

## Archive Race Reports 2010

**3rd January ~ Quorn Hunt Pony Club 15k** Prestwold Hall nr Loughborough, Multi-Terrain.

Very icy conditions greeted the few runners that braved the sub zero temperatures at the start of this race at Prestwold Hall near to Loughborough. Only a handful of runners actually turned up the organizers were expecting quite a few runners and 100 horses and riders to tackle the 3 distances on offer, no horses turned up at all due to hazardous conditions under hoof. The Toonies were represented by Chris, Catherine, myself, and young Mathew Smith and a car full of Bostonians Mick (bunny trap) Dakin, Tilley Fox and Mark. The start was delayed due to a late decision to reroute the course around the really bad icy sections, but they seemed to be still rerouting once we had set off. It didn't take long for most of us to be totally lost and confused by the course markings. Catherine was running the short course but finished up lost as did Chris who was now behind Catherine so they ran the longer course together. I was running with Mick way behind the Fox and Mark, when suddenly they appeared behind us, and after overtaking us and heading off in to the distance, it was only another mile when they appeared from the rear of the field yet again. Matt Smith decided it would be safer to run with Mick and me from then on to save any more Fox diversion routes, just as well because as Matt and I ran in in joint 4th place with Mick close behind, we waited 10 minutes for the fox and Mark to finish, they had done another 2 miles and finished from a completely different direction to the rest of the runners. Chris and Catherine managed to complete the 15km in a reasonable time with Catherine being 3rd lady over the line. All in all it was a good laugh out in the snowy fields, and could be a really good race if organized a little better.

**Thanks to Dave Raynes for his Report.**

**24th Jan ~ Folksworth 15** Peterborough, Cambridgeshire, 15 miles, Road.

**Host Club ~ Yaxley Runners & Joggers.**

The first of this year's marathon trainers for a lot of runners, the Folksworth 15 is a real test of stamina, especially this year as many runners have endured a long lay off due to adverse weather throughout December and beginning of January depleting their normal training regimes. This 2 lap course with its 3 hills on each lap is not easy in the best of years, but this year talking to other runners on the route many found it hard going more so on the second lap facing the last 2 climbs. The temperature was about right for the race not too cold or hot and it kept dry for the race, I enjoyed a good first lap in about 1hour 3 minutes, with a slightly better second lap to although it felt harder work on the climbs, getting me to the finish in 2 hrs 1 minute. Simon England was going very well and having spoken to him at the finish, he had a very good time of 1 hr 42 mins, and was well pleased with his efforts, with Greg Southern just 6 seconds adrift of Simon in 1 hr 42 mins 6 seconds. Big congratulations to our two ladies tackling this distance as a build up to their forthcoming marathons, Mandy Connor and Catherine Sheldrake ran an excellent race together finishing in 2 hrs 37mins and looking good running up that final hill. Sorry I did try and get some photos, but my camera had a melt down so apologies to the girls, but well done to you both.

**Thanks to Dave Raynes for his Report.**

**7th February ~ Ropsley Raid** Ropsley nr Grantham, Lincolnshire, Multi-Terrain.

**Host Club ~ Ropsley Road Runners.**

The weather was excellent for the start of the Raid this year, but there had been a lot of rain the previous week, and Steve Thacker race organiser from Ropsley Road Runners did give out a warning at the start that conditions under foot would be slippery. I decided with Chris Smith on route to the start that we would opt for the long course while Catherine would go for the shorter course. The long course was the usual 13(ish) miles on tracks and fields, I enjoyed a good start and felt quite fresh running well enough, Chris was up ahead as was Simon England, behind me for the first 7 miles but within earshot was Alex Hetherington running with Dave Taylor. They came past me on the heavy plough as though I was standing still, and although I kept site of them could never quite get back to them. Came across Chris Smith about 11 miles into the race, he was suffering with a leg problem which had slowed him in the last third of the race. The plough fields were very claggy to say the least and at times you finished up 2 or 3 inches taller due to the almost platform like shoes which had picked up the mud in serious quantities. I was pleased with my finish in 2hrs 1min, just behind Alex and Dave who managed to run just under the 2 hrs in 1hr 59 mins, Chris managed to keep going and was just a couple of minutes behind me 2hrs 4 mins. Thanks to Steve Thacker, Norman Gosbee and the rest of Ropsley Road Runners for putting on a really good event once again.

**Thanks to Dave Raynes for his Report.**

Also running with Catherine Simpson on the 6 mile course was Rachel Ellis who continues where she left off last year in great form finishing First Lady across the line in 51.26. Nina Macer also showing good form finished in 58.48 with Gary Britnell & Aune Turkson-Jones crossing in 1.01.10 and completing our Club members across the line Catherine Simpson 1.06.00. Simon England was rightly delighted to finish 3<sup>rd</sup> overall in the 13 mile race finishing in 1.43.29 with Stuart Moran just adrift of Simon in 1.45.08, although I understand Stuart took a wrong turning and ran a slightly shorter race distance. Alex (2<sup>nd</sup> Lady), Dave Taylor, Dave

Raynes and Chris were followed in by Cathy Taylor 2.22.55, Dean Barnshaw 2.23.12 and Stephen Brear 2.26.09 completing our Club members to finish.

### **13th Feb ~ The London Ultra 50k** London, Multi-Terrain.

The cold snap weekend is here minus -2 at the Hilton Hotel in Wembley where I was for my second ultra event since racing the Grantham Canal ultra last year. Again organised by Rory Coleman from Streatham Common to Wembley where there were 100 of us Mad Fools! staying at the hotel. We all set out from the hotel at 7.30am leaving via coach to the start traveling across a lovely busy London towards the Common. 238 other fellow competitors complete with a compass, warm clothes, whistle and most importantly a map if we get really lost gathered. We started dead-on 9am with the founder of Marathon des Sables Patrick Bauer starting the race with Rory Coleman. The stunning layout of the route includes Tooting Bec, Summerstown and the lovely park of Richmond, I used my map and compass more than ever as I ran along canal paths and into the suburb of London around Southall to Greenford and Sudbury via Harrow and back to the hotel, oh I forgot in the middle of the route we ran up two massive hills. Three of us finished together in 5.39.00, with the final competitors finished in a mere 8 hours. It was though a struggle, a tough and unique challenge although we all got lost though which was understandable but worth it and I'll do it all again next year. I was ready for that pint of beer! Thanks to Rory Coleman, Andy, Jen and team and of course Patrick Bauer. Here to 2011 I cannot wait!

**Thanks to Stephen Brear for his Report.**

### **14th Feb ~ Stamford 30k** Stamford, Lincolnshire, Road.

**Host Club** ~ Stamford Striders.

The marathon training moves on a stage, and once again it's the gruelling distance of the St Valentines 30km race at Stamford. This year the race fell on the 14th February and with the registration hall bedecked with hearts and balloons and a fully subscribed race we were ready for the 18.6 miles of strength building hill work. The weather was cool but the sleet and rain held off as we lined up the start, and although it was grey the weather did hold throughout the race. It was as tough as usual, with plenty of climbing to do, I was overtaken in the first 5km by our new member Adam Booth who had arrived late at the start but was soon making up for lost time. I managed to catch up with Cathy Taylor at about 5km and we ran on together to the 14km when I pushed on, leaving Cathy running well and pacing herself for this distance. The last 10km was hard going, but I was running well enough and had a little still in reserve when I crossed the line in 2hrs 36minutes. Andy Taylor was waiting for Cathy at the finish having got there in an excellent time of 2hrs 9mins, New man Adam was well pleased with his 2hrs 29mins as he had estimated 2hrs 45mins after returning from injury. Cathy was home in 2 hrs 47mins again an excellent performance and looked comfortable across the finish line. Having chatted with Mandy Connor at the start she must have been pleased to finish in 3hrs 26mins as she thought she would be about 3hrs 30mins at least, so well done to Mandy as she gets closer to her marathon distance.

