



THE NEW STRIDER



Volume 12 Issue 2

Newsletter for Desford Striders Running Club

February 2011

Leicestershire Road Running League.

Barrow and Ashby races get season underway

Following a bit of a slow start to last year's league races, the first three in 2011 have seen a total of just over 70 Striders, with the numbers for the Barrow 6, Ashby 5 and Markfield 10K being split pretty evenly O.K Mr & Mrs. Pedantic it wasn't 70 different Striders, but it's definitely a very good start for us. It would be great to see the numbers increase as the races come along.

Barrow 6 The season opened up with Barrow RC staging their 6 mile race from their usual venue of the Humphrey Perkins School. The huge field of over 530 runners included our own 23 Desford Striders and within that was an excellent 7 ladies and even more encouraging were the 3 Seniors, as this was more than the first four races put together for last year! So super turn out for our ladies.

That meant that we had 16 chaps out and about, of which 3 were also Seniors.

Conditions were very favourable for running and our happy band was led home by Richard Billington, who despite getting over a bout of Swine Flu, still managed to finish the course in 37:46. Admittedly that was over two minutes slower than last year, but he was still a long way ahead of the next two, Duncan Percy and Graham Hobbs, who had a bit of a battle and were separated by just one second.

Dave McCartney and Gavin Speed seemed to have a bit of a tussle too as Dave finished just a couple of seconds behind Gavin.

Jane Davies was our first lady in, with Liz Cave and Lisa Charlton, running only her second LRRL race, being the next two home for the club.

All of our results are here for you to have a look at.

Barrow 6

Men	Pos	Time
R. Billington	93	37:46
D. Percy	143	40:23
G. Hobbs	144	40:24
L. Barber	153	40:46
A. Cave	168	41:22
P. Goddard	176	41:36
G. Speed	192	42:24
D. McCartney	193	42:26
S. Tebbutt	240	44:26
M. Foley	281	47:11
G. Grimsley	290	47:51
M. Goodrich	297	48:47
H. Long	305	49:17
S. Bailey	316	50:13
S. Pandit	323	52:33
S. Hibben	356	1:21:44

Ladies

J. Davies	15	41:01
L. Cave	32	43:20
L. Charlton	59	46:16
E. Crowe	92	49:41
J. Densley	93	49:43
P. Lord	102	50:21
M. Hobbs	139	56:23

Ashby 5

Men	Pos	Time
R. Billington	52	29:44
D. Percy	133	33:03
L. Barber	162	33:50
P. Goddard	163	33:54
G. Hobbs	167	34:09
S. Tebbutt	267	38:22
G. Grimsley	269	38:29
M. Foley	282	38:49
D. Playford	290	39:22
S. Bailey	294	40:07
H. Long	295	40:10
M. Goodrich	298	40:23
J. Shade	300	40:33
N. Trotman	312	42:47
L. Garner	316	43:50
S. Hibben	345	1:09:21

Ladies

N. Glover	81	40:33
P. Lord	103	42:33
M. Hobbs	152	48:16
A. Cave	155	49:06
C. Humber	156	49:07
E. Crowe	100	42:19
J. Densley	102	42:26

Ashby 5 Exactly the same mix of men and ladies took part in the second road race, the Ashby 5, ensuring once again we had full teams out. Well done folks.

The results are here for you to have a look at and I would draw your attention to a few 'firsts'. Lee Glover made his first appearance since last year's Desford 10K and finished in a time of 43:50. Meanwhile it was also very pleasing to see Nigel Trotman out racing again. He's been suffering from various injuries and illnesses, and Ashby was his first LRRL event for the best part of the year.

On to the ladies. Caroline Humber made a very welcome return to league racing after a gap of three years. The last race she ran was this very event in 2008 and she was very pleased at having achieved sub 50 mins. She ran with Anna Cave, who having made her club debut at the Sth. Charnwood xc, completed her debut road race and also delighted to come in under 50 mins.

Three other ladies who are definitely worthy of a mention are Pam Lord, Emily Crowe and Jo Densley. Pam's in training for the London and needed a long run. So along with Emily and Jo, who ran with her for support, they parked up in Heather St. John, ran 5 miles to Ashby, ran the race and the completed the 5 miles back to the car. Well done ladies! Superb effort!

2011 LRRL fixtures

Winter

13 Feb	Markfield 10K
27 Feb	Desford 10K
20 Mar	Kibworth 6

(Entry fee £2.50, payable on the day?)

