



THE NEW STRIDER



Volume 10 Issue 7

Newsletter for Desford Striders Running Club

August 2009

Leicestershire Road Running League.

The latest League race staged at the beginning of July had an excellent total of 26 Striders complete the 7 miles of tough hills around Hungarton. To celebrate the 25th anniversary of the race, the host club, Wreake, announced that they were reverting to the original course. Not having run this version before I wasn't sure what to expect and I'm glad I didn't know beforehand, as I may have changed my mind!

Right from the start we were faced with steep hills (all going the wrong way!) and it became quite clear that times would be very heavily affected. However there was a plus side. Following the four miles of nearly continuous climbing, came three miles of downhill stretches and as long as you had enough puff left, there was a chance of putting in a good finish.

As usual Richard Billington led the men home with Liz Cave continuing her good form by being our first lady over the line. Malc Hill made a very welcome first appearance of the League season.

The results are here for you to take a look at, together with the latest League tables. These are following the Prestwold 10K as they are still to be calculated to include the Hungarton 7. Depending on your view of League tables and the club's status, they won't make very pretty reading, with both men's teams unfortunately sitting in relegation positions and barring a miracle in the last few years races looking forward to a season in Division 3.

The ladies however are, as usual, providing a ray of light, with the first Senior team 10 points clear of the relegation zone in Division 1 and the second senior team sitting comfortably in the middle of the second Division. Their vets. team are likewise settled into a mid table position.

Hungarton 7

Men	Pos	Time
R. Billington	40	43:39
G. Hobbs	107	48:05
L. Barber	130	49:29
P. Marvin	134	49:47
R. McBean	160	51:19
A. Brine	171	52:03
M. Dixon	214	55:27
H. Long	215	55:31
N. Trotman	228	56:45
M. Goodrich	232	57:10
R. Ivers	239	58:08
S. Tebbutt	240	58:29
S. Pandit	241	58:50
S. Boorman	247	59:41
M. Hill	262	1:06:56
S. Morris	270	1:25:09
S. Hibben	271	1:27:41
Ladies	Pos	Time
L. Cave	19	50:55
M. Billington	26	52:08
M. Aukland	32	53:15
M. Playford	35	53:58
E. Crowe	50	57:08
H. Hanscombe	52	57:18
C. Ivers	59	58:05
R. Evans	99	1:04:54
M. Hobbs	103	1:06:43

LRRL 2008 Ladies Div 2

	Pts
Charnwood	155
West End	140
Stilton	137
L. Tri	133
Birstall B	120
Ivanhoe	113
Roadhoggs	110
Fleckney B	107
Hermitage	106
Huncote B	82
Wreake B	63
S. Derbys	51
Harborough	50
Desford B	44
Nuneaton	44
Hinckley B	39
Hermitage B	36
Shepshed	34
West End B	33
OWLS B	27.5
Whetstone	27
Roadhoggs B	27
Ivanhoe B	20.5
L. Tri B	19
Stilton B	10
Harborough B	9
Charnwood B	6
Beaumont B	0
Nuneaton B	0
S. Derbys B	0

LRRL Summer Races Block Booking

OWLS10: cost £7, cheques payable to 'OWLS AC' to Liz by 24th Aug at the very latest.

WHEN SENDING OFF YOUR PAYMENT, PLEASE ENSURE YOU SEND YOUR **DATE OF BIRTH** AS WELL.

