Bea	Halsey	1066	Daniel	Massey	1107	Andy	Escott-Carrington
1026	Benjamin	Burfoot	1067	Dan	Sanger	1108	James	Fulcher
1027	Ben	Shepherd	1068	Daniel	McFarlane	1109	Glenn	Churchill
1028	Michael	Bendell	1069	Dan	Fuge	1110	Gareth	Wood
1029	Ben	Frankland	1070	Daniel	Roche	1111	Gemma	Early
1030	Ben	Giles	1071	Dan	Hoare	1112	George	Howarth
1031	Paul	Barrick	1072	David	Jolliffe	1113	Gil	Nott
1032	Ian	Beveridge	1073	David	Bream	1114	Maddie	Barrow
1033	Bleddyn	Lawrence	1074	David	Cameron	1115	Kevin	Graham
1034	Bob	Maguire	1075	David	Walter	1116	James	Gray
1035	Zsuzsanna	Bodog	1076	David	Gould	1117	Grant	Wilmot
1036	Megan	Boothman	1077	David	Horne	1118	Guy	Hoskins
1037	Jackie	Bourne	1078	David	Eminton	1119	Hannah	Tice
1038	Bruce	Ayling	1079	David	Genn	1120	Ingrid	Harris
1039	Bryan	Morley	1080	David	Howells	1121	Harry	Danaher
1040	Calum	Jones	1081	Darrell	Milner	1122	James	Marshall
1041	Caryn	McGill	1082	Deena	Errington	1123	Heather	Howells

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Marathon Runners (2)

1124	Helen	Morgan	1165	Kirsty	Knight	1206	Michael	Coe
1125	Helen	Borrett	1166	Kate	Randall-Coles	1207	Michael	Wallis
1126	Holly	Baker-Rand	1167	Kirsten	Walton	1208	Meriel	Jones
1127	Hazel	Softley	1168	Lewis	Stores	1209	Michael	Harding
1128	Huw	Francis	1169	Natalie	Mckenzie	1210	Michael	Gibson
1129	Iain	Odell	1170	Lucy	Grenville	1211	Michelle	Hayes
1130	Ian	Rummey	1171	Laura	Hume	1212	Michael	Hall
1131	Ian	Townsend	1172	Laura	White	1213	Emma	Tristram
1132	Shayla	Mccarthy	1173	Laura	Kay	1214	Mark	O'Meara
1133	Irene	Cruikshank	1174	Ethan	Lee	1215	Murray	Henderson
1134	Ian	Pearce	1175	Lisa	Hewitt	1216	Miranda	Carrick
1135	Jonathon	Murray-Smith	1176	Lee	Colman	1217	Naomi	Ratcliffe
1136	James	Douglass	1177	Les	Brown	1218	Andy	Nash
1137	James	Mackenzie	1178	Lester	Sandles	1219	Natalia	Cowie
1138	Jamie	Rendall	1179	Liam	Bendell	1220	Natalie	Bury
1139	John	Catherall	1180	Linda	Woolley	1221	Natasha	Craig
1140	Jo	Gage	1181	Lisa	Donn	1222	David	Hall
1141	Jack	Doveton	1182	Stephanie	Wallace	1223	Neil	Braakenburg
1142	John	Turner	1183	Veronica	Way	1224	Neil	Fox
1143	Jell	Ellis	1184	Elizabeth	Werrey-Easterbrook	1225	Keith	Newhouse
1144	Jennifer	Durden	1185	Laura	Pearce	1226	Nicholas	Timms
1145	Jennifer	Brown	1186	Louise	Tanner	1227	Nick	Little
1146	Jennifer	Jenks	1187	Dan	Conroy	1228	Alice	Lane
1147	James	Deeny	1188	Lucy	Howard	1229	Nina	Wagstaff
1148	John	Curtis	1189	Malcolm	Green	1230	Mark	Nooney
1149	Jo	Lowres	1190	Marcela	Castellano	1231	Nuala	Smyth
1150	Jonathon	Errington	1191	Mark	Black	1232	Asa	Euridge
1151	Jonathan	Costin	1192	Mark	English	1233	Ollie	Bride
1152	Jose	Giraldo Ospina	1193	Mark	Jakins	1234	Ollie	Pickering
1153	James	Keen	1194	Mary	Giles	1235	Oliver	Owens
1154	Janet	Townsend	1195	Matt	Hume	1236	Peter	Lemon
1155	Julian	Rowe	1196	Matt	Gosse	1237	Paul	Wilkins
1156	Khalida	Cox	1197	Matthew	Smallman	1238	Paul	Bennett
1157	Pawel	Kobylanski	1198	Matt	Barker	1239	Paul	Bates
1158	Kas	Fletcher	1199	Matt	Bourne	1240	Paul	Fenton
1159	Kate	Garner	1200	Matthew	Stiles	1241	Richard	Pemberton
1160	Kasia	Bobek	1201	Matt	Hammerton	1242	Chris	Pengelly
1161	Kate	Cooper	1202	Matthew	Harris	1243	Pete	Siddall
1162	Kate	Josling	1203	Matthew	Westwood	1244	Peter	Knight
1163	Kevin	Gaut	1204	Maxwell	Jenkins	1245	Peter	Lancaster
1164	Kevin	Sandall	1205	Mark	Church	1246	Peter	Ellis



