

THE NEW STRIDER



Volume 11 Issue 4

Newsletter for Desford Striders Running Club

April 2010

Ladies team record goes again at the Livingstone Relays

Thanks to Steve Morris and Mark Dixon the Strides were very well represented at this year's Livingstone Relays, held at Loughborough University at the beginning of the month. In total six Strider teams were on the start line for this popular event, which was first staged (I believe) back in the 1920s. Or at least we should have had 6, unfortunately the starters didn't wait for Duncan to finish his warm up routine. The inconsideration! I bet they would have waited for Haile Gabrise..., Gabries.. Gab.... Seb Coe!

Anyway whilst everybody was wondering where Dunc was, new member Lisa Charlton started the ladies off on what was to become a record breaking time for a Striders' ladies team.

She completed her 3 miles in an excellent 22:38 and handed over to reluctant heroine Julie Messenger, who ran 23:21. Leaving Jane Davies ample time to bring the team home in a combined time of 1:05:59 for the three legs. Around five and a half minutes faster than the team in 2008. Incredibly Jane ran the exact same time of 20:08, that she did two years ago.

Whilst no other Strider records tumbled, with four men's teams and another ladies team out, we equalled our best ever turnout from 2006.

The results are here for your enjoyment and forgive me if I don't mention everybody by name now. Suffice to say I think, a huge thanks to all those who put themselves forward to run and in particular to those who jumped in at the very last minute to ensure we had full teams.

It's always good to see so many members turn up for these sort of events, so our thanks to Steve, Mark and Sean Tebbutt, who I think had more than a passing hand in helping to sort out the teams.

Livingstone Relays—Strider's results

		Individ/Team	Team
		Times	Pos
Senior	Alistair Richards	16:49	
Men A	Neil Ackland	19:19	
	Andrew Hurd	19:33	
	Lee Barber	20:18	1:15:59 14
	20 finishing teams		
Vets A	Duncan Percy	22:59	
	Paul Goddard	19:59	
	Dave Playford	22:20	
	Richard McBean	20:46	1:26:04 9
14 finishing teams			
Vets B	Gary Grimsley	22:30	
	Mark Dixon	21:48	
	Sean Tebbutt	21:37	
	Steve Bailey	24:53	1:30:48 12
14 finishing teams			
Vets C	Henry Long	23:19	
	Mark Goodrich	23:06	
	Dave Lawrie	19:54	
	Francis Breen	22:58	1:29:17 12
14 finishing teams			
Ladies A	Fleur Foster	22:38	
	Marie Hobbs	25:42	
	Valda Holmes	30:17	1:18:37 16
16 finishing teams			
Ladies B	Lisa Charlton	22:30	
	Julie Messenger	23:21	
	Jane Davies	20:08	1:05:59 5
16 finishing teams			



Leicestershire Road Running League

Desford 10K - May 23rd Runners and helpers needed

Please remember to keep your Winter League running number for this race. Being a closed race (LRRL members only), you'll need it to run. But! Don't worry if you've lost it, we can sort out a replacement on the day. So you can't use that excuse to keep your head under the duvet!

But of course if you're not running I'm sure you'd be delighted to help on the day instead, hopefully. We're still looking for marshalling, car park assistants, refreshment people and I'm sure a host of other roles which have escaped my meagre brain at this moment in time.

So if you are free and can give a couple of (or three) hours of your time, please let a committee member know a.s.a.p. or drop a line to dsrc.inform@googlemail.com.

2010 LRRL fixtures

Summer	
23 May	Desford 10K
6 June	Swithland 10K
27 Jun	Prestwold 10K
7 Jul	Hungarton 7
4 Aug	Huncote 5
5 Sep	Owls 10

(For individual entry fees, check race details.)

2010 LRRL fixtures

Desford 10K

Date: 23 May 2010
Time: 1030 hrs
Dist: 10K
Cost: £2.50
Club: Ourselves!
Venue: Sid, Desford.

WINTER RUNNING NUMBER!



This month you are treated to an abundance of articles from your fellow members, with Francis Breen relating his trials and tribulations along the rocky road to completing The Grizzly last month.

