

Archive Race Reports 2014

4th January ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Lincoln Parkrun enticed STR members again this weekend. Shaun Louth kindly chauffeured us to the event deftly manoeuvring his mean machine through the standing water on the B1188. We arrived safely.... Just!!! A very cold and rainy (what were we thinking) morning did actually clear a little to provide great running conditions. Could have done without being lapped by the minute five year old girl but other than those good times achieved with Shaun Louth finishing in 35.09, Clare Bergner 36.05 and Claire Brown in 31.46. A great way to start Saturday!!

Thanks to Claire Brown for her Report.

11th Jan ~ Cardiff Parkrun Wales, Tarmac paths.

Helen Dawson was one of 596 participants who completed the run, finishing in a time of 30.46. You can find the full parkrun results for this event at <http://www.parkrun.org.uk/cardiff/results/latestresults>.

11th Jan ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Lincoln Parkrun enticed STR members again this weekend. A very cold but bright morning greeted the 240+ runners this week. We had four runners this week. Iain Bailey 16:43 3rd, Andy Taylor 17:49 4th, Katja Eravisto 22:28 5th lady and Shaun Louth 33:59 (70 seconds faster than the previous week). These runs really are great way to start your weekend.

Thanks to Shaun Louth for his Report.

18th Jan ~ Cardiff Parkrun Wales, Tarmac paths.

511 participants completed the run. The following club member participated Helen Dawson 30.11.

18th Jan ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

266 participants completed the run. The following club members participated, Katja Eravisto 22.54, Gary Britnell 23.25, Cathy Taylor 23.46, Paul Freemantle 24.09, Angie Harvey 25.02, Alistair Whitaker 28.45 & Shaun Louth 32.27.

Thanks to Shaun Louth & Alistair Whitaker for submitting the results of both Parkruns.

25th Jan ~ Cardiff Parkrun Wales, Tarmac paths.

494 participants completed the run. The following club member participated Helen Dawson 29.02.

25th Jan ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

256 participants completed the run. The following club members participated, Andy Taylor was 3rd with a time of 17.49, Katja Eravisto 22.07 & Iain Bailey running with his children 26.12.

Thanks to Alistair Whitaker for submitting the results of both Parkruns.

26th Jan ~ Brass Monkey 10k Rockingham Speedway Circuit, Corby, Northamptonshire, Road.

Cold, Wet, Windy, Laps. Finished 2nd in 36.07. Really recommend this run to everyone. Apart from the weather, it's at a unique location, well organised and flat and fast. A good tester for early season form.

Thanks to Andy Taylor for his Report.

1st February ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

229 participants completed the run. The following club member participated Katja Eravisto 22.21.

Thanks to Alistair Whitaker for submitting the result.

8th Feb ~ Bradford Parkrun Bradford, Yorkshire, Road.

404 participants completed the run. The following club member participated Alistair Whitaker 30.22.

8th Feb ~ Cardiff Parkrun Wales, Tarmac paths.

451 participants completed the run. The following club member participated Helen Dawson 31.00.

8th Feb ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

249 participants completed the run. The following club member participated Shaun Louth 34.18.

15th Feb ~ Cardiff Parkrun Wales, Tarmac paths.

360 participants completed the run. The following club member participated Helen Dawson 29.11.

Thanks to Alistair Whitaker for submitting the results.

16th Feb ~ Stamford 30k Stamford, Lincolnshire, Road.

Host Club ~ Stamford Striders

Another fantastic turnout for the 21st St Valentine's 30k hosted by Stamford Striders. Despite having had several days/weeks of very wet and windy weather the day itself was glorious, sunny with very light winds, perfect conditions for this very demanding course. STR were very well represented and fantastic times achieved by all. Ian Bailey 1:48 Greg Southern 1:49 John Lawlor 2.10 Ingrid Williams 2:51 Mike Folland 3.12 Jayne MacArthur 3.14 Louise Mccauley 3:24 Tania Addelee 3:29. This is a well organised event and although this was only my second year it is one of my personal favourites. Only one criticism and it's not really a criticism - could we please have a medal for our efforts!

Thanks to Jayne MacArthur for her Report.

23rd Feb ~ Sleaford Half Marathon RAF Cranwell, Lincolnshire, Mainly Road / Multi-Terrain.

Host Club ~ Sleaford Striders AC

There was a new record attendance for the 2014 Sleaford Half and the weather was the best conditions we have had for The Sleaford half for a few years. The only down point was the wind which was extremely bad on the top road between Welbourne and Leadenham before turning back towards RAF Cranwell. Sleaford Town Runners who attended and their times were. Bruce Pettit 1:42:13.8, Simon Lunn 1:49:25, Paul Green 1:53:10.8, Sarah Whatton with a new PB!! 2:00:15.8, Barry Douce 2:00:46.4, Yvonne Fox 2:15:49.4, Stan Thornton 2:19:07.2, Alistair Whitaker 2:32:30.9, Babz Cook 2:39:23.8 and finally Shaun Louth 2:41:36.5. Well done to all runners and a big thanks to Sleaford Striders for another successful Half Marathon.

Thanks to Shaun Louth for his Report.

1st March ~ Belvoir Challenge Vale of Belvoir, Leicestershire 15 & 26 Miles, Multi-Terrain.

