

20 THE NEW STRIDER 11

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Newsletter for Desford Striders Running Club

January 2011

A Happy and Prosperous New Year to one and all!

Derby Runner Cross-country League

After an enforced break from league racing due to the twice cancelled Bagworth race, a small band of Striders headed to Grace Dieu for what became the third race of the cross-country season.

As usual the course, which was just over 5 miles, proved to have everything you could want from a cross-country race. The first half contained a number of testing inclines, taking us over stony ground and through wooded areas. Two streams helped wash off some of the mud from a couple of boggy areas, whilst the fields around the ruins of Grace Dieu Abbey, provided tricky terrain for tired legs, with just about half a mile or so to go. All in all possibly the best course I've run on.

Anyway, we had just twelve men turn up and run and unfortunately only one lady, Emma Marvin. This meant that whilst the men had a team out, both the ladies and mixed teams scored no points at all. The men managed to score 4 points, helped by Alistair Richards' fine 15th place finish, whilst Emma once again grabbed herself a splendid 2nd place. These results have left the Ladies and Combined Teams struggling towards the foot of their respective divisions, making the threat of relegation to Division 2 a serious possibility, whereas the Men are hopefully safe in the middle of their table. Hopefully we'll get good turnouts for the last two races, not just from a league point of view, but I always find it heart warming to see so many Striders out running.

Grace Dieu Results

Men	Pos	Time
A. Richards	15	33:41
G. Hobbs	94	38:45
D. Percy	106	39:38
L. Barber	110	39:57
G. Speed	132	41:07
P. Marvin	138	41:37
A. Cave	144	41:52
P. Goddard	145	41:57
S. Tebbutt	161	42:43
B. Moran	183	43:54
G. Grimsley	211	45:56
F. Breen	232	50:37
J. Shade	233	50:37
Lady		
E. Marvin	2	



JUNIOR STRIDERS

I'm afraid I don't have any details of the Junior race results. Hopefully they'll be available by next month.

Allestree Park

Date: 20th February 2011
 Time: 10.30 (jnrs)
 11.00 a.m. (adults)
 Dist: Good question!
 Cost: £2.50 adults; £1jnrs
 Club: Shelton Striders
 Venue: Allestree Park, Duffield, Derbys.

A message from those who ran at Grace Dieu to Steve M and Duncan.....many thanks for putting the tent up, with that strong wind it was most appreciated!

And also thanks to Paul G, Francis, Gavin, Graham and Gary for taking it down whilst Steve did the results. Makes it a whole lot easier if we all muck in!

Derby Runner League Tables

Team - Div 1	Pts	Men - Div 1	Pts	Ladies - Div 1	Pts
Hatton	30	Hatton	30	Shepshed	27
Wreake	25	Wreake	26	Hatton	27
Hinckley	22	Hinckley	24	Barrow	24
Shepshed	19	Shepshed	20	Ivanhoe	24
Ivanhoe	17	Barrow	17	Huncote	15
Barrow	14	Desford	11	Wreake	14
Shelton	13	Westend	11	Hinckley	10
Derby Tri	12	S. Derbys	10	Westend	9
Westend	8	Hermitage	8	Desford	7
Desford	3	Harborough	0	Shelton	5

Unfortunately the Grace Dieu results arrived without any times for the ladies. Even more unfortunately it didn't affect our club much, with just Emma running, and I'm sure she made a note of her own time.

Allestree Park, Duffield

If you are making your own way there and having one of the SatNav gizmos, then use DE22 2HF.

As it is probably a bit of a drive it may be worth car sharing. If you wish to do so then send an e-mail to dsrc.inform@googlemail.com and if there are enough, it may be worth arranging to meet at SiD and going from there. Let us know.

Derby Runner Cross-country Lge 2010/11 Fixtures

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

Leicestershire Road Running League.**Barrow 6 opens new League season**

Hopefully I will have managed to get this newsletter out before the first race of the road season has been and gone. If not then the information to the right is a waste of time!

As you will see Barrow are setting us off with their 6 mile event, closely followed by South Derbys. 5 mile run at Ashby on Sunday 30th January. There is then a two week gap until Beaumont RC will stage their 10K race from Sth. Charnwood School.

Hopefully we'll see lots of Striders out there, enjoying the fine Leicestershire countryside.