Thanks to Stamford Striders for their excellent organisation and support from the Marshall's and the drinks stations which was most appreciated.

**Thanks to Dave Raynes for his Report.**

### **27th Feb ~ Belvoir Challenge** Vale of Belvoir, Leicestershire 15 & 26 Miles, Multi-Terrain

**Host Club** ~ Friends of Harby School & Vale Striders.

A gloriously wet yet mild week prior to this race made for perfect muddy conditions for those taking on arguably the most challenging of off road races in and around the County. The usual option of two race distances 15 or 26 miles with both underway together in mild damp conditions. Chris Smith finished in a decent time of 2.26.52 and first of our Club contingent across the line in the 15 mile race. Catherine Sheldrake together with Catherine Simpson looking suitable muddy from the knee down crossed together in 3.31.04 soon to be followed by Dean Barnshaw and Shaun Louth 3.37.30. In the 26 mile race Mark Sands and the 'Fox' Dave Tilley revelled in the conditions finishing together in 4<sup>th</sup> & 5<sup>th</sup> place overall in 3.33.09. Simon England pushed hard to catch the tiring Greg Southern who was racing for the first time at the distance eventually edging Greg to the finish in 4.13.54, with Greg across in 4.14.36. Dave Taylor returning to form crossed with Alex Hetherington who was 7<sup>th</sup> lady in 4.37.34.

Mud, Miles and Cake. Chris & Cat took part in the 15.1 mile race this was a very challenging race using trails, fields, small roads and lots of mud some quite deep. The first half had loads of stiles which did not help the legs. I finished in 2:26 and Catherine (running with Catherine Sheldrake) finished in 3:28. Hard work but a great laugh and washing the kit after was special, so Catherine tells me. Very pleased with my certificate and the endless cake at the end of the race, really no need for more shirts and goodybags of random stuff this is a very good well presented "old school" race and we love it.

**Thanks to Chris Smith for his Report.**

### **28th Feb ~ Sleaford Half Marathon** RAF Cranwell, Lincolnshire, Mainly Road / Multi-Terrain

**Host Club** ~ Sleaford Striders AC

A cool day, but the weather stayed dry for this on/off road Half Marathon at RAF Cranwell, a good turnout which was graced by the presence of our Red Arrows, but this time minus their aircraft. They were using this race as a trainer towards their charity London Marathon efforts. The usual course took you out the back of the camp and away down the not too muddy green lane of the Ermine Street, which ended back on the tarmac road at Wellingore. It was then back along the road with a couple of steady climbs before turning back down the Brauncewell road at 9 mile and back to the playing fields at RAF Cranwell. We had a good Toonie turnout considering many runners attended the Belvoir Challenge on the Saturday, and also The Beast which was the same day as this race. Andy Taylor was first man back for our Club managing a good time in the windy conditions of 1hr 30mins 40 secs, followed by another excellent run by Adam Booth in 1hr 38mins 35secs. I managed a good run for me finishing in 1 hr 40mins 32 secs, and well pleased with that time. Barry Douce ran an excellent first Half Marathon in 1hr 47mins 17 secs with Stephen (Speedy) Brear knocking off ten mins from last years efforts finishing in 1hr 49mins 45 secs and pleased with his time. Paul Coyne ran well until 6 or so miles when he felt his lack of training was just beginning to tell, but still managed a good effort of 1hr 52mins 07 secs, with Cathy Taylor finishing strongly and looking as though she had a good race in 1hr 53mins 15 secs. With Dan Greenhalf like Barry running his first Half Marathon and across the line in a solid time of 1hr 55mins. Well organised by Sleaford Striders, a welcome cup of tea at the end, plenty of encouragement on the course and a nice tea shirt and goody bag, well done.

**Thanks to Dave Raynes for his Report.**

**28th Feb ~ The Beast** Melton Mowbray, Leicestershire, Multi-Terrain.

The Beast is something special a 5 mile lap double or quit (Yes I did the 10 mile 2 lap option). On each muddy hilly lap there are 32 obstacles in this case horse jumps. You may have seen horses jumping into water well so did we and it was very cold! the air temperature was just 2 deg C and the water was a bit nippy when it got to waist high. The final hill was a real killer and after doing that it was hard to start the second lap but I had to do it. All in all this was a very good race and I will wear my new t-shirt with pride, not so sure about the horse rosette though.

**Thanks to Chris Smith for his Report.**

Also competing with Chris was Paul 'Buzz' Gray.

**6th March ~ Grantham Canal 29.3 miles Ultra Endurance Race** Nottinghamshire & Lincolnshire.

Well two Ultras and two Half Marathons that means to me SPEEDYBREAR is getting faster! My second time competing in the Grantham Canal Ultra in what was sunny though cloudy with temperatures of minus 5 which was comfortable at the start at Cotgrave Leisure Centre near Nottingham. Only 105 runners finished out of 300 that started the 29.3 mile Ultra and set off in style by Rory Coleman who started dead on 9.30am. The route took you through the lovely scenic areas of Cotgrave, Kinoulton, Harby, Toston Hill and the lovely view of Belvoir Castle in the distance. That meant I was nearly bang on schedule which meant more water stops i.e. sweets, water and cake! Well sign posted and good weather for a change, though I felt like weights on my legs as I ran along towpaths and the grass slowed me down a bit. Afterwards I just went to Brewers Fair for a 10kg sirloin steak and a large beer. I felt fine later! Thank you again to Rory Coleman, Andy and Team with more photos of me to come and thanks for the cake during our run. Here to the next one in Nottingham and I will do Grantham Canal on both days next year?

Confirmed on my garmin watch 4.43.49 - Result 4.45 (Predicted 5.08)

**Thanks to Stephen "Speedy" Brear for his Report.**

**6th Mar ~ Trollers Trot** Threshfield, North Yorkshire, Multi-Terrain.

Dave Tilley and Mark Sands once again competed in this 25 mile trail race in North Yorkshire. No mention of getting lost this year as Dave and Mark finished in 9th & 10th place.

**7th March ~ Bath Half Marathon** Bath, Somerset, Road.

Any sane person would no doubt ask why on earth I would want to run the Bath HM when there was a perfectly decent half marathon on my doorstep in Grantham. Well, to be frank running the Bath HM was really just an excuse for a weekend away in Bath. So, Saturday was spent seeing the sights with my family and then on Sunday I ran and they ate cake. A very large field of runners - nearly 15000 I am told - gathered at the start area in the Georgian splendour of Great Pulteney Street on a freezing Sunday morning ready for the start. The race started promptly at 11 am and set off in the winter sunshine. The Bath HM is a two lap race around the city with lots of local support along the way. I started off far too fast for me (8.5 min miles!), but I had no choice in the matter for the first 3 miles due to the huge amount of other runners around me. By the time I reached the 4 mile points I had found a bit of space and settled down into a pace more my liking and my feet had finally begun to defrost. After passing through the city centre the race heads out of Bath along the A4 before crossing over the River Avon to head back into the city on the Lower Bristol Road before crossing the river again into Green Park and Queen square to do a second lap before heading uphill along Pulteney Road to the finish in Great Pulteney Street. The course was almost entirely flat and good to run, but the

runner's village area was unfortunately completely chaotic. At the time of typing this report the official times have not yet been posted - the event website has crashed! - but my Garmin gave me a time of 2 hours 11 mins, a new PB.

