



# THE NEW STRIDER



Volume 10 Issue 5

Newsletter for Desford Striders Running Club

May/June 2009

## LRRL Individual Club Standings

**W**e've had just the results for one league race since last month's newsletter, that being the Hinckley half marathon. Unfortunately the Swithland 10K didn't quite make it. At the Hinckley event we had an increase in the number of both senior men and ladies take part, with each category having five runners. This means that I have had to recalculate the scoring system. Not much difference in the men's, but as Liz Cave was the only senior lady to run in a league race prior to Hinckley, it has made a considerable difference in the number of points she has.

Female Vets.	
	Pts
Mhairi Billington	35
Pam Lord	13
Marie Hobbs	12
Cheryl Ivers	6
Jane Davies	6
Valda Holmes	5
Eula Lawrie	5
Nicola Glover	5
Marie Playford	5
June Morris	4
Ruth Evans	3
Lynda Holleworth	1

Anyway.....Lee Barber took advantage of Steve Boorman's absence to reclaim top spot whilst Neil Ackland scored another second spot to move into second.

Despite picking up just two points at Hinckley, Liz Cave still has a commanding lead in the ladies table. Maximum points went to Michelle Aukland, with Helen Hanscombe taking third spot.

In both of the vets. categories it as you were, with Richard and Mhairi both picking up full scores for the fifth race out of five. Short of tying their laces together, is there anybody out there who can challenge them?

Running on the Continent (see Striders on Tour, page 7) cost Nigel Trotman and Henry Long their places in the top three in the men's vets' category, with both of them being leap-'frogged' (little pun there - see Strider on Tour!) by Paul Goddard, who had a good run so close to the London marathon.

Not far behind him was Matt Taylor who, in his first race of the season, came in third.

In the ladies vets. the chasing pack is now being led by Pam Lord. She took her tally to 13 points by finishing fourth lady behind Jane Davies, who was second and third placed Marie Playford. Despite having missed the last three league races, Marie Hobbs is still clinging on to third place!

Male Seniors	
	Pts
Lee Barber	17
Steve Boorman	13
Neil Ackland	8
Kieran Smith	6
Adrian Cave	5
Andy Hurd	5
Pete Marvin	3
Tom Bassnett	1

Male Vets.	
	Pts
Richard Billington	70
Paul Goddard	47
Nigel Trotman	35
Henry Long	34
Dave Cox	25
Andrew Cole	24
Steve Morris	21
Sean Tebbutt	16
Steff Wittering	15
Steve Bailey	14
Graham Hobbs	13
Steve Hibben	12
Matt Taylor	12
Dave Playford	11
Dave Lawrie	11
Dave Grewcock	11
Alan Brine	10
Mark Goodrich	10
John Shade	9
Brian Moran	9
Roy Ivers	9
Dave McCartney	8
John Greenlees	7
Gary Grimsley	6
Steph Pandit	5

Female Senior	
	Pts
Liz Cave	12
Michelle Aukland	5
Helen Hanscombe	4
Emily Crowe	3
Carina Hanley	1

## Leicestershire Road Running League.

**T**he first Summer League race took part on May 10th with a total of 25 Striders running this year's Hinckley half Marathon. Can't give you a race report I'm afraid as I was half killing myself over the hills and bogs of Cumbria and Yorkshire that weekend, but more of that another time, when the memory has faded.

Looking at the results we had 14 men and 11 ladies complete the 13.1 miles, which was as usual run from Bosworth Water Park, but on a slightly modified course. If anybody has any thoughts on it, I'd be glad to hear from you. The results are here for you to look over, but I'll just pick out the odd name or two. Kieran Smith ran

his first half (*Ed- sure that's correct!*) and finished in a creditable 1:56:30. Tom Bassnett amazingly knocked the best part of half an hour off last year's times, whilst Pete Marvin made his road debut in Strider colours.

