

Archive Race Reports 2012

1st January ~ Cleethorpes New Years Day 10k Cleethorpes, Lincolnshire, Road.

Host Club ~ Cleethorpes AC

12 months has gone by quickly coming around again with the same two members running, Paul Green and me though it was less windy and less nippy than last year. Over 421 runners I think? A good turn out including loads of Club friends from Lincoln Wellington AC and some old friends who know me from other events, one runner put on Facebook (SPEEDY AND THE SPEEDYSTERS). Oh Dear! It was well organised however by Cleethorpes AC as we started at 11.15am on the dot setting off at a steady pace with Paul, 2 laps around the estate as the wind blasted us with a cold spell. But we fight it all the way over a comfortable route on the road towards the embankment. SPEEDYBREAR finished ahead of Paul with 47.39 followed in by a minute later by Paul who ran a comfortable race in 48.48. Well Done to Cleethorpes AC, despite the water bottles being stolen which meant only one water stop. I'll back next year as Speedy and the Speedsters or is it?

Thanks to Stephen Brear for his Report.

8th Jan ~ Lincolnshire Athletic Association XC London Road, Louth, Multi-Terrian

In the Senior Men 9690m race Iain Bailey finished in 5th in a time of 35.17. The Vet Men also over 9690m distance saw John Siddens finish in 2nd position in 36.46 with Greg Southern finishing 6th in 37.54.

15th Jan ~ Ropsley Raid 6 & 13 mile Ropsley nr Grantham, Lincolnshire, Multi-Terrain.

Host Club ~ Ropsley Road Runners

In the 6 mile race Simon England finished in 2nd place in a time of 43.01, Michael Baxter finished on Simon's shoulder finishing 3rd in 43.02. Trevor Brown 51.44, Cathy Taylor 1.01.20, Steph Atherton 1.03.07, Barbara Campbell 1.05.56, Yvonne Fox 1.06.58, Claire Brown 1.13.16, Lisa Harmon 1.13.44 with Shaun Louth and Helen Barker both crossing the line together in 1.27.51. The 13 mile race saw Greg Southern win the race despite getting lost and adding extra distance, in a time of 1.32. David Taylor with his dog for company was delighted with 1.50.39, Barry Douce 1.55.18, Alex Hetherington 1.58.25 both under two hours, Paul Freemantle 2.06.26, Dean Barnshaw 2.09.21, Scooby-Doo aka Gary Britnell 2.12.11, Ian Swinscoe 2.16.56 all finished within minutes of each other. Vivienne Veasey decided to walk the 13 mile route finishing in 3.09.

22nd Jan ~ Folksworth 15 Peterborough, Cambridgeshire, 15 miles, Road.

Host Club ~ Yaxley Runners & Joggers

With an hour's drive to Folksworth and an 11am start it was not too early a start. Weather was dry, but very windy and blustery so thought there was not going to be any fast times as they said an undulating course which usually means hilly!! At the start there was John Lawlor jogging around warming up, me stood shivering and Mandy Connor and Michelle Mason stood nice and warm in fleeces, jackets, hats and gloves waiting for the whistle to strip off the outer layers and throw them at their trusty bag carriers to keep hold of while they raced round. The poor trusty bag carriers had the awful task of waiting over two hours in a warm room drinking tea and coffee and eating bacon rolls!!! Luckily we would be out in the fresh air getting fit, we were so lucky.

Within a mile was the first hill and the wind was right in our faces, once at the top of the hill then the undulating bit started until the next long up hill. Then eventually at about 5 miles we actually turned a corner and the wind was behind us pushing us along a long straight, then it was down a hill and out of the wind for the final hill on the first lap, the steepest out of the three. It was then about a half mile dash to the finish which we could see round a bend, but there was an army of marshals shouting at us to stop looking at the finish and to get out on the second lap!!!! The wind by now had picked up, which meant that first hill that was into the wind was worse than ever. The problem with Folksworth being a good marathon training race was that all the runners were like bean poles and there was no one to hide behind for a bit to get out the wind and recover (there were however a few people running behind me for some of the race!!!). Even though it was really windy the winner, Aaron Scott from Nene Valley Harriers, broke the course record with a time of 1:19:07 for the 15 miles.

John Lawlor won his Age category in a great time of 1:36:52, over 3 minutes ahead of his nearest rival, his overall position was 26th. I came in 290th in 2:11:17, which I was very happy with, even though I could not come up with a lame excuse. Mandy and Michelle had a great run finishing together in 2:46:42 with Michelle heading for a drink of water as soon as she had finished and Mandy grabbing her coat and running to the Bacon rolls (I think she must have been thinking about that all the way round). Although entering the race Dean Barnshaw could not make the race due to being laid up in bed with a the worst case of man flu that Doctors have seen in the Sleaford area in the past decade. Get well soon mate!!

Over all Folksworth was a very well organised race with loads of Marshals all round the course giving loads of encouragement, especially on the hills. Great T-Shirt and well organised, I can see why it sells out so quickly, definitely a good race to do.

The race profile can be seen on the Sleaford Town Runners Garmin site at <http://connect.garmin.com/activity/143736463>

Thanks to Gary Britnell for his Report.

4th February ~ The Rauceby Ripper Rauceby, Lincolnshire, 8.5 miles, Multi-Terrain.

Host Club ~ Sleaford Town Runners

Greg Southern followed up his win at the Ropsley Raid by winning again in the second running of the Ripper in a time of 49.21, Andy Taylor chased down Greg all the way but in the end had to settle for second with 50.17. Barry Douce 63.57, Andrew Clark 64.21, David Taylor 64.25, Paul Green 66.38 and Mark Holman 67.42 all finished within minutes of each other. Ian Swinscoe continues to improve with every race finishing in 74.53, Stephanie Atherton 80.13, Yvonne Fox 85.01, Barbara Campbell 86.45, Lisa Harmon 98.25 and Helen Barker 113.03 all ran strong races despite the icy conditions.

19th Feb ~ Sleaford Half Marathon RAF Cranwell, Lincolnshire, Mainly Road / Multi-Terrain.

Host Club ~ Sleaford Striders AC

As the alarm went off at 7am, I wasn't quite fancying a run today, my legs were still heavy after doing 37 miles in the week, plus I was still feeling the effects of a Friday night out, I won't tell you what time I got in but I met the milkman again, lovely chap....so I turned off the alarm for another hour or so of much needed kip. Aune had already cried off the night before..texting something about the moons of Uranus not being in position for a good run...Scooby was still poorly suffering with furballs...so it was down to me and new boy Ian 'Swinny...Tweedle Dum' Swinscoe to represent the 'Inbetweeners'. I got to the race early to enter on the day and bumped into Ian Bailey, who told me he was treating the race just as a training run, so wouldn't be trying too hard....really...I agreed and said I was doing the same..always looking for an excuse not to run fast. The Target and Standard took some silly photos of a few of us in various poses, and I don't mean Geoff from West Bromwich bent over the sofa in the His and Hers section of Fiesta magazine, running poses I should add, can't wait for those this Wednesday.

