



THE NEW STRIDER



Volume 12 Issue 4

Newsletter for Desford Striders Running Club

April 2011

Leicestershire Road Running League.

Striders thin on the ground at the Kibworth 6

The final Winter league race had a very disappointing turnout of Striders, with just 12 making the trip to East Leicestershire for the Kibworth 6. After the fixture was lost to heavy snow last year, it was no doubt a relief to the organisers that the day turned out to be dry, but cool.

The distinct lack of Striders meant we had the club's lowest representation since 2009, since, funnily enough, The Kibworth 6 in March of that year, when we had just 6 run. Obviously not one of our members favourites! However, taking the positive slant, we doubled the club's attendance of 2 years ago. Would be great to do that next year too!

Of this year's group just two were ladies, which left the club without a full ladies team for the first time this season. However, as Nicola Glover and Marie Hobbs ran, both the senior and vets. teams picked up valuable points. Unfortunately it has resulted in the senior team dropping to the bottom of Division 1, four points behind Huncote and a position of safety from the drop to division two. Although with 5 Summer races to come, there is still a chance for them to climb up the table.

Both ladies put in fine performances on a course which in my opinion, challenges The Hungarton 7, for the title of 'toughest road race in Leicestershire'. There are a number of tough climbs, which we all managed to negotiate and what goes up must come down! So there were plenty of downhill opportunities to make up time if you so wished. As it was, Nicola came in just over 51 minutes in 75th position, whilst Marie was pleased to have crossed the line in just under the hour.

A simple maths calculation shows that we had 10 men run, of which Richard Billington, who also cycled over to Smeeton Westerby for the run, a little jaunt of 20 miles or so, came in first in a time of 37:01. He was not so closely followed by Graham Hobbs who just scrapped into the top 100 men in a time of 40:15. Henry Long and Dave Playford had a fair battle with each other, which saw Henry cross the line just four seconds in front. The next three gents Lee Garner, Steve Bailey and Nigel Trotman all finished within 29 seconds of each other. So there appears to be plenty of friendly rivalry going on.

The men's senior team is sitting 4th in Division 3, whilst the vets. are lying third. Unfortunately both teams have a rather substantial gap to make up on the teams above them and will find it a real challenge to get into one of the promotion spots.

The full Strider results and the latest league tables are here for you to have a look at, and I'll finish with just a few lines of thanks to those who turned up and ran. Also to Sean T. for sorting the results out after the race and to Marie for the excellent post race flapjacks! They went down very well and I only a couple left to take home! Which most likely helped my waist line!

Kibworth 6

<u>Men</u>	<u>Pos</u>	<u>Time</u>
R. Billington	41	37:01
G. Hobbs	100	40:15
L. Barber	152	43:06
S. Tebbutt	209	46:33
G. Grimsley	220	47:33
H. Long	226	48:06
D. Playford	227	48:10
L. Garner	257	51:26
S. Bailey	259	51:44
N. Trotman	261	51:55

Ladies

N. Glover	75	51:13
M. Hobbs	119	59:51

Block Entries for the Summer LRRL races

As previously advertised, Gary Grimsley will sort the block bookings for the Summer League races. He'll take your entry fee, complete an entry form and send it off to the host club, thereby saving you the effort. He's usually up at SiD on Thursday evenings, so if you get yourself organised there shouldn't be any problem getting hold of him.

If you're giving Gary a cheque, then please make it payable to whomever the host club states (a quick search on the internet should find this) and not to either Gary or Desford Striders, otherwise he'll have to chase Richard McBean for a club cheque. Also, please give him your date of birth, he'll will need this for the entry form. The first race this will apply to is our own 1/4 marathon on 22nd May.

If not seeing Gary up at SiD, your cheque to him at 25 Berry Hill Cottage, Dawson's Lane, Barwell, LE9 8BE. You can also get hold of him on 07743 238914.

2011 LRRL fixtures

Summer

22 May	Desford	1/4 Mar
12 Jun	Swithland	6
6 Jul	Hungarton	7
3 Aug	Huncote	5
4 Sep	John Fraser	10

(For individual entry fees, check race details.)