Ady Cave has sent in an article about the Haweswater half-marathon run in his and Liz's spiritual home of the Lake District. Whilst John Shade has written to let us know about a small, but long running event in Coventry. My sincere thanks to them for their excellent efforts.

Grizzly invaded by Striders

As many of you know I have been running the Grizzly for a number of years and last year and this year, I managed to persuade a few of you (see last months Newsletter for who and their times) to take on the mighty Grizzly. I am sure some just had to see what all the fuss was about and others just had that challenge streak in them.

This years contingent had 22 planning on making the trip, of which 14 were silly enough to want to run the Grizzly and the rest were doing the hard task of cheering us all on.

Well September (when one has to apply) is a long way from March and lots can go on to halt the initial enthusiasm and I have to say it was great that 21 made the trip and 12 ran the Grizzly and one did the Cub (the Cub is very tough and an eye watering 9ish miles around some very challenging terrain, not for the faint hearted).

It was a great weekend that was interrupted by a small run on the Sunday. We all ate, drank and enjoyed ourselves throughout the weekend and just broke off the merriment when we were called to the starting line (some felt that the race got in the way of a very enjoyable weekend or was that just me!!)

As for me I had a very unusual lead up to the big event. The run last year was challenged by me tripping and dislocating my toe in two directions and having to have an op. This year I was determined that there was not going to be any such challenge. I was going to prepare myself for an under 4-hour time. The training started early by doing the Beachy Head Marathon in October of last year. Training for this was peppered with success and failure together with the day being a disaster in running and weather terms, even the bad Grizzly weather has never matched what was thrown at Julie, Gary, Jane and myself. Whilst it was a very tough run in poor conditions the company over the weekend was excellent.

Having done the run I was now set up for the big G. All I had to do was keep the training up and do three or four 20-mile runs leading up to the big event and Bob's your uncle as they say. Well as it turned out Bob was not my uncle and life was not going to give me an easy time.

Fresh from the Marathon, I rested for a week and then it

all started to go wrong. Body decided that it had had enough and wheeled out its usual card to stop me. Yes, the dreaded Achilles tendon problem. This time it was both legs and whilst I did my usual of trying to ignore it and carry on, my body upped the ante and it got worse and worse so I started to run less and less until I was down to barely 5 miles a week.



I was a wreck by late December and feeling pretty down at this stage. Just to make it all worse I got a very nasty bug just before Christmas and even I decided that running would be off the agenda. The bug raged all over Christmas and into the New Year. I was now out from running for a full 4 weeks and had only averaged 5 miles a week from October to December. It was all looking dire.

Training started in mid Jan with an optimistic outlook. Well I did have 6 weeks to get it all together.

The bug had taken its toll and as many of you know, and saw, I was trailing at the back on many a Thursday (OK Duncan I know you think I am always there). Training ramped up and I got to a 13 miler and even a 16. But they were slow and the 16 had me completely done in. The week before the big G event I could hardly run. I had planned a 5 on the Saturday and a 16 on the Sunday to demonstrate to myself I was up for it, but the 5 miles was a struggle and Sunday I could not face even leaving the house.

Thursday was no better and when I got to Beer (no it's a village not a drink) and made the walk to the start of the Grizzly (just under 2 miles) it had me all convinced that I could just about do the Cub. I was a wreck and just had to accept it was all too much of a challenge to do the Grizzly. What a bummer.

I started the run and decided that I would see how I was at the Cub cut off point and that would be that. Well when I got to the cut off point I was still full of slow running and felt that the energy levels were too high to just do another 3 or so miles so I pushed on. I rang Ann to say that I would be doing the full and it came as no surprise to her as she felt all along I would be doing the full, it would only be a broken leg that would stop me.

Off I went into the world of would I make it or would I not and said to myself just trot along and wait till I got to the end. I found it was

Cont.
Overleaf

great to be doing the full G and that if I just kept the running going I would be OK. I chatted to all the pretty women (all women are pretty just in case there is an uproar amongst the lady readers) and all the ugly men and it was fun. There was no pressure and I was happy that after all the problems I was going to complete the run. It was tough and a real challenge and it was a great feeling crossing the finishing line and even better when I saw other Striders who had not long finished before me.