As the race started, the wind was getting up and I could feel my late breakfast coming up as well..I lasted till the 2 mile point when my Ready Brek and Lucozade met the morning air..not a pretty sight. Whilst I was still bent over, Swinny went by chuckling and asking if I was 'alright', cheeky begger...'just fine Swinny' I mumbled back...For the next few miles, I continued to vomit and stop for my proverbial pee behind a bush, don't know why I didn't have anyone running along side me to talk to...Swinny was long gone and I was getting nowhere fast, the route was muddy and mundane...I got my best trainers dirty and there was no respite from a head on wind..At the half way stage I was cabbaged, breathing out of my bottom, Scooby was taking photos again of me gurning, so I gave him my hat and gloves and bizarrely I started to relax and enjoy the race, well the thought of catching Swinny who I could see I good half a mile in front. By mile 10, Swinny was past and I kicked on for the final length...whose 'laughing' now I thought to myself, as I offered words of encouragement..To be honest I would have run in with Swinny, Tweedle Dum and Tweedle Dee as Scooby would say, don't know why, but I started to sense I could do a PB. Don't ask me where I found the energy but I was running quicker splits than my normal 10k pace.

I crossed the line with a new official PB of 1:59:04, Swinny just behind, also with a PB of 2:01:24, it was bitter sweet for him as he wanted to break the 2 hour mark. There's always next time mate and anyway you're already club member of the month. In front of us two was Barry Douce, also with a PB and breaking the 1:40 mark with a great time of 1:39:18...you've got to get me some of those long socks Barry, if that's what they do. Just off the lead were the Elite boys club, the four Musketeers of John 'd'Artagnan' Siddens 1:18:26, Ian 'Aramis just a training run' Bailey 1:18:32, Greg 'Athos' Southern, hoping to make it a hatrick of wins with 1:18:48 and Andy 'Porthos' Taylor set a new PB of 1:19:18, finishing 4th, 5th, 6th and 8th respectively. It's a wonder none of them got blown away in the wind, as I've seen more meat on a butchers pencil...I need to get them on my beer and pie training programme for every mile you run..works wonders for me.

Thanks to Dean Barnshaw for his Report.

19th Feb ~ The Tribesports London Ultra Grove Park, London, Road.

Well my all time favourite event, ever! It's a gruelling 50k that's about 31miles 'ish as I get ready at Perivale Athletic Stadium to start the trek on the coach towards the start somewhere at Ealing, this year with a different route for the first 10 to 20 miles which is unknown to all of us. I started at 9.15am along with over 250 runners with the sun feeling warm but for a cold wind struggling to reach 5C to 6C. Although when we started running nothing was stopping me only the hills I struggled on with a couple of old routes I remembered like Richmond Park and Crystal Palace which was somewhere new to run. Anyway I felt fine, fresh and comfortable with 31miles completed although some ran 32 miles as some of them got lost. Well the Stadium at Perival was outstanding which I reached in 7hrs 4mims including some gruelling hills. Thank you Rory Coleman and Tribesports, I'll be back next year!

Thanks to Stephen Brear for his Report.

26th Feb ~ Belvoir Challenge Vale of Belvoir, Leicestershire 16 & 26 Miles, Multi-Terrain.

Host Club ~ Friends of Harby School & Vale Striders

Text from Aune at six in the morning saying she's pulling out of the race due to a sore throat...now that's Aune, Gary, Mike and Katie Smal all with sore throats...am I missing something here. Must say it didn't feel the same getting ready for the 9am start on my own but at least I bumped into Mark Sands, Tilley and Dave Taylor and had some banter. This year's route was ran in the opposite direction from other years which didn't make too much difference as there was still a strong field of 1000 runners and walkers doing the 15 and 26 mile routes. The 15 mile route is near enough all off road, but with not much rain and strong winds lately the ground was extremely hard and bumpy with lots of styes, gates and electric fences. I saw quite a few runners go over on their ankles and retire unfortunately. The two check points were full of cakes and sweets so I heard from the other runners but I didn't stop at either as I was trying to get my groove on as I did last week, even with my usual wee and vomit stops. I was doing just fine until mile 10 when an almighty hill in the grounds of Belvoir Castle zapped me, all the recent miles catching up with me I think. After that I began to taper off on my splits, it didn't help that the track along the escarpment back towards Harby had been recently re-laid with hard core rubble, my back and ankles just couldn't take it and I was almost walking, however the view across the vale was staggering in the morning sun. I was bang on 2.5 hours for 15 miles despite all of the obstacles and I limped to the finish in 2:32:57, knocking an amazing 1 hour and 5 mins off the last time I ran it. Pity this one isn't in the handicap series. Dave completed the 26 miler in creditable time of 4:27:30, I'd be dreaming if I could do that time on the flat, neither mind this off road route. I had my obligatory soup, roll and apple crumble and custard, then made my way home. If no-one has ever run the Belvoir Challenge it is a scenic route, usually very very muddy, but today it was really difficult under foot. It's well attended so you need to get entered before Christmas. There's no goody bag either, just a certificate, but the food is good and the people are friendly. Now for the Lincolnshire Poacher next week, anyone fancy running from Sleaford to it?

Thanks to Dean Barnshaw for his Report.

4th March ~ Gainsborough 10k Morton, Gainsborough, Lincolnshire, Road.

Host Club ~ Gainsborough Morton Striders Athletic Club

Iain Bailey won the maiden running of this 10k in damp conditions with a time of 33:24, John Siddens soon followed in 6th place in 34:14 with John Lawlor winning the MV50 category in a time of 37:48.

4th Mar ~ Lincolnshire Poacher Challenge Ancaster, Lincolnshire, 13 miles, Multi Terrain.

Host Club ~ Toonie Express ARC

The plan for this race was to run/walk so that Helen, Lisa and myself could all get a 13 miler under our belts without any pressure of a race environment so I got permission from the organisers to start at the same time as the walkers which was an hour early than the runners.