Host Club ~ Friends of Harby School & Vale Striders

The Belvoir Challenge is an off road 16 miler or 26 miler with plenty of mud, stiles and cake stops for runners and walkers. It was a lovely day for the run, pretty muddy and wet under foot although lovely sunny day with a bit of a breeze. There were 3 Sleaford Town Runners entered with Dave Taylor entering the full marathon but has been having a few injuries so was going to see how he felt at the 9 mile split point. Right from the start there was plenty of puddles and plenty of people trying to go round the edge trying to keep their feet dry, I opted for the big splash straight through the middle, passing loads of people in the process, I even think a few were cheering me on as I splattered them with mud.

At the end I had a good run finishing in 2:33:12 in 84th position after eating 3 cakes on route, a bowl of soup, apple pie and custard and chocolate cake at the finish, Dave Taylor had decided to do the 16 mile route and came in in 136th place in a time of 2:49:08 and no cake on route and a bowl of soup at the end and Sleaford's first lady through the finish was Jayne MacArthur in 287th place out of 638 in a time of 3:28:34 and 28 cakes, 3 bits of Mars bar and 6 sandwiches on route!!!!

84th Gary Britnell: 2.33.12, 136th Dave Taylor: 2.49.08, & 287th Jayne MacArthur: 3.28.34 out of 638 entrants in the 15 miler

The race profile can be seen on the Sleaford Town Runners Garmin site at: <http://connect.garmin.com/activity/453145700>

Thanks to Gary Britnell for his Report.

8th Mar ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

236 participants completed the run. The following club members participated, 2nd Matt Blunden 16.15 and new course Personal Best, 3rd Andy Taylor 17.15 new course PB, 4th Iain Bailey 17.23 & Alistair Whitaker 27.08 new course PB.

Thanks to Alistair Whitaker for submitting the result.

9th Mar ~ Ashby 20 Ashby De la zouch, Leicestershire 20 Miles, Road.

Host Club ~ Ivanhoe Runners

The Ashby 20 is a popular marathon warm up race attracting 1200 runners usually sold out well in advance. The course was over two laps of fairly undulating country roads. The weather conditions were just about perfect with lovely sunshine and a breeze to keep you cool. First back was Greg Southern 1.57.15 closely followed by Iain Bailey 1.57.42 and Cathy Taylor in 2.55.06. The event was extremely well organised with a hoody for the finishers and a free massage to boot.

Thanks to Greg Southern for his Report.

16th Mar ~ Gainsborough 10k Morton, Gainsborough, Lincolnshire, Road.

Host Club ~ Gainsborough Morton Striders Athletic Club

Commenced my defence of the STR handicap trophy with 48:19 at the Gainsborough 10k. Awesome race and awesome goody bag, I'd recommend it to a friend.

Thanks to Cathy Taylor for her Report.

16th Mar ~ Newton's Fraction Half Marathon Grantham, Lincolnshire, Road.

Host Club ~ Grantham AC

The local Newton's Fraction which starts in Grantham and offers a challenging hilly course attracted a number of runners from the club for another year running. Sleaford Town Runners were very proud to see their own Emily Foran win first female in with a great time of 1.27.46. Emily is a newly joined member of the club and this was a great start to her racing for the club. Despite the hot weather and demanding course all runners completed the course in good times - Simon Lunn 1.44.17; Karl Brown 1.47.10; Jayne MacArthur 2.06.41; Louise Macauley 2.13.58; Claire Brown 2.13.59; Debbie Sutton 2.15.35; Louise Henderson 2.15.35.

Thanks to Claire Brown for her Report.

23rd Mar ~ Standard Chartered Stanley Marathon Stanley, Falkland Islands, Road.

Finished Stanley Marathon Finally, what a course and the weather is crazy, I will never whinge again about a windy day in the U.K. Running into 40mph + winds up hills is not fun. Glad it is finished. Steven Frear your course record is even more impressive now I have done it. I only managed 3hr 3minute and I had nothing else to give, the last 6 miles were hell. On the plus side I came 2nd and got £600, which I was very happy with.

Thanks to Iain Bailey for his Report.

29th Mar ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

This was my third Lincoln Park Run and although it is a lovely way to start the weekend, and it's free! I found the starting point a little crowded now due to its popularity. It takes nearly a full lap of the course before you can break away from the crowd which does hamper trying to get a PB a bit. However, it is free and it's not a race, and I would still recommend to anyone trying to get a 5k time and an early Saturday short run in. Karl Brown ran the course in 21.06 and Claire Brown in 28.49.

Thanks to Claire Brown for her Report.

30th Mar ~ Belvoir Half Marathon Hose, Leicestershire, Road.

Great local run - well organised - lovely route although did not appreciate when entering that it was the weekend of the clocks going forward and also Mothers Day. Thoroughly enjoyed the run especially as I got a PB 2:00:05 although my Garmin was 2:00:02 and 13.23 miles - just thought I would mention that! Good medal and well stocked goody bag.

Thanks to Jayne MacArthur for her Report.

6th April ~ Blackpool Half Marathon Lancashire, Road.