GOURMET JAPANESE CUISINE



CLOSED MONDAY LUNCHTIMES

LUNCHES: TUES - SUN, 12PM - 1.45PM

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Marathon Runners (3)

1247	Peter	Doughty	1288	Simon	Child	1329	David	Wright
1248	Peter	Iveson	1289	Simon	Whitehead	1330	Yvette	Eastman
1249	Alex	Perry	1290	Simon	Moore	1331	Yssy	Baker
1250	Philip	French	1291	Chloe	Slater			
1251	Tom	Curran	1292	Sarah	Barron			
1252	Patrizio	Morlacci	1293	Sophie	Braakenburg			
1253	Paul	Rawson	1294	Stephanie	Clarke			
1254	Cedric	Robert	1295	Steve	Mcdowell			
1255	Richard	Marchmonnt	1296	Stephen	Stroud			
1256	Rex	Anderton	1297	Steve	Robinson			
1257	Raymond	Searle	1298	Stephen	Benwell			
1258	Richard	Briant	1299	Steve	Knell			
1259	Richard	Horn	1300	Stuart	Robertson			
1260	Richard	Eatwell	1301	Sam	Carter			
1261	Richard	Rogers	1302	Tara	Duncan			
1262	Richard	Tonkin	1303	Thomas	Calder-Smith			
1263	Rob	Watkins	1304	Mike	Walker			
1264	Robert	Craig	1305	Temilade	Annan-Bepo			
1265	Robert	Harvey	1306	Tessa	Briggs			
1266	Robin	Bertrand	1307	Peter	Watts			
1267	Rob	Mead	1308	Carl	Wilson			
1268	Rory	McCall	1309	Matthew	Claridge			
1269	Rosie	Bristow	1310	Colin	Grenville			
1270	Salvatore	Rotondetto	1311	Thomas	Wilkins			
1271	Rowena	Naile	1312	Thomas	Prince			
1272	Roy	Dillon	1313	Tim	Holt			
1273	Robert	Walker	1314	Timothy	Haughton			
1274	Ross	Simmonds	1315	Tom	Gray			
1275	Jason	Jones	1316	Tom	Hoare			
1276	Sally	Carter	1317	Tom	Hansen			
1277	Sammy	Hall	1318	Thomas	Sutton			
1278	Sara	Vale	1319	Thomas	Orchard			
1279	Sarah	Evershed	1320	Victoria	Nunn			
1280	Liam	Saunders	1321	Alexander	Wright			
1281	Abi	Saunders	1322	Tom	Sindall			
1282	Sophie	Davison	1323	Claudio	Castellano			
1283	Sarah	Ackrill	1324	Vinicius	Leite			
1284	Scott	Colman	1325	Chris	Fryer			
1285	Samuel	Gale	1326	Will	Woodward			
1286	Sean	Bendell	1327	Will	Clamp			
1287	Shireen	Shahnavaz	1328	Will	Lynds			



A History of the Clarendon Through its T-shirts





2013



2022



2009



2016



2018



2014

Half Marathon Runners (1)