The weekend was always going to be a great time but having achieved the big G as well was just the icing on the cake as they say. Of course now next years challenge is to put my time of 4:36 back to under 4 hours. They say things come in threes but lets hope not.

Before I sign off I would like to thank all the others for their great times and great company over the weekend and I look forward to many of them returning. So those that want a challenge let me know in late August and I will keep you informed of when to book and then I will arrange the hotel.

Lakeland Striders – Haweswater Half Marathon

For the third year running we entered one of our favourite races, an out and back half along the side of Haweswater Reservoir near Penrith. Always a friendly race, with dramatic scenery to take your mind off the pain and the memento is a mug filled with tea!

Last year had been a good race for us, both just a couple of minutes from our p.b.'s on what is a relentlessly up and down course. None of the hills are steep, but several are a mile long! This is the first of three half marathons planned for this spring, with the goal of getting a new p.b. in one of them. To be fair, it was unlikely to be this one – but it would prove a great measure of our form build the required race mentality of pushing for that distance.

It was a beautiful spring morning, cold but the sun was out and the wind stayed away.

The first mile is the only flat one, but is particularly congested. Last year I was boxed in and lost a lot of time, so this year took a gamble and started very close to the front – maybe a little too close for comfort... my god it was a fast start, registering 6.37 for the first mile was already 23 seconds ahead of my plan, easing back for the first hill on mile two was needed but even then it was sub 7 minutes. This was exiting and scary, un-chartered territory with 11 miles of hills to run...

Sure enough common sense prevailed, and I settled into a quick but sustainable rhythm using a lady from Kendal as my pacesetter.

The beauty of this race is the camaraderie, as you head to the half way turn you see the leaders coming back the other way, then as you run back you see the rest of the field and the support from runners to runners is excellent.

At the 7 mile marker, I was still along side the Kendal lady and dead on 49 minutes! The next mile was all up hill, and sure enough I lost touch with the group I was with, determined not to let a good time slip I pushed myself on the downhill mile to get back on terms with them.

By now I was shattered, and only at 9 miles... the group was clearly tired, and our times consistently missing 7m/m. At 11 miles we were overtaken and I decided to gamble and go with him, the last two miles were hell, they were quick but felt awful as my legs were so heavy, my form had gone and I could hear my feet slapping down.

I had no idea what time I was doing, too tired to look and work it out, it was a few minutes after the finish when I finally got to my feet and looked at the watch – 1.31.14 – just 14 seconds from a p.b... I then realised how bad the cramp was. It was four days before the pains had subsided enough to shuffle round the short club run... Markfield 10k on Sunday!

A Cave 89th 83rd male 1.31.14
L Cave 147th 19th lady 1.36.49

Massey Ferguson 5 multi terrain

The Massey 5 has been running for 34 years, 28 of them as a road race at it's original venue and for the last 6 years as a multi-terrain race at it's current home. Back in 1977 the original race was set up as a corporate challenge race to encourage competition between runners from local firms, factories, businesses, offices, universities, shops, banks etc. The venue was the massive worldwide Massey Ferguson Tractor Company, banner Lane, Coventry (where over 3 million were made). It was a super-fast, rectangular shaped course from their sports field.

The change of venue wasn't caused by the factory closing in 2002, as they were able to hold the event for a further 2 years. It was the new government legislation risk assessment, health and safety policy, banning races on public roads unless they are closed to traffic.

This proved too costly for the now organising club, Massey Ferguson Runners Club. The MFRC was formed in 1984, choosing the distinctive colours of red and white larger quartered vests. Famous local old boy Dave Long represented Massey and GB in the Olympic Marathon at both Seoul and Barcelona. He also ran in the 1991 World Championship in Tokyo.

MFRC was able to relocate to the superb facilities of the new Sports Pavilion at the University of Warwick campus, off Gibert Hill Road, 3 miles due South of Banner Lane.

The course was one and three quarter laps over mostly muddy rural trails with sore uphill parts. All traffic free. The weather was bright and breezy. Small club, low key event, small numbers running, good course and weather, magnificent facilities.