Host Club ~ Fylde Coast Running

Perfect weather conditions greeted the 2000 runners who started the Blackpool Half Marathon. Sarah Whatton and Shaun Louth and travelled up 2 nights earlier so that they had time to hydrate themselves properly in the local night spots before Sunday's half marathon. The organisers had altered the route slightly this year but still the principle of running up and down the seafront was the basis of the route. The first 3.5 miles down to the Pleasure beach were head wind and not easy going but after going around the turning point 7 miles of flat straight was ahead of us with a nice backwind to help us along. This was too comfy so when turning around again at the 10ish mile point back into the head wind it really slowed the runners down as the wind seemed to be stronger than before. Then just to put the icing on the cake it began to rain!!

Sarah finished in a time of 2:02:34 and Shaun plodded home relaxed and ready for the London Marathon the following week in 2:42:30. This is still one of my favourite Half Marathons plus a day at the Pleasure Beach the day before really makes the weekend. See you again next year Blackpool. Thanks to Fylde Coast Running for organising another great half marathon.

Thanks to Shaun Louth for his Report.

6th Apr ~ Brighton Marathon East Sussex, Road.

A really good event overall. To be picky the course is a bit too fiddly through the town and there were some long gradual drags plus a tiresome hilly loop for the first mile round the park at the start. Closed roads were great and for a dull day the crowds most encouraging. All was well organised with an excellent finish area full of interest. For those wanting to make a trip of it with friends or family there is now also a 10k starting before the marathon. Ingrid and Mike travelled down from the Club and were really lucky to have excellent marathon running conditions after a dreadful forecast of wind and rain. Ingrid ran a well judged race in her first marathon to finish under the magic 4 hour barrier with a massive negative split.

Results, Ingrid Williams 3:54:38, Mike Folland 4:37:40.

Thanks to Mike Folland for his Report.

12th Apr~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated Katja Eravisto 4th lady 20:34.

Thanks to Alistair Whitaker for submitting the result.

19th Apr ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

The following club members participated Michael Baxter 19:17, Katja Eravisto 1st Lady 20:10.

Thanks to Alistair Whitaker for submitting the result.

26th April Newark Parkrun Nottinghamshire, Multi-Terrain.

A wet and windy day did not help my motivation as I tried to find some "post-marathon" speed on the mixed terrain Newark Parkrun. Pleased with the consistent pace, if slightly down on my Newark PB, finishing in 28:49.

Thanks to Alistair Whitaker for his Report.

3rd May~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated Katja Eravisto 1st lady 19:37, 14th Overall.

Thanks to Alistair Whitaker for submitting the result.

4th May ~ North Lincolnshire Half Marathon Scunthorpe, Road.

Emily Foran 1:24:51, Mark Ellis and Cathy Taylor 1:56:56, Louise Henderson 2:13:49, Jo Calvert 2:34:20 & Helen Barker 3:05:46.

Thanks to Mike Folland for submitting the result.

4th May ~ Syracuse Mountain Goat 10 miler New York, America, Road.

While out in America I managed to get an entry into the Syracuse Mountain Goat 10 miler. It was a great race, really well organised and plenty of marshals. As with everything in America everything was bigger and better than usual, it was \$35 to enter that got you

a long sleeve New Balance technical top, a rucksack, a waterproof jacket, a great medal and as much beer as you could drink at the after race party!!!!

If you are ever out there at this time of year this is well worth doing!!

The race profile can be seen on the Sleaford Town Runners Garmin site at: <http://connect.garmin.com/modern/activity/496602124>

Thanks to Gary Britnell for his Report.

11th May ~ Eye 10k Eye, Peterborough, Road.

Host Club ~ Eye Community Runners.

Having both been in the running doldrums for several years now just turning the legs over without the burn of races Angie Harvey and I decided that 2014 would be a return to racing proper, so with the windscreen wipers fighting the heavy downpours of rain we headed to the village of Eye just outside Peterborough for the Eye 10k. Having run this race many times before we knew the route and what to expect of the flat and triangular shaped course with its long exposed straights, what we had forgotten was the narrow start cramming the 430 runners around a short housing estate for approximately 800 yards before finally opening out onto the open road. Making matters worst was Angie's decision to head for the toilets with barely ten minutes to go before the start leaving just enough time to tag onto the back of runners just as the gun went off! By the time we had weaved around the fun runners and giraffes we hit the open road we discovered the new joy of 4k of head wind, when we finally turned out of the wind Angie reminded herself at the first water station of how not to throw water down your throat in one go and cough for the next kilometre whilst I was carefully rubbing the sweat from my brow directly into my eyes, oh the joy of racing! With 9k run the heavens opened to ensure that we ere thoroughly drenched as we crossed the line albeit in a satisfying time of 47.16 and Angie 48.56. So with my car suspiciously displaying steamed up windows as a result of nothing more exciting than our combined pile of damp running kit and a mug of coffee on the dash we departed Eye and headed for home and a hot shower, a great 10k and a nice return to racing but time now for more training, more racing and hopefully more power!

Report by Paul Freemantle.

24th May~ Clumber Park Parkrun near Worksop, Nottinghamshire, Tarmac paths.

The following club member participated Mike Folland 28:12.

Thanks to Alistair Whitaker for submitting the result.

25th May ~ Edinburgh Marathon Scotland, Road.