We also had a few more men make their first appearance of the season including, Mark Goodrich, John Greenlees, Matt Taylor and making his Strider debut, Dave Grewcock who completed the course in 1.51.41

Unlike the Winter races, Hinckley was very pleasingly over flowing with Senior ladies with five taking part! Long may it continue! Special mention and welcome to Carina Hanley, who having joined only recently, took part in her first event as a Strider, finishing in a little over 2:05. Also on the 'first of the year' list were Jane Davies, Marie Playford and Ruth Evans.

League tables and other League info is on the following page.

Hinckley half		
Men	Time	Pos
R. Billington	1:25:00	33
L. Barber	1:35:14	99
N. Ackland	1:36:49	118
P. Goddard	1:37:23	120
M. Taylor	1:38:17	128
P. Marvin	1:40:40	147
D. Grewcock	1:51:41	211
M. Goodrich	1:52:56	222
K. Smith	1:56:30	239
T. Bassnett	1:57:57	241
S. Wittering	1:58:24	242
S. Tebbutt	1:59:42	246
J. Greenlees	2:18:10	266
S. Hibben	3:07:19	273

Hinckley half		
Ladies	Time	Pos
M. Billington	1:36:52	16
J. Davies	1:37:36	19
M. Aukland	1:43:31	29
M. Playford	1:44:10	31
H. Hanscombe	1:50:21	51
E. Crowe	1:52:59	62
L. Cave	1:53:11	64
P. Lord	2:02:21	94
C. Hanley	2:05:13	100
R. Evans	2:06:27	106
E. Lawrie	2:15:42	128

### Leicester Running Shop LRRL Tables

The two men's teams are finding life increasingly difficult in their respective divisions. The senior team gained a point on Beaumont but are still second from bottom two points behind them.

The vets are in an even worse position. You could actually say they are the strongest team in the division, as they are holding everybody else up. But that's an old joke! (Sorry don't know any others...) Five points adrift of second bottom Hinckley, they are a massive 9 behind Fleckney and safety.

Our ladies scored their best result of the season, which has moved them two places up the table and currently four points away from the drop zone.

The vets ladies came an excellent fifth, which leaves them lying mid

<u>LRRL 2008</u>	
<u>Ladies Div 1</u>	
	<u>Pts</u>
Barrow	92
Birstall	91
Huncote	73
Fleckney	70
Wreake	62
Barrow B	62
Desford	52
Hinckley	49
OWLS	48
Beaumont	46

\*Swithland 10K not included

<u>LRRL 2008</u>	
<u>Men Div 2</u>	
	<u>Pts</u>
Huncote	94
Fleckney	86
Hinckley	76
Roadhogs	71
Beaumont	63
Desford	61
Shepshed	59

<u>LRRL 2008</u>	
<u>Men Vet Div 2</u>	
	<u>Pts</u>
Leics Cori	92
Nuneaton	77
Hermitage	76
West End	71
Fleckney	69
Hinckley	65
Desford	60

<u>LRRL 2008</u>	
<u>Ladies Vet Div 1</u>	
	<u>Pts</u>
Barrow	123.5
Huncote	104
Birstall	99
Fleckney	81
Ivanhoe	77.5
Wreake	77
Leics Tri	76.5
Hinckley	70
Beaumont	63
OWLS	62
Desford	59.5
Harborough	51
Hermitage	49
Charnwood	47
S. Derbys	44
Nuneaton	42
Roadhogs	40
West End	38
Stilton	32
Shepshed	13
Whetstone	10

#### Prestwold 10K



Date: 28th June  
Time: 10.30 a.m.  
Dist: 10K  
Cost: £8  
Club: Barrow

Venue: Prestwold Driving Centre,  
Prestwold, Nr Loughb'gh  
Info: Changing, no showers.

#### Hungarton 7



Date: 7th July  
Time: 7.15 p.m.  
Dist: 7M  
Cost: £5  
Club: Wreake  
Venue: Hungarton

### LRRL Summer Races - Block Booking

Thanks to Steph Pandit for stepping in to sort out the Prestwold 10K.