3001	Sam	Kent	3039	Claire	Deacon	3077	Gordon	McLean
3002	Adam	Tighe	3040	Clare	Johnson	3078	Graham	Capper
3003	Adrian	Fautly	3041	Claire	James	3079	Hannu	Harkonen
3004	Alex	Hudson	3042	Oscar	Coupe	3080	Harriet	James
3005	Alex	Vanstone	3043	Dan	Hooton	3081	Harriet	Edgar
3006	Alexis	Politakis	3044	Daniel	Milsom	3082	Helen	Nicoll
3007	Alex	Poynor	3045	David	Hartwright	3083	Hannah	Stacey
3008	Alistair	Watson	3046	David	Gaskell	3084	Owen	Thomas
3009	Amber-Lei	Duncan	3047	David	Perrett	3085	Hugo	McCullagh
3010	Amelia	Eller	3048	David	Osment	3086	Jana	Banwell
3011	Amy	Marley	3049	Davina	Temple	3087	Ilidia	Campbell
3012	Amy	Phillips	3050	Diana	Baker	3088	Imogen	Whitehead
3013	Amy	Weatherup	3051	Debbie	Rhodes	3089	Jack	Jordan
3014	Andrew	Bowyer	3052	Deborah	Carter	3090	Iain	Thomson
3015	Andrew	Stewart	3053	Diane	Mattingly	3091	Isobel	Conibear
3016	Andrew	Rhodes	3054	David	Allen	3092	Inga	Docwra
3017	Andrew	McDermott	3055	Dorota	Koschmidder-Hatch	3093	Izzie	Felstead
3018	Anton	Lawrence	3056	Dylan	Mead	3094	Jim	Wright
3019	Andrew	Fenwick	3057	Ed	Wilson	3095	Jane	Ward
3020	Andrew	Harker	3058	Edward	James	3096	Rob	Parker
3021	Alexandra	Harvey	3059	Edward	Limbrey	3097	Leanne	Jones
3022	Barney	Hall	3060	Ellie	Swire	3098	James	Baker
3023	Basha	Allaway	3061	Emma	Sims	3099	Jamie	McKaughan
3024	Holly	Waterhouse	3062	Emma	Budd	3100	James	McConnachie
3025	Ben	Middleton	3063	Emma	Trevor-Jones	3101	James	Cook
3026	Catherine	Barrington	3064	Ellie	Taylor	3102	James	Phelan
3027	Candus	Ward	3065	Oliver	Erskine	3103	James	Rowthorn
3028	Caroline	Cheer	3066	Evangeline	Squaletti	3104	Jane	Fenwick
3029	Catherine	Hendra	3067	Felicity	Mitchell	3105	Janet	Ryan
3030	Catie	Danbury	3068	Finn	McCullagh	3106	Jeremy	Beanland
3031	Millie	McLeod	3069	Frankie	Colling	3107	Jed	Dixon
3032	Caspar	Fox	3070	David	Johnson	3108	Jenny	Larkham
3033	Lottie	Budd	3071	George	Tuckey	3109	Joyce	Porrett
3034	Chris	Lindsay	3072	Georgie	Hopkins	3110	Jeremy	Iveson
3035	Chris	Morgan	3073	Georgina	Banwell	3111	Jess	Danbury
3036	Chris	Drabble	3074	Giles	Hawke	3112	Jo	Farquhar
3037	Chris	Billington	3075	Matthew	Gisby	3113	Joanne	Everest
3038	Chris	Yoxon	3076	Geraldine	Williams	3114	John	Roe

Half Marathon Runners (2)