I have to say this is probably my favourite marathon out of all the different places I have run them. The run starts in the city and then sneaks out the back of Edinburgh and down to the coast. By the 4-5 mile point you are literally running next to the sea along a promenade. From here onwards for the rest of the run you never leave the coast. At 10 miles or so you reach Mussleburgh this is where the marathon runners begin what is really an 8 miles out and 8 miles back course to finish the marathon. The turnaround point is at Gosforth House which is a beautiful old house and the grounds you run through for a mile or so are quite scenic. Once you exit the Gosforth estate you know exactly what you have left to run and a lot of it is downhill back towards Mussleburgh. Running in the marathon was Sarah Whatton who finished in 4 hours 50 minutes and in doing so smashed her old marathon PB by 13 minutes!! Bringing up the rear was Shaun Louth who happily plodded around the course in 6 hours 17 minutes.

We enjoyed this run so much we are definitely going back next year. Forget your dreams of London and get entering Edinburgh. A little tip for anyone who does enter. If you book a hotel off the official marathon website they provide hotel guests with a Hotel to start and Finish to Hotel bus service free of charge which is really good.

Thanks to Shaun Louth for his Report.

27th May ~ LWAC 5k Race Series Race 1 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC.

This was a truly vile evening for the first race of this year's series - steady rain and a fresh wind from the north east. Andy Taylor still put in a good time of 17:40. It was bound to happen to me sooner or later but I managed my first ever last place finish in 27:47. The excuse is that the weather scared off the even slower slowies. They doubtless prefer a Parkrun where 30 minutes is nowhere near last.

Thanks to Mike Folland for his Report.

31st May~ Lincoln Parkrun Boutham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated Andy Taylor 18:04, 6th Overall.

Thanks to Alistair Whitaker for submitting the result.

1st June ~ Woodhall Spa 10k Woodhall Spa, Lincolnshire, Road.

Simon England 38:48, John Lawlor 39:17, Emily Foran 39:29, Chris Balfe 41:57, Ana Hendrickson 49:09, Ingrid Williams 49:14, Karen Cartwright 55:31, Stanley Thornton 59:39 & Babz Cook 66:22.

Thanks to Mike Folland for submitting the result.

7th June ~ Lincoln Parkrun Boutham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated Greg Southern 17.42, 5th Overall.

Thanks to Alistair Whitaker for submitting the result.

14th Jun ~ Lincoln Parkrun Boutham Park Lincoln, Lincolnshire, Tarmac paths.

The following club members participated, Greg Southern 2nd overall 17.14 & Michael Baxter 19.48.

Thanks to Alistair Whitaker for submitting the result.

20th June ~ The Summer Solstice 10k Long Bennington, Lincolnshire, Road.

Host Club ~ Grantham Running Club

Some great performances by the club. Conditions were quite good with just a light wind, the temperature was around 20° so it felt a bit warm but with an evening race the sun didn't add to the discomfort. It's a fast course with slight undulations, most of the uphill drags coming in the second half. Emily was 1st Lady, Greg 2nd overall for the third year in a row with an improved time on each occasion. Plus Mark's amazing 6 minute PB ably led by Bruce.

Results: Greg Southern 34:25, Simon England 38:56, Emily Foran 39:07, Simon Lunn 47:16, Bruce Petit & Mark Ellis 49:00, Barry Douce 53:39, Mike Folland 56:11, Alan Hewitt 59:17, Stanley Thornton 60:44.

Thanks to Mike Folland for his Report.

21st Jun ~ Lincoln Parkrun Boutham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated, Greg Southern 16:56, 4th overall.

Thanks to Alistair Whitaker for submitting the result.

24th Jun ~ LWAC 5k Race Series Race 2 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC

A much cooler evening and light wind, great for good times.

Greg Southern 16:27, Simon Lunn 22:00, Ingrid Williams 24:23, Mark Ellis & Mike Folland 27:17

Thanks to Mike Folland for his Report.

28th Jun ~ Lincoln Parkrun Boutham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated, Greg Southern finished 1st in 16:51.

Thanks to Alistair Whitaker for submitting the result.

6th July ~ Thurlby 10k Thurlby, near Bourne, Lincolnshire, Road.

I was looking for a local race to check out my current level of fitness and after scanning previous STR results on the website hit upon the Thurlby 10K (based primarily on reports written by Steve 'Speedy' Brear). This is a really good little road race. It is run by friendly people in a village fete atmosphere, well organised and marshalled. With under 200 competitors of all standards, the logistics such as toilets and car parking are well able to cope with demand. The course is undulating with a long but not steep 2K climb at the start so warming up is a good idea. After the initial climb, you give away all the height gained fairly quickly in a couple of medium steep descents. After that there are gentle undulations with another long but again not steep climb from 7-8K. It

is fairly demanding and definitely not a PB course but by no means difficult or beyond most if not all STR runners. I would heartedly recommend the race to all and have written this report with the hope that in future years runners looking for a local race in July, a bit different from the usual flat fast course may hit upon Thurlby as I did (thank you Speedy). I didn't see any other STR runners but if I missed anybody, I apologise. For the record I finished 9th in 40:48.

Thanks to John Lawlor for his Report.

26th July ~ Heckington 10 Heckington, Lincolnshire, Road.