Summer

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

(For individual entry fees, check race details.)

2011 LRRL fixtures

Desford 10K

Date: 27th Feb 2011 Venue: Caterpillar Sports & Social Club, Peckleton Lane, Desford.
 Time: 1030 hrs
 Dist: 10K
 Cost: £2.50 Parking: Should be plenty!

Help: We will need as many helpers as we can get. Please come along and help out. Thanks.

Sorry, at time of going to press I hadn't received any league tables.





Block Entries for the Summer LRRL races

You may or may not be aware that for the organisers of the Summer LRRL races operate a block entry system. This allows the clubs to enter a number of their participating runners on one entry form, saving the individual the effort of filling out individual entry forms.

Gary Grimsley has offered to collate these for the Strider for all the Summer races.

He will take your entry fee, fill your details on an entry form and send it all off to the host club, thereby saving you the effort. He is up at SiD just about every Thursday, so if you get yourself organised there shouldn't be any problem getting hold of him.

If not giving Gary cash you will need to send/give him a cheque for you entry fee. This must not be made payable to either Gary or to Desford Striders, as he will then have to start chasing Richard for a club cheque. The cheque will need to be made payable to whomever the race organises state. A simple search of the web should find these details for you.

The first race this will apply to is our own 1/4 marathon on 22nd May. I'll put another reminder, along with Gary's contact details, in your favourite running newsletter.....as well as this one!....., nearer the time.

Kibworth 6M

Date: 20th March 2011
 Venue: Kibworth High School
 Smeeton Rd, Kibworth
 Time: 1030 hrs
 Dist: 6M
 Cost: £2.50
 Parking: **Please car share.** Over the years the league has increased in terms of the number of clubs, making parking more difficult.

Markfield 10K Thought I would have got the newsletter sorted before this race was done, but due to a plethora of inertia on my part I'm behind schedule. So! Even though I've not got any results (the race was only 5 hours ago), just a few lines about what occurred.

From memory and a quick counts up on my fingers (and toes too!) I think we had our highest turnout this year.....by two! I recall up to 25 Striders, although I wouldn't be surprised if the show that I've missed someone.

As usual Richard Billington was first home for the club, whilst Liz Cave led the ladies in. On a windy and wet day there were some fine performances and a bit of battle between Lee Barber, Ady Cave and Paul Goddard, with just eleven seconds covering the three of them. Apparently Ady was literally on Lee's shoulder on the line, but couldn't quite get him.

We had a couple of 'firsts of the season' appearances, with Neil Ackland and Ruth Evans running their first road race of 2011 as did Pete Marvin, who has been running the cross-country fixtures. There were also at least four Striders who ran to the race, did it and ran back again. An excellent way of getting a long run in! And some speed/quality/effort work during the race itself. I'd be interested in their opinions of doing this around a race and if they think it works or not.

Emily Crowe will have been very pleased with her efforts as I understand she managed a P.B. by going under 50 minutes for the first time. Well done Emily, a fine effort on that course!

I hope and expect to have the results for the next newsletter and with any luck a look at how we are standing in the league tables.

Hopefully we'll get dozens out at our own race on 27th Feb and whilst I know it's a bit of trek, it would be great if we could get teams out at Kibworth next month.

LRRL Individual Club Standings

Without having the results from Markfield yet, these tables are following the first two race at Barrow and Ashby. In the men's veteran's table it's business as usual with Richard Billington having taken maximum points in both races. He's followed closely by Duncan Percy on 28 points, whilst Graham Hobbs and Paul Goddard are currently joint third.

Last year's ladies vet, Pam Lord, is currently leading this year's table, but is closely followed by Marie Hobbs, Jane Davies and Nicola Glover, who are all on the same number of points.

The ladies senior's has a slightly different look to it, with multi-winner, Liz Cave, currently lying third. Emily Crowe is the early leader, with Jo Densley splitting the other two.

As with the senior ladies, the men's equivalent has just the three scoring Striders and after missing out on last year's title, Lee Barber is making a concerted effort to re-take the crown. He currently sits ahead of 2010's champion, Ady Cave, by 4 points, with Gavin Speed a further point behind in third place.



Emily Crowe, early leader in the ladies senior table.