#### **Thanks to Catherine Sheldrake for her Report.**

**7th Mar ~ Newton's Fraction Half Marathon** Grantham, Lincolnshire, Road.

**Host Club** ~ Grantham AC

Perfect weather for the start of this classic Half Marathon, undulating throughout with those famed hills at 5 and 10 miles to contend with! Another decent field of competitors lined up for the 10.30 start time and with the weather holding throughout the race an excellent way to spend your Sunday morning. Andy Taylor re-freshed from racing at Cranwell the week before produced another impressive run and setting a new Personal Best time of 1.25.25. Having both raced the 26 mile Belvoir Challenge last Saturday, Greg Southern 1.27.12 just edged out Simon England 1.27.22 and together with Andy winning the men's team prize for our Club. Keith Boseley free of injury was delighted with his time of 1.40.44 as was Dave Raynes 1.42.16 following on from his solid race last Sunday at Cranwell. Rachel Ellis showing signs of good early season form finishing in 1.42.50 with Simon Lunn across in 1.45.11. Paul Freemantle 1.47.59 was closely followed home by Cathy Taylor 1.52.45. Aune Turkson-Jones looked strong and relaxed finishing in 2.02.41. Dean Barnshaw feeling the effects of his 15 mile Belvoir Challenge last Sunday crossed in 2.04.45. Mandy Conner 2.13.34 and Catherine Simpson 2.13.57 finished looking comfortable and completed our Club members racing.

**14th Mar ~ Adidas Silverstone Half Marathon** Silverstone, Northamptonshire, Road.

I managed to get around this half in the poorest time yet for me. Two things were wrong, first I had not done enough training, and second I did not eat enough on the day. I did not do enough training because of home commitments and because of the bad weather we have had this year. The lack of food was because I had breakfast at 6.30am and did not eat until after the run 2.30pm, I should have eaten an energy bar or some fruit. The Silverstone half is a good run, flat with quite a few changes because of work being carried out for the Grand Prix. It is a two hour ride to get there but everything is well run and organised when you get there. I finished in 2.23.11 though some lessons to be learned do enough training and eat the right food before a run.

#### **Thanks to Stan Thornton for his Report.**

Also running at Silverstone with Stan was Gary (Scooby) Britnell who finished in 1.54.02.

**14th Mar ~ East Midlands League** Stapleford Woods, Lincolnshire, Multi-Terrain.

**Host Club** ~ Lincoln Orienteering Group

Not a lot of races on this week, so as a last minute decision, Chris Smith and Kat Simpson gave me a call to see if I wanted to join them in the Orienteering event at Stapleford woods near Newark. Seemed like a good idea, not a bad morning for a run around the woods. The event was a level 3 which didn't mean anything to us and the most difficult route was the brown route, which of course was the one we had to try. Having checked in and got the electronic dibbers for the check points of which we had 29 to negotiate, we noticed the symbols on the check points were not like anything we had seen before, so we asked one guy who said he had only been doing these races for 10 years and he hadn't got a clue what they were. It didn't bode well, but we collected the route maps as we started and ran as a group of three to try and hopefully find our way around the wooded course. We struggled from about 3 markers out from the start and gradually got worse as we went along, finishing up on the wrong side of waterways etc, we managed to cross most of them, but hearing a splash and yell at one water course Chris and I turned to see a very wet Kat emerging from a leap that didn't quite make the far bank, whoops. The going was tough, but the tough really didn't get going, well we did but often in the wrong direction. Some of the check points were hidden in or behind bushes, in hollows, and in swamps, and took some finding. We eventually found our way back to the finish area, but we are certainly no threat to world of orienteering, it made a change from tearing around half marathon road races, and there is one thing from the position we finished in this race, there is only one way and that is up. I am hoping to get some map reading and orienteering lessons before venturing out on a level 3 course again, but it was fun, and will be back for more. Thanks to Lincoln Orienteering Group for the event.

#### **Thanks to Dave Raynes for his Report.**

**20th Mar ~ The Mighty Deerstalker** The Tweed Valley and Innerleithen, Scotland, Multi-Terrain.

This race was something else! As you will see we have done a lot of hard and muddy races but The Mighty Deerstalker was the hardest by some way. There were 8 water crossings (muddy ponds, rivers and walking up Leithen Water for 1/4 mile), 2 mountains, balance beams, cargo nets and more and most of it in the dark. The venue was the beautiful Traquair estate in the borders. The start was uphill then over a bale wall then out of the estate and through the first water which in this case were two large ponds with frogs and mud oh yes and a girl bog snorkeling. From here we ran up a very large hill that is used by mountain bikes, through the forest over balance bars and to the top. Next was a very serious down hill down a mountain bike downhill route there was the scary forest and some large drop-offs. Through more water and up through the village then 1/4 mile up the very cold Leithen Water this was

followed by a right turn and up a large hill then down the other side. At this point things got interesting! we saw a row of people coming towards us down a hill, we went right and round the "hill" then up a scree slope for about half a mile this was very hard going and something that most people would not do in the daylight, just a reminder when we did it was fully dark. Next were some balance logs then a very fast downhill slope that was followed by a technical forest downhill section that in one place was so steep that there were ropes with knots every yard. At the bottom we ran back through the village and via two more water crossings some riverbank and back into the Traquair estate, past the house and into the finish area through a tunnel and under cargo net then just feet to the finish arch! Job done. Now that was a hard race, the hardest I have yet done, it makes HellRunner look like a cuddly pussycat with hot chocolate and teddy bear thrown in. The medal was minimal but most people like me had bought Deerstalker Hoodies, Buffs, Visor Buffs and T-Shirts to wear after so they could talk about the race and relive the pain. A brilliant race and yes we have already booked the hotel for next year. Chris was 2:10 & Cat 2:57 & 5th in class.

### **Thanks to Chris Smith for his Report.**

**14th Mar ~ Kilomathon** Nottingham, Road. 26.2k (16 miles)

Having entered this race sometime ago as a 'privateer' the plan was always to just go and enjoy the event, somewhere in the intervening period it became a trial in the run up to my first marathon in May and I was running as a club member. I was hoping not to repeat Ropsley and get lost in the first mile, although in the cold wind at the start a 2 ½ mile short cut would have been welcome. The intent was to go off at somewhere near predicted marathon pace and see how it was going between 8 and 10 miles, after 5 miles of trying to control my pace I realised I was around 25-30 seconds a mile too fast and the overwhelming feeling was 'when will the wheels come off'. At 10 miles I was 10 minutes faster than my PB, at half marathon distance 7 minutes inside my PB, so with the rugby player on my shoulder being all ugly and competitive I managed to finish with the last mile faster than the first in an official time of 2:14:13, the photos won't look pretty. Aims achieved, and apparently on the BBC Derby video you get a blurred flash of the club vest (definitely my number) at around 30 secs in. A good event for anyone wanting to go further than a half on the way to a marathon and wanting to know if they can.