The weather forecast all week had indicated a warm race, but the temperatures were hotter than forecasted. A starting temperature of 23 C, 11 Sleaford Town Runners enjoyed the 2 laps of the show Arena, before going out on 2 laps around the country roads around Heckington, which offered little or no shelter to the increasing heat. The temperature at the finish was a blazing 28/29 degrees, as all runners headed for the shelter of a tree to re-hydrate. New for 2014, was chip timing, so nice accurate result. John Lawlor 1:06:42 (1st Cat MV55), Emily Forlan 1:08:37 (2nd Lady, 1st Cat FV35), Ingrid Williams 1:26:23, Mike Folland 1:39:06, Mark Ellis 1:39:06, Alistair Whitaker 1:42:43, Stanley Thornton 1:49:06, Dean Barnshaw 1:50:16, Babz Cook 2:09:26 and Tracey Du Fer, completing her longest race, 2:11:49. Helen Barker completed 1 lap before deciding to retire.

A big thank you to the marshalls for the brilliant support around the course, even taking time to look up competitor's name, for that personal touch.

Thanks to Alistair Whitaker for his Report.

29th July ~ LWAC 5k Race Series Race 3 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC

3 STR members made their way to Lincoln for the evening 5k. Simon led Mark through to a very good time. Results Mark Ellis and Simon Lunn 23:30, Mike Folland 27:33.

Thanks to Mike Folland for his Report.

1st August ~ The Grim Reaper Ultra Marathon Grimsthorpe Castle Estate, Bourne, Lincolnshire, Multi-Terrain.

Hosted by Fat Feet Events

Jayne MacArthur, Sarah Whatton and Shaun Louth took the short trip to Grimsthorpe Castle to run their first ever Ultra marathon. The Grim Reaper is 40,70 or 100 mile Ultra Marathon which takes place around a 10 mile loop through the grounds of Grimsthorpe Castle. We had opted for the 40 mile event. The challenging route is 50% tarmac, 35% limestone and bridal way and 15% field. As 40 miles was the great unknown to us we started off at a very cautious pace. The first lap seemed to fly by but by the second lap the sun was up in the sky and there seemed nowhere to hide from it and any shaded parts of the route were gratefully received. At the end of the second lap we stopped for a good rest, refuelled, loaded up our hydration packs with ice cold drink, changed socks and running kit and got ready for the third lap. The third lap was completed at a quicker time than the second this was due to the sun starting to go down, a brief stop at the end of the third lap but knowing we had only one lap to go we just wanted to get it done. By now it was a race against daylight to get back before the daylight completely disappeared. As we approached the final few miles we could see the finish and the castle lit up in the distance. This is all the motivation we needed to keep going..

We all completed our first Ultra marathon, Sarah and Jayne in a time of 11 hours 38 minutes and Shaun in 12 hours 2 minutes. These times are gun times and include all the time in-between laps as well, when refuelling and changing kit etc. Would we do it again? Definitely yes! Will we try the 70? Yes we will!! There is a different vibe at Ultra runs to any other race distance. Hardly anyone is racing each other they are all there just to get round in one piece safely. We loved it!

See you next year Grimsthorpe.

Thanks to Shaun Louth for his Report.

2nd August ~ Clumber Park Parkrun Clumber Park, Worksop, Nottinghamshire, Tarmac paths.

The following club member participated, Mike Folland 27.58.

Thanks to Alistair Whitaker for submitting the results.

9th August ~ Lincoln Parkrun Boutham Park Lincoln, Lincolnshire, Tarmac paths.

The following club members participated, Michael Baxter 19.30 & Rachel Pledge 38.32.

15th August ~ Sleaford 10k Scredington, Lincolnshire, Road.

Host Club ~ Sleaford Striders AC

With this being a local Friday evening race it was well attended by the club. There was also refund of the race entry fee for all members taking part and a drink afterwards in The Carre Arms, making it all the more worth while. Everyone was stood around before the race looking at the sky that was getting darker and darker by the minute with the odd spot of rain, which would probably mean that Ana and Karen might pull out as they hate getting their hair wet. By the time the hooter went for the start it was almost perfect running conditions with a very slight breeze and a nice cool temperature and no rain so Ana and Karen had no excuse.

At the front Iain was doing his best to get dragged along by Greg, Chris trying to keep Michael in his sights, Mick trotting along keeping his heart rate in the zone, Gary struggling to keep Cat in sight while looking for any short cuts or a discarded bike to jump on, Ana tucked in behind her husband while dodging over hanging trees, Angie holding Mark back from setting off too quickly, Stan setting off chatting to all the ladies and then Shannon, Jo and Helen waving to the cameras.

By the half way mark people were starting to battle for places with Iain telling Greg to hurry up as he was getting cold running so slow, Michael slowing down a bit to encourage Chris to keep up and Gary managing to get level with Cat while going up a hill and Cat turning to see who it was and saying 'Bloody hell, what are you doing passing me on a hill? I must be running really slowly!!' Nothing like a bit of friendly encouragement from a fellow club runner.