**Prestwold 10K:** cost is £8, cheques payable to 'Barrow Runners', entries to Steph by 22/06 at very latest. Contact Steph at ebony-ivory@ntlworld.com, he will then give you his home address.

**Hungarton 7:** cost £5, cheques payable to 'Wreake Runners' to Andy by 24/06 at very latest. Contact Andrew at 140 Station Road, Ratby, LE6 0JP or 07866 545471.

**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.

**Huncote 5:** Emily is having difficulty getting the info from Huncote. We will updated you when she has received it.

Swithland 10K	-	7th Jun	-	Valda Holmes
Prestwold 10K	-	28th Jun	-	Steph Pandit
Hungarton 7	-	8th Jul	-	Andrew Hurd
Huncote 5	-	12th Aug	-	Emily Crowe & Helen Hanscombe
OWLS 10	-	6th Sep	-	Liz Cave

100%

Going into the Hinckley Half Marathon we had six Striders on 100% records for the season. Following it we are down to just the two.....Mhairi and Richard Billington.....well done folks!

#### 2009 LRRL fixtures

##### Summer

28 Jun Prestwold 10k  
8 Jul Hungarton 7  
12 Aug Huncote 5  
6 Sep Owls 10

(Entry fees vary between races, see individual club websites for details)



My thanks to Julie Messenger for the being the focal point in arranging the barbeque after the Hinckley Half and to those who assisted in setting everything up. Hopefully I'll be there next year!

# London Emily's first London Marathon

*Emily Crowe relates the excitement of her first Marathon.....London 2009!*

**London 2009!** My first marathon! After months of training the weekend of the London marathon finally arrived! The journey began on Dave Mann's coach trip from Desford along with Nicola Glover, Andy Herd, Steve Bailey, Paul Goddard and Paul Goodchild. Nicola's hubby, Terry, my Dad Paddy and my boyfriend Chris also came along to cheer us on.

Dad promptly fell asleep within about 10 minutes of the journey and then again after the lunch stop! Steve insisted that he wasn't running due to a hip injury, however he had packed his running kit 'just in case' and registered and picked up his number and chip when we stopped at the Expo to register. Chris managed to spot cricketer Stuart Broad there too, (I have no idea who this is!).



Striders on Tour: Emily, Steve Bailey, Andy Hurd, Paul Goodchild, Daddy Crowe & Paul Goddard settle the nerves with a drink the night before....

After checking into the hotel Nicola went to meet her mum and the rest of us headed to a local pub on the Saturday evening, which Dave Mann assured us was just round the corner. After what seemed like hours of walking (maybe only half an hour!) we arrived at the pub where we had a meal. I was assured by the seasoned marathon runners that it is advisable to have a drink the night before so that you sleep well! Steve 'News of the World' Bailey kept us entertained with his stories and we also found some amusement in the fact that Paul was sharing a room with another runner called 'Angelo' who he had never met!



(L) Looking very calm, time for a picky with the proud dad.

(R) Nicola, Andy and Emily without a care in the world!



One glass of wine was obviously not enough alcohol as I still saw nearly every hour of the Saturday night until it was time to get up at 6am! I have never felt so nervous, not even for my driving test! But we got back on the bus at 7.15am to take us to the start. Steve kept us guessing until the last minute whether he was running or not but in the end decided on spectating.

The time until the start went very quickly, mainly in the queue for the loo with Nicola! And then we were off. It was already hot by this point, not a good start! I never imagined the amount of people both running and spectating, the first few miles were especially crowded. So many spectators throughout the whole course, people in their front gardens playing music and bands outside pubs with people already on the beer at 10am! People were holding out oranges and jelly babies and cheering people's names. I would definitely recommend wearing your name on your running vest. Didn't manage to see anyone famous (very disappointed about Peter and Jordan, Dave managed to see Peter in the queue for the loo!) but lots of amusing costumes including Fred Flintstone, lots of male fairies, a rhino, some apples, a rubix cube, a man in a thong and David Hasselhoff and Pamela Anderson in Baywatch outfits (both male!).