Ashby 5 mile
Date: 30th Jan 2011
Time: 1030 hrs
Dist: 5M
Cost: £2.50
Club: St. Derbys. RC
Parking: Will be limited,
please share cars

Venue: Hood Park Leisure Centre, Ashby



Markfield 10K
Date: 13th Feb 2011
Time: 1030 hrs
Dist: 10K
Cost: £2.50
Club: Beaumont RC
Parking: Will be limited,
please share cars

Venue: Sth. Charnwood High School, Broad Lane, Markfield

Sean takes over Run In England group

It was mentioned a little while ago that John Skevington (Vision 2020) was setting up a run in England group at SiD on our club night. This was to encourage people who have done very little or no running to get into sport by taking part in a 10 week course.

Well the group was set up and whilst just three ladies turned up, (encouraging bearing in mind the time of year) they have stuck at it and are their way to completing the course and surprising themselves as to just how much running they can now do.

John was initially helped by our own Sean Tebutt, who has given up his own time to assist with training the group and has in fact now taken over, after going on a Run Leader course. Just thought that you should know about Sean's fine efforts.

No doubt he will be running courses in the future and I should imagine most of us will know somebody who will benefit from a course like this. Watch this space for details! And well done Sean!



Barrow 6 mile
Date: 23rd Jan 2011
Time: 1030 hrs
Dist: 6M
Cost: £2.50
Club: Barrow RC
Parking: Will be limited,
please share cars

Venue: Humphrey Perkins School, Barrow

2011 LRRL fixtures

Winter

23 Jan Barrow 6
30 Jan Ashby 5
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 6
6 Jul Hungarton 7
3 Aug Huncote 5
4 Sep Owls 10
(For individual entry fees, check race details.)

2011 LRRL fixtures

As mentioned in last month's newsletter, we will be putting on our 10K as the fourth league race on Sunday 27th February.

We are now looking for volunteers to assist with the usual jobs such as marshalling, setting up the course, water station, refreshments and plenty of other things I've probably forgotten.

If you don't intend running then how about putting your name forward to assist? Please don't leave it thinking that somebody else will do it and you won't be needed. I can assure you, if you offer, then we will gladly accept your help.

Please send an email to dsrc.inform@googlemail.com

Got anything for the newsletter?

Please forward to: Graham Hobbs at
dsrc.inform@googlemail.com
Or 146 Kirkby Road, Barwell, Leics



Hello
to
baby
Hanley!

Just before Christmas I received this delightful picky of Austin David Hanley in my inbox.

He was born to mum Carina, on Sunday 21st November at 7.25am, weighing a healthy 8lb 10oz and happily the whole family is doing well. Mum describes Austin as "perfect and such a blessing!". Aaaaahhhhhhh!

Many congratulations to the Hanley household from The Striders!

Thursday Night Club Running Winter Runs

All distances are approximate and could be out

Date	Name	Dist	Name	Dist
20-01	Botcheston hill and pub	6.0	Botcheston	4.0
27-01	2 laps Desford	6.0	1 lap Desford	3.0
03-02	Kirkby Mallory + Desford	8.7	Kirkby Mallory	5.7
10-02	Botcheston hill and pub	6.0	Botcheston	4.0
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			

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?

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.

Female Snrs

	Pts
E. Marvin	12
L. Cave	3
A. Cade	2
C. Humber	1

Female Vets.

	Pts
M. Hobbs	8
J. Davies	5
N. Glover	4
A. Richards	5
E. Lawrie	4
J. Morris	1

LRRL Individual Club Standings

Emma Marvin has once again become the Senior Ladies Club Champion. This is her 7th win in ten years and again has a hat-trick of wins. She normally has to wait until at least the penultimate race of the year, but being the only Senior lady to have run more than one race this season, she took the title at Grace Dieu with her excellent 2nd place.

With no other ladies running the veterans category is still up for grabs, with Marie Hobbs remaining 3 points ahead of Jane Davies.

Male Vets.

	Pts
G. Hobbs	41
G. Grimsley	24
A. Brine	23
D. Percy	23
B. Moran	21
S. Tebbutt	19
J. Shade	17
F. Breen	15
R. Billington	14
D. Lawrie	13
A. Hurd	12
P. Goddard	12
D. Playford	9
D. McCartney	9
R. McBean	7
P. Lord	6
H. Long	4
P. Goodchild	3
S. Bailey	1

New Strider of the Year

I've not heard if this has been awarded to the recipient yet, but to take it to another month would be a little daft. So, just in case you haven't heard our New Strider of The Year for 2010 was.....Gavin Speed!

Gavin's fine efforts in the Handicap trophy coupled with his enthusiasm for turning out for the club got him the nod. Well done Gavin.

For the men Gavin Speed is topping the Seniors table, but is being chased by Lee Barber and Pete Marvin. Although you can't write off either Ady Cave or Alistair Richards yet, as if they are the only ones who run the last two races, they can grab the title for themselves.