OWLS 10 - 6th Sep - Liz



OWLS 10M

Date: 6th Sep
Time: 10.30 a.m.
Dist: 10M
Cost: £7
Club: OWLS

LRRL 2008 Men Vet Div 2

	Pts
Leics Cori	132
Hermitage	108
Fleckney	100
West End	98
Hinckley	93
Nuneaton	88
Desford	84

LRRL 2008 Ladies Div 1

	Pts
Barrow	129
Birstall	121
Fleckney	105
Huncote	97
Barrow B	85
Wreake	85
Desford	78
OWLS	73
Hinckley	68
Beaumont	62

LRRL 2008 Men Div 2

	Pts
Huncote	126
Fleckney	123
Hinckley	111
Roadhoggs	97
Beaumont	90
Desford	85
Shepshed	82

LRRL 2008 Ladies Vet Div 1

	Pts
Barrow	174
Huncote	144
Birstall	143
Fleckney	114
Ivanhoe	111
Wreake	105
Hinckley	96
OWLS	96
Desford	92.5
Leics Tri	88.5
Beaumont	81
Hermitage	71
Charnwood	69
West End	63
Stilton	61
Roadhoggs	58
Harborough	51
S. Derbys	44
Nuneaton	42
Shepshed	29
Whetstone	21

Venue: Countesthorpe College, Winchester Rd, Countesthorpe.

LRRL Individual Club Standings

As predicted in last month's newsletter the Hungarton 7 saw the 'crowning' of Liz Cave, Lee Barber and Richard Billington as Champions in their respective categories once again. And with Mhairi Billington having already taken the Ladies vets title, we have the same four winners as 2008, can anybody challenge them in 2010?

Whilst we offer our congratulations to all four, the 'silver and bronze' positions are still being fought over. With just the OWLS 10 to go Marie Hobbs holds a narrow lead over Ruth Evans in the ladies vets, whereas Emily Crowe has secured the second senior lady spot.

Steve Boorman holds second place in the men's Senior table with a 5 point lead over Andy Hurd. In the vets. Henry Long has fought his way into a narrow second place as Paul Goddard is being chased down by Nigel

Female Senior	
	Pts
Liz Cave	27
Emily Crowe	15
Michelle Aukland	9
Helen Hanscombe	6
Carina Hanley	5
Emma Robinson	3

Male Seniors	
	Pts
Lee Barber	31
Steve Boorman	19
Andy Hurd	14
Pete Marvin	12
Neil Ackland	8
Kieran Smith	6
Tom Bassnett	5
Adrian Cave	5
Alistair Richards	5

Female Vets.	
	Pts
Mhairi Billington	63
Marie Hobbs	24
Ruth Evans	21
Pam Lord	17
Cheryl Ivers	17
Marie Playford	17
Eula Lawrie	9
June Morris	6
Gwyneth Reed	6
Jane Davies	6
Anne Robertson	6
Valda Holmes	5
Nicola Glover	5
Lynda Holleworth	4

Male Vets.	
	Pts
Richard Billington	135
Henry Long	66
Paul Goddard	65
Nigel Trotman	64
Graham Hobbs	56
Alan Brine	47
Sean Tebbutt	44
Mark Goodrich	42
Dave Lawrie	37
Steve Morris	35
Gary Grimsley	31
Mark Dixon	31
Roy Ivers	28
Dave Cox	27
Andrew Cole	26
Richard McBean	26
Steph Pandit	24
Steve Bailey	24
Steff Wittering	21
Steve Hibben	19
Matt Taylor	13
Duncan Percy	13
Dave Playford	12
Dave Grewcock	12
John Greenlees	11
Paul Goodchild	11
John Shade	10
Brian Moran	10
Malc Hill	9
Dave McCartney	9
Francis Breen	9
Andy Holmes	4

Got anything for the newsletter?
Tell us your experiences, tips, jokes (clean), pictures, recipes.....anything!
I'll publish it! (Within reason!)
Please forward to: Graham Hobbs at dsrc.inform@googlemail.com
or 146 Kirkby Road, Barwell, Leicestershire.