It was a very cold, wet and windy day but this didn't put us off and spirits were high as we set off in front of the walkers. As we headed into Ancaster Valley it dawned on us that we were unofficially leading the race which we thought was quite amusing and a new experience for all 3 of us. We kept a very steady pace going and when we came across some of the field sidings which were very uneven we would try to walk at pace instead. Every time he came to a road section we were greeted by Deb Sutton who would be offering drinks, energy sweets and jelly babies etc. At the 8-9 mile point we were caught by the actual leading runners who flew by effortlessly. Lisa was still holding a strong pace but Helen and I were starting to slow slightly. The last 3 miles involved some very wet and muddy fields which were very hard work especially in the wind and rain and we also had to cross a ditch which the rain was filling up nicely. This was easier to walk through than try and negotiate getting around the side of it. I don't think any of us found the last 2-3 miles very enjoyable at all as the cold had got to us by that point. The 3 of us split up towards the end but were no more than 5 minutes apart. As we entered the back of Woodland Waters the finish was just a couple of minutes away and I started dreaming of a hot bath and a warm drink. Our estimated time was around 3 hours 20. This is a great route and a very well attended event. I shall be back next year and might even start with the runners. Thanks to Lisa and Helen for accompanying me and to Debs for great on route support.

Thanks to Shaun Louth for his Report.

Simon England finished 3rd in the 10k race crossing the finish in 41.18, Micheal Baxter was just adrift of Simon in 4th place 42.20, Steph Atherton just over the hour with a time of 1.00.17 with Lou Henderson 1.03.47 both finishing well. Simon Lunn in the Half Marathon distance finished in 2.00.35, Lisa Harmon, Shaun Louth and Helen Barker also running in the Half Marathon though the results have yet to confirm their times.

11th Mar ~ Blackpool Half Marathon Blackpool, Lancashire, Road.

Blackpool is one of my favourite places so when the marathon weekend comes round I like to be there if I can. This year's weekend away was combined with a family celebration so my parents and brother were in tow.

As Saturday afternoon ticked by and I was in the bar of the hotel with the family I realised there was only one thing for it, I was going to have to adopt the Dean Barnshaw pre-race strategy. So Sunday morning soon came round and as I stood at the start with the other 1000+ runners and started to wonder if those 8 pints of Boddingtons followed by beef lasagne and garlic bread was a good idea the night before.

Still off we went heading towards the Pleasure Beach. Most of the bunch disappeared into the distance but there was a small group running at 12 minute mile pace. As we turned at the Pleasure Beach headed back up past the Tower and on towards Bispham I started to catch a few people walking but by 9 miles I started to feel a bit iffy. This was a mix of running with a hangover combined with energy chews and lucozade. As I didn't want to decorate Blackpool sea front with my stomach contents I adopted a run/walk strategy to give my body a bit of a rest. With a mile to go I felt better so decided to run all the way to the finish. At 300 yards from the finish I was overtaken by the runner who was about to win the full marathon race. This was quite good because as people were cheering him they were also cheering me on to the finish. My time was 2 hours 42 minutes which I was pleased with under the circumstances.

The rest of the weekend involved cocktails and wine, needless to say I shall hopefully be back in 2013 for another go.

Thanks to Shaun Louth for his Report.

11th Mar ~ Newton's Fraction Half Marathon Grantham, Lincolnshire, Road.

Host Club ~ Grantham AC

Matt Blunden finished 3rd in 1.15.56, Greg Southern came home in 5th winning the MV40 category with 1.19.50, Andy Taylor crossing in 1.29.25 helped win the time prize for our Club, Simon England and Michael Baxter both crossed together in 1.33.18, this being Michael's first Half Marathon. Barry Douce 1.48.58, Ian Swinscoe 2.04.33, Lou Henderson 2.14.38 and Yvonne Fox 2.22.57 completed our team entry across the line.

18th Mar ~ Ashby 20 Ashby-de-la-Zouch, Leicestershire, Road.

Host Club ~ Ivanhoe Runners

Mandy Connor, Michelle Mason and Cathy Taylor warmed up for their respective spring marathons returning respectable times. Cathy recorded a time of 3.16.39 with Michelle 3.49.52 and Mandy 3.49.53 both crossing the finish line together.

18th Mar ~ East Hull 20 Hull, Yorkshire and the Humber, Road.

Host Club ~ East Hull Harriers & AC

An early and very wet start to the day as 2 Sleaford Town Runners made the journey over the Humber Bridge to the Marathon preparation race of East Hull 20. Luckily, the weather improved as a field of over 400 runners set off around the relatively flat course through the Humberside countryside. Gary Britnell was hoping for a sub 3 hours, so was pleased with a 2:51:36 finished. Alistair Whitaker was also pleased with the finishing time of 4:05:44, despite being the last runner home. Thanks to East Hull Harriers who once again organised a well run race with great support from the marshalls and must remember that they offer free food afterwards.

Thanks to Alistair Whitaker for his Report.

25th Mar ~ Lincoln 10k Road.

Starting at Yarborough Leisure Centre the flat, fast course was well supported by locals who came out to cheer competitors on through the streets of Uphill Lincoln. With over 4300 runners it was a busy but enjoyable race with a great finish over the cobbles and in to the grounds of Lincoln Castle. Members clocked up some great times and PBs Coming in first for Sleaford Town was Michael Baxter (38mins 51 PB) followed by the rest of the men, Paul Green (44mins 43) Stephen Brear (45mins 53), Ian Swinscoe (49mins 09 PB). Coming in first for the ladies was Bethan Fray (49mins 59), Debs Sutton (53mins 20 PB) followed by Lou Henderson (57mins 28 PB), Sarah Whatton (57mins 36), Stanley Thornton (1hr 3), Lisa Harmon (1hr 10) and Helen Barker (1hr 18).

Thanks to Lou Henderson for her Report.

1st April ~ Grantham Cup Belton Park, Grantham, Lincolnshire, Multi-Terrain.

Host Club ~ Grantham Running Club

Turned up at Belton with plenty of time and as usual had no idea what to wear. It was sunny but the breeze was pretty chilly so although hard to decide what to wear it was excellent 'Swinny Lame Excuse' weather. It started with him driving in and texting that it was sunny and hot so with the heat it would probably be a slow time. We then met up and he said bbbrrrrrrrr it's a bit chilly not good for getting the muscles going, so at least now he was covered either way with classic excuses. Trev was there saying 'beware the hill' spreading doom and gloom about the little hill just before half way, Lincolnshire does not have hills!!!!

Anyway at 11:45 we were off and about 200m down the track the PA system said that the Grantham Cup cross country runners were off on their 10k 'FUN RUN' and the three of us nearly choked..... I take it the man on the mic was not a runner, a 10k cross country is not FUN!!!!!! Just before half way the hill was looming, I managed the first bit and then the second bit I walked as there were walkers passing me as I was running. At this Point Swinny and Trev started to fall back a little bit as they were not only walking but having a chat and a beer as well by the looks of it. Once at the top it was all down hill to the finish, it was just good fun

letting your legs fly while trying to miss the rabbit holes, sheep, lambs and horses.