In the last mile Iain eventually, pulled out from behind Greg and started running properly and crossed the line first, 6 seconds ahead of Greg. Well done you two, great having an STR 1, 2 at the Striders race. Next in 12th was Michael, having eventually dropped Chris who came in with a big smile on his face in 16th saying the 2 months holiday he has just had with no running seems to of paid off. Next in 17th was Mick Durkin who showed that the speed training was at last paying off with a new PB, knocking over 2 minutes off his time. Gary's slip streaming of Cat for 9.5km paid off as he came past her saying 'I am not going to be beaten by an STR woman!' and beat her by 5 seconds, although he would not of been able to do it if Cat had not badgered him so much to stop whinging and put some effort into running for the previous 9k. Cat was the first STR lady home in a great time of 46:25. Gary Hendrickson did the honourable thing and let his wife cross the line before him in a time of 48:08. Next was Cathy in a time of 48:44, then Mark in 49:59 being guided by Angie, who by the official timing was 10 seconds behind him that must have been a long guiding string in between them. Next was Al Whittaker knocking a few seconds off his handicap time in 54:25, then Karen in 56:05, followed closely by Tania in 57:53. Next across the line was Stan Thornton at just over the hour in 1:00:07. Then Shannon, who came past Paul (Official Photographer) with a huge grin on her face, followed by Jo, who Paul almost missed as she did not have her STR top on and then Helen who was using this as a warm up for a couple of longer races that she was doing over the weekend.

This was a great turn out for the club and quite a few good times were achieved, well done to all.

Iain Bailey 33.51, Greg Southern 33.57, Michael Baxter 39.44, Chris Balfe 40.17, Mick Durkin 41.10, Gary Britnell 46.20, Catherine Buckley 46.25 1st STR Lady, Ana Hendrickson 48.08, Gary Hendrickson 48.09, Cathy Taylor 48.44, Mark Ellis 49.59, Angie Harvey 50.09, Al Whittaker 54.25, Karen Cartwright 56.05, Tania Addlesea 57.53, Stan Thornton 1.00.07, Shannon Baxter 1.03.16, Jo Calver 1.09.23 & Helen Barker 1.17.33.

Thanks to Gary Britnell for his Report.

16th August ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated, Cathy Taylor 24.24 just over 12 hours after doing the Sleaford 10k.

Thanks to Alistair Whitaker for submitting the result.

17th August ~ Kimbolton Half Marathon Kimbolton, Cambridgeshire, Road.

Organised by Nice-Tri Events.

Having struggled to find a half marathon in mid August, I was delighted that Paul stumbled across this event. Just in its 2nd year running the numbers were around the 500 mark. Its capped at 750 pax, and I should think by next year they will reach this mark... with no problems. It's all road based taking you through some very pretty villages there are two evil hills at the 6 mile and 12 mile. Plenty of Marshalls, signage and water stations at 3, 6 and mile 9. Good car parking, toilets and refreshments at the start and finish. Very family friendly with a 3k fun run.... Picnic Area and Ice Cream & Burger Van. Great 'tunnel' finish, taking you through the grounds of the school with plenty of support – lovely medal and good quality T Shirt for all finishers. A chipped event with the results and photos up the very next day. Despite very tired legs from Sleaford 10K I was amazed with 2.52hrs a PB for me ... and I wasn't last!

Defiantly recommend for anyone training for Autumn Marathons.

Thanks to Helen Barker for her Report.

25th Aug ~ Billingborough 10k Billingborough, Lincolnshire, Road.

After living in Billingborough for 4 years before moving to Sleaford, the opportunity to run around the roads of Billingborough, Pointon and Birthorpe again, had to be done. The inaugural event offered both a 5km and a 10km race, the latter attracted 4 Sleaford Town Runners. The forecasted bad weather held off, as a small field of 25 runner set off on the 10km. Flat for the first 2 miles, before a long incline for a further mile. A lovely sharp downhill section unfortunately followed by a sharp uphill. What goes up does come down with a lovely long downhill stretch to the finish.

1st Town runner and race winner Michael Baxter 41:14, following by Alistair Whitaker 56:12 (A top 10 finish!), Shannon Baxter 1:03:15 (matching her Sleaford 10km time on a tougher 10km course) and Rachel Pledge 1:15:25. A medal, plus free tea/coffee and cake was enjoyed in the Village Hall afterwards, was very welcomed.

Thanks to Alistair Whitaker for his Report.

31st Aug ~ Blackpool Illuminations Hilton Half Marathon Blackpool, Lancashire, Road.

Host Club ~ Fylde Coast Running

Another trip to Blackpool, another Half Marathon. I cannot stay away from the place. The Hilton Half is a lower profile half than the actual Blackpool Half Marathon but still a great run. There was a sell-out 300 runners at the start line all keen to get going. This half takes place on the North promenade in between the Cenotaph and Bispham. It involves two loops of one section of promenade which takes you to about 4 miles and then two larger loops nearer Bispham which then take you all the way to the finish. I loved this half as much as the bigger attended half which takes place every April. My finishing time was 2 hours 28 mins which is the quickest half I have run in a long time. The route for this half is pure speed for anyone looking for a PB.

I am a sucker for any runs in Blackpool so will be back up there soon.

Thanks to Shaun Louth for his Report.

7th September ~ Great North Run Newcastle, Tyneside, Road.

I entered the Great North Run this year to support the Stroke Association as my husband has recently had a stroke. As I run regularly with my friend Ana, she supported me on the day running with me & motivating me along the way. The weather was warmer than the forecast said on the day and with over 41 thousand runners it was a tough run. We both completed the course in 2:04:14 which is a PB for me.

Other Club Members running were Emily Foran 1.28.28, Bruce Pettit 1.50.14, Rachel Pledge 2.56.33 & Clare Bergner 3.12.57.

Thanks to Karen Cartwright for her Report.

