



THE NEW STRIDER



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Newsletter for Desford Striders Running Club

Sept 2011

LRRL Individual Club Standings

It's Hobbs at the double!

Graham Hobbs has won his first ever Strider title on the road by topping the vets. table and in doing so achieved the 'double', having already secured the cross-country equivalent in February. Going in to the final race of the LRRL season he only had to complete the 10 mile run to secure his win, as nearest rival Richard Billington had missed the Swithland 6.

Male Vets.	Pts
Graham Hobbs	148
Richard Billington	128
Sean Tebbutt	121
Gary Grimsley	113
Paul Goddard	109
Dave Playford	79
Henry Long	77
Steve Bailey	51
Mark Goodrich	43
Duncan Percy	43
Andrew Hurd	43
Nigel Trotman	39
Mark Foley	39
Paul Carnegie	24
Lee Garner	19
Steve Hibben	18
Mark Dixon	18
Gary Birch	17
Paul Bradshaw	16
John Shade	15
Francis Breen	13
Andrew Cole	13
Dave McCartney	12
Brian Moran	12
Clive Coulson	10
Dave Grewcock	9
Steph Pandit	5
Dave Lea	5
Steve Morris	2
Jim Houghton	1

As it was Richard had competed in a half iron-man triathlon the day before, so didn't run the Countesthorpe race. This meant that Graham started the race safe in the knowledge that he was already the champion. However, he didn't rest on his laurels and finished off a fine season by being the first Strider home.

Also at stake was third place. Paul Goddard occupied this spot after the Huncote 5 last month. However he too didn't run at Countesthorpe, which left the way open for Sean Tebbutt and Gary Grimsley to battle it out.

In the long run (pardon the pun) Sean overcame two weeks of cold/a chesty type infliction, to finish ahead of Gary and thereby take third place.

There were no significant changes to the other tables, but one point to let you know is that, despite not having run in the last four races due to injury, Marie Hobbs still managed to hold on to third place in the ladies vet. section. This is the fourth year on the trot that she has achieved a top three finish. Well done to her.

During the 2011 road season we had a total of 56 members run in at least one race. Well done to them all and hopefully we'll have many, many more next year.



Graham has time for a smile at the camera as he heads for the Vets. title.

Ladies Vets. are promoted to top division!



Mhairi Billington leads the Vets. ladies team home at the John Fraser 10 and onto promotion

After missing out on promotion in 2010 by just 7 points, the Striders' Ladies Vets. team this year gained promotion to the top division, by finishing in a very comfortable second place and were in fact just 5 points behind eventual champions Wigston Phoenix.

They finished the season in excellent form by winning 4 of the five Summer races and taking second place in the other. In fact if they had attained similar results during the Winter races, they would very possibly have won the division with room to spare. The challenge for them next year will be to retain their Division 1 status. If we can get full teams out, then they will be in with an excellent chance.

But that is for next year, but for now they all deserve the club's congratulations and thanks. They're the first Strider team to gain promotion since the Ladies moved up to Division 1 in 2008. Perhaps the men can emulate the ladies next year. Now there's a challenge!

LRRL 2011 Ladies Vet Div 2	
	Pts
Wigston Ph.	154
Desford	146
Fleckney	128
Roadhogs	126
West End	126
Harborough	124
Stilton	69
OWLS	0

Leicestershire Road Running League.

The 2011 LRRL season drew to its traditional close with the staging of the John Fraser 10 mile race at Countesthorpe, and as usual the Striders had its traditional low turnout. Outside of the Kibworth 6 it was the club's lowest attendance of the season, so we are extremely grateful to the 15 Striders who made the trip and ensured we had both men's and ladies teams out running.

The day started off rather wet and is looked a little ominous for the race itself. But thankfully it remained pretty much dry and was in fact quite warm at times. The course took us out into Willoughby Waterleys and the surrounding countryside before returning to Countesthorpe and consisted of numerous undulations.

In the absence of Mr Billington Graham Hobbs led the Strider contingent home finishing as 94th male. He was followed by Lee Barber who dipped under his target time of 71 minutes. For the ladies, Mhairi Billington continued her return to racing, finishing 24th. The newly wed Lisa Dixon was next home and was followed by Sarah Smith, finishing her second Strider race.

I would also like to mention and thank the Gill's (Lesley and Jim) and Marie Hobbs for their support at the race, it always helps when you hear a shout from a friendly voice.