At the finish I crossed the line in 50:37, followed by Trevor Brown in 52:41 and with Swinny putting on his trade mark sprint for the line in 55:28. It was a great effort by all of the Sleaford Town Runners who entered especially Swinny as this was his 3rd race in a week and his legs were starting to feel the hard fast miles. I just can't believe he did not use that as an excuse before the race. This was a great event on a lovely sunny day, the marshals were brilliant and full of encouragement, a water stop half way, a bottle of beer and a bottle opener at the end and plenty of shops and stalls to keep the other halves happy while we were out running, although I think Mrs Swinny would of liked it to of been a half marathon so she had a bit more time with Swinny's wallet. Definitely one for next year

Thanks to Gary Britnell for his Report.

8th Apr ~ Friskney Half Marathon Friskney, Boston, Lincolnshire, Road.

Host Club ~ Boston & District AC

John Siddens could not contain his competitive side on what was supposed to be a gentle stretch out before the London Marathon, instead John produced a quick time finishing second in the race in a quick time of 1.16.33. Simon Lunn was well under his pre-race target time of 1.45 crossing in 1.42.36 with Paul Green just a minute behind Simon with 1.43.19. The Ian Swinscoe bandwagon of personal best times show no signs of slowing up, with another PB by some 6 minutes with 1.55.37, Paul Freemantle completed our team members to finish with a time of 1.56.19.

8th Apr ~ The Hull Marathon Kingston Upon Hull, Humberside, Road.

This was the madian running of the Hull Marathon which saw Barry Douce set a new personal best time for the distance of 3.51.56, Ana Hendrickson running her first Marathon ran strongly to finish under four hours with 3.58.17, Cathy Taylor produced her usual determined run to cross the finish line in 4.12.24. Jayne MacArthur 4.59.04 and Sarah Whatton 5.36.38 like Ana competing in their first Marathons both recorded respectable times and keen to compete in another Marathon.

14th Apr ~ Caythorpe Canter Caythorpe, Lincolnshire, Multi-Terrain.

Alex Hetherington was the 2nd lady and 8th overall to finish in the 26 mile distance 4.01.24, Dave Taylor finished 12th in 4.09.48. In the shorter 13 mile event Steph Atherton was the 8th lady to finish in 2.24.45, Barbara Campbell crossed as the 11th lady to finish crossing the line in 2.28.27.

22nd Apr ~ London Marathon London, Road.

Matt Blunden ran another superb marathon recording a sub 2.30 time of 2.29.12, John Siddens also running a strong race finishing in 2.42.11. The rise and rise of Greg Southern continues as he set a personal best time of 2.42.49 in his first marathon. Andy Taylor again under 3 hours in 2.57.35, John Lawlor 3.14.23, Mark Holman running in his first marathon and delighted with a maiden PB of 3.41.40. Gary Britnell another first time marathon finisher with a maiden PB time of 4.18.30, Mike Folland 4.19.47, Dean Barnshaw first marathon and PB of 4.38.30, Debbie Sutton maiden PB time of 4.46.49 as was Michelle Mason PB of 5.18.54. Mandy Connor 5.23.03, Shaun Louth 6.09.30 and Alistair Whitaker 6.44.32 completed our Club members to finish.

29th Apr ~ Greater Manchester Marathon Lancashire, Road.

10 years and its back or is it!!! What an awful weekend I had! It was windy with gusts around 80mph and it felt like -5 as it rained none stop. It was too late to cancel with over 4500 runners ready to start on Longford Street in Stretford. It started at 9am and headed towards Old Trafford, Media City passing the famous Manchester City Stadium. Sadly about 250 runners started to struggle BIG time but we kept our legs going as we headed towards the lovely city and countryside. Sadly I had to give up after 19miles despite hitting my target of 2.30. With 6miles still to go I decided it was better to just give up? I'm not sure if I'll try again next year?

Thanks to Stephen Brear for his Report.

29th Apr ~ Tulip 10k Spalding, Lincolnshire, Road.

Host Club ~ Spalding Tri Club

It was dark, wet and cold when I threw open the curtains on that fateful Sunday morn. I managed to drag myself out of the house and as the only STR, who had made it, toed the line. The race started bang on time with the rain driving into our faces. The course is very flat and fast and has the potential for a PB. For me however mile 4 spelled disaster. I felt my Achilles tighten up and had to pull back. I was determined to complete the race so carried on at a greatly reduced pace. I finally crossed the line in 51.25. This is a great little race and would recommend to everyone.

Thanks to Barry Douce for his Report.

6th May ~ Langtoft 10k Langtoft near Market Deeping, Peterborough, Road.

After three weeks of rain a nice sunny morning was a pleasant surprise for the Langtoft 10k, there was a cool breeze making for near perfect racing conditions. Before the main race was the fun run which had a great turn out of young, old and fancy dress with all finishers getting a nice medal for their achievement.

Half hour later was the main event, the 10k. Greg and Michael barged their way to the front so as to get a good start, then a couple of yellow bananas and then Gary Britnell and Swinny (I think i have got those pairings the right way round) and then Debbie was seen pushing Lou forward so as to get near the start line for when the gun went as Lou was going for a PB. The gun went and everyone was off, it was a great route, with good marshals and no hills (ish). Greg stormed through the line in second place in a great time of 34:53 and for once he did not take his own route and did not get lost!!!! Close behind was Michael Baxter in 39:02 in 11th place, just outside the top ten. Third for Sleaford was Paul Ray in 45:24 (PB), closely followed by Gary Britnell in 45:49 (PB) who just managed to come in in front of the bananas, then came Ian Swinscoe in a great 47:48 (PB). Then came Sleafords first lady, Lou Henderson in 56:07 who had a huge grin and could not stop thanking Debbie Sutton for getting her round in a new PB, then Debbie came in in 56:08 with Jessica Bergner (PB). Then came new Sleaford Town Runner Anne Barwell in a great 1:00:39 (PB) who now has the 1 hour mark well within her sights. Stan Thornton was close behind in 1:01:09. Clare Bergner completed the Bergner family in 1:12:07 (PB) and Helen came in in 1:19:16 with a huge smile and the biggest cheer of everyone. As you can see from the times everyone did great times showing all the hard work over the winter had paid off. The only down side was that the 10k runners did not get a medal but got a wrist band watch instead which was the only sour note of the day. Definitely one for next year for all those looking to improve their Personal Best times.

Thanks to Gary Britnell for his Report.

6th May ~ The McBride Physiotherapy North Lincolnshire, Olympic Year Half Marathon Scunthorpe, Road.