3115	John	Carter	3153	Marie	Chambers	3191	Rachel	Tuffin
3116	John	Powell	3154	Mark	Curtis	3192	Richard	Docwra
3117	Jon	Vamplew	3155	Mark	Judkins	3193	Isobel	Docwra
3118	Jon	Cole	3156	Mark	Dixon	3194	Timo	Reinhold
3119	Mark	Josling	3157	Jackie	Dixon	3195	Ric	Pike
3120	Julia	Downes	3158	Michael	Arnott	3196	Richard	Hunt
3121	Julian	Totman	3159	Oliver	Hampden-Martin	3197	Richard	Jackson
3122	Julie	Dinkele	3160	Matthew	Knight	3198	Richard	Hurrell
3123	Jules	Wilkinson	3161	Max	Skinner	3199	Rob	Sherwin
3124	Kate	Hurrell	3162	Mark	Cogan	3200	Robert	Carter
3125	Karen	Lewry	3163	Patrick	Mccullagh	3201	Rob	Spencer
3126	Karen	Hazlitt	3164	Melanie	Middleton	3202	Roena	Gooch
3127	Kate	Dew	3165	Melanie	Gorton	3203	Helen Dawn	Ralph
3128	Katie	Gould	3166	Jake	Melling	3204	Robert	Boyd
3129	Kelly	Gallacher	3167	Marcus	Harmes	3205	Ruan	Simpson
3130	Ken	Boulby	3168	Michael	Roe	3206	Rufus	Boyd
3131	Ken	Eaden	3169	Michelle	McCLean	3207	Sam	Godolphin
3132	Rachel	Davies	3170	Mike	Molyneux	3208	Callum	Budd
3133	Ben	Davies	3171	Sam	Morton	3209	Steve	Allen
3134	Kenny	Skillen	3172	Mark	Phelan	3210	Sam	Head
3135	Kerry	Natt	3173	Marc	Chambers	3211	Samuel	Rainer-Guy
3136	Matthew	King	3174	Neil	Jennings	3212	Linda	Windsor
3137	Andy	Knight	3175	Nick	Teige	3213	Sarah	Witt
3138	Katie	Duncan	3176	Nicholas	Bryant	3214	Sarah	Billington
3139	Laura	Vincent	3177	Nick	Davies	3215	Sean	Galvin
3140	Leah	Allen	3178	Nick	Crane	3216	Sean	Browes
3141	Lee	Barnicott	3179	Nick	Cross	3217	Jack	Searle
3142	Jonathon	Shafe	3180	Nico	Rosser	3218	Christina	Searle
3143	Liz	Marshall	3181	Nigel	Hemsted	3219	Paul	McCormack
3144	Lucy	Chilcott	3182	Meg	Nott	3220	Sharon	Ardley
3145	Eleanor	Donegan	3183	Paul	Kettle	3221	Shellie	Lancaster
3146	Lucy	Neate	3184	Paul	McMahon	3222	Scott	Williams
3147	Laurence	Wilks	3185	Penny	Jennings	3223	Sarah	Walker
3148	Magdalen	Miller	3186	Adam	Perry	3224	Sophie	Black
3149	Will	Hanbury	3187	Peter	Haynes	3225	Sam	Chamberlain
3150	Glenis	Maloney	3188	Phil	Fenberg	3226	Stephen	Lucas
3151	Steve	Goodwin	3189	Lucy	Wyatt	3227	Steven	Edgar
3152	Marcus	Luce	3190	Peter	Qualmann	3228	Stephen	Miners

Half Marathon Runners (3) and Mini Marathon

3229	Sudip	Nandy
3230	Sue	Sylvester
3231	Tamsin	Haynes
3232	Tanith	Rowles
3233	Colin	Clarke
3234	Dawn	Harrison
3235	Tim	Foster
3236	Tim	Parker
3237	Tom	Spears
3238	Victoria	Ralph
3239	Travis	Knight
3240	Trevor	Nott
3241	Vicky	Griffiths
3242	Veronica	Benson
3243	Victoria	Stevens
3244	Gareth	Walker
3245	David	Wood
3246	Nick	Wood
3247	James	Wood
3248	Brenin	Wood
3249	Chris	Wedderburn
3250	Lynne	Whitaker
3251	William	Murray
3252	Eve	Chan
3253	Zoe	McLean

MINI MARATHON

4001	Alexsandra	Marzocca
4002	Andrew	Cable
4003	Josh	Burfoot
4004	Colin	Jardine
4005	Liz	Slade
4006	Gemma	Roche
4007	Deborah	Goss
4008	Janne	Hansen
4009	Izzie	Gwynne-Harris
4010	JJ	Heath-Caldwell
4011	Laura	Bream
4012	Laura	Davison
4013	Laura	Cowen
4014	Andrew	Davies
4015	Adam	James
4016	Lenny	Dalby
4017	Callum	Maxwell
4018	Nicola	Porter
4019	Rachel	Hobbs
4020	Sarah	Horton
4021	Mark	Slater
4022	Steve	Slater
4023	Sarah-Jane	Luk
4024	Sofia	Maxwell