In respect of the teams, the ladies vets. secured an excellent promotion to Division 1, whilst the ladies senior team successfully staved off relegation from their top flight, managing to finish 3 points ahead of second from bottom Roadhogs. The 'B' team finished a very respectable 8th in Division 3 and if they were able to get a full team out for each race would stand a reasonable chance of promotion.

The two men's teams are resigned to spending another season in their respective Division 3s and will be hoping for stronger performances next year to give themselves a chance of going up.

Our thanks to the 56 Striders who represented the club in the league races this season and also our thanks to those who have turned out to support the runners over the last 9 months.



Nigel Trotman takes the opportunity to cool himself down.



We had three Striders run in all 10 LRRL races this year and they are Graham Hobbs, Sean Tebbutt and Gary Grimsley. Well done to all three for their fine efforts. In fact if we take into account 2010 too,

Sean has now completed 17 LRRL races on the trot. Well done!



Karen Marfleet receives the encouragement of fellow Striders at Countesthorpe.

<u>John Fraser 10</u>		
<u>Men</u>	<u>Pos</u>	<u>Time</u>
G. Hobbs	94	1:08:37
L. Barber	106	1:10:44
G. Speed	158	1:16:06
S. Tebbutt	172	1:17:00
H. Long	218	1:24:44
G. Grimsley	221	1:25:21
D. Playford	227	1:26:36
N. Trotman	233	1:29:19
P. Carnegie	235	1:29:54
P. Bradshaw	242	1:32:59
<u>Ladies</u>		
M. Billington	24	1:18:46
L. Dixon	34	1:20:25
S. Smith	54	1:23:32
R. Evans	96	1:33:39
K. Marfleet	123	1:45:40

<u>LRRL 2011 Men Div 3</u>	
	<u>Pts</u>
Beaumont @	184
West End	165
Birstall @	151
Desford	149
Harborough	108
Shepshed	103
Nuneaton	101
Whetstone	95
Sth Derbys	79
Charnwood Tri	51
L University	30

<u>LRRL 2011 Vet Men Div 3</u>	
	<u>Pts</u>
Beaumont	174
Leicester Tri	172
Desford	145
Shepshed	140
Birstall @	133
Nuneaton	108
Whetstone	100
Sth Derbys	73
Charnwood Tri	36
OWLS @	20
L University	0

<u>LRRL 2011 Ladies Div 1</u>	
	<u>Pts</u>
Charnwood AC	183
Barrow	158
Birstall	151
Leicester Tri (p)	134
Fleckney	129
Huncote	123
Barrow B	117
Desford	104
Roadhogs (p)	101
Stilton	75

<u>LRRL 2011 Ladies Div 3</u>	
	<u>Pts</u>
Beaumont	244
Ivanhoe B	185
Hinckley B	171
Harborough	170
Wreake B	160
Hermitage B	153
West End B	132
Desford B	128
Nuneaton	127
Wigston Ph B	117
Roadhogs B	106
Beaumont B	90
Shepshed	79
Fleckney B	74
L. Tri B	68
Charnwood Tri	65
S. Derbys	57
Harborough B	56
Whetstone	41
L. Coritanians	32
L. University	8
Nuneaton B	6
Stilton B	0

Derby Runner Cross-country League

I've received the dates for some of the 2011/12 cross-country season, the main things to note at the moment are that the first one is on 2nd October and that second one is our own event at Bagworth on October 23rd. We will naturally be looking for assistance with this and if you can let us know as soon as possible if you can, it really does help the organisers to know early, rather than on the day. It would be great to have your help, especially if you are injured or don't run the cross-country races, after all it is a 'club' race.

I've not received any details of what division the ladies will be in this year. They finished second from bottom last year, but I don't know if that meant they were relegated for certain.

Likewise I have no details of the first race other than it's Markfield on the 2nd October. I'm guessing that it will be run from Sth. Charnwood School, Thornton and will start at 11.00 a.m.

I'm also assuming that the kids race will be 1/2 an hour before the adults race and that the cost will be the same as last year. Look out for details on our website and notice board up at SiD. Hopefully see LOTS and LOTS of you there!

Derby Runner Cross-country Lge 2011/12 Fixtures

2 Oct	-	Markfield (Sth. Charnwood??)
23 Oct	-	Desford
20 Nov	-	Foremark Reservoir
4 Dec	-	TBA
1 in Jan	-	TBA
1 in Feb	-	TBA

(Sorry that's as much as I've got)

Thursday Summer Club Running

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
15-09	Thornton	8/10	Botcheston	5.5
22-09	Round N. Verdon	7	To Newbold Verdon	6
29-09	Old Race route	7.4	Old race route	6.5
06-10	Botcheston + Lap Desf'd	7	Botcheston	5.5
13-10	Kirkby Mallory + Track	7.5	Kirby Mallory	5.7
20-10	Round Desford	5/7	Round Desford	5

Back to winter running

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

At the time of writing I've not received the results for the Huncote 5, hopefully they will be in October's newsletter.