This was the first running of this event for 10 years and hopefully it will now be run every year. Superbly organised, from the car parking right through to the finishing line which was on Scunthorpe Utd's pitch at Glandford Park. The course starts about 1/2 mile away from the registration area, which is a bit of a hike but gives the legs a good pre-race stretch. Once underway the route leads south for the first 4 miles into the countryside then works its way through a couple of villages and back to the football ground. The course is flat and fast with mile-markers plus a 10km marker and a halfway marker (which is excellent for a statistic freak like myself!). There seemed to be a terrific atmosphere all the way round this course. The marshalling was excellent and there was plenty of encouragement from the locals. Thanks to some disciplined pacing in the early miles I managed to finish the race with a PB of 1.40.39. I will definitely be back next year to break into the "1.30's". If I had to point out a negative it would be that there was no chip timing. I would definitely recommend this event to all STRs.

Thanks to Paul Green for his Report.

13th May ~ Eye 10k Eye, Peterborough, Road.

Host Club ~ Eye Community Runners.

Paul Ray was seconds behind a new PB set the week before at the Eye 10k finishing in 45.28, Debbie Sutton produced another strong run to finish in 55.09, Stanley Thornton 1.03.16 and Lisa Harmon 1.14.54 completed our team to finish.

20th May ~ Bupa Great Manchester Run Manchester, Lancashire, Road.

Matt Blunden was one of the 40000 competitors running in this City 10k going onto finish 58th overall in a time of 33:25.

20th May ~ Seabank Marathon Boston to Skegness, Lincolnshire, Multi-Terrain.

Alex Hetherington & Dave Taylor competing.

30th May ~ LWAC 5k Race Series Race 1 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC.

In the Senior Men's category Simon England was 8th in 18.06, Michael Baxter 9th 18.33 with Barry Douce 21st with 22.06. Greg Southern won the Vet men's category in 17.11, Paul Coyne 23rd in 24.10 and Mike Folland 25th in 25.12.

3rd June ~ Hull 10k Hull, Yorkshire and the Humber, Road.

Andy Taylor was the only Club member competing, finishing 7th in a new personal best time of 35.47.

10th June ~ Woodhall Spa 10k Woodhall Spa, Lincolnshire, Road.

15 members of the club collected at Jubilee Park on Sunday 10th June for the Woodhall Spa 10k. It was lovely to see so many family members supporting club members and it can not be denied that we have the Cutest Kids Fan Club. Lou and Beth turned up more than a little worse for wear and possibly still drunk after a function the night before and bets were placed as to whether they would make the route in one piece. The weather was hot hot hot and members suffered from the beaming sun and lack of shade as they ran on rural roads around Woodhall. Greg Southern came over the line first for the club in 35:04 with Andy Taylor soon after in 35:46. Running buddies Simon England (38:26) and Michael Baxter (38:39) came in next with Michael securing yet another PB, Paul Green (45:12) came next and then running his first race for Sleaford Town Runners was Andrew Good (45:15) next came Stephen Brear (46:08), Barry Douce (49:07) and Ian Swinscoe (50:37) First in for the ladies was Debbie Sutton (53:57), followed by Beth 'did not vomit' Fray (54:24) Lou 'I think I am still drunk' Henderson (57:43) Caz Thomson (58:57), Stanley Thornton (1hr) and Yvonne 'Foxy' Fox (1hr 6) supported others to cross the line. It was a fantastic feeling crossing the line with so many members and their families cheering you on.

Thanks to Lou Henderson for her Report.

22nd June ~ The Summer Solstice 10k Long Bennington, Lincolnshire, Road.

Host Club ~ Grantham Running Club

Greg Southern finished 2nd in a time of 35.16, Andy Taylor 8th 37.05, Simon England 12th 38.38, Mark Holman 43.16, Gary Britnell 47.06, Ian Swinscoe 50.08, Mike Folland 51.37, Bethan Fray 51.52, Debbie Sutton 54.48 and Lou Henderson 57.28.

1st July ~ Thurlby 10k Thurlby, near Bourne, Lincolnshire, Road.

I think this event is as tough as ever especially the first 2 miles uphill with 167 runners starting bang on 11am. The temperature was warm with a little wind blowing as we struggled up the first hill which was as tough as ever!!! Sadly for Caz Thomson who started though feeling unwell and decided to stop at the 2k. It's a brilliant tough event, pure speed and plenty of water stations together with runners I have never met before running in my past events. I was very pleased with my time over three minutes quicker than last year finishing in 47.48, WICKED!!!! Thanks to Bourne Harriers for a brilliant event and to Caz husband for the lift.

Thanks to Stephen Brear for his Report.

8th July ~ Notfast 10k Newark, Nottinghamshire, Road.

Host Club ~ Notfast Running Club.

It's the Notfast 10k again and a good race for attempting that PB. Thanks to Caz Thomson for picking me up at 8am ready to tackle the race with a slight wind in warm sunshine along with 208 other runners. Joining Caz and me were Barry, Greg, Michael and Michael's friend Chris with some regulars from Lincoln and Derbyshire who I know. Starting dead on 10.30am with a good pace we headed towards that steep hill at half way! I ran with Barry for a while, the spectators were great with plenty of water stops and marshalls together with a nice beer at the finish. Caz was pleased to finish after stopping early at the Thurlby 10k, a great performance from Greg, Michael, Chris & Barry well done all and well done Notfast Running Club.

Full Results: Greg Southern 6th 35.27, Michael Baxter 13th 39.37 Chris Balfe 18th 41.07, Stephen Brear 47.07, Barry Douce 52.00 & Caz Thomson 58.19.

Thanks to Stephen Brear for his Report.

15th July ~ Grimsthorpe Half Marathon Lincolnshire, Multi-Terrain.

Fresh from the previous day's "alleged" 10 mile coffee and cake run, I foolishly took on the tough Grimsthorpe half. In the beautiful grounds of Grimsthorpe Castle the course takes you first on a 3 mile lap around the lake along wet-trail which was quite slippy. Once past the castle and onto a 10 mile circuit which included several long hills but the ground was mainly track. Plenty of water stations en-route and marshals giving encouragement all added to a challenging but enjoyable race. The last stretch takes you running towards the castle which I thought made the previous 13 hard miles well worthwhile. I was happy with my time of 1.46.47 and will be back again next year.

Thanks to Paul Green for his Report.

18th July ~ Woodys Toonie Trot 10k Woodland Waters, Ancaster, Lincolnshire, Multi-Terrain.