Last year's Veteran's Champion, Duncan Percy, is currently lying joint third in the table with Alan Brine, just one point behind Gary Grimsley. However they all have a little bit of ground to make up on current leader Graham Hobbs, who has so far attained 41 points.

Male Seniors

	Pts
G. Speed	11
L. Barber	9
P. Marvin	8
A. Cave	5
A. Richards	5

20 Years Old! Following the idea of using the Shenton Shunt as a birthday celebration, Steve Bailey suggested a bit of a display or talk on the history of the club. This could involve memorabilia, photographs, stories etc. etc.

So if you have anything which could add to this we'd be grateful for the loan of them for the day. Obviously for the early days we would be relying on the more senior (as in length of membership!) members of the club.



Into double figures at last! At the time of writing I've got through 13 races, although following today's race (Grace Dieu xc) I'm one race behind schedule. But with just under 9 months to go, I'm not panicking.....yet!

It didn't help with our own Bagworth race being cancelled, twice! And also missing the Barrow Handicap 6 on Boxing Day. But I now realise that was probably never to be. My sister and brother were stopping over Christmas and I felt guilty about leaving them on Boxing day morning. I also really didn't have my heart in it and to cap it all, the car wouldn't start! So that one went West.

Anyway, in case you're an insomniac, here's a few words about the ones that didn't get away!

Oh yes, my thanks to those people who are asking how it's going when we meet up for the races. Whilst it's a very individual challenge it's nice to know people are taking an interest. Even in these early stages it helps me keep interested. Ta.

Huncote Hash

This annual jaunt up Croft Hill is a favourite on the local running scene and was once again well attended by a mixture of club and unattached runners and also a flurry of fairies, both male and female. These proceeded to

gather about three hundred yards from the finish for a final mass flight in and even included one rugby tackling his winged friend. Never seen that before in a race!

Anyway, this course again proved a bit of a toughie, but the views from the top of the hill were marvellous and the hot soup and rolls proved very welcome at the end. It used to be well attended by Striders but over recent years seems to have fallen from the list of events to run, as we had just five of us there this year. Nevertheless we had some very welcome support from Dave Playford just before we set off for Croft Hill.

Strider results at The Huncote Hash		
	Time	Pos
Graham Hobbs	53:02	66
Duncan Percy	53:32	68
Gavin Speed	54:02	70
Marie Hobbs	1:22:00	240
Steve Hibben	1:59:38	252
252 runners		

Leicestershire County XC Championships

Scheduled for Saturday 8th January, this year's

County Championship race was on a day I wasn't working for the first time in a couple of years and what a bonus, just 6 miles down the road at Bosworth Battlefield Centre.

Unfortunately I was the only Strider there, although Amanda Richards entered the ladies event, but unfortunately had to pull out due to injury. (A little side note, I heard from John Shade that Amanda felt she had let the club down by failing to finish. Not in the least Amanda! You were there! You entered and tried! You also had the common sense to pull out when not fit to finish.....well done!)

Anyway it's a shame nobody else took part as they all missed and excellent run. The course was good, although three laps tested the mental strength! The weather was dry, but there was a bit of a cold breeze which ensured my hat stayed on all the way around. Nevertheless I was happy with my run and managed to pick up a few places in the final lap. After 27 years must have found how to pace myself!

GRACE DIEU XC This was number 13 and as I've already knocked up a few words on the front page won't go on about it. Suffice to say it's one of my favourite xc courses.

The very next morning Mrs. H and myself headed over to Chelmsley Wood (North Birmingham) for a race I had found on the internet, hosted by Centurions RC.

Centurion Grand Prix 5 mile

Between November and April they hold a series of 5 mile races each month. The course is run around the paths of a local, flat park and consist of one small and two large laps.

Being so far from home we didn't expect to bump into anybody we know, but our very own Brian Moran was there and apparently not living that far away he runs them regularly.

It was a well organised event with quite a small field of just 130 runners. This proved an advantage as there were a couple of narrow points to negotiate, such as metal gates. Didn't detract from my enjoyment, although not having done much running over Christmas and having done the xc race the previous day, I ran out of steam towards the end and finished in 34:15 in 27th place.

Marie had done even less running than myself over the festive period and was pleased to get around in a time of 47:54 in 110th. Brian finished in 40th position in 35:48.

Unfortunately I've not got any 'out of area' races planned for the next month or so as we've got so many league races coming up. At the moment these are my plans, hopefully see loads of you there....

January:
Sun 23rd - Barrow 6
Sun 30th - Ashby 5
February:
Sun 13th - Markfield 10K
Sun 20th - Hinckley xc
Sun 27th - Desford 10K

March:
Sun 26th - Kibworth 6

Nothing else planned as yet.