14th Sept ~ Grunty Fen Half Marathon Grunty Fen, East Cambridgeshire, Road.

Host Club ~ Ely Runners.

This a really good well organised flat race with PB potential. And it was not full with entires accepted until a few days before the race. Three of us from the club enjoyed good conditions, a bit warm but mostly cloudy and a pleasant cooling breeze. The times were nothing special but John and Mike had the compensation of £40 age group prizes. Results John Lawlor 1:30:34, Ingrid Williams 1:57:49, Mike Folland 2:04:58.

Thanks to Mike Folland for his Report.

20th Sept ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated, Alistair Whitaker 26:29.

Thanks to Alistair Whitaker for submitting his result.

27th Sept ~ Trossachs 10k Aberfoyle, Scotland, Trail.

Organised by Rainbow Valley Trust, a Scottish cancer charity dedicated to fighting cancer through exercise, nutrition and education.

This is a fab little race with just 75 runners in the Loch Ard forest stating and finishing for convenience in the Aberfoyle main car park. There was a little tarmac but it was mostly on forest roads and tracks. Far from flat with memories, Gary, of the Kielder marathon. I hope another club member can manage to do it one year. It is most strongly recommended if you are up there for the last Saturday in September. And we had lovely weather, cool, still and dry. Result Mike Folland 56:23.

Thanks to Mike Folland for his Report.

28th Sept ~West Pinchbeck 10k West Pinchbeck, Spalding, Lincolnshire, Road.

Host Club ~ Spalding Triathlon Club.

You can't always predict the weather but when it comes to the West Pinchbeck 10k each year some late summer usage of your suntan cream is often required, and this year was no exception with another glorious warm day. Okay if your there as a spectator but on the flat exposed roads around Pinchbeck it can feel a lot warmer than it actually is, that however didn't hold back Chris Limmer finishing 7th in a superb time of 36.29, 15th was Simon England 38.37 recording another quick time. 17th and 3rd lady was Katja Eravisto 39.23 also setting a new personal best, following Katja across the finish was Matt Blunden 39.24, Karl Brown 45.27, Mark Ellis 50.10, Paul Freemantle 50.10, Louise Macauley 58.51 & Stanley Thornton 1.00.12 all recorded solid times as did Hannah Chadwick 1.02.54 and not far off from her target sub 60 minute 10k. Gary Britnell 1.02.56 followed Hannah across the line, Joanne Calver 1.07.55, Tracey Du-Feu 1.15.00 & Rachel Pledge 1.15.22 completed our team of Club members competing and all finished strongly despite the warm conditions experienced during the race. Another well organised 10k hosted by Spalding Triathlon Club and one to highlight in your diary for 2015!

Report by Paul Freemantle

4th October ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated, Chris Balfe 19:46.

Thanks to Alistair Whitaker for submitting the result.

5th Oct ~ Bournemouth Marathon Road.

Just over 2000 runners lined up at the start of the Bournemouth Marathon. This is a very friendly marathon with great support nearly all the way round. The promenade parts of the route are especially well supported. I also don't think I have ever seen so many Marshalls at a Marathon that isn't a big city marathon. There are Marshalls on route every 800 meters or so. The route itself is very undulating and the hills are short but very sharp. On the whole I really enjoyed this marathon and will be returning next year. One thing to bare in mind is that there is a 6 hours 30 mins cut off to this race. Three Sleaford Town Runners ran this marathon Sarah Whatton 4 hours 55 mins, Stan Thornton 5 hours 16 mins and finally Shaun Louth 6 hours 24 mins.

Thanks to Shaun Louth for his Report.

11th Oct ~ Cornwall Park Parkrun Auckland, New Zealand.

The following club member participated, Michael Baxter 20:47.

Thanks to Alistair Whitaker for submitting the result.

12th Oct ~ Perkins Great Eastern Run Peterborough, Road.

The local half marathon that seems to get bigger and bigger each year, with 3,787 finishers this year. The weather was perfect, nice and sunny plus no wind. The course goes from the embankment, winding its way around Peterborough to Werrington and then back to the embankment, all on closed roads.

5 Sleaford Town Runners completed the race: Simon Lunn 1:43:20, Ingrid Williams 1:51:19, Alistair Whitaker 2:08:26, Rebecca Oxby 2:53:28 and Rachel Pledge 2:53:29.

A well organised race with a Technical T-Shirt, medal and a nice goodie bag at the finish.

Thanks to Alistair Whitaker for his Report.

12th Oct ~ Spires & Steeples Lincolnshire, Multi-Terrain.

It was a lovely Sunday morning with perfect weather for a nice gentle run from Lincoln to Sleaford for Mick Durkin and from Metheringham to Sleaford for us mere mortals. Everyone was looking forward to it apart from Hannah who had just turned up from a night out in Spalding. At the start line for the half Hannah, Jo and Ryan were all looking forward to the last minute decision to do the Spires and Steeples. The run was sooooo much better than last year when it was really wet, the going under foot was pretty dry even after some rain the day before.

At the end the first Sleaford Town Runner in was Andy Taylor on his come back, then Gary Britnell in about 1:55, then Paul Freemantle in 1:57, then next were Ryan Johnson and Angie Freemantle in just over 2 hours, then was Hannah, who was starting to sober up and looked like she had put everything into her first off road half marathon. Then came Jo Calver who just kept saying 'Never again! Never again!'