### **Thanks to Stuart Moran for his Report.**

First Sally and her Husband from Lincoln District Runners picked me up about 6am from the Travelodge to get to Nottingham for a shuttle bus at 7am. We arrived at Nottingham University where there was a massive cross country kind of field, a mere 5500 runners from all walks of life for the worlds first Kilomathon. The weather was comfortable about 5c though as the morning went on it felt like 7c and there was a bitter wind at the start, where there were five different coloured starting pens from fastest to the slowest; I plumped for the slowest (more later). The route took us through a nice part of Nottingham via Boulevard where the University is based along the outskirts of the City and onto Derby via lovely fens and Villages. The crowds cheered us on and one marshall noticed a TOONIE coming and said 'come on Sleaford'. That was nice to hear and 10 miles in I heard from in front of me 'come on SpeedyBrear' to which I said I know you from the London 50k. I was running cool with my gel belt and my pace was comfortable at the start then I got faster in the final stages getting more SPEEDY in the last 2 miles and going like the clappers. Funny thing though I was not worn out as I finished at Alavaston Park in Derby, finishing in 2.12.51. Thank you to Sally and her Husband from Lincoln District Runners for the lift and well done to GSI Events who organised this maiden event.

### **Thanks to Stephen Brear for his Report.**

**21st Mar ~ Ashby 20** Ashby-de-la-Zouch, Leicestershire, Road.

**Host Club** ~ Ivanhoe Runners.

A very misty start to the Ashby 20 and a huge queue for the loos. Glad I got here early! The race started promptly at 10 am and off we went into the Leicestershire countryside. I should say at the outset that this race is renowned for being hilly, but if you have got round the Folksworth 15, this will be no problems for you as the hills are less in number and nowhere near so steep. There was good support from the outset and loads of marshals along the route. This is a two lap race, first heading out of Ashby and over the dual carriageway flyover to Packington. Then along the roads to Swepstone and Heather, before returning to quiet lanes that head back to Packington to do another lap before returning to Ashby. My plan was to run at as close to 11.5 minute miles as possible which I knew I was capable of over a distance of 20 miles. This part of the plan worked well. The sun came out very soon after the start and I really enjoyed this scenic run through the countryside. As I passed through Packington to start my second lap I was cheered on by Jon & William who were busy eating a bacon butty at the village pub. So, second lap starts well, still running 11.5 minute miles. However, I have to say that I was very tempted to run down the drive to the Champneys spa when I ran past it the second time, but I resisted. About 2 miles after Champneys, I started to feel a dull ache in my left ankle and just put it down to the road conditions and carried on. However, at 13.5 miles the ache became a pain that was too great to ignore. Could I manage the rest of the race with this pain? After trying for a bit to vary my running style I realised I really needed to stop as the pain was getting worse. After all, this was really just a training run for me to aid me on the way to my marathon. I didn't want to completely muck up the marathon training. So, I turned myself in at 14 miles and was given a lift to the finish by a very nice marshal. At the finish I saw the race medical director who said I'd done the right thing to stop and confirmed it looked like I had a bad case of Achilles tendonitis. I grabbed an ice pack and hobbled off home. My ankle pain aside, the organisation of this race was superb, great goody bag (the contents amounted to a very satisfactory picnic lunch) and would thoroughly recommend it for marathon training.

### **Thanks to Catherine Sheldrake for her Report.**

#### **21st Mar ~ Lincoln 10k Road.**

Warm Spring weather finally arrived this year for our Club members waiting for the start and during this year's 10k race. John Siddens having had a frustrating Winter of training with injury niggles returned to fine form finishing in an excellent 35.44. Andy Taylor set a new Personal Best as he continues to produce impressive results across the line in 38.27. Greg Southern now a consistent sub 40 minute 10k runner 39.17, Barry Douce 46.41 and setting a new PB as he crossed the line, Stephen Brear 46.56 and Katie Smal 47.19. Cathy Taylor took a huge chunk off her previous PB setting a new time of 47.40 for the distance, Lionel Mason ran in a decent time 48.06 as did Simon Spink 52.14, Aune Turkson-Jones 52.43 and good to see Kate Mason back racing finishing in 54.00. Stan Thornton well under the hour in 58.16 as was Rachel Dobson 58.49 setting a new PB in the process. Gary 'Scooby' Britnell 1.01.07, Sarah Whatton in her first 10k ran a superb 1.05.20, Julie Frost new PB 1.05.27, with Carolyn Crocker for company 1.05.28. Sue Shaw PB'd 1.10.58 as did Lisa Harmon 1.10.59. Sandra Sayers 1.14.17 who was delighted to be running again after a long time out with injury niggles as has Yvonne (Foxy) Fox 1.15.35 and having recently returned from warmer climes. Well done to Alex's Daughter Emily Hetherington who finished her first ever 10k in an excellent time of 1.04.52.

For the first time in ages since I've ran this event it's always been colder, but now the heavens opened up for me big style as Barry, his Wife and their Son set off at 9.15 with me towards Lincoln. There was however a small problem as it was difficult to find car parking space, but we found one beyond St Mary's School costing £3 to park! Then we trail up to the start about 20 minutes walk. There we met Yvonne and Pete at the Leisure Centre and later Andy, Cathy, Aune, James and other Club members waiting to start with the other 4000 runners which included joggers and walkers and yet again a late start. We started slowly and yes Scooby was there aka Gary where I overtake him again! As for the route it should be better like it was in 2005 just before they changed it again. A nice goody bag with leaflets, water and a big medal. No chewy bars and certainly no t-shirt as advertised on Runners World. I was very disappointed this year (not like me) but Lincoln 10k use to be good. My garmain said 46 minutes 45 seconds but the clock says 50 minutes which was a slower time than last years record, but WELL DONE ANYWAY. Comeback next year?

### **Thanks to Stephen Brear for his Report.**

#### **27th Mar ~ Coniston 14 Coniston, Lake District, Cumbria, Road.**

Coniston 14+ Saturday 27th March 2010. Due to damage to a bridge caused by the winter floods, this year's Coniston 14 was run over an extended course of 16.7 miles, and renamed the Coniston 14+. Next year the race should revert to its normal route. Given the weather during the week a pleasant sunny race day, was a nice surprise. As it was a chipped event I lined up in the back half of the field of around 1800. The course begins with a steady climb, but after a couple of miles changes to an undulating course, not as hard as I imagined, although I beautiful scenery did give me something else to enjoy. I settled in and began to move up the field. At 14 miles another there was another steady climb for a mile then a nice run in to the finish. Aiming to complete the course in under 2:30 I was more than happy with my time of 2:24:26 570th position. This was a great well organised event and one I will definitely try again.

### **Thanks to Simon Lunn for his Report.**

#### **28th Mar ~ East Hull 20 Hull, Yorkshire and the Humber, Road.**

##### **Host Club ~ East Hull Harriers & AC.**

With one long run lost to an injured knee and another cut short after I was knocked over by a dog (I hope no-one's laughing) it was off to Hull for the East Hull Harriers Annual 20 Mile Road Race. Despite the cold weather most of the competitors (tall, sinewy and tattooed and that was just the women) were clad in only skimpy shorts and club vests - but then I worked out that most of them were running this for fun and doing so twice as fast as me. A prompt 10am start took us through suburbs before turning onto country lanes after 2 miles. At 8 miles we ran through the village of Long Riston and looped round it, again on rural lanes, before going back through it and returning the way we had come (13 miles). This time we stayed on the disused railway line until entering a housing estate at 18.5 miles which took us all the way through to the finish outside the club house. The scenery was wonderful - wide open landscapes under a blue sky - and the course was predominantly flat with barely an incline worth mentioning. But the wind was relentless for the majority of the race. A headwind at 9 miles is bad enough but one at miles 16 - 18 was frustrating bordering on tortuous. Why does there never seem to be a tail wind? I finished in 3 hours 37 minutes and 16 seconds, pleased to have got round the course in one piece. Thanks to husband Peter for driving the nearly 200 mile round trip and to all those of you who have given me support before and since. London Marathon? - bring it on!