<u>Male Seniors</u>	
	<u>Pts</u>
Lee Barber	6
Adrian Cave	2
Gavin Speed	1

<u>Female Vets.</u>	
	<u>Pts</u>
Pam Lord	7
Marie Hobbs	5
Jane Davies	5
Nicola Glover	5
Lisa Charlton	4
Anna Cave	4
Caroline Humber	1

<u>Male Vets.</u>	
	<u>Pts</u>
Richard Billington	30
Duncan Percy	28
Graham Hobbs	25
Paul Goddard	25
Sean Tebbutt	21
Mark Foley	18
Gary Grimsley	18
Mark Goodrich	12
Henry Long	12
Steve Bailey	12
Dave McCartney	11
Dave Playford	8
Steve Hibben	4
Steph Pandit	4
John Shade	4
Nigel Trotman	3
Lee Garner	2

<u>Female Seniors</u>	
	<u>Pts</u>
Emily Crowe	7
Jo Densley	3
Liz Cave	6

Derby Runner Cross-country League

By the time most of you read this you will hopefully be aware that Shelton Striders were unable to stage the penultimate race at Alleestree Park. We were approached by the organiser, Dave Mann, as to the possibility of putting a race on at Bagworth Heath instead. Even though it was pretty short notice, we had most things in place so agreed.

As a consequence, and if you are reading this before the 20th February, we desperately need help on the day. Please contact any committee member a.s.a.p. if you can lend a few hours of your time. Thank you.



Hinckley venue

Date: 6th March 2011
Time: 10.30 (jnrs); 11.00 a.m. (adults)
Dist: Good question! 5-6 miles I'd imagine.
Cost: £2.50 adults; £1jnrs
Club: Hinckley RC
Venue: Market Bosworth Show Ground (opposite the Country park) - this is a per Hinckley RC's website.

Thursday Night Club Running Winter Runs

All distances are approximate and could be out

Date	Name	Dist	Name	Dist
17-02	Kirkby Mallory + Track	6.6	Kirkby Mallory	5.7
24-02	Peckleton Indian and Desford	7.0	Desford	3.0
03-03	Botcheston hill and pub	6.0	Botcheston	4.0
10-03	2 laps Desford	6.0	1 lap Desford	3.0
17-03	Kirkby Mallory + Desford	8.7	Kirkby Mallory	5.7
24-03	Botcheston hill and pub	6.0	Botcheston	4.0
31-03	Back to summer running			

Livingston Relays

Sunday 24th April 2010 - 10.30 a.m.

Once again we will be looking to try and get a few teams out for this popular event. Last year we had a marvellous six teams out. Four men and two ladies. It would be great to beat that this year. Unfortunately the event is being held on Easter Sunday so that may reduce those able to run. Hopefully it won't have too much of an affect.

I am willing to assist with collating the teams, but if you too can lend a hand too, that would be great please get in touch either via a committee member or dsrc.inform@googlemail.com.

As the Olympics are taking place in 2012, Loughborough University is out of bounds. Why I don't know, instead the venue is Braunstone Park. Hopefully a shorter journey for most of us!

Each leg will be three miles and we need four men per team and three ladies. This invitation extends ALL Striders. Don't think that because it's a relay you're not quick enough. If you can run, you'll do just fine! So if you've not tried them out before, why not give it a go? The entry fee per runner is just £3. Hopefully see you there.

Derby Runner Cross-country Lge 2010/11 Fixtures

20 Feb - Shelton - Alleestree Park
 6 Mar - Hinckley - venue TBC
 27 Mar - Hatton - Main Final

JUNIOR STRIDERS

I've had the results for Grace Dieu forwarded to me for the Junior races. As with the Foremark Reservoir race we just had the two runners and they were the same lads, Mathew Ratnett and Edward Percy. They both ran in the Year 1-6 event, which had an impressive 42 participants, of which Mathew was 13th and Edward 18th.

Well done lads and many thanks to Mr. and Mrs. Percy for taking them.

Monday Night Running

Until the light evenings return the Monday night run is starting at 6.30 p.m. from the Co-op in Ratby, Station Road. Parking is available on the Sports Club car park opposite.

The runs will be between 5 and 7 miles, depending on who turns up and the weather etc. The routes will vary between Kirby Muxloe, Glenfield, Anstey, Groby and Markfield and will be decided on the night. Hope to see as any of you there as we can!

Andrew Hurd has kindly put himself forward as the contact for this group. You can get hold of him on 07866 545471.

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 and runners go at the pace they want to. There is 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?



Carl goes Disney Mad!

I'm sure many of you will remember Carl Rutt, who ran with the Striders a number of years ago and is now with Hermitage. Well he recently underwent a 'little' project he had been planning for 5 years and has kindly given me permission to reproduce his account of an admirable effort. Read on and understand what madness really means!