**Places still available for the Livingstone Relays!!!!!!
See page 2 for details**

**Got anything for the newsletter?
Please forward to: Graham Hobbs
at
dsrc.inform@googlemail.com
or
146 Kirkby Road, Barwell, LE9 8FS**



Desford 1/4 Marathon

Date: 22 May
 Venue: Desford Primary Sch.
 Time: 10.30 a.m.
 Dist: 6.55M
 Cost: £6
 Parking: Will be limited, please car share if possible.



Swithland 6M

Date: 12 June
 Venue: Halstead Rd Playing Fields, Mountsorrel, LE12 7HE.
 Time: 10.30 a.m.
 Dist: 6M
 Cost: £8
 Other: £4 extra on the day if places available.

The race has gone back to being 6m from a 10K. Chip timing will be used.

Leicester Running Shop LRRL Tables

<u>LRRL 2011 Ladies Div 3</u>	
	<u>Pts</u>
Beaumont	119
Harborough	102
Nuneaton	102
Hermitage B	87
Ivanhoe B	83
Hinckley B	79
West End B	68
Wreake B	66
Fleckney B	61
Harborough B	56
L. Tri B	53
Wigston Ph B	51
Desford B	49
S. Derbys	45
Charnwood Tri	43
Roadhogs B	43
Beaumont B	39
Shepshed	33
L Coritanians	32
Whetstone	23
L. University	8
Nuneaton B	6
Stilton B	0

<u>LRRL 2011 Ladies Div 1</u>	
	<u>Pts</u>
Charnwood AC	97
Barrow	80
Leicester Tri	75
Birstall	70
Fleckney	68
Barrow B	63
Stilton	51
Huncote	49
Roadhogs	47
Desford	45

<u>LRRL 2011 Ladies Vet Div 2</u>	
	<u>Pts</u>
Harborough	89
Wigston Ph	83
Fleckney	76
Desford	69
Roadhogs	69
West End	67
Stilton	57
OWLS	0

<u>LRRL 2011 Men Vet Div 3</u>	
	<u>Pts</u>
Shepshed	89
Beaumont	84
Leicester Tri	83
Desford	69
Nuneaton	63
Sth Derbys	63
Birstall	59
Whetstone	50
Charnwood Tri	36
OWLS	8
L University	0

<u>LRRL 2011 Men Div 3</u>	
	<u>Pts</u>
Beaumont	90
West End	83
Desford	76
Birstall	70
Sth Derbys	69
Nuneaton	58
Shepshed	55
Harborough	48
Whetstone	47
Charnwood Tri	40
L University	30

LRRL Individual Club Standings

The final Winter league race saw Richard Billington strengthen his position at the top of the men's Vets. table with yet another win. But the pressure is being maintained by Graham Hobbs, who in all reality is relying on Richard running on one leg in at least one of the Summer races! Sean Tebbutt's excellent form continues and it has taken him into third place.

After missing our own 10K, Lee Barber was the only senior male at the Kibworth 6, this allowed him to retake top spot from Ady Cave, who in turn remains 7 points ahead of Gavin Speed.

As only two ladies ran at Kibworth, and both being vets., the senior ladies remains unchanged, with Emily Crowe and Liz Cave being tied for first on 9 points. Jo Densley lies just 5 points behind. Meanwhile Nicola Glover is starting to look a good bet for the ladies vet. Title. She picked up her third win in four starts and has a 7 points advantage over Marie Hobbs, who is striving to take the road championship and add it to her cross-country title. However there is a long way to go and last year's champion, Pam Lord, is just two points behind.

<u>Female Seniors</u>	
	<u>Pts</u>
Emily Crowe	9
Liz Cave	9
Jo Densley	4

<u>Female Vets.</u>	
	<u>Pts</u>
Nicola Glover	19
Marie Hobbs	12
Pam Lord	10
Lisa Charlton	9
Ruth Evans	5
Jane Davies	5
Marie Playford	4
Anna Cave	2
Caroline Humber	1

<u>Male Seniors</u>	
	<u>Pts</u>
Lee Barber	19
Adrian Cave	16
Gavin Speed	9
Neil Ackland	5
Pete Marvin	4

<u>Male Vets.</u>	
	<u>Pts</u>
Richard Billington	75
Graham Hobbs	67
Sean Tebbutt	54
Paul Goddard	51
Gary Grimsley	49
Duncan Percy	40
Henry Long	35
Steve Bailey	29
Mark Foley	27
Mark Goodrich	26
Dave Playford	25
Nigel Trotman	17
Lee Garner	15
Andrew Cole	12
Dave McCartney	11
Brian Moran	11
Clive Coulson	9
Steve Hibben	4
Steph Pandit	4
John Shade	4
Francis Breen	4

Congratulations to the following people who ran in all five of the Winter League races, let's hope they can keep it going throughout the Summer! Richard Billington, Graham Hobbs, Sean Tebbutt, Gary Grimsley, Henry Long, Steve Bailey and the only lady, Marie Hobbs.