### **Thanks to Mandy Connor for her Report.**

#### **28th Mar ~ Outdoors Show 10k NEC, Birmingham, Indoor.**

Chris Smith and Catherine Simpson entered the first running of the Outdoors Show 10k race at the NEC Birmingham. We arrived bright and early at the NEC to browse round the show which featured all types of outdoor pursuits. There was a 2.5k a 5k and the 10k race which all started at 12 noon in one of the exhibition halls. Looking around we realised there were not very many entrants but all looked very serious competitors. The race itself was fast but consisted of 4 laps! passing through the exhibition hall each time I think I saw Chris about 6 times as it was also a there and back route passing through the car park on service roads and down to the lake to a turning point cone and as Chris was finishing I had another 2.5k lap to do. Chris finished in 44.31 and I managed 60.48, (3rd in class). I enjoyed the day at the show but not sure I would do a race with so many laps again.

**Thanks to Catherine Simpson for her Report.**

**28th Mar ~ Thorney 10k** nr Peterborough, Road.

**Host Club** ~ Thorney Running Club

Simon England made the solo journey to Peterborough where he had travelled to compete on what was a very windy day at Thorney. Simon despite the blustery conditions recorded a time of 40.04, 22nd of the 270 that finished the race.

**4th April ~ 2nd Chicken 5k Fun Run** Lincolnshire Showground, Road.

The day was to be the human chicken invasion of the Lincolnshire Showground in style. Luke picked me up from the Rugby Club and was eager to set off early (he's no fool!) We got there nice and early with bright skies all the way to the Lincolnshire Showground. We arrived at 9.25am with plenty of time to get a bacon butty or was it a bacon bap? We needed it though before we explored the showground and the route when we saw Yvonne Fox, Gemma Bush, and Sandra Sayers in a nice polished blue car, though without my glasses on I could not see them in the distance, but Yvonne let me off? Anyway we got our t-shirt and cap ready to invade the starting line in style, no time to mess about we're off! Guess who is in the leading group with another runner... oh I wonder? SpeedyBrear and another runner no stranger to running speed ahead like motorbikes speeding. After one lap I was so keen I made a wrong turn, but the announcer said keep going the right way! I still speed along for the 5k distance. Then its whoosh again as SpeedyBrear finishes after the other runner crosses the line and I think wow I dunnit? WELL DONE Luke, Yvonne, Gemma and Sandra and of course Fiona who took the photos. WELL DONE to Bailgate Rotary Club who organised this 2nd charity event of the year in aid of St John Ambulance and other charity's WELL DONE? We will be back next year?

**Thanks to Stephen 'Speedy' Brear for his Report.**

**10th April ~ Caythorpe Canter** Caythorpe, Lincolnshire, Multi-Terrain.

**Host Club** ~ Grantham Tri-Club.

The 13 mile short course started some 30 minutes after the gun had sounded for the start of the long course, with runners having to contend with what turned out to be the warmest day of the year for this multi-terrain race. We are more use to seeing Matt Blunden on the road however Matt relished the challenge of the off road leading home the field in first place in a time of 1.20.26. Mark Sands and Dave Tilley close on the heels of Matt across the line together in 2nd & 3rd place overall in 1.26.26 with Greg Southern making it a clean sweep across the line for our Club in fourth in a time of 1.32.12. Alex Hetherington produced her usual strong run finishing 3rd lady, 12th overall in 1.48.48. Rachel Ellis also a more familiar sight on the road produced an excellent run crossing the line as 5th lady, 18th overall in 1.50.40. Aune Turkson-Jones racing Caythorpe for the first time 2.16.56 as was Dean Barnshaw 2.17.00. Catherine Simpson a regular competitor at this annual off road race completed our team to finish the short course in 2.30.14.

Long route 26.2 miles as I needed the time on my legs, the warmest day of the year so far welcomed us to the 9.00am start, blue skies and not a cloud in sight so we knew we were in for a warm one. I set off very steady with Chris Smith in view also running steady, it was one of those days where I never managed to get in to the race at all. Caught up with Chris just after 2 miles and we ran on together until about 8 miles, I was still struggling with an ankle injury and Chris had serious blisters, so not exactly race fit. Chris had to stop to make emergency repairs to his blistered foot, while I plodded on to the 16 mile check point at Barkstone village hall and a very welcome jam sandwich and flap jack supplied by the organizers. I crawled up the steep gradient to Barkston Heath before making my way on to the last check point at Ancaster playing fields. The last 5 miles from here to Caythorpe via Caythorpe Heath with another tough climb, was as hard as ever and took its toll somewhat, but I managed to keep up a steady pace to the finish, and a fantastic spread of sandwiches, home made cakes, crumble and custard that awaited the finishers, washed down with a pint or two of course. I was home in 4hrs 30mins and happy to be so, Chris Smith struggled in, blisters well strapped in 4 hrs 56mins, many thanks to the organizers once again and I will be back for more of the same next year. Well done to all the toonies who took part in the half marathon

**Thanks to Dave Raynes for his Report.**

**11th Apr ~ Belvoir Half Marathon** Hose, Leicestershire, Road.

The conditions at the start of the race were similar to that of Friskney in Boston, overcast with a slight breeze. Another good field of runners from in and around the surrounding Counties had assembled on the start line for this PB potential course. Andy 'The Cub' Taylor is improving with each race finishing 41st overall and setting a new personal best as he crossed the line in a time of 1.22.52. Barry Douce would also PB reducing his previous best by over 5 minutes to 1.41.37. Cathy Taylor is consistently around her sub 1.50 PB time over half marathon race distance finishing in 1.51.05. Mandy Connor in one if not the final race before she takes on the London Marathon set a new PB time of 2.09.49. Carolyn Crocker finally ran a half marathon time that reflected the efforts in training setting a new PB of 2.17.48, with Angie Harvey also across in 2.17.48.

#### **11th Apr ~ Blackpool Half & Full Marathon** Blackpool, Lancashire, Road.

Well it's a wicked opening for a Speedy weekend with SpeedyBrear and Shaun Louth aka Roller joining forces as two Toonies invaded the Blackpool Marathon in style. The weather was much warmer than of late with temperatures reaching up to 18c-20c and over 621 runners joining me in the Full Marathon and Shaun in the Half. Over a 100 runners were waiting dead on 9am at the Hilton Hotel under blue skies and the already warm sunshine ready for us to get a sweat on! We set off together at a slower pace with crowds cheering us on all the way to the Blackpool Pleasure Beach, with two laps of pure speed before we spilt up as Shaun finished the Half Marathon course in 2.20.21 ready for an early shower and a drink (lucky him...!) I've got to do it all again! I met some runners that I had met before and encouraged them to keep going with the crowds shouting 'come on Sleaford, come on!' My legs though felt like they had weights on although my gels kept me going, then I heard one marshal say 'keep on going Speedy' and gave me two bottles of water. I just kept going along the coast towards the finish line, with a big shout from the side saying 'COME ON SPEEDY, COME ON!' with people I met encouraging me also. Its only two miles to go now and I see the end and I keep thinking that not right? But it's true my best PB ever..! 4.04.07 that faster than my time last year of 4.45. We all received a nice t-shirt and medal and a nice cool bottle of water where waiting was Shaun which was nice to see him again....! It's all been well worth it despite the change of route and the roadwork's that said not a bad route after all. WELL DONE Lewis and the team. I'll be back next year hopefully 3.45?