Also we are a little closer to getting the dates for the remaining runs, which I've listed these below. After some feedback and a discussion by the committee, it was decided that two Parkruns will be included. One at Braunstone and one at Conkers. I don't have the dates for these yet, but will let you know once I do have them. There will also be a Sunday morning club run. This was due to be 2nd October, but as there is now a league xc race, I assume this will be changed, again I've not got a date as yet.

Got anything for the newsletter?

Articles, photos, etc??

Please forward to: Graham Hobbs

dsrc.inform@gmail.com

or 146 Kirkby Road, Barwell, LE9 8FS

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 Tebutt is the man to speak to for further details.

Remaining H/cap races.

Thu Club Night race	-	8th Sept.
Sun a.m. race	-	date to be announced
Braunstone Parkrun	-	date to be announced
Conkers Parkrun	-	date to be announced
Markfield xc	-	2nd October
Desford xc	-	23rd October

Run For Your Man

Sorry I've not had an update yet about the money raised this year. Once I have it I'll let you know.

MONDAY NIGHT OFF ROAD RUNNING

Bradgate Pk 6 to 8M	Thornton Res 5 to 7M
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.

Shenton Shunt Striders' Birthday Celebrations

I had hoped to be able to give you some news about this recent event, but unfortunately, as mentioned previously, I wasn't there and nobody has sent me a write-up or any pictures. Sorry.



Sunday Sep 18th

We are still looking for people to run in this event. If you want to give it a go, please contact Andy Hurd or Nicola Glover as soon as possible.

PLEASE BEAR IN MIND!!! There has been a change to some of the routes, especially the early ones. The race now starts from SWITHLAND VILLAGE and NOT Mowacre Hill.

The route changes are now on the event website, please check your route out at: www.round-leicester-relay.info.

Also don't forget the post event meal at the Gate Inn, Osbaston. If you want to come along, again let us know a.s.a.p. Here's hoping we get a team out!

20th Anniversary Do

To celebrate this occasion the club are having an evening of celebration. This will include much reminiscing and old 'photos. Hopefully you will be able to make it, especially as the club drinks will be providing free wine and soft There will be a 'fuddle' buffet and you are invited to bring along something for a shared table.

If you are coming along please let Pam Lord know by the 19th September by emailing her at dsrc.inform@gmail.com or on 07717 425721

It will be taking place in the Function Room at Sid on 24th September 2011, between the hours of 7 and 11 p.m.

Hope you can make and if you do and you have some memorabilia, please bring it along.

SiD is being extended

If just heard that Sport in Desford is being extended and as you can imagine there will be a lot of work going on. One of the consequences is that there will be no parking in front of the building. Instead we will have to leave our cars on the area just to the right as you drive in through the entrance.

I don't personally know what the extension is all about, but hopefully it will benefit us all, so some patience will be needed. Hopefully it won't put anybody off going up whilst it's all going on.

Congratulations



Ahhhhh!! Mr & Mrs Dixon leave the scene of the John Fraser 10 hand in hand

Last month it was very remiss of me not offer the club's congratulations to Mark and Lisa on the occasion of their marriage at the end of July.

Hopefully this charming pic I snapped last Sunday at the John Fraser 10 will help make up for my error.

Hopefully they will have a long and successful life together.



Just recently my little project feels as though the brakes have been put on it. After having six races in a four week period over July and the beginning of August, I found myself with a 25 break between the Huncote 5 and my 44th race in Moulton, Northamptonshire.

The race was a 10K, run almost entirely on quite country roads and started in the village itself but finished at the Spots Complex opposite Moulton Agricultural College.

The centre of the village is quite attractive and had a couple of very interesting pub called The Telegraph and The Artichoke. Unfortunately I didn't have time to sample their wares.

The route itself starts at the bottom of a steady incline, which encouraged a nice slow start. After all the racing I've done, I decided that was how I was going to continue the remaining 6+ miles. Not too slow, but I wasn't going to hammer it out. And for a change I did just that! Control at last!

The course wound it's way to the nearby village of Pitsford, down a very sharp hill, around a small green, back on ourselves again and up what was now a slow, steady climb. Instead of following the same route back, we were eventually taken down a it if a dirt track, through a small stream (there was a foot bridge for those not wishing to get their feet wet, back towards Moulton and onto the playing field of the sports centre to finish in 57th (272) in 43:41.