It all began in 2005 when I was attending the Flora London Marathon expo and came across a stand advertising the Walt Disney World Marathon Weekend 2006. My wife was thrilled at the prospect of going to Disney World but the fact that the weekend held every January consisted of a half marathon on the Saturday and full marathon the Sunday seemed all too challenging - however never say never.

The seed was planted and so the planning began. As the marathon weekend seemed to be held around my birthday I set myself (and my wife) our own challenge of being in Disney for my 40th Birthday and as 2010 approached it didn't seem that our dream would be possible. However after a lot of researching, booking and training we took our flight out of Gatwick on Monday 3rd January to Orlando.



The first couple of days were spent around Disney finding Mickey Mouse and Donald Duck much to the delight of my sons. The weather was a comfortable 18 degrees centigrade and seemed very odd being in shorts applying sun cream at the beginning of January. Then Thursday was the day to collect the numbers for the Marathon weekend – now it was getting real. I'd also signed my sons up for the Mickey Marathon fest which meant they too would come away from this holiday with special medals.

We had to leave the house at 4.30am on Friday morning to take part in the Buzz & Woody 5K family fun run. My Wife, eldest Son Ben and myself arrived at Epcot at 5am to find music blaring, lights flashing and a car park full of eager runners. At 7am Buzz & Woody started the race that took us around Epcot with characters on route to wave us on and 55 minutes later we arrived back at the finish. With no time to spare it was back to the house to collect our youngest son Jake and my mum (who had also come on holiday with us) and headed on over to ESPN Wide World of Sport where Jake did 100m dash and Ben took part in the Mickey Mile.

One day of running down - 2 to go.

Saturday morning was an even earlier start for the Half Marathon – up and out of the house by 3.30am to be able to arrive at Epcot again for the start but this time at 5 am. After the 20 minute walk to the start I was in my corral ready to go. The fireworks set off and this was now the moment I'd been waiting on for over 5 years.

The route took me out of Epcot on the freeway to Magic Kingdom to run through the castle and back again to finish at Epcot. I completed this leg of the challenge in 1hr 48mins placing 1318 out of 21,980 finishers and got my first Medal of the weekend for completing the Donald Duck Half Marathon. The rest of the day was spent back in Magic Kingdom enjoying the Disney way of life.

First half of the weekend challenge over – one to go.

Sunday morning was an early start again being up and out of the house by 3.20am – this was becoming a habit. After a short journey along with 14,000 runners to park at the same place and arrive at the start at Epcot the morning was a cold one. The temperature had dropped dramatically and the walk to the start seemed longer than yesterday morning. It was still dark and so being able to see any Disney landmarks was difficult but as soon as the fireworks had gone off for my start corral I was on my way to Magic Kingdom. I managed to spot my wife in the crowd just before going through the Castle and heading out of Magic Kingdom towards Animal Kingdom. By the time I arrived there it was light and I ran passed the Everest ride and spotted the Tree of Life in the distance – then it was out of that park and on to Hollywood Studios. Arriving at the Backlot tour part of the park (a



ride I'd been on during the week) I ran past the famous Fantasia hat which is the landmark of this park and back towards Epcot and the finish.

By the time I approached Epcot the sun was definitely out and the morning was getting warmer but luckily I'd only 2 miles to go and the crowds had gathered around the finish area as there wasn't much opportunity before here to view the race.

I broached the final corner and couldn't believe the finish line was in sight with Goofy and Donald Duck to greet us all back. I crossed the finish line in 4hr 15mins placing 3129 out of 13,540 finishers and earned my second medal of the weekend for completing the Mickey Mouse Marathon. I then had to "get in line" to collect my final medal of the weekend for completing both the half and full marathon – the Goofy challenge medal. Once I'd found my wife in the reunion area and made my way back to the car the tiredness kicked in and I spent the rest of the day recuperating at the villa.

With only 3 days left of the holiday there wasn't time for rest after Sunday so we fitted in Universal Studios taking in the Wizarding world of Harry Potter and more Disney parks before flying home and landing on Friday morning.

It's hard to believe that six years on from picking up an information pack about the marathon weekend that I'm back in England with all 3 medals to prove that I ran 39.3 in one weekend.

Now what challenge can I take on next.....?



Carl shows off his Disney Treasure after completing three days of exhausting running.