#### **Thanks to Stephen Brear for his Report.**

#### **11th Mar ~ Friskney Half Marathon** Friskney, Boston, Lincolnshire, Road **Host Club** ~ Boston & District AC.

Dean Barnshaw, Simon England, Stan Thornton and Beth Wilmot took on this flat Half Marathon in warm sunny weather with a slight breeze. Simon continued his fine form of late recording a new personal best time of 1.25.20, 15th overall. Beth excelling now in longer races, finished 38th overall as the third lady in 1.34.53, second in her age category in what I believe is her first race over the distance. Dean completed a double header weekend of running having competed in the 13 mile Caythorpe Canter the day before and home in 2.05.18. Stan in his third race representing our Club finished in a good time of 2.15.15 and completed our team to finish.

#### **11th Apr ~ Zurich Marathon** Switzerland, Road.

Anna Berrill in good form recorded an excellent time of 3:07:19, finishing 21st lady and second in her age category.

#### **Thanks to Mike Folland for the race information.**

#### **17th Apr ~ Dambuster 10 Mile** Derwent Reservoir, Peak District, Derbyshire, Multi-Terrain.

Chris Smith, Dave Raynes & Catherine Simpson drove up to Derwent Reservoir for the 5th running of the Dambuster 10m Trail Race. This is a classic low key race that is very limited due to parking restrictions with only 200 runners a year and all the better for that with so many races jamming runners in and forgetting what real running is. The start is at the bottom of the dam wall then you have to run up a steep path to the top of the dam wall followed by more uphill, this sets the style for the race with lots of up and down hill, some gentle and some not so gentle but all very enjoyable running on the wide track with lots of walkers and bikes to keep you company. It was a very warm day with little breeze so we all got well tanned. On finishing the race there is a great drinks and home made cake stall, all free, which really make the run worth while. We collected our certificates and ticked off another good race run. Chris finished in 1:15 (very happy) Dave finished in 1:2? and Catherine in 1:45.

#### **Thanks to Chris Smith for his Report.**

#### **17th Apr ~ Lister Park 5k Time Trial** Bradford, Yorkshire, Road.

After a few appearances at the Leeds Park Run, when I heard that they were starting Park runs in Bradford at a park where I used to play as a child, I had to be there for the inaugural park run. Lister Park is a beautiful park with a boating lake and the course is 3 laps of the park which includes a short, steep hill at the end of each lap. The steepness of the hill is similar to the start of the second hill at Leadenham for those familiar to the hill training sessions. Not being up to speed after my injury lay-off, I set off at the back and focused on keeping an even, comfortable pace,



overtaking a few people as I went. Finished 57th out of 82 in a time of 30:31. Nice to put the "Toonie" vest on again and race. The fun thing about racing outside the county is the usual location questions, which included "Where is the nearest big town to Sleaford?" ..... "erm..... Sleaford" was my reply!!

**Thanks to Alistair Whitaker for his Report.**

**18th Apr ~ Brighton Marathon** East Sussex, Road.

Today was the last Sunday as SpeedyBrear as I whoop another amazing event, this time down in the south west and the climax of my events on another warm weekend like Blackpool. Brighton is the home of Zoe Ball and Norman Cook and the weather put everyone in the spotlight with temperatures up to 18c. Clear skies at the start for the 7589 runners joining me for the start at Preston Park but sadly it was delayed for 15 minutes from 9am because a car had parked right in the middle of the road. Thankfully we started on the nail at 9.15am as Steve Oveti fired the famous gun and we were off, with stunning views of Brighton and its magnificent pier seen from a distance and over 80,000 spectators to cheer us all the way. We headed towards a massive hill top near the Pier with 1 big circuit round Rottingdean to Ovingdean Village which was a killer and never ended. Then through the brilliant area of Black Rock straight towards the City and on to the Power Station, which was a killer keeping going with my calfs slowly getting tighter and sore legs! But I kept going with the crowds cheering us on and on and on. When we reached the Pier straight it narrowed towards the finish in style and the famous Brighton Pier. Before the finish was in sight and with my SPEEDYBREAR STR vest on everyone seemed to be cheering me on and on and on and on. I slowed down because my legs feel like weights but I started again and kept going and going stopping at 23miles. I then went like a Speedy on heat as the crowds say 'go on Speedy' and some of them say look at him go! They also cheered Sleaford Town on as well. One couple actually from Grantham cheered me on to. I set a new PB as I crossed the finish-----3.52.41 Move over Blackpool! It was nice with more water stops, marshals and a good goodie bag with medal & t-shirt. This was my 3rd new event which included the London 50k, Kilomathon and this one, which was my 24th Marathon. Yes I will be back next year.....!

**Thanks to Stephen Brear for his Report.**

**25th Apr ~ Krakow Marathon** Poland, Road.

After taking part in the Wroclaw Marathon in 2009 I had to get back to Poland to do another race, yes it was that good. I decided to do this race on a budget as Catherine was not travelling with me so Ryanair flight Saturday morning early £65, race entry minimal and Free Saturday night accommodation in a sports complex near the race, this is something quite normal in Poland and it was strangely fun. There were about 6 ladies and 55 men in the room I was in then there was another similar room and after that runners took over the main sports hall so the place was buzzing. The strain on the showers, toilets and some sink were a little extreme. I met some very nice Polish men and as always they spoke very good English so we did the town. Sunday started early, well it would! I was in the shower at 5:45am which is not at all normal for me. We prepared for the race and got there in good time, it felt warm Hmmm bags were dumped and in running kit at 9am it was still warm not a good sign. The race itself was well laid out with a substantial start / finish area. The race starts and we lap the park (about 4 miles) then off round the old city and away by the river then a big loop and back via the river to the park and one and a half laps to finish. That may over simplify the run! It got very hot soon after we started and everyone made full use of the more than ample drink stations. I had a very slow race and at about 22 miles came upon a fellow runner who had passed out, as the first aid girl looked like she needed help I assisted but it was clear he was in a bad way so an ambulance was called. It took us 10mins to get the runner to say his name all this time shading him, cooling, holding legs up etc... I left after about 20mins when he was more with it and when more people had arrived and the ambulance was due any time. It seems he had been only drinking water, and may have had too much which is just as bad as not enough so there you go drink isotonic drinks! I finished in about 4:30 which is my worst for ages even taking off the stop it was over four hours but again it was crazy hot, I got very burnt and looked like a lobster with tiger stripes from my vest. After the run I had the free soup and free beer (prob not a good move) then had a shower and explored the town some more before making my way to the airport for a late night flight. An interesting trip to a very beautiful city, as they call it a race through history. One day I may train then do it again to break the course that may involve staying in a hotel though.