Run For Your Man Desford 10K

As previously advertised we are trying a new date, time and day for this year's ladies only event. Hopefully you'll all be keen to get involved, the ladies running and the men helping out.

This year it will take part on Wednesday 12th July at 7.30 p.m. we are hoping that the prospect of an evening run/walk will encourage more ladies to take part and raise lots of money for Prostate Cancer.

Andy Hurd is leading the organising group, which also consists of Emily Crowe and Nicola Glover. If you can offer a little help too, you would be more than welcome. E-mails to the usual address please.

We are still looking for help for our own league race on 22nd May. We're after people to help with parking, marshalling, and the finish area.

If you're not running then why not help the club out and come along. It would help the organisers if you could let them know nice and early, so that they can allocate jobs and not be running around doing this on the day. Thank you.

E-mail dsrc.inform@googlemail.com. Hope to see you there.

MONDAY NIGHT OFF ROAD RUNNING

Burroughs Ratby 5 to 7M	Bradgate PK 6 to 8M	Thornton Res 5 to 7M	Huncote Leis Centre 6M	SID 9M
28 th March	4 th April	11 th April	18 th April	
25 th April	2 nd May	9 th May		16 th May
23 rd May	30 th May	6 th June	13 th June	
20 th June	27 th June	4 th July		11 th July
18 th July	25 th July	1 st Aug	8 th Aug	
15 th Aug	22 nd Aug	29 th Aug		5 th Sept
12 th Sept	19 th Sept	26 th Sept		

Marie and David Playford's Monday night runs are back in full swing, hopefully you'll be able to make one. The schedule they've devised runs from five different locations and distances range from 5 to 9 miles. So a little something for everyone.

The runs start every Monday at 6.30pm. Please come along there will be plenty of re-grouping stops so no-one will get left behind!

Any questions or queries please just give Marie and David a ring on either 0116 275 1070 or 07528 622 699.

Tuesday Night Running

Can't make either Monday or Thursday Night? Well how about Tuesday evening? The club can offer two sessions on this night.

Quality Session which goes from SiD at around 6.45 p.m. Depending on the schedule this can be hill sessions or interval work. Runners go at the pace they want to and there's no question of pushing anybody too hard. You work as hard as you like and if you put a little effort in, you'll reap the benefits in the future.

The Co-op Run two groups are run from the Co-op in Desford at 6.30 p.m. I believe one is of a slow/steady pace, with the other being slightly quicker. Sean Tebbutt is the man to speak to for further details.

Why not give either one a go or alternate between the two?

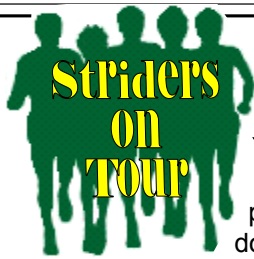
Thursday Summer Club Running Summer Runs

Many thanks to Desford Striders' very own Route Meister, Francis Breen, for once again preparing the Summer run schedule.

All distances are approximate and could be out

Date	Name	Dist	Name	Dist
14-04	Thornton + Reservoir	8/10	Botcheston	5.5
21-04	Old Race Route + Track	7.5/8.6	Old Race Route	6.5
28-04	Newbold H'th + village	8.5	Botcheston	5.5
05-05	Figure of 8	5.25	Caterpillar	2.8
12-05	Kirkby Mallory + Track	7.5	Kirby Mallory	5.7
19-05	Thornton	8/10	Botcheston	5.5
26-05	Old Race route + Track	7.4	Old race route	6.5
02-06	Thurlaston	8.3	Thurlaston	5.8

Back to winter running



THREE LADIES AND A TOYBOY!