Host Club ~ Toonie Express Adventure Racing Club

With the rain pouring down it was a hard decision whether to run or not but could not face the thought of being put in the book of shame again!!! On arrival the rain had stopped and the sun was starting to come out. This year they had decided to run the course in reverse which meant a long slow climb for about 3 miles which had loads of people panting and struggling for air. Once at the top

the grass got longer and the tracks muddier and once in a train of people it was very hard to get past runners. Then it was round a bend and down a really steep hill, I think it was easier running up that hill last year than running down it this year!! Then it was a slightly undulating road run back to Woodies and a dash through the trees to the finish.

Paul Ray came in first for STR in 51:15, followed by Gary Britnell in 53:22. At the finish Gary started his rain dance and the heavens opened giving the rest of the STR runners a nice cool drenching. Next came in Speedy Brear in 57:01 with Karl Brown ducking easily under the hour in 58:24, next in was Steph Atherton in a great time of 1:05:07 showing some of the speed she has found since going along to speed training, closely followed Lou Henderson in a very good 1:05:25, Alistair Whittaker 1:06:13 closely followed by Barbara Campbell in 1:07:09, showing results from the speed training as well, with Claire Brown hot on her heels in 1:07:29 and Lisa Harmon came in strongly with an excellent time of 1:21:34 and a huge smile on her face. As you can see from the link below it was 6.7 miles and mostly off road in long grass covering uneven ground so everyone should be really pleased with their times. Just so that you can see what these times relate to for a good road 10k, my best 10k time this year is 45:46 and my time here was 53:22. so the extra distance and terrain adds over 8 minutes at least to your times so well done everyone!!!! This was a good run with plenty of marshals and drinks stations.

The race profile can be seen on the Sleaford Town Runners Garmin site at: <http://connect.garmin.com/activity/201196149>

Thanks to Gary Britnell for his Report.

22nd July ~ Sherwood Pines 10k Sherwood Pines, Clipstone Forest, Nottinghamshire, Multi-Terrain.

Hottest day so far of the summer for Sherwood Pines 10k saw four members of Sleaford Town Runners competing in the next handicap competition race. With 385 runners there was a good turn out and a huge spread of abilities. Andy Clark and Speedy Brear set off at a good pace leaving Lou and Gary trailing. Towards the end of the first lap Gary managed to sneak past Speedy and had his sights set on Andy Clark. There was then a battle for a couple of km as Gary passed Andy on the down hills and flats parts with Andy's hill training showing through by steaming past on the up hills. As the last 2 km was flat or downhill Gary managed to stretch into a lead over Andy and crossed the line in 47:27 in 82nd place as the first Sleaford Town Runner home. At the end Speedy managed to get past Andy and hold him off to the line in 48:11, 94th place, and Andy crossed the line in 48:15, 96th place. Lou was running well and easily got under the hour with a very strong performance in 58:10, 240th position, which will cement her position as the leading lady in the handicapped competition.

This was a good, well organised race with a good technical top at the finish. A good one for next year.

The race profile can be seen on the Sleaford Town Runners Garmin site at: <http://connect.garmin.com/activity/201932943>

Thanks to Gary Britnell for his Report.

28th July ~ Heckington 10 Heckington, Lincolnshire, Road.

Paul Green 76.53, Barry Douce 85.35, Mike Folland 86.48, Beth Fray 92.04 & Dean Barnshaw 100.46.

26th August ~ Chesterfield Spire 10 Chesterfield, Derbyshire, Road.

Host Club ~ North Derbyshire Running Club.

Greg Southern made the solo journey to Chesterfield to race in this challenging of 10 mile races, finishing a superb 7th overall with a time of 59.11.

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

Host Club ~ Lincoln Wellington AC.

Simon England in the Senior Men's 5k race finished 9th with a time of 18:07, Chris Balfe crossed in 15th, 19:24 and Barry Douce finished 24th in 21:34, finishing 6th overall in the Senior Men 5k category over the three race series.

1st September ~ Derwentwater Trail Race 15k Lake District National Park, Cumbria, Multi-Terrain.

On Saturday 1st September whilst on holiday in a rainy Lake District I took the opportunity to take part in the Derwentwater Trail Race 15km. Having seen some photos of the course on the organisers web site I decided to take a steady pace and enjoy the scenery and save energy for the hills. The race started off fairly easy 5k along an old railway track then became much more trail like. A very steep climb followed by a trip across a bog then lead to the most scenic run I have done with views of Derwent Water. Taking nearly 1 hour to hit the 10k mark I was looking forward to a nice downhill finish, I started my sprint to the line, then discovered how hard it actually is to run down a very steep hill all the local runners passed me!. Eventually I competed the course in 1:28. The Start finish was in a park with plenty of support so was very enjoyable. I will try and enter this race again next year. I would definitely recommend anyone travelling to the Lake District checks out this website <http://www.lakelandtrails.co.uk/> as there are many races during the year.

Thanks to Simon Lunn for his Report.

1st Sept ~ 30th Lincolnshire Wolds Tough 10 Miler Rothwell, Lincolnshire, Road.

Host Club ~ Wolds Veteran Runners Club.

After last years blazing sunshine the weather was looking good for today's run, warm but slightly overcast. 271 entrants lined up for the start at 11 with Mike Folland and Gary Britnell representing Sleaford Town Runners. At the gun there was 10 metres of flat road before the hills started and up and up they went. Plenty of up hill and I seem to remember a couple of bits of downhill but hardly any flat. There were very accurate mile markers so you could get your pacing right and three well positioned water stations. Great marshals at all turns with plenty of encouragement all the way round from the helpers. The winner cruised in in 54:15, while I was still puffing up the hills like Thomas the Tank engine just over half way round. If I could loose 4 stone and about 20 years I might be able to give him a run for his money next year (must start training). Eventually at 9.7 miles I was on the downhill stretch, there must have been more downhill but I don't remember any, with a sprint for the line I finished in 1:25:36 in 179th place, over 5 minutes faster than last year. I had only just got my breath back when Mike crossed the line in 1:29:25, 208th place and first in his age category by over 7 minutes. Well done Mike brilliant run. This was a well organised run, with plenty of great helpers, a BBQ at the pub after and a technical long sleeved top. Oh yes and the results were online by teatime!! Definitely one for next year, must get to speedies at Leadenham.

The race profile can be seen on the Sleaford Town Runners Garmin site at: <http://connect.garmin.com/activity/217403735>

Thanks to Gary Britnell for his Report.

9th Sept ~ Grunty Fen Half Marathon Grunty Fen, East Cambridgeshire, Road.

Host Club ~ Ely Runners.

After weeks of training Lou was at her wits end with trying to think of ways to stop Michael Baxter beating her in the handicap competition. After tying his laces together, swapping the insoles in his shoes for sandpaper, mixing the dates up for races in the club folder and even saying he had no chance of catching her in the competition so not to bother entering she eventually resorted to applying grease to the steps on Michaels tractor, which worked and he slipped off bruising his ribs badly putting him out of The Grunty Fen Half, RESULT!!!