Relay Teams

- 2001 Simon Woods
- 2002 Gift Of Sight Highfield
- 2003 Zoomers & A Boomer
- 2004 Plodzillas
- 2005 Pacers Sancti Petri
- 2006 Whose Idea Was This?
- 2007 George & Falcon Trail Runners
- 2008 The Amazing Runners And Kyle
- 2009 Halterworth Harriers PTA
- 2010 Robert Whitehead
- 2011 Newbury Canoe Club Super Stars
- 2012 Grr Steady Striders
- 2013 Halterworth Harriers Falcons
- 2014 The H's
- 2015 Miles Of Smiles
- 2016 Dee-Termined To Finish
- 2017 2 Fast 2 Furious
- 2018 5am Club Dads
- 2019 The Bald And The Beautiful
- 2020 Toynbee Trotters
- 2021 Running Like The Winded
- 2022 WADAC Wonder Women
- 2023 Runaltus Spirit
- 2024 Runaltus Tribe
- 2025 Winterslow Whippets
- 2026 Gosport Road Runners Team 4
- 2027 Gosport Road Runners Team 1
- 2028 Helene Beresford
- 2029 Team Gaimster
- 2030 Jelly Shampoo Slyly
- 2031 Gosport Road Runners Team 3
- 2032 Sole Sisters
- 2033 The Rolling Scones
- 2034 Stayin' Alive
- 2035 The Bats Out Of Hell
- 2036 Team Vosser
- 2037 George And Falcon Reserves
- 2038 The Bombas
- 2039 Everything Hertz
- 2040 The Buddens
- 2041 This Woman Runs Winchester
- 2042 Wiltonians
- 2043 Crockerton Queens
- 2044 Team Hamwic
- 2045 Four Runners Of The Apocalypse
- 2046 Donut Squad
- 2047 Gosport Road Runners Team 5
- 2048 Worse Pace Scenario
- 2049 Gosport Road Runners Team 2
- 2050 Running With Porpoise
- 2051 Household Cavalry Regiment MPAs
- 2052 Where's The Shortcut?
- 2053 Run Ashore
- 2054 Shore Leave Sprinters
- 2055 Halterworth Harriers Eagles
- 2056 The Lambertghinis
- 2057 Herculean Efforts One More Time
- 2058 Tuesday Scratch
- 2059 Luker Four
- 2060 Durley Runners A
- 2061 Durley Runners B
- 2062 Durley Runners C
- 2063 The Ambling Abbots
- 2064 Drunk Poets
- 2065 Scrambler Leggs
- 2066 The Day Trippers
- 2067 The Meeple People
- 2068 SGR/TNT Benidorm Posse
- 2069 Chafing The Dream
- 2070 Harnham Junior School
- 2071 Worthy Monday
- 2072 Richard Venn
- 2073 BPS Bois
- 2074 Clo Family
- 2075 Perham Collective
- 2076 3 Cousins And A Wife!
- 2077 The Sundance Kids
- 2078 Disaster Area
- 2079 Flynn's Fliers
- 2080 Winchester? I Only Know Her In Passing
- 2081 Rainbow Trust
- 2082 The Super Seventies
- 2083 Scrambled Legs
- 2084 St Peter's Pacers T1
- 2085 Fleur Jackson

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. 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
Alton Runners
Altus
Andover Athletics Club
Astons Run Club
Berkshire Hash House Harriers
Bracknell Road Runners
Brighton and Hove AC
Chandlers Ford Swifts
Chichester
City of Salisbury A & R Club
Clanfield Joggers
COSARC
Dorset Doodlers
Eastleigh Running Club
Egdon Health
Farnham Town Runners
Fulham Running Club
George & Falcon Trail Runners
Gosport Road Runners
Guildford Trail Runners
Halterworth Harriers
Hamwic Harriers
Hardley Runners
Hedge End Running Club
Henfield Joggers
HLDR
Horsham Joggers
Jog On Crew
Lordshill Road Runners
Lytchett Manor Striders
Marlborough Running Club
Mental Miles
Mindfully active
Mr Rs runners
Muddy Canicross Runners
Muddy Runners
New Forest Runners
Newbury AC
Otto Run Club
Oxford City Athletic Club
Perham Collective
Petts Wood Runners
Pewsey Vale
Plymstock Road Runners
Poole Runners
Portsmouth Joggers
Racing Snakes
Romsey Road Runners
Royal Navy Athletics Club
Run4George
RunAltus
Serpentine RC
Sevenoaks Athletics Club
SGR
Solent Running Sisters
South West Road Runners
St Mary Running and Triathlon Club Calne
St Peter's Pacers
Steyning AC
Stubbington Green Runners
Sunday Runners Club
Tamar Trotters
The Stragglers RC
The Sunday Runners Club
This Mum Runs
Tidworth Trotters
Totton Running Club
Trail Running Association
Tuesday Runners
Vegan Runners
Victoria Park Harriers & THAC
Wells City Harriers
Wessex Road Runners
Westbourne RC
WFC running club
Winchester & District AC
Winchester Fit Club
Winchester Running Club
Worthy Runners
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

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



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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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