My thanks to Gwyneth Reed for this article on the recently run Farmyard Frolics, a tale of obstacles, water and other mucky things....

You may well ask! This was the name given to the team, of which I was a member, that took part in the Farmyard Frolic on Sunday March 20. It was all Eula's idea. I was cajoled into participating, Eula's reasoning being "Gwyneth, if you can do the Belvoir Challenge this will be a doddle!!" Who was the "toyboy"?.....Dave (Lawrie) and the third lady?....Eula's friend Eve.

Whilst some of you were on the start line at Kibworth, we were warming up in the farmyard with the Tikwondo team (in pristine new white gear....you should have seen them at the end!!!!), superman, fairies, rabbits etc. and members of the Leicestershire Cricket Club. Some people were even wearing brand new white trainers!!!

It was a great morning for running, good job it wasn't raining as lots of ploughed fields to traverse....ground very hard and rutted. There were straw bales of various heights to negotiate, one lot covered in slippery tarpaulin (thanks Dave and Eula for pushing/pulling me over); a pile of dirty straw to clamber over; a heap of tractor tyres to climb over/through, a wagon to jump off. There was a roller coaster of steep ridges near the quarry....sharp climbs and even steeper descents where the use of bottoms over feet was favoured by many!....and even a scramble net to crawl under. There was even the obligatory water obstacle.....Three of them! The water was cold! One was 100metres long, water up to the waist A small person might have needed water wings! The water was very murky....dread to think what we were stepping on/into! (Does anyone remember when John Greenlees lost his glasses at a similar obstacle many years ago?!) The last obstacle was a pole jump...Dave jumped it as if it were Beecher's Brook, Eve tried limbo dancing under it!

What kept us going?....the thought of the bacon bap that Dave had promised us! So, after a quick change(rather limited changing facilities....good job it was dry,) we followed the sizzling bacon smell. That bap tasted fantastic!!

Every finisher received a "wick away" t-shirt and a very good "goody" bag. A good morning out...a lot of banterwe all survived....in aid of Cerebral Palsy Sport.

50 in

For years now myself and Marie have come home from the League races and the kids have asked, "How did you get on?" A polite enough question from our extremely interested offspring (o.k. a little exaggerated I grant you.). Anyway Marie would always say "We didn't win!" An accurate reflection on the result, a little amusing.....at first, but became a little.....tiring over the years.....well to me anyway.

So in the end I just had to say, calmly and politely, "Will you stop saying that, of course we didn't win, we never will." Marie just chuckled and was spurred on to repeat this report each week.

Well, do I feel (almost) silly now! The Date: Sun 27th March; The Place: Coventry Memorial Park; The Event: The British Military Fitness 5K; The Result...I won!

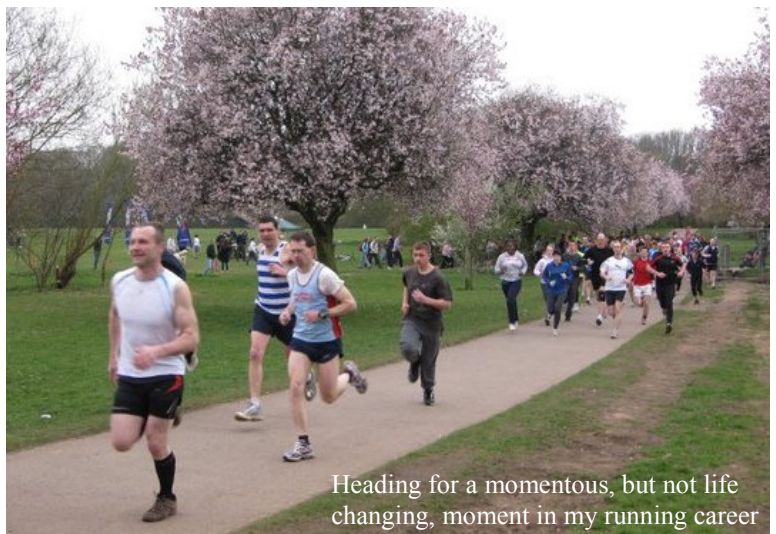
Organised by a company specialising in 'Fitness Regimes', this 5K run offered all sorts of abilities an excellent run on a cool Sunday, but sunny Sunday morning. We both turned up and felt very conspicuous, as we were the only ones in club vests and clearly many of the runners were at the dawn of their running careers.