Continued overleaf....



26.2 miles later and proudly sporting her medal.....

My main aim was to complete it and run the whole way and I completed the marathon in 4 hours 42 mins. Steve was already giving me tips for 'next time' as I met the others and Chris and Dad have some better plans for spectating 'next year'. Back on the train, quick shower and change before hobbling a little more slowly back onto the coach. Once again Dad promptly fell asleep, apparently its tiring being a spectator! One bottle of champers and a burger king later I started to feel a bit weary too!

Well done to everyone who ran, especially those I didn't get chance to catch up with on the day, there were some great times too. Thanks to everyone who gave me advice, ran those long runs with me and sponsored me, I raised over £1300 for Macmillan. Had a fantastic day, what an experience, maybe there will be a next time.....



.....and a well earned slurp of bubbly on the way home.....

My thanks to Emily for an excellent account of her first marathon. Judging by how fresh she looks at the end I suspect there could be more on the way?

Well done too to the other Striders who also successfully completed the event. It's definitely no mean feat to run 26.2 miles, they can be immensely proud of themselves.

I've just a personal note to add and that's my thanks to Ady Cave and Steph Pandit for their help in allowing me to run. It was most appreciated and whilst I completely blew my chances of a p.b. (Headless Chicken Syndrome in the first ten miles!) I had a thoroughly enjoyable day.

The Strider's results are printed here for your interest (or not)....got your application in for next year? I have! Fingers crossed!

London Marathon

Men	Time	Pos
G. Hobbs	3:21:35	2643
A. Hurd	3:31:40	3835
P. Goddard	3:41:26	5194
D. McCartney	3:52:16	6959
P. Goodchild	4:09:51	10344
A. Richardson	4:10:11	10410
S. Pandit	4:20:52	12374
Ladies		
N. Glover	4:19:16	3103
R. Hardman	4:22:27	3356
E. Crowe	4:42:51	5103

**Thursday Night Club Running  
Summer Runs**

Date	Name	Dist	Name	Dist
28-05	Old Race route + Track	7.4	Old race route	6.5
04-06	Thurlaston	8.3	Thurlaston	5.8
11-06	Old Race Route Via Newbold Verdon	9.5	Newbold Verdon	6
18-06	Newbold Heath	8.5	Botcheston	5.5
25-06	Figure of 8 + Mallory Pk	6.2	Figure of 8	5.3
02-07	Thornton	8/10	Botcheston	5.5
09-07	Thurlaston + E. Shilton	10	Thurlaston	5.8
16-07	Old Race route	7.4	Old race route	6.5

Back to winter running

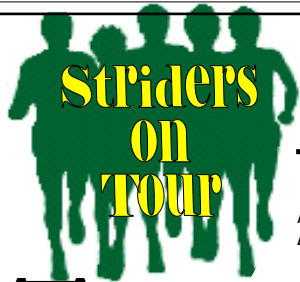
**MEMBERSHIP FEES**

If you haven't already paid, then the full amount of

**£22**

is now payable.....

Please send your fee a.s.a.p. to Membership Secretary, Pam Lord, 20 Bramble Drive, Newbold Verdon, Leicestershire, LE9 9LZ.



Not only have Nigel Trotman and Henry Long been active outside Leicestershire's borders, they have very kindly let us know about their running activities.

## THE WOODHOUSE MAY DAY CHALLENGE

*Firstly to Nigel, our Woodhouse Correspondent, reporting on the inaugural Woodhouse Mayday Challenge, which I suspect will become a firm favourite with Strider members.*

**T**he Belvoir appears to have a challenge! On May Day Bank Holiday, 6 Striders took part in the first Woodhouse May Day Challenge – and what a good event it was! I may be saying that because I broke 2 hours, but the conversation over sandwiches and cake afterwards confirmed it.