Photo Courtesy of Northampton RR

No waiting: No time for a paddle on the return journey back to Moulton.



Photo Courtesy of Northampton RR

Heading for the finish and the completion of race no. 44.

We were presented with a couple of hand outs, a very welcome piece of flapjack and what looked like a grey t-shirt. That was until I went to put it on. It was in fact a cotton running vest. Most unusual, I haven had/seen a vest made out of anything other than sweat wicking material for years. Not certain I'll be using it much!

Aside from that this was a most enjoyable run, and would consider another attempt at it, especially with my better half there and the opportunity to delve into The Telegraph and a bite of The Artichoke.

John Fraser 10

I've now run this race on a few occasion over the years and whilst this was not the fastest I've run it, I can say it gave me a little self-indulgent satisfaction. This was because for the first time since joining the club in 1999, I managed to complete all the LRRL in one season. Add this to my 100% cross-country record and I've done all the league races in one season, something I've never achieved before.

The race also saw me achieve another ambition and that was to win the Vet. Men's Individual Road Title, again something I've not done before, so as you might imagine, I felt quite pleased with my days run.

I've already written about the race so don't intend repeating myself (even with space on the page to fill!), but in regard to the project itself I've now only got 5 to go (at the time of writing) seems strange to think this is all coming to an end. However it may mean that I will have all those races to report on in the next edition.

If you have been reading these reports, thank you and sorry you'll have so many next time around. They you go, filled the space!



Coming up.....

Well I'm down to the final 5 now. By the time you read this I will have done the first in the list, and depending how that goes, will determine if I finish the rest!

As mentioned previously the final one has already got me worried, it's an assault course, consisting of 10K of running, 9 obstacles (including swimming twice!) and finally a 9' wall to get over! Anybody who has seen my biceps will realise that muscle is not a word you would use to describe them! Hopefully they'll be some strong blokes there to throw me over the top!

- September:
- Sat 10th - Birmingham Canal Canter (26.8m)
 - Sun 18th - Round Leicester Relay
 - Sun 25th - Crossdale 10K (Notts)
- October:
- Sun 2nd - Markfield XC (Derby Runner)
 - Sat 8th - Survival of the Fittest 10K



Stumbling on a Saturday Night

John Shade recounts another trip to the West Midlands.

I thought racing on a Saturday early evening (6 p.m.) was rare enough (have never done this before), but I was in the presence of something much rarer at Mary Stevens park, Stourbridge in the West Midlands for the 13th August Stourbridge Running Cub's longish, off-road, multi-terrain 10K - The Stourbridge Stumble.

The creature that is so rare is a Park Keeper and a full time one at that. They look after 11 hectares (biggish) of land which boasts extensive recreational facilities, including basketball, tennis, crown green bowls, a cricket strip, putting, children's play area, formal bedding displays with tearooms, large area of flat managed grass, croquet, water feature, pathways and car park, large lake (used by Stourbridge Model Boat Club) and bandstand.

The land was bought by Ernest Stevens in 1929 and he presented the park to Stourbridge Council the same year (it had been a school previously). He was a well known industrialist and philanthropist. It was opened by him in 1931 and named after his late wife Mary.

Two days after her 31st birthday the Queen and Prince Phillip drove through the park on 23rd April 1957 on an official visit to the area. A commemorative stone has been placed at the top of the drive to show this.

This area of the West Midlands is heavily built up so this oasis is very much appreciated.

I had ventured out this way in September 2010 to the nearby Waseley Hills, a race which was organised by Bromsgrove and Redditch AC.

The Stumble starts and finishes at the bandstand (next to it, not in it), the route follows an out and back course to the South West of Stourbridge (the further point being Kings Norton). The course follows well marked country trails with the Stourbridge Golf Course being crossed at the 1.5 and 5.5 mile marks.

The official measurement is 6.23 miles (6.67 Flat Equivalent) - a term I have not come across before. It would be interesting to know what the Flat Equivalent of the Hungarton 7 and the Charnwood Hills race are.

Challenging Course with hills between 2 and 5 miles with the added complication of total heavy sand on the trail between 4 and 4.5 miles, more suited to a bucket and spade on a beach. The weather was fine and dry with a breeze.

Results:

1st male Alan Lewis - Unattached in 36:01.

1st female Amy Arnold - Cobra RC (34th o/all) in 45:21

My position was 126/214 IN 54:46.