Eventually the day was here and the sun was blazing down with hardly any breeze and there was only Gary Britnell and Lou Henderson from STR and both were not looking forward to the race in these conditions. Gary went through his kit checklist and had everything, including his hat. Lou went through her checklist and had everything except her sun cream!!! PANIC!!!! she was off round all the other runners begging for sun cream otherwise she was going to frazzle. Eventually she was covered in cream looking like someone that had been white washed. Eventually the gun was sounded and everyone was off. The marshals were fantastic with plenty of water stops and encouragement along the way. Gary came in after 1:57 totally drained but still went out to cheer in Lou who had a big smile on her face as she came into the finish, sprinting over the line in a great 2:24 and claiming another 48 points in the handicap competition.

This was a very well organised race along a long way to go. It was a good course, in the right conditions, for a PB. Not sure about next year though.

Thanks to Gray Britnell for his Report.

16th Sept ~ Ponton Plod Lincolnshire. 12, 17 & 27 mile Multi-Terrain.

After a week or two of really hot weather, there was some cloud cover and a nice cool breeze for The Ponton Plod 12, 17 or 27 mile race. There were 3 STR members competing in the 17 mile run, Greg Southern, Andy Taylor and Gary Britnell along with Cathy and Emily Taylor there cheering everyone on. There seemed to be more entrants for this good race than last year and on the dot of 8:30 everyone was off, runners, walkers and dogs. As always with The Ponton Plod you get given a sheet with instructions for the route on and with all good STR local knowledge runners we all thought better of taking these with us!!! Greg 'I always get lost' Southern set off with Andy Taylor hoping that he would be okay sticking with him. At the end Andy and Greg came in joint 1st in 2:13 for the 17 mile race, covering 18 miles!!!! Then in 2:47 came Gary who was doing his good deeds on the way round going out of his way picking up litter and so adding a mile onto his race as well (definitely NOT getting lost! well maybe a little bit) but even so nearly 2 minutes quicker than last year and also easily beating the first dog home by over 5 minutes!!!! What a result.

This is a great local race that is well organised with cakes, chocolate and malt loaf at all the water stops!! yummy. There is also soup and a roll, cakes and hot drinks at the end all for £9.50. Hope to see you all there next year.

Thanks to Gray Britnell for his Report.

26th Sept ~ RAF Honington 10k Suffolk, Road.

RAF Honington 10k took place on Wednesday 26th Sept. The weather was ideal for some good times as it was slightly overcast with a slight breeze. This 10k is run on a fast flat course, people from The Fens may call it hilly but the ups and downs were very slight and only just noticeable. There was a good turn out from the club with 5 members turning out. The first club runner back was Greg Southern in 10th place with a new PB of 34:07, followed by Andy Taylor also with a PB of 35:33. Then John Lawlor came in 64th in 41:09 followed by Andy Good in 119th place in 44:18 and finally by Gary Britnell in 141st place in a new PB of 45:31.

This was a great race for a PB as shown by the results, with 2 water stops on the route and run on quiet roads. Definitely one for next year.

Thanks to Gary Britnell for his Report.

30th Sept ~ Ikano Robin Hood Half Marathon Nottingham, Road.

Robin Hood this year offered a new course, but no marathon and it was later in September than usual.

The day was a windy day with the odd light rain shower as the 6,500+ runners set off. The course was relatively flat except for the odd bridges over the river. The route had the usual city centre boring roads and roundabout and including running through Boots Distribution centre, but this was balanced out with a run through Nottingham University Campus, a lovely lake with a beautiful gravel path, a lovely tree covered path and the final miles along the river bank. The course was well marshalled with plenty of water/Lucozade stations, but wish I had watched the 'youtube' video on how to use the water pouches! Some good support around the course, including some great drummers near the lakes and few supporters with signs that included 'Run now, wine later' and 'No matter who you are, we are proud of you'. The finish along the riverbank was difficult with a headwind, but was made easier by the great support as we entered The Meadows and the finish.

The first 3 home were all Kenyans in unbelievable times around 61 to 63 minutes, but Sleaford Town Runners were not far behind. The chip times were Chris Balfe 1:31:21, Mark Holman 1:34:57, Karl Brown 1:44:42, Ian Swinscoe 1:59:24, Jayne Macarthur 2:09:48, Alistair Whitaker 2:14:50 and Mandy Connor 2:27:26.

If you want to do a city half marathon, I would definitely recommend Nottingham, as it is well organised with a great atmosphere and a brilliant medal. Yes, a little bit expensive compared to other halves, but overall worth it.

Thanks to Alistair Whitaker for his Report.

6th October ~ Clumber Park 10k Clumber Park, Worksop, Nottinghamshire, Road.

It was a 9am start for the Clumber Park 10k trail race and after the SatNav took us the long way around to the entrance (always believe the brown visitors signs and not the SatNav) I was reaching the closure time of signing in. The information said the parking was 5 mins away from registration however as we are all aware I CAN NOT run a mile in 5 minutes never mind just over a mile so I wasn't too impressed by they walk/jog required to get to registration, thankfully hubby was in tow and therefore could hold on to my kit for the duration of the race unlike others who ended up late to the start line after taking bits and pieces back to their cars. The weather was on our side for the day and it proved to be a lovely route through the pathways, forest and roads around Clumber Park. Whilst not as 'off road' as I was expecting it is a lovely trail run with little undulation. One Step Beyond who organised the race are, without a doubt, one of the better companies I have attended races through, great information before the race, chip timing with the opportunity to download your results as soon as you finish the race, brilliant and enthusiastic marshalls and well marked routes. On this occasion participants received a lovely medal and a whole host of High 5 freebies! With free entry to Clumber Park it is a nice run to take the family along to and then spend some time in the surroundings of the National Trust property. Hopefully the car parking will improve for next year, or at least participants will be given fair warning of the distance!

Thanks to Lou Henderson for her Report

7th Oct ~ Kielder Marathon Kielder Water, Northumberland, Multi-Terrain.

This is a MUST DO for every distance runner. It really is Britain's most beautiful marathon. The greatest marathon experience imaginable. The best possible combination of a beautiful trail marathon and the perfect organisation of a top notch major event. Wow! And the medal is even better than London.