Thursday Night Club Running Summer Runs

Date	Name	Dist	Name	Dist
20-08	Thornton	8/10	Botcheston	5.5
27-08	Thurlaston + E. Shilton	10	Thurlaston	5.8
03-09	Old Race route	7.4	Old race route	6.5
10-09	Thurlaston	8.3	Thurlaston	5.8
17-09	Thornton	8/10	Botcheston	5.5
24-09	Round N. Verdon	7	To Newbold Verd.	6

Back to winter running

MONDAY NIGHT OFF ROAD RUNNING

These will start at 6.30pm SHARP. 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 us a ring on either **0116 2751070** or **07973816421** Marie and David Playford

<u>Burroughs Ratby</u> (5 to 7 miles)	<u>Bradgate Park</u> (6 - 8 miles)
17 th August	24 th August
14 th September	21 st September
<u>Thornton Reservoir</u> (5 to 7 miles)	<u>SID Desford</u> (9 miles)
3 rd August	10 th August
31 st August	7 th September
28 th September	

RAYM

Sunday 27th September 2009!

A quick reminder that we will once again be staging our ladies only run/walk in aid of The Prostate Cancer Charity on the last Sunday in September. Not long to go now so please either enter the event or put yourself forward to help in whatever way you can.

Ady Cave has been brave enough to say that he will be this year's Event Director. Naturally he will need many helpers, not just on the day but to help organise it from now. So please get in contact with him via the dedicated e-mail address as soon as possible at

dsrc.r4ym@googlemail.com



Following the popular timing of last year's event, the Round Leicester Relay will once again be staged in September, this time on Sunday the 20th.

Over the years this has proved a popular event for the Striders, hopefully this year will be no different. My sincere thanks go to The Paul & Pauls (Goodchild & Goddard), as in a moment of weakness they said they would organise the teams this year. Please let them know a.s.a.p. if you want to take part.....everybody welcome regardless of running speed, ability etc. etc. Let's get people out there!

Contact Paul & Paul at dsrc.rlr@googlemail.com

Desford Quarter Marathon up and running again!

The 5th July saw the very welcome return of the Desford 1/4 marathon and it's thanks in the main to Andy Ball. He intended it as a one off final fling before resigning as the Chairman of Desford Primary School PTA. However the event was such a success and so many people have enquired if it will be staged again next year, it will be hard for him to resist the temptation.

All told an excellent 30 Striders took part in the run which doubled up as one of our Handicap Trophy races. Emma Marvin, making a rare appearance on the roads, was first Strider home in a time of 45:32 and was indeed the catalyst to the Strider's winning the Ladies Team award! Well done ladies!

Andy has asked me pass on the following few lines and I would echo his thanks to the extended Striders family who helped make this event a large success. Here's to next year!

Desford Qtr Marathon		
	Time	Pos
Emma Marvin	45:32	8
Andy Hurd	46:03	9
Pete Marvin	47:31	13
Dave Lawrie	47:34	14
Alan Brine	49:04	20
Michele Aukland	51:41	28
Marie Playford	51:51	30
Brian Moran	51:57	31
Mark Goodrich	53:28	36
Emily Crowe	54:08	40
Nigel Trotman	54:29	41
Sean Tebbutt	54:49	43
Gary Grimsley	54:50	44

Liz Cave	54:56	45
Dave Grewcock	54:59	46
Steve Boorman	55:41	49
Francis Breen	55:53	51
Steve Bailey	56:58	53
Malc Hill	57:21	57
Anne Robertson	58:07	59
Gary Birch	58:08	60
Henry Long	58:48	62
Ruth Evans	1:03:25	70
Emma Robinson	1:04:05	73
John Greenlees	1:05:18	81
June Morris	1:09:08	86
Eula Laurie	1:09:08	87
Linda Holdsworth	1:10:34	88
Valda Holmes	1:21:37	95
Steve Hibben	1:37:01	96

"Could you please put in the next newsletter, a huge thank you from myself, Desford Primary School PTA & all the pupils, to all the Desford Striders and their partners who helped to organise and marshal on the day for the 1/4 marathon.