Around 120 runners, joggers and walkers set off and it became clear that amongst the throng, that there was no Mark Powell, Tim Hartley or Gemma Steele. Especially as I found myself in the lead after 400 yards. This was too good to be true.....and surely a moment I couldn't let slip. So I pushed as hard as I dared and caused the lead cyclist to constantly readjust his speed.

At the end of the first lap I had a substantial lead, but thought if I don't keep going, the wheels might still fall off! So I pushed and pushed, until I got to about 3.5K and thought, I'm not letting this go. The course took the runners on a twisting run and we all passed each other in the opposite direction. Getting encouragement from some of the (for the want of a better word) back markers, spurred me on and if not to glory, to an extremely satisfying first win of my running career, in a very pleasing time of 19:15.

The next runner in was 30 seconds behind and speaking to him afterwards his P.B. is actually half a minute quicker than mine. So I can take great satisfaction from my win.

Marie finished in 27:24 and quipped that when we got home, she could genuinely say when asked, "We won!". I just sat there with a smug look to my face. Never say never!



Heading for a momentous, but not life changing, moment in my running career

**BMF
5k Fun Run**

Braunstone Parkrun



Marie settles into the pack at the BMF 5K, Coventry.

This was another 5K, but this time in Leicester's own Braunstone Park. It's one of a series of free races run throughout the length and breadth of our fair land.

Started in 2004 in London the event has mushroomed into one that sees thousands of people enjoying a timed 5K in their local park. We are lucky in Leicester as apart from one starting at Conker on 16th April, there are currently no others in the East Midlands.

Run purely by volunteers this event had over 150 people run the 24th staging and attracted people of all speeds, standards, ages and sizes. It had a real 'feel good' factor about it. Seeing people get out and enjoy running.

We spoke to two youngsters afterwards. "It's my third time, but Tommy's first and did it in 29 minutes." Said little Johnny (names changed for legal reasons and I

can't remember them!) "How old are you?" "8 and 9!" He said proudly as he walked off. Brilliant! An excellent way to get into running.

All that you have to do is register on the Parkrun website by the Friday, print off a barcode, take it along on any Saturday for a 9.00 a.m. start and run! We would heartily recommend it.

Anyway on to our morning at Braunstone Park.....it wasn't as flat as I expected. It wasn't hilly but one steady incline towards the end of each lap tested our legs. I was more than happy with my run as I achieved a P.B. of 18:43 and Marie came in at 27:36.

We had a slight disagreement about the difficulty of the course over the previous week's at Coventry. Marie thought Braunstone was harder and I the other way around. Either way, it was an excellent event and I shall certainly be returning, perhaps after my little project is completed.

Bosworth Duathlon



This is an event I've been wanting to do for a few years, but have been unable to for various reasons. Finally this year I gave it a bash. Organised by the 1485 Tri Club and staged at Bosworth Water Park, it consisted of a 5K run, followed by a 21K bike run and another 5K run.

The runs were completely off road and were each made up of two flat laps around the two lakes of the park. The weather was very warm and I was concerned with over heating, but a cool breeze definitely helped.

Mindful of setting off too fast I kept a steady pace for the first run, completing the course in 19:50. I didn't know it at the time but I was 29th quickest of the 86 competitors, which included all standards.

I was by no means the only first timer. I entered the transition stage and remembered..."Helmet on before you touch the bike!" Good advice Stevie B, thanks! And then off for the 21K of cycling. Not being a big fan of cycling, I didn't expect to do any great shakes and being the 50th fastest/slowest(?) proved the fact. Although I was pleased with my effort, I gave as good as I got in the overtaking stakes. The route had a few testing, long inclines but thankfully didn't take too much out of me.

After 40:21 of cycling I again arrived at transition. I seemed to take an age changing back into my running shoes and a whole herd of duathletes who arrived after me, left before I could get going. Not a problem....I was there to enjoy the experience.

I was up and running and soon found that my recent training stood me in good stead. My legs felt fine and I started to pick off other runners one by one, who appeared to have put too much effort into the bike ride and were struggling with the second run. I felt strong and kept up the pace and crossed the line, taking 28 seconds less than the first 5K, pretty pleasing.