You do need to get your logistics sorted though as it's still a long way from the Newcastle area and not very accessible either. Also train for hills. For those who know the cycle track round Rutland Water, I'd say Kielder is 2-3 times hillier. The only flat bits are the dam and an old viaduct. It's good underfoot with a firm cycle track and only about 2 miles of road. Trail shoes were good for the few muddy bits but you'd get away with road shoes easily. Also there are time cut-offs, not too fierce, but the slower runners should be aware: 22k 3h 15 and 30k 5h 45. I ran as near even-paced 11 min miles as I could from start to finish. It certainly made for an enjoyable experience plodding away steadily when everyone else was walking the hills after 20 miles – and many walking downhill too. I was not speeding up but picked up about 180 places in the second half, coming in at 4:48:09, 754th out of 995 finishers.

Having perfect weather enhanced the experience with hardly a cloud in the sky. There was a hard early frost that hung on in the shade until midday but it was OK with no wind. And the drive over from near Alnwick at sunrise was magical looking down from the moors at a layer of clouds filling the valleys, then down into the mist before climbing onto the moors in sun again. All soon cleared though. Go to <http://www.kieldermarathon.com/> and then the panel on the right to the Northumbrian Water video on YouTube. It gives a great flavour of the whole week-end and part of the interview with the oldest runner in the race! I ran along with the 2 pink fairies for much of the race. They were a great laugh.

Thanks to Mike Folland for his Report.

7th Oct ~ Mablethorpe Half & Full Marathon Mablethorpe, Lincolnshire Road.

It was with great trepidation that I set off to Mablethorpe to take part in my first ever marathon. I had only managed to complete 18 miles in my training so I wasn't even sure I would finish the course. Luckily, the conditions were perfect and the atmosphere was terrific. The course takes you around 2 laps of very flat terrain. The marshalling was excellent and there were plenty of water, sports drink and jelly baby stops along the way. At the end of the first lap the 'half-marathoners' turn left into the finishing area and the rest of us go straight on; the torture starts here! By mile 22 I was starting to really struggle, but the crowds on the prom really helped me along. I managed to finish in 3.58 which I was pleased with as my target was sub 4 hours.

Thanks to Paul Green for his Report.

14th Oct ~ Liverpool Marathon Merseyside, Road.

I had never done a marathon before last Sunday's Mablethorpe event, but here I was only 7 days later taking part in the Liverpool marathon! The weather conditions were excellent as we set off from Birkenhead Park on the Wirral. The first half of the course was fairly flat and took us up to New Brighton and then back down along the seafront where the view across to the Liverpool skyline was awesome. The halfway point was in the Mersey tunnel, quite a climb brought us out and into the city centre where the crowds and 'drums' really urged us on. A hill that never seemed to end took us up to Sefton Park and once around the park it was back down into the city centre to the long awaited finish.

This was quite a tough course compared to Mablethorpe. The marshalling was excellent and there were plenty of water, energy drink and energy gel points. My aim was to beat last week's time which I did by 4 minutes. I completed the course in 3 hours 54 mins.

Thanks to Paul Green for his Report.

14th Oct ~ Spires & Steeples 13 miles Metheringham to Sleaford, Lincolnshire, Multi-Terrain.

A nice crisp sunny morning was perfect conditions for the 200 or so runners and walkers that started this challenge from Metheringham. Sleaford Town Runners starting from Metheringham were Dean Barnshaw, Karl and Claire Brown, Jayne McArthur, Lea and Tania Addlesee and Shaun Louth. Karl finished in under 2 hours, Dean was slightly over 2 hours, Jayne and Claire decided to call in at Ruskington garden centre for coffee and cake and still managed to be around the 2 hours 50 mins and finally Tania, Lea and Shaun finished in 3 hours 11 mins after run/walking the route. Technical T shirts and medals were given to all finishers along with a certificate.

This is a very well organised event. A bus takes you out to the start and then all you have to do is get yourself back to Sleaford from either Lincoln or Metheringham.

Thanks to Shaun Louth for his Report.

28th Oct ~ Bupa Great South Run Southsea, Portsmouth, Road.

Well my 20th year and its growing with the second biggest Great South Run held in the lovely city of Portsmouth and yes, it's always nippy with a cold wind feeling more like 9c-10c! I was part of 25000 for the start, I was in the orange lane where the quicker of the fun runners started around 10.35, then it was the white and green lanes away just before 11am. I completed 5 miles in 40 minutes though the wind and rain made the roads difficult to run the last 2 miles. We finished passing the pure Eastney Beach with cheering crowds keeping us going to the finish as I crossed in 1.20 with a chip time of 1.19. That's 6 minutes faster than last year and well done Bupa.

Thanks to Stephen Brear for his Report.

28th Oct ~ Preston Guild Half Marathon Preston, Road

Preston Guild happens every 20 years and this time they decided to include a festival of running. They had already been a 5km and 10km races, a 10 mile in the future, but this weekend was a Marathon and Half Marathon. The weather forecast was for rain and it

was correct. Luckily the organiser had arranged a use of a shopping centre and Guild Hall to wait before the race, which was good because due to road closures and the marathon starting 1 hour before half, had to get there early.

Reading the race profile, I knew that the first part of the course was fast so knew I had to take advantage of this rather than my usual steady start. The heavy rain and headwinds on a there and back course made it interesting and the final mile was so evil, with short steep inclines and sharp turns finishing in the town market square. At the finish, a nice medal was presented by Mayor and Mayoress of Preston. Despite the horrendous weather, they was some great marshalls and support plus plenty of shouts of 'Come on Sleaford Town'. I finished in 1509th out of 2130 finishers in a chip time of 2:13:19. Not sure whether this will be an annual event, but the Guild had taken advice from 3 local running clubs and did a fabulous job.

Thanks to Alistair Whitaker for his Report.

10th November ~ Seagrave Wolds Challenge Seagrave, Leicestershire, Multi-Terrain.

Another early start, leaving home at 7am to get to Seagrave. On arrival there were problems with getting into the parking field as the gateway was getting really muddy. Registration ended at 8:30 followed by a walk down to the Church for the start as the Church bell chimed for 9am and we were off. Due to the rain for the previous couple of weeks there was absolutely loads of mud, but lovely and sunny. Yet again a great trail course with the last 3 or 4 miles seemingly uphill with the worst of the mud. Great water stops with chocolate, cake, jelly babies and hot drinks. The marshals were great and very encouraging all the way round. Definitely one for next year

Dave Taylor 2.23.05 66th

Paul Green 2.47.35 158th

Gary Britnell 2.52.53 184th

The race profile can be seen on the Sleaford Town Runners Garmin site at: <http://connect.garmin.com/activity/241914085>

Thanks to Gray Britnell for his Report.

2nd December ~ Nene Valley 10 Mile Peterborough, Cambridgeshire, Road.

Host Club ~ Nene Valley Harriers.

Iain Bailey 55:21, Greg Southern 56:54, Paul Ray 1:15:26 & Stanley Thornton 1:38:55.