A special big thank you goes to Steve Morris who did loads of the groundwork and took all the postal entries. We have made just over £400 which is excellent, and had loads of positive feedback from runners who really enjoyed the race and are hoping to see it run again next year (we did have one person complain, but not even going to give him the time of day)!!

So do you think we should? We had 104 entries for the race, if we do it again, it would be great to get 150, but need more to enter the fun run as we only had 21 kids! So once again thanks for all you support, and maybe see you next year.

Andy Ball

R.A.C.E.S. Challenge Handicap Trophy

We are in the process of checking the results from the Prestwold, Desford 1/4 marathon and Hungarton 7. Hopefully full updates in September's issue of the NewStrider.

27th Aug	Club Run from SiD
6th Sep	OWLS 10
November	XC - usually 1st lge race
December	XC - usually 2nd lge race

Christmas is coming, the goose is getting fat.....

Yes! It will soon be here! Somebody told me the other day, just 5 more pay days before Christmas! Oh joy!

Anyway that naturally means we have to turn thoughts to the Christmas Meal. This year we have picked Friday 18th December again at Forest Hills Golf Club. The entertainment will be a mix of semi-live (The Boodons!) and a disco. You may also be please to hear that the club presentations will not occur at the Christmas bash but at a future event hopefully early in the New Year. Thereby given more time for you to strut your stuff on the dance floor!

The cost will be £21.50 pre head (food will be extra....boom, boom!)

Expressions of interest as soon as possible please to any committee member or if you prefer dsrc.inform@googlemail.com.

We have received a couple of requests to pass on to you...

Walk on The Wildside

In aid of LOROS, it's their annual Sponsored Countryside Walk through Charnwood and Bradgate Park

6 mile walk starts at 10.30 a.m.
12 mile walk starts at 9.30 a.m.

Sun 13th Sept. 2009

More details from:
LOROS Fundraising, Groby Road, Leicester, LE3 9Q3 or www.loros.co.uk

NHS The National Blood Service is in desperate need of more supplies and have asked us to pass on this appeal to you..

RUN TODAY

SAVE A LIFE TOMORROW

I personally donate blood and it's as easy as you like and it can make a real difference to people's lives, so please, get in touch with them at:

www.blood.co.uk or 0845 7 711 711

and

Give blood & Save a life



Literally just in this morning, are the provisional results for the Huncote 5 run last night.

Strider numbers were significantly down on last year's event, but 25 is still a reasonable number. Included in these were Francis Breen and Alistair Richards both making their first league appearances of the season.

Likewise Anne Robertson was making her League debut and acquitted herself very well, finishing as third Strider lady in a time of 41.27.

I've got less than an hour to go before I've got to go to work, so no more waffle, just a few lines to remark on and congratulate Sean Tebbutt on the progress he has made this year. His times are tumbling and is now pushing the Breens, Trotmans and Grimsleys of the club. Well done Sean!

Naturally no update on the league tables, will pass them on in next month's edition.

Huncote 5

<u>Men</u>	<u>Pos</u>	<u>Time</u>
R. Billington	51	29:55
A. Richards	68	30:31
A. Hurd	110	32:03
G. Hobbs	153	33:23
P. Marvin	165	33:58
D. Percy	198	35:20
A. Brine	218	36:11
H. Long	251	37:53
G. Grimsley	262	38:29
S. Boorman	264	38:37
F. Breen	269	38:51
S. Tebbutt	270	38:56
N. Trotman	272	38:59
M. Goodrich	273	39:03
M. Hill	291	42:11
S. Bailey	295	42:31
S. Wittering	297	42:58
S. Morris	313	58:30
S. Hibben	314	1:08:28

<u>Ladies</u>	<u>Pos</u>	<u>Time</u>
M. Billington	41	36:27
E. Crowe	64	38:56
A. Robertson	88	41:27
R. Evans	125	44:49
M. Hobbs	129	45:32
L. Holleworth	157	52:31