**RUTLAND WATER RUN
Sunday 27th March**

We have arranged a run from Rutland Water on Sunday 27th March 2011. Meeting at Normanton car park at 9.15am either 22miles (good marathon training) or 15miles. Lunch afterwards at the local pub if you fancy it! If you need any further information please give me a ring on 07528 622699.

Hope to see you there.

Marie Playford

**Thursday
24th February '11**

AGM

You are cordially invited to attend Desford Striders Annual General Meeting being held on the above date.

It will start at around 8.00 p.m. after the club run. Please make the effort to come along. Remember! This is your club, please take part in the running of it. Hopefully see you there.

AGM CLUB KIT SALE FEB 2011

The club's Kit man, Steve Bailey, has provided a new price list, which is overleaf. He has also asked that I let you know of some items which will be available at a REDUCED price at the AGM.....

Items Reduced for sale and some items old stock.

Ladies old style race vest size 38?	£5.00
Crops tops sizes medium x 2 and Large x 1	£5.00 each
Sky blue Sweat/top medium old style	£5.00
Cotton tee shirts navy blue & sky blue Sizes S – M – L – XL (navy blue) Sky blue S – M All	£5.00
Training Tops S – M – L (Sky Blue Club Print to Front only) (Long Sleeve)	£8.00
Reflective Bids X 2	£3.00 each
Old Style club Jackets Limited Sizes	£10.00
XC Leggings with side Zip / Shower proof Navy Blue (Limited sizes)	£5.00

AGM CLUB KIT SALE FEB 2011

DESFORD STRIDERS CLUB KIT PRICE LIST FEB 2011

The Striders' Kit man, Steve Bailey, has asked me to let you know about the current stock available, including newly arrived 20th Anniversary Club jackets. See below for the details.

* Club Vest Men's (coolmax, with club print) S - M - L & XL	£16.00
* Club Vest Ladies (coolmax, with club print) Fitted S - M - L	£16.00
* Club Ladies Crop top XS - M - L	£8.00
* Club Shorts RED - MENS sizes M (30-32) - L (34-36)	£14.00
* Club Shorts RED - LADIES CUT size XS (8) S (10) M (12)	£14.00
* Club Long Sleeve SKY BLUE Tee (coolmax with club print) Training top only (non racing top) Sizes S - M - L - XL	£17.00
* Club SS Tee SKY BLUE/RED SIDES (coolmax, with club print) Sizes S- M - L - XL UNISEX FIT	£17.00
* Club Tee Shirts (cotton) Sky Blue & Navy (club print to front and back) Sizes S - M - L - XL	£8.00
* NEW! Club Jackets (<u>shower proof / 20th Anniversary 1991-2011 print to front and club print to back</u>) Sizes : XS - S - M - L - XL (these size run big i.e. Medium = Large)	£23.00
* Club Beanie Hats Navy Blue (Embroidered/Back & Front) <u>(20th Anniversary 1991-2011 to back of hat, Desford Striders to Front)</u>	£7.00

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When I originally thought of this challenge, my immediate thoughts turned to the league races. With a total of 16 events between the LRRL and Derby Runner League, along with various relays, they promised to provide a sizeable chunk of the races I needed to fulfil my ambition.

Only in all the years I've been a Strider, I've only once got a 100% record for the xc runs, but never got near it on the road. But, even though it is still early days, I am pleased to say I'm yet to miss a league race.....yet! The first three LRRL races provided my 14th, 15th and 16th races. They were the Barrow 6, Ashby 5 and Markfield 10K. All regular events in the Striders' fixture calendar and well known to most of you.

I won't therefore bore you even more than I normally do by going into intimate detail. Suffice to say that the Ashby 5 again re-enforced the difficulty in 'racing' each event. I had said I wouldn't 'race' each and every one of the 50, but up to now the only one I've 'relaxed' on was the Seagrave Wolds. All the others I've attempted to put a 'race' pace effort in. Well Ashby found me out.

Apart from tired legs, my head just didn't want to know. After a mile Duncan Percy moved effortlessly away from me, and then Lee Barber and Paul Goddard did the same. This sparked some resolve in me to pull my socks up.....until I heard the little voice, "Why?" Why? Good question! Pride, don't just give up! "Why not?" Another good question, and so it went on. The brain just wouldn't allow the resolve I needed and I eventually trundled home. So whilst those three gents were just too good for me, it was another reminder of the mental fatigue racing each week puts upon the mind. A challenge in itself.

Charnwood Hills

So it was with the resolve to just enjoy the race, that I lined up for the Charnwood Hills on Feb 6th. And before I go on I must say a huge thank you to everybody who replied to my e-mail looking for a place.