All told, including the transitions, I took 1:22:04 to finish the whole event and finished in 31st place. It was a most enjoyable and well organised event and will look to do it again one day. If you're thinking of having a go, then do it! All levels of competitors were there, from quite obviously the experts, to people like myself who had never had a go before and they were very kind to us beginners!

On the first run I had an unexpected surprise, when I heard Marie and our youngest, Emily, shouting and cheering me from the road. What a boost that provided me, as did spotting the Caves out and about on their bikes. My thanks to the support from The Billingtons and Steve Bailey, who were all part of the excellent organising/support team.

Our very own Chris Minto was also there taking part and he completed the event in 1:28:30, finishing 53rd.

As part of the challenge I am hoping to complete a marathon and one I have found sounds very interesting. It's called the Birmingham Canal Canter. Organised by the Long Distance Walking Association (they accept runners too!) and there is a choice of either an 18 or 26.2 mile route, which take the competitors around the canals of Birmingham. There are checkpoints to attend and according to one review I read, they offer food and hot drinks! Although you do have to carry your own mug! The website is www.ldwa.org.uk/heartofengland and click on the link. Let me know if you are interested.

Here are some I've planned over the next few months, hope to see you the odd one or two. Cheers.

April:

- Sun 21st - Massey Ferg 5 (Cov)
- Sun 24th - Livingstone Relays

May:

- Sun 8th - Hinckley half
- Sat 14th - Kenilworth Killer 10K
- Sun 15th - Wymeswold Waddle 5M
- Sun 22nd - Desford 1/4
- Mon 30th - Oaks in Charnwood

June:

- Sun 12th - Swithland 6
 - Wed 22nd - Hinckley 5K
 - Fri 24th - Colworth 5m
 - Sat 25th - Colworth 8m
 - Sun 26th - Colworth 1/2
- } All N'thants

Shenton Shunt Birthday Celebrations

The club's 20th birthday celebration will be taking place on Saturday and Sunday 18th and 19th June. A weekend of events is being planned at the Bosworth Battlefield Site, including the main event, a run (not a race!) from Shenton Station to Shackerstone and back. A total of around 13.5 miles in the company of **Thomas The Tank Engine!** or if you prefer, just do the first section and get a ride back!

Bookings for Thomas can be made in advance for either the return or single journeys.

Other events included:

Saturday: Overnight camping with toilet and shower facilities (£10 per tent)
Hog roast and barbeque.

Sunday: Falconry Display (£2)
Craft Fare
Father's Day lunch at The Tythebarn
Visit the Battlefield Centre
Take a guided Walk to the new battlefield site

It would be great if as many Striders (current, old and new!), family members and friends could make it to celebrate this occasion. So why not stick it in your diary now? Further details will be available shortly.



It's been a while since we heard from John Shade, but he's returned with an article on the Cotgrave 10K held on Saturday 9th April.

Never been near the Grantham Canal before June of last year where most of the Hickling based Corn Dolly Challenge was run on it's excellent towpath. This disused canal being a haven for wild life. Have just returned to that same towpath just 6 miles North of Hickling for this Cotgrave 10K and 2K Fun Run from Hollygate Scout campsite.

The location is about 6 miles South-East of Nottingham and about 3 miles from both the Nottingham Airport and National Water Sports Centre at Holme Pierrepont. The event was on a traffic free course within the grounds of Cotgrave Country Park on hard surfaces and some grass. There are a few sharp inclines and undulations but is mostly flat with lots of doubling back.

It takes in a lock, small lake, old railway, Heron's Lake and lots of towpath (which included puzzled fishermen), before a good bag at the finish. Also Harry Hare presents a special prize to one selected young competitor in the 2K event. As we were out on the course a number of light planes past overhead on their flight path East from the airport.

This charity event is proving increasingly popular. In it's first year, 2009, there were 77 taking part. In 2010 the number increased to 164 and now this year's race attracted 263, of which just 58 were club runners. The Country Park was identified as the last one in Nottinghamshire to be used for organised running events and this is now being greatly encouraged. The weather was fine, dry, sunny, pleasantly warm with a hint of a breeze.

Results:
1st male Jake Harrison Charnwood in 34:15 (by 2 mins)
1st female Kelly Weal TFN in 41:30 (17th overall)
I was 122nd in 52:21