**Thanks to Chris Smith for his Report.**

**25th Apr ~ London Marathon** London, Road.

Not quite the hot weather predicted by the weather forecasters prior to the race, with overcast skies and light drizzle at the start for our Club members running. Matt Blunden was in fine form producing an excellent run and first of our Club members to finish crossing in a sub 2.30 time of 2.29.38. Running equally as well in his first marathon was Andy Taylor home in 3.03.24. Alex Hetherington ran her usual metronomic pace in a solid marathon time of 3.34.46. Cathy Taylor like husband Andy running her first marathon and running a creditable time of 4.06.38, with Dave Raynes completing yet another marathon to his ever expanding tally and home in 4.30.39. Nina Macer 4.50.20 and Mandy Connor 5.04.31 both finishing their first marathons in admirable times and completing our team members to finish this most iconic of marathons.

**25th Apr ~ Shakespeare Marathon** Stratford-upon-Avon, Warwickshire, Road.

Three weeks, three marathons and all in one month, I don't know how I did it? But I feel greater than ever.....!!! Anyway the story starts with a slight cool breeze and a top temperature of about 16c to 18c in the lovely setting at Stratford-upon-Avon on the outskirts of Warwick. We all crammed into the Town centre in Stratford in tight timing pens ready to go at 9.30am, though it was actually 9.31 because one of the runners stepped over the chip timing mat and set everything off! We finally started at 9.32 along the rocky tarmac road towards the outskirts of the Town, with 2 laps in the first 2 miles then out of the town towards Luddington Village. It was a brilliant sight to see the Country again as we headed towards Rumer Hill where the cut-off point for the Half Marathon was. We started again but this time it was more grueling and the tough course awaited us as we headed towards Greenway South to Milcoate Crossing then a real tough 5 miles on a chalky road, which included rabbit holes on an uneven bridal footpath although there was loads of water stops with energy drinks with one pit fall..... plastic cups which are difficult to run with! We headed back towards the Town Centre at Bridge Town and finished in the Pavilion Field where I crossed the line in 4.33.20 and was handed a nice Shakespeare Medal to say well done. Along the course I met a runner from the Grantham Canal endurance race and loads of runners said 'come on Speedy' making friends along the way. Well done to them and to the Rotary Club of Stratford-upon-Avon for organizing this grueling tough course?

**Thanks to Stephen Brear for his Report.**

**2nd May ~ Langtoft 10k** Langtoft near Market Deeping, Peterborough, Road.

A overcast blustery day greeted our Club members for the start of this flat fast 10k, though head winds in the final third of the race made for more of a challenging 10k than would have been expected. John Siddens led home our contingent of Club members 6th overall in 35.37 continuing his solid return to fitness. Simon England 39.09 just edging Greg Southern 39.17 with Rachel Ellis 3rd lady overall finishing in 43.53. Barry Douce set a new Personal Best time of 44.24, with Matt Blunden 44.51 keeping company with Katie Smal as she set her new PB of 44.52. Angie Harvey was happy with her time of 48.07, with Aune Turkson-Jones to follow in 52.10. Lea Addlesee delighted to be under the hour 58.52 as was Shaun Louth 59.21. Jayne Cooke took a huge chunk off her previous PB across with Sue Fortune in 1.13.18 with Clare Bergner completing our team also setting a new PB in 1.14.40.

**9th May ~ Eye 10k** Eye, Peterborough, Road.

**Host Club** ~ Eye Community Runners.

Matt Blunden, Simon England, Katie Smal and Stan Thornton travelled south to Eye to compete in this pacy flat 10k. A strong headwind from 4k out on this exposed course would hinder the large competitive field of runners racing. Simon England struggled in the conditions however crossed in a decent time of 40.47, Katie Smal 47.20 also working hard in the head wind crossed the finish with Husband Matt Blunden 47.21 for company. Stan Thornton ran a competitive time of 57.33 and completed our team of runners competing.

**9th May ~ The Gauntlet** Bures near Colchester, Essex, Multi-Terrain.

Chris Smith and Catherine Simpson travelled down to Bures near Colchester to take part in the Gauntlet, part of the Mucky Races series. After registration we took had a look at the part of the course that ran through the quarry, looked interesting!! Not a huge race but very friendly and well organised all the same, we started at the top of the hill which gave a nice quick start followed by an immediate climb towards the quarry section. The course was very varied with the usual mud, mud, mud, short sharp climbs and woodland sections. Some of the mud pits were so sticky, shoes and various clothing of some runners disappeared never to be seen again causing much laughter and the marshals were having to haul us out.. The course followed tracks and trails and then back to more muddy and water sections finishing with a steep climb back into the race HQ area. We were given a goodie bag and goodness shakes drinks with a decent T-shirt. Apparently another longer, muddier race will be held later in the year and I would thoroughly recommend it. Chris finished in 54 mins and I managed 1.27 for the 10k ish distance.

**Thanks to Catherine Simpson for her Report.**

**9th May ~ Lincolnshire County Track & Field Championships** Grantham, Lincolnshire, Track.

John Siddens travelled to Grantham to represent our Club in these Track & Field Championships. Entered in the Vet Men's 5000m final, John finished second in a quick time of 16:51.2.

**15th May ~ The NAAFI Brügger Ten** Elmpt Station, formally known as RAF Brügger, Germany, Road.

Greg Southern was in Germany for this flat fast 10 mile race around this former RAF Camp. Greg produced another strong run setting a new Personal Best time of 64.25.

**15th May ~ Settle Saunter** Kirkgate, Settle, North Yorkshire, Mutli-Terrain.

Dave Tilley and Mark Sands competed in this 24 mile multi-terrain race. Dave & Mark took an unplanned detour off the route and ended up running a further 4 miles on top of the planned 24 eventually finishing in just over five hours!

### **16th May ~ Brathay Windermere Marathon** Brathay Hall in Ambleside, Cumbria the Lake District, Road.

After having planned to lose my marathon virginity at this beautiful but hilly event some 6 months ago I approached the big day with some trepidation having lost the last 3 weeks training to a niggling calf strain. However the day arrived, as they do with a morning, and I arrived early to watch the truly inspirational 10 in 10 runners off on their last round of the lake (if you are not aware of this event take a look at <http://www.brathaywindermeremarathon.org.uk>). The first undulating half went ok, cracking through in just under 2 hours, with only a slight tension in the calf but with amount of hills that was no surprise, there was also a little tiredness due to the lack of recent training. At 14 miles the calf started telling me that it was no longer amused by hills and self preservation took over and a walk up (as I couldn't push off my left foot) and run flat and down strategy took over. With massive encouragement from passing cars, tourists and marshals I made it to the end with a finishing time of 4:29:21, just hugely chuffed to have finished.

This is a really great event and I will be going back, hopefully uninjured, to do it again next year. I would recommend it to everyone who wants a real challenge, the 'speed hump' at mile 22 even has some runners with a finishing times between 3:00 and 3:15 walking. The organisation is great, loads to do for the kids at the Brathay Hall open day and what has to be one of the most scenic routes in the country.

### **Thanks to Stuart Moran for his Report.**

### **16th May ~ Deepings 10k** Deeping St James Peterborough, Road.

Matt Blunden made the solo journey to Peterborough for the start of this flat fast 10k. Matt in fine form followed up his superb run in the London Marathon winning the race in 32.23!