In the full marathon Mick Durkin had a great race coming in on the 4 hour mark and with all the aches and pains associated with Spires and Steeples.

The race profile can be seen on the Sleaford Town Runners Garmin site at: <http://connect.garmin.com/modern/activity/611021908>

Thanks to Gary Britnell for his Report.

18th Oct ~ Cornwall Park Parkrun Auckland, New Zealand.

The following club member participated, Michael Baxter who finished 12th out of 153 runners in 20:22.

Thanks to Alistair Whitaker for submitting the result.

26th Oct ~ Fenland 10 Wisbech, Cambridgeshire, Road.

Host Club ~ Fenland Running Club

I ran this race last year as well and would recommend it! It was a good race finishing in a time of 1:21:03, nice and flat although very windy this year. Andy Taylor also ran the race in 1:02:52, which he was pretty pleased with on his comeback.

Thanks to Cathy Taylor for her Report.

27th Oct ~ SSE Airtricity Dublin Marathon Ireland, Road.

...In Dublin fair city where the girls are so pretty!

If you love the atmosphere of a big city run Dublin Marathon lives up to everything you would expect. In its 35th Year and with around 14,000 runners the whole city embraces the Marathon. The flat route takes you around the city, though amazing parks out in to suburbia and beyond. Plenty of support, water, gels and running leprechauns it's an event the whole family can enjoy. Known as 'The Friendly Marathon' this BIG CITY Marathon lives up to the name. An expensive race and city, but well worth it for a treat!

PB 6.37 hrs. (13 minutes quicker!)

Thanks to Helen Barker for her Report.

8th November ~ Lincoln Parkrun Boutham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated, Katja Eravisto 6th overall and 1st Lady in a time of 18:20.

Thanks to Alistair Whitaker for submitting the result.

15th Nov ~ Lincoln Parkrun Boutham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated, Andy Taylor 5th overall in a time of 18.16.

Thanks to Alistair Whitaker for submitting the result.

16th Nov ~ St. Neots Half Marathon St. Neots, Cambridgeshire, Road.

Host Club ~ Riverside Runners St. Neots.

I had previously done this race every year between 2008 and 2011, so nice to return with an aim of beating my previous best for the course. The weather was cool and foggy as just under 1000 runners set off around the countryside of St Neots. The route has a few hills, but a lovely downhill stretch at the finish. I finished under my target with a time of 2.06.45. Other Sleaford Town Runners were Simon Lunn 1.41.53, which I believe was a Personal Best and Mike Folland 2.04.48, also below his target. Goodie bag and long sleeve technical top at the finish was great, with brilliant support from the Marshalls all around the course. Definitely worth doing, if you remember to get your entry in quick as it fills up in a matter of hours!

Thanks to Alistair Whitaker for his Report.

7th December ~ Bedford Half Marathon Wootton, Bedfordshire, Road.

Host Club ~ Bedford Harriers AC.

Karl Brown, Claire Brown, Lou McAuley and Shaun Louth Travelled to Bedford for the half marathon. It was a very cold morning with occasional rain and sleet. This is a rural route which is very undulating.

The finishing times were Karl 1:45:57, Lou 2:15:58, Claire 2:26:03 and Shaun 2:50:41.

Thanks to Shaun Louth for his Report.

14th Dec ~ Milton Keynes Winter Half Marathon Buckinghamshire, Tarmac paths.

Ingrid and Mike "showed the vest" at this event. The course would be great for training, entirely on the "Redways" tarmac cycle/foot paths, traffic free and quite scenic. However, the narrow paths, entry of over a 1000 and considerable twists, turns and sharp minor ups and down meant congestion was a serious issue and it was hard to run properly for the first miles. Not a race to get stuck in the loo queue or otherwise out of position in the start line up. Both of us were held up and Ingrid was only free of congestion in the second half. We were certainly lucky with conditions for the time of year, no snow, ice, pouring rain or high winds. The race itself was well organised but HQ was spread round an open field, OK on the day not good if bad conditions in December, and there was a chronic shortage of portaloos.

If you want to race a half marathon in Milton Keynes check the event carefully, there are three others:

8th Mar 15 ~ MK Festival of Running First few miles, at least, on road

4th May 15 ~ At same time as MK marathon, basically road but 4 dead turns

12th July 15 ~ NSPCC event, also uses the "Redways" tarmac cycle/foot paths so congestion likely

Results Ingrid Williams 1:54:38, Mike Folland 2:04:06

Thanks to Mike Folland for his Report.

21st Dec ~ Portsmouth Coastal Waterside Marathon Hampshire, Multi-Terrain.

Sarah Whatton and Shaun Louth travelled down to Portsmouth to sneak in one last marathon for 2014. The clue is in the name for this marathon, you are literally waterside for the whole 26.2 miles. It is an out and back route which starts at South Sea and takes you around the edge of Langstone Harbour to the half way point where you turn and return to South Sea. There were four water stations on route all with various items Water, Squash, gels, jelly beans, bananas and mulled wine. The route is multi terrain with slightly more off road than tarmac.

Sarah finished in a time of 5 hours 2 minutes with a badly cut knee and hand from a fall only 3 miles into the run. Shaun finished in 5 hours 42 minutes and was very pleased with his time.

Thanks to Shaun Louth for his Report.