In particular Steph Pandit, who was unfortunately ill during the week before the event and kindly allowed me to have his place.

Although I did manage to nearly mess up the start. On my arrival I had headed for the gents to try and lose a little something to get down to a better racing weight. Well the queue! I decided to leave it as late as possible, I just left it later than I had intended. At three minutes before the off I was just going into trap three. Emerging about 60 seconds later and a tad lighter, I made another dash for the start. Just in time for the 421 runners to start on the couple of laps around the field. Not the best preparation, but in keeping with my more relaxed attitude adopted for the day.

My early pace was easy and I settled into a nice rhythm, even chatting with a fellow keeper of the law as we headed towards Bradgate Park. It was in this beautiful setting that the memories of previous Charnwood Hills races started to flood back. Heading towards and skirting the hill around Old John, I started to recall what was about to come.....Broombriggs and Beacon Hill were ahead! I tried to push those to the back of my mind and kept it going steadily.

Apart from the strong winds, the weather was almost spot on for running and the terrain was the driest I have known

Barrow 6

Ashby 5

Markfield 10K



Late out of the trap! There I am at the start, far right, only just getting there in time!

for a Hills event. Presume it must have been the previous 3 or 4 days of wind that had helped with that.

As the steady and not so steady inclines came and went I kept going, sometimes a little more than a shuffle, but this was to be the furthest and longest I have run since the London marathon last April. So a finish will be nothing but good.

Broombriggs came and went, slowly and with a walk and then a long slow incline towards the top of Beacon Hill. With a short stop to remove a small stone from my shoe, I continued off Beacon Hill and the journey home.

During our return trip back through Woodhouse Eves Golf Course I was passed by a Hatton Drat runner and having read the back of my running vest quipped, "You're not choosing easy ones then?" I assured him that I had no intention of making them all this tough! It was nice of him to remark on my quest, lifted my spirits!

Strider results at Charnwood Hills

	<u>Time</u>	<u>Pos</u>
Emma Marvin	1:48:23	71
Ady Cave	1:56:19	126
Lee Barber	1:59:55	163
Graham Hobbs	1:59:59	164
Andrew Hurd	2:00:41	167
Jane Davies	2:02:37	186
Paul Goddard	2:04:52	209
Liz Cave	2:05:32	215
Gavin Speed	2:06:08	219
Dave McCartney	2:06:55	228
Pete Marvin	2:10:18	254
Sean Tebbutt	2:11:30	262
Gary Grimsley	2:17:18	306
Julie Messenger	2:21:32	323
Chris Minto	2:22:30	325
Francis Breen	2:36:51	384
421 runners		

Anyway, kept it going and started to lose quite a bit of pace in the last mile and a half or so. It was in the last mile that Lee Barber passed me (he's making a habit of this!), which gave me a bit of a spur and with Ady Cave's verbal encouragement ringing in my ears, put a bit of a shift on over the last 100 or so yards to dip over the line in 1:59:59. Tired, but happy!

A quick chat with other Striders who came in, before removing myself from the cold wind and the temptation of a hot cup of tea and a lovely spread of cakes supplied by the organisers. Delicious! By adopting a more relaxed effort in this race helped my mind I think, as my next race, the Markfield 10K, proved to be a much better effort than Ashby. Anyway, that's 17 down and just 33 to go! See below for a few that I've lined up over the next few months, hopefully see a few of you around.



A fine spread awaited the finishers

I've also have a number of races targeted, including four already booked, three in June and one for the big finale on my 50th birthday.

Trawling the internet I found a small group of runners, cyclists, kayakers and other sporting type people stage something called the Colworth Challenge. This is a series of three runs over three days over the weekend of June 24th to 26th.

Friday consists of a 5 mile run, Saturday an 8.1 mile trail run and then a half marathon on Sunday. Yet another twist to the overall challenge.

For number 50 I had been looking to finish on the big day itself and the only event I could find within reasonable travelling distance was The Nottingham Survival of the Fittest 10K. Not just a 10K, but an obstacle course as well! This includes such things as a swim across 100m of water and a 9 foot wall to get over. I can't bare to think of any of the others a the moment. After that I just wonder if I'll get to my 51st birthday!

February:

- Sun 20th - Bosworth xc
- Sun 27th - Desford 10K

March:

- Sun 6th - Hinckley xc
- 13th - Milton Keynes 1/2
- Sun 20th - Kibworth 6

April:

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