The format is simple – a 13.5 mile route, starting and finishing in the centre of Woodhouse Eaves, that takes the runner through some spectacular countryside, including Beacon Hill, Old John and Bradgate Park. You can choose to walk or run – we all ran. One good point compared to the Belvoir – the walkers started an hour ahead of the runners, so no unfortunate incidents just after the start. The route was tough at first – a long climb up to the top car park at Beacon Hill, then the long drop down, up across Broombriggs, then via the golf course to Old John. By now, we were wishing we'd stayed in bed!

However, after the drop down from Old John to Newtown Linford, the course flattened out, and we began to

enjoy it a little more. Plenty of stops to open gates and climb stiles meant a chance of a breather as we left Bradgate and went via Swithland. There were also a couple of food stops (just like the Belvoir – though the choice was a little more limited). Eventually, we climbed back up from Woodhouse village to the finish in Woodhouse Eaves – and spectacular home-made cakes in the village hall. The WI were in their element – I even saw Mrs Overall from Acorn Antiques!

Overall, we all felt this was an excellent event to do – good course, really well organised, and one we would do again next year. They plan to run it again next year – so look out for it. Well done to Jane Davies on being the third lady home – shortly after a good run in the London Marathon.

### Strider Results:

Jane Davies	33 <sup>rd</sup>	-	1:48:40
Nigel Trotman	64 <sup>th</sup>	-	1:58:18
Julie Messenger	78 <sup>th</sup>	-	2:03:44
Gary Grimsley	79 <sup>th</sup>	-	2:03:48
Marie Playford	80 <sup>th</sup>	-	2:03:50
Henry Long	85 <sup>th</sup>	-	2:05:54

## Henry's Hanham Horror!

*And so to our South-West Correspondent, Henry Log, who relives the Horrors of a 6 mile slog around the fields of Hanham, Avon*

Having arranged an Easter weekend away at some friends near to Bristol I decided to see if and what runs may be available to keep up the miles. What a surprise I had in store for myself. After doing a quick search I came up with this 6-mile off-road annual race and Horror by name and certainly Horror by nature. This is definitely not one for the faint hearted; it is just what all those lovers of hill climbing would appreciate!!

So off I set on Easter Sunday morning allowing plenty of time to find the venue and make my entry, lots of time to spare and it seemed a good entry was expected as my number was 446.

Below is the description word for word on their web site.

*"Yes, you are seeing that right, that is a rope, and unless you're a mountain goat, getting up this hill is going to be pretty tough without it. The Hanham Horror is an annual event of mass suffering organised by Bitton Road Runners.*

*The route starts at Vicarage Road playing field in Hanham, on the east edge of Bristol, before delving down into the scenic yet murky woodland trails that run alongside the River Avon. The route then continues along the river towpath before heading back up towards some challenging hills.*



*This is all before you come to the 100 steps!*

*The multi-terrain route covers a distance of 6 country miles, and every one of them you'll remember. The route will be muddy, tough, and fully marshalled."*

So at 11.00 am of we set from some common land before turning into a housing estate to loop round and down a steep hill on the main road. At the bottom a sharp left turn onto the River Avon towpath for a short distance before being brought up to an abrupt halt to queue before climbing the 100 steps back to the common where we started from and this is just into mile 2. To complete my first mile it took 7.05 pretty quick but a lot of down hill.

Back across the common and then a long gradual decent through a wooded area of the steep bank along the side of the Avon and again down on to the tow-

Continued overleaf.....

path. With the queuing and slow steps mile 2 took over 11 minutes. A much gentler run on the flat was short lived as we turned again up some steps and another steep climb through the trees, by this time the field was well spread out and settled at each others pace so very little overtaking. The next mile or so zig zaged through the trees along this steep bank eventually dropping back down to the rivers edge and a water station.

On the flat and some rest bite and a chance to settle into a more even pace, even started to pass people I must have took my time somewhere or they were saving themselves!!

Yes they were saving themselves, as we turned sharp right under a large water pipe all was revealed at about the 4.5 mile mark, we have to go up there, are you real!!!