I had a 'phone call later that evening telling me I was 1st over 60 and they would be forwarding a trophy. They also said that every prize (12 in all) was won by a different club.

1st male: Nathan Shrub, Morpeth Harriers in 28:29
1st female: Val Carter, Birchfield Harriers in 38.29 (17th overall)
I was 24th out of 55 in 41:30.

XC Sinai Park (B Finals)

It may be a month or so since the end of the xc season, but as well as his Hawesater 1/2 marathon piece, Andy Cave has written this excellent piece about the final race of the Winter, The B-Final!

Ok, so hands up who else didn't know what 'B Finals' were...?

I had assumed Graham's email for Striders to confirm if they were running the race was related to Striders not attending because Burton is a long way to go to get muddy, or that everyone had the same grim memory of the course as I had... Not because it wasn't a league race! Instead a cup for the teams who didn't win the XC league!

Blissfully unaware, I convinced Liz that we should 'turn up for the club' and that a short fast race would be a great balance to our training for the half marathon the following weekend. Liz was more concerned with having missed long runs with illness than missing speeds so wasn't keen.

It was when we parked up on the hill near the race start with our fellow Striders that the news broke. The race didn't count towards the league and for there was probably more junior Striders than senior Striders running... I knew I was in trouble, I didn't know then how long this trouble would last though...

It was a dry, wind free day in Burton and we set up camp on the start finish line. The junior race was soon to start, and we were well represented in what was a very small field of runners from the Percy, Ratnett, and Brine clans.

Alex Percy was doing well at the half way stage (which was a cruel second trip up the steep hill) and was only just adrift of what looked like a quick leading group. By the end he resembled a young man who had been bog snorkelling after what must have been a sensational face plant on the sloppy course.

The senior race rudely interrupted us watching Karen trying to get the mud off Alex's face... the field was again

small with 82 men and 35 ladies. On the bright side my memories of a narrow track with bottlenecks would not be an issue, on the down side this meant I wouldn't get the little rests I moan about, but rely on!

I decided a different approach was required to my racing, taking a risk I would blow up and end up jogging home was worth a try. I decided Andy Cole was my target for today, and for roughly two miles I managed to run shoulder to shoulder. I knew I was at my limit and I guess unless Andy had a very loud ipod he would hear my breathing! Just before a left turn to the first monster hill Andy pushed and skipped past a few runners, I had nothing to respond with and besides I had clapped eyes on just how big that hill was... I hoped the fast early pace would have given me a little lead to defend against Duncan, so on the bend I glanced behind – and he was right on my shoulder!

Concerned the plan was blowing up in my face it was time to dig deep and keep Andy in sight, and Duncan behind.

The hill had barely finished, my breathing barely recovered when the next monster hill was on us, the hill so steep and slippery it was partly a scramble on all fours!

Scared to look back for Duncan I decided to push on and pick off the group in front, I guessed there was a mile to go, I was consistently gaining places and despite being in oxygen dept it was addictive. I recognised the final section, a fast downhill on very soft and sloppy terrain. By now my muscles had given up and I was looking like I was chasing the cheese down the hill (maybe I should give that a go).

Delighted I finished the 5.5mile race in 40.11 – 30th place and just 30 seconds and 4 places behind Andy. As for the grim memory of the course, think I might have been a bit harsh, whilst it is quite narrow in places it is very similar to our own Bagworth Heath in scenery and difficulty, and I think our course is great!

MEMBERSHIP FEES

Don't Forget!

Membership fees are due now!
Full membership remains at £22 due

1st April

But if existing members pay before

1st May

The fee is just **£20!**

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

It's our responsibility to pay, please don't wait to be chased.

Thank you

Following on from Andy's report from the Burton xc event, I've been asked to let you know that as well as the Percy lads running in the Junior race for the Striders, Andrew Brine also ran in the Year 7-12 race and came an excellent 2nd! Well done Andrew and thanks to Dad Brine for letting me know.

Tuesday Quality (Speed) Sessions

Starting on the 13th April we will be relocating the Tuesday session to the grass track at Bosworth College, Desford. The start time will remain 6.45 p.m.