The picture does not do it justice this bank is at about a 60° angle with little or nothing to grip on like rocks, roots etc. I can see why the rope was put there and this is after around 4.5 miles of some rather good up and down running. With a large queue of people using the rope to negotiate "the hill" I decided to use brute force and ignorance and edge my way up at the side of the rope, which was a little quicker and I was also then followed by a number of other runners with the same idea.

Coming of the top of this hill boy did the legs burn, yes they did and still we had to run up hill to where we started including more steps and finally across a sports field to the finish. Heaven it was to see the line and a last short burst, even a sprint finish.

My time was 58.05, in position 153. Not bad for me on a Sunday morning. All I can say is I am glad it was very dry the route this year as it would have been extremely muddy otherwise.

The final word on this was an announcement before the start that on some parts of the course to be careful when overtaking on narrow parts of the path, as there was a vertical drop straight down into the river, I wonder if that's why there were only 296 finishers listed on the web site, I was number 446 after all??

So for all of those endurance, long distance runners this is a good one to try at least once and if you really want some fun try their run on remembrance day, called the Sodbury Slog, it is worth looking at their web site [www.bittonroadrunners.co.uk](http://www.bittonroadrunners.co.uk) and it attracts over a 1000 entries, anyone who likes mud would just love this!!



Henry looking remarkably clean, with his well earned Hanham Horror tee-shirt.

## Les 3 Heures de Cran-Gevrier

*On so to Nigel who changes his Woodhouse Correspondence hat for his Foreign Correspondent beret and reports on another inaugural event. This times in La Belle France!*

**W**hile many of our club-mates were sweating through the Hinckley Half (or the Cumbrian/Yorkshire peaks! Ed) Henry and I, together with our mate Simon Morgan (the recipient of a successful heart transplant in 2005 – and honorary Strider for the day) were running in France. We competed in the first running of this event in a small community on the outskirts of Annecy in central France.

The event is essentially a three hour endurance one – for either teams of 3 runners, or individuals. We had decided to take part, as Simon has links

with a College in the area, which was planning to participate and raise money for heart charities. Ultimately, this did not happen, but we decided to run anyway, as we had already bought the flight tickets. We also had a few last minute panics, when we were told that we would all need doctors' certificates to be allowed to run, which Henry and I did not have.

In the event, we turned up early on the Sunday morning, and Henry and I were passed fit by the local doctor - who looked a lot less healthy than we did! The race was run over laps of 2.4kms, taking in roads, a footpath through a park and some houses, and

a long stretch of woodland paths, featuring some steep downhill sections. At least one of the better runners fell victim to the downhill sections – I came over a crest to see him in a heap on the ground swearing loudly – in English! The lap culminated in a steady, fairly steep climb on loose gravel, then through a factory area to the start and handover. At the start, there were 27 teams, plus 13 individuals – one of whom was 77 years old. Snacks were provided at the changeover point – cake, salami, chocolate, dried fruit, coke and water – not what we are used to in the UK!

Now, none of us had ever done anything like this before, and of course you set off as fast as you can each lap, trying to do your best, and close up on teams ahead of you. However, as time goes on, this gets harder,

especially as it was quite a warm morning. By the time we were 2 hours in, I was certainly thinking about how many more laps I might need to do. Simon is not really a runner, and we were not sure how many laps he would manage.

In the end, he completed 3 laps, before his knee complained, so Henry and I did the last hour or so between us. I handed to Henry with around 16 minutes left on the clock and told him to go steady. Unfortunately, there was still about 2 minutes to go when he reappeared, so I had to go again! He did run the last part of the lap with me though - I think he felt guilty.

In the end we completed 14 laps, and were 26<sup>th</sup> team out of 27. The winning team competed 22 laps - and contained some very impressive runners. However, the locals made a great fuss of us, as the only non-local team. The "Equipe Anglais" were invited on to the podium and presented with gifts of local wine and penknives. They also laid on dancing girls and a barbeque with typical French style, and asked us if we would go back next year - and bring some friends.

So, if anyone is interested..... (oh yes!, Ed!!)



'L'equipe Anglais' after their mammoth effort en France, noshing on a well earned baguette!

## Livingston Relays

My sincere thanks to Mark Dixon and Steve Morris for sorting out the teams for this year's event which took part on 3rd May.

As it turned out they managed to field five teams, the most we have put out for three years.

Unfortunately I was working whilst this event was on, so can offer no opinion on weather, competition etc. etc. If anybody who was there would like to drop m a line or two.....?

Thanks to those who organised, supported and ran in the event. Hopefully you all had a good time.

### Vets B

1st Leg	Paul Goodchild	22:04	14
2nd Leg	Mark Goodrich	22:55	14
3rd Leg	Steve Bailey	25:23	14
4th Leg	John Greenlees	29:07 1:39:29	14
14 finishing teams			

### Ladies

1st Leg	Anne Robertson	24:10	13
2nd Leg	June Morris	29:54	16
3rd Leg	Marie Hobbs	25:50 1:19:54	16
17 finishing teams			

### Livingstone Relays - Strider's results

		Individ/Team Times	Team Pos
<b>Senior Men A</b>			
1st Leg	Alistair Richards	17:53	8
2nd Leg	Tom Bassnett	20:52	17
3rd Leg	Kieran Smith	20:05	16
4th Leg	Lee Barber	19:47 1:18:37	15
22 finishing teams			
<b>Senior Men B</b>			
1st Leg	Mark Dixon	21:30	22
2nd Leg	Sean Tebbutt	24:55	22
3rd Leg	Gary Grimsley	23:10	22
4th Leg	Steve Morris	30:35 1:40:10	22
22 finishing teams			
<b>Vets A</b>			
1st Leg	Andy Ball	17:40	7
2nd Leg	Steve Humber	19:32	7
3rd Leg	Paul Goddard	19:56	7
4th Leg	Duncan Percy	20:12 1:17:20	7
14 finishing teams			

## 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 [dsrsrc.inform@googlemail.com](mailto:dsrsrc.inform@googlemail.com)

or  
146 Kirkby Road, Barwell, Leicestershire.

**Thank you!**

Just a few words to thank you to a few people.

Firstly to Michelle Aukland for organising last month's skittles bash. If like me you missed it, we apparently missed out on a good evening. Hopefully next time.....

Also, in the last newsletter it was very remiss of me not to offer the club's thanks to everybody, members, friends and family who helped in ensuring our 10K in March was once again an excellent event. To those who ran and helped in one capacity or another, thank you.

## 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

Burroughs Ratby (5 to 7 miles)	Bradgate Park (6 - 8 miles)	Thornton Reservoir (5 to 7 miles)	SID Desford (9 miles)
27 <sup>th</sup> April	4 <sup>th</sup> May	11 <sup>th</sup> May	18 <sup>th</sup> May
25 <sup>th</sup> May	1 <sup>st</sup> June	8 <sup>th</sup> June	15 <sup>th</sup> June
22 <sup>nd</sup> June	29 <sup>th</sup> June	6 <sup>th</sup> July	13 <sup>th</sup> July
20 July	27 <sup>th</sup> July	3 <sup>rd</sup> August	10 <sup>th</sup> August
17 <sup>th</sup> August	24 <sup>th</sup> August	31 <sup>st</sup> August	7 <sup>th</sup> September
14 <sup>th</sup> September	21 <sup>st</sup> September	28 <sup>th</sup> September	

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

### John picks up first ever Trophy win at Hinckley!

The 11th Handicap Trophy season is under way and it has already proved two separate winners. One a new name and the other a previous Trophy winner.

At the first race, the Hinckley half, John Greenlees took first place to achieve his first ever handicap win. He was followed in by Steff Wittering who scored his highest finish in the competition. The results are published here for your enjoyment. My thanks to Francis Been and Richard McBean in the extra work involved in sorting out these results.