The plan is to retain a balance to our sessions and as such will reserve the first Tuesday of each month for a hill session, the meeting point will be Sid at 6.45 to allow us to alternate between Humber Hill and Peckleton Hill.

The session is not targeted at fast runners, but to any runner keen to run a little faster than they do today!

Leicester Running Shop LRRL Tables

LRRL 2010 Ladies Div 1

	Pts
Charnwood AC	80
Barrow	68
Fleckney	58
Stilton	52
Huncote	50
Birstall	48
Barrow B	45
Desford	42
Wreake	42
OWLS	0

LRRL 2010 Men Div 3

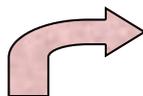
	Pts
Charnwood AC	80
Wigston Phoenix	63
Desford	57
West End	57
Harborough	55
Sth Derbys	48
Whetstone	43
Shepshed	41
L University	37
Nuneaton	25
Charnwood Tri	24

LRRL 2010 Men Vet Div 3

	Pts
Charnwood AC	75
Wig. Phoenix	66
Beaumont	61
Desford	56
Leicester Tri	51
Sth Derbys	51
Shepshed	47
Whetstone	40
Nuneaton	19
Charnwood Tri	17
L University	0

LRRL 2010 Ladies Vet Div2

	Pts
Hermitage	70
Leicester Tri	63
West End	62
Stilton	59
Charnwood AC	56
Desford	48
Roadhoggs	46
Beaumont	44



My thanks to Francis Breen for sorting out routes for the Summer Club runs being held on Thursday nights from SiD. Hopefully you'll be able to make one of these enjoyable sessions

Got anything for the newsletter?
Tell us your experiences, tips, jokes (clean), pictures, recipes.....anything! I'll publish it! (Within reason!)

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

Deadline for May's edition, Wed 28th April 2010

Thursday Night Club Running Summer Runs

All distances are approximate and could be out

Date	Name	Dist	Name	Dist
22-04	Old Race Route + Track	7.5/8.6	Old Race Route	6.5
29-04	Newbold Heath + village	8.5	Botcheston	5.5
06-05	Figure of 8	5.25	Caterpillar	2.8
13-05	Kirkby Mallory + Track	7.5	Kirby Mallory	5.7
20-05	Thornton	8/10	Botcheston	5.5
27-05	Old Race route + Track	7.4	Old race route	6.5
03-06	Thurlaston	8.3	Thurlaston	5.8
10-06	Old Race Route Via Newbold Verdon	9.5	Newbold Verdon	6
17-06	Newbold Heath	8.5	Botcheston	5.5
24-06	Figure of 8 + Mallory Park	6.2	Figure of 8	5.3

Back to winter running

Monday Night Running

Marie and Dave Playford have put together the following schedule for the off road runs. They will start every Monday at 6.30pm. Please come along, there will be plenty of re-grouping stops so no-one will get left behind! We will meet at Burroughs, Bradgate, Thornton and SID and there will be different routes each time with varying mileage.

Any questions or queries please just give us a ring on either 0116 2751070 or 07973816421.

Burroughs Ratby (5 to 7 miles)

29th March
26th April
24th May
21st June
19th July
16th August
13th Sept

Bradgate Park (6 - 8 miles)

5th April
3rd May
31st May
28th June
26th July
23rd August
20th Sept

Thornton Res (5 to 7 miles)

12th April
10th May
7th June
5th July
2nd August
30th August
27th Sept

SID Desford (5 to 7 miles)

19th April
17th May
14th June
12th July
9th August
6th September
4th October



Sorry Gary! Even though, as I write it, I generally know what's in the newsletter. Even so, when it lands on our doormat I still have a look through it. Well, last month's caused me to almost choke on my morning toast. I had inadvertently forgotten to put in Gary Grimsley's surname on a Grizzly pic. (Holds head in shame.....) He's been a true gent as well and not mentioned it at all. Often when tapping away, things, like names, momentarily escape me. So instead of sitting there for hours on end racking my brains, I put in some ????, and amend it when I remember. Unfortunately on this occasion I forgot. Sorry ????