The second round of the trophy was the club run held on the 21st May and this threw up a familiar face. Henry Long, the 2007 winner, has obviously kept up the improvement as he gained maximum points. For the first time we held one of the club runs on a Thursday night. The aim was to have more people take part and it

worked with a field of runners double what we would have on a Sunday morning in October or November. Obviously taking part wasn't compulsory and a few did 'sit' it out. I am extremely interested in knowing people's views on holding the event on a club run night. Does it adversely interfere with the Thursday night run? Does the extra number of people help those taking part? Please, please let me know your views. If somebody is desperately unhappy about it, tell us! Likewise if you're all for it, shout it out!

Despite there having been only two races, I thought you might like to see the early 'runners'. And what a pleasant surprise to see a new face at the top! Mark Goodrich proudly sit on top of the pile at the moment, but is already hotly pursued by a leaner, fitter, faster Sean Tebbutt, the 2006 winner. Paul Goddard is lying third, with our first lady in the table, Ruth Evans, just a point behind him.

### Club run—21st May

#### Handicap Results

	Combined	
	Time	Pts
Long, Henry	1:05:24	50
Brine, Alan	1:05:33	49
Goodrich, Mark	1:05:58	48
Reed, Gwyneth	1:06:01	47
Bassnett, Tom	1:06:07	46
Evans, Ruth	1:06:07	46
Trotman, Nigel	1:06:07	46
Robinson, Emma	1:06:10	43
Morris, June	1:06:13	42
Morris, Steve	1:06:15	41
Goddard, Paul	1:06:36	40
Miles, Damien	1:06:40	39
Holleworth, Lynda	1:06:52	38
Smith, Kieran	1:06:52	38
Percy, Duncan	1:06:59	36
McBean, Richard	1:07:09	35
Dixon, Mark	1:07:19	34
Tebbutt, Sean	1:07:47	33
Goodchild, Paul	1:07:55	32
Hibben, Steve	1:12:38	31

### 2009 Handicap Trophy races

28th Jun	Prestwold 10K
5th July	Desford 1/4 marathon
8th Jul	Hungarton 7
12th Aug	Huncote 5
27th Aug	Club Run from SiD
6th Sep	OWLS 10
November	XC - usually 1st race of season
December	XC - usually 2nd race of season

### Hinckley Half Handicap Results

	Pts
Greenlees, John	50
Wittering, Steff	49
Tebbutt, Sean	48
Playford, Marie	47
Billington, Mhairi	46
Lord, Pam	45
Lawrie, Eula	44
Crowe, Emily	43
Goodrich, Mark	42
Ackland, Neil	41
Taylor, Matt	40
Goddard, Paul	39
Barber, Lee	38
Billington, Richard	37
Hanscombe, Helen	36
Ball, Andy	35
Hanley, Carina	34
Grewcock, David	33
Evans, Ruth	32
Aukland, Michelle	31
Marvin, Pete	30
Hibben, Steve	29
Davies, Jane	28
Bassnett, Tom	27
Cave, Liz	26
Smith, Kieran	25

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

After 2 races

	Pts.
Goodrich, Mark	90
Tebbutt, Sean	81
Goddard, Paul	79
Evans, Ruth	78
Bassnett, Tom	73
Smith, Kieran	63
Hibben, Steve	60
Greenlees, John	50
Long, Henry	50
Brine, Alan	49

Playford, Marie	47
Reed, Gwyneth	47
Billington, Mhairi	46
Trotman, Nigel	46
Lord, Pam	45
Lawrie, Eula	44
Crowe, Emily	43
Robinson, Emma	43
Morris, June	42
Ackland, Neil	41
Morris, Steve	41
Taylor, Matt	40
Miles, Damien	39
Barber, Lee	38

Holleworth, Lynda	38
Billington, Richard	37
Hanscombe, Helen	36
Percy, Duncan	36
Ball, Andy	35
McBean, Richard	35
Dixon, Mark	34
Hanley, Carina	34
Grewcock, David	33
Goodchild, Paul	32
Aukland, Michelle	31
Marvin, Pete	30
Davies, Jane	28
Cave, Liz	26