### **16th May ~ Sleaford 10k** Scredington, Lincolnshire, Road.

This was our largest turnout for a competitive event, with over 40 Club members travelling the short journey to the Village of Scredington just outside Sleaford for the Sleaford 10k. Warm sunshine with a stiff breeze replaced the predicted damp weather for the duration of this undulating course, competed around quiet country lanes surrounding Scredington. Running his first race in Club colours was Darren (Dick) Barton finishing second overall in a superb time of 34.44, just edging out John Siddens in an equally quick time of 35.11 third overall. Andy Taylor finished in a new Personal Best time of 37.41 and winning the men's team prize along with Darren & John. Simon England once again under 39 minutes as he crossed the finish in 38.54, Steven (Ned) Kelly 42.39 just ahead of Chris Smith 42.48. Beth Wilmot raced home as first lady overall in 42.49, with John Hodgkison seconds adrift in 42.52. Stephen (Speedy) Brear reproduced his fine long distance form in setting a new PB and under 45 minutes in 44.46 with Dave Taylor 45.39, Tim Ketton 45.49 and Alex Hetherington who finished second lady in 45.51 all close together as they finished. Trev Brown 46.04 ran better than he expected with injury concerns prior to the race, Sue Evans 46.26 completed a Club double in the team events, winning the ladies team prize along with Beth and Alex. Simon Lunn 46.53 led home Barry Douce 47.14 struggling with an injury ahead of Gary Britnell 47.31 opting to leave Scooby in the car for the race with Angie Harvey 47.32, Lionel Mason 47.36, Katie Smal 48.36 and Cathy Davies 49.29. Aune Turkson-Jones was content with her run of 51.48 with James Chambers like Darren in his maiden run for our Club in a respectable time of 51.51. Simon Spink 52.55 led home Kate Mason 53.33 with Stephanie Atherton first race for our Club and looking strong and home in 58.11, with Rachel Dobson backing up her fine Lincoln 10k time again under the hour in 59.23. Mandy Connor ran the long distance of the London Marathon out her legs in a solid time of 59.28 with Paul Freemantle crossing also in 59.28. Catherine Simpson without a splash of mud to be seen on her legs crossed in 1.03.32, with Andy (The Fish) Davies 1.04.19. Sally Butler running with confidence took some 7 minutes off her PB across in 1.05.39, with Lisa Harmon setting back to back PBs in consecutive 10k races in 1.06.17, Anne Daynes reduced her PB by 9 minutes in 1.06.19. Jenny Kirk in her maiden Club outing set a creditable time of 1.06.21 with Sarah Whatton looking relaxed as she crossed with Lisa, Anne and Jenny in 1.06.26. Babz Spillar and Linda Burden were soon to follow again running for our Club for the first time across together in 1.08.06. Dean Barnshaw after a quick start had to slow with back problems affecting his running and teaming up with Jayne Cooke who had twisted her ankle in a pothole around 7k and with Dean they bottomed out the run together and across the finish in 1.17.26. Alex's Daughter Emily Hetherington backed up her great run in the Lincoln 10k with another commendable run in breezy conditions and home in 1.05.14. Special mention also to John and Fiona Hodgkison running the Fun Run with their children Robert, Ewan and Flora as was Vivienne Veasey with Daughter Freya and Catherine Sheldrake with her Son William and Husband Jon. Finally a big thanks to Alistair, Sam, Pete, Clare, Matt, Katie's Dad, Candy with ickle baby Oliver and to all family and friends who came along giving up their Sunday to support our Club.

### **22nd May ~ White Peak Marathon** Cromford near Matlock, Derbyshire. Multi-Terrain.

#### **Host Club ~ Matlock Athletic Club**

Mark Sands and Dave Tilley took on this most challenging of multi-terrain Marathons in the heat of the warmest day of the year so far. Starting together Dave would eventually stretch away from Mark finishing in a strong 10<sup>th</sup> place in 3.29.26. Mark 22<sup>nd</sup> overall was not too far adrift of Dave as he crossed the finish in 3.45.09.

### **23rd May ~ Bourne Woods 5 Mile Bourne, Lincolnshire, Multi-Terrain.**

Normal training for me but this time with a slight twist, I traveled to Bourne with three other Club members to compete in the heat of the woods in temperatures in the high 20s. Alistair Whitaker, Aune Turkson-Jones and Trevor Brown were ready to go at the start time of 10.30 in a slight breeze. But when you were exposed to the sun it was a sizzling hot day! Trevor raced off before Aune came past me as I linked up with Alistair to finish this multi-terrain race. I crossed the line to receive much welcomed water, banana and a nice medal which ended our race on a good day? Thank you to the Rotary of Bourne for organising a nice race and thanks also to the Bourne Runner who took the photo. Trevor would finish in just under 40 minutes, Aune 43.52 with Alistair and Stephen 52.13.

**Thanks to Stephen Brear for his Report.**

### **23rd May ~ Jane Tomlinson 10k Hull, Yorkshire and the Humber, Road.**

On Sunday 23 May, Lionel and I took part in a team challenge in Hull for the Jane Tomlinson 10k. I say it was a team challenge race but it was more a 'get roundathon' due to the heat which despite a 9am start reached 26 degrees. It was a great turnout of several thousand but boy was it a busy one. There were no time markers at the beginning which meant that even just after the start we were caught up with people walking. It was an interesting course taking us through Hull, along the water past The Deep and the Marina and back into the City and we were grateful for the little sea breeze there was. A few very narrow pinch points meant it was difficult to get any speed up as there were people stopping and walking all over. Water stops were used less to drink and more to throw over to cool down and St John's Ambulance had their hands full as people collapsed from the heat. The first runner over the line came in at 34.45 and first female at 38.58. Despite the fact that I didn't see Lionel all the way round, he came in wheezing with a chest infection at 52.03 and I managed to crawl over the finish line not far from him at 53.52. It was a brilliant race atmosphere with warm ups at the beginning and loads of support afterwards but from a running point of view, it was very frustrating due to the huge amount of walkers and narrow running stretches.

**Thanks to Kate Mason for her Report.**

### **23rd May ~ Nordea Riga Half Marathon Latvia Road.**

Chris Smith and Catherine Simpson travelled to Riga, Latvia to take part in the Half Marathon. It was an early start but we soon realised it was going to be a warm one and assembled with the thousands of other runners. It is a growing event with a 1k Disabled persons race, a 5k, a half marathon, full marathon and relays so there was lots going on with a carnival atmosphere. We were soon on our way towards the town and across a huge bridge hoping for a cooling breeze that didn't happen and then back into the old town onto the dreaded cobbles which acted as a footbrake on my progress. We then ran past the finish to do another lap across the bridge for a second time thank goodness there was plenty of water stations so I took advantage of them all, another small lap round the town cobbles and to towards the waterside finish just as the Marathon winner was coming in!! We received a medal and a really nice cotton goody bag with chocolate and drinks etc. After a rest we spent the rest of the day wandering round this charming city and celebrated with a lovely meal and plenty of drinks.

**Thanks to Catherine Simpson for her Report.**

### **23rd May ~ Race for Life RAF Waddington, Lincolnshire 5k & 10k.**

It was a scorching hot day, apparently hitting 30 degrees! There were approximately 4000 ladies/girls who had entered the two races – 5k and 10k. It is always such an emotional day as you read the notes on the backs of everyone stating who they are running for/why they are competing the race.

Off we went as the horn blew at 10.30am. It was a slow start trying to get round the walkers then into a steady pace past one of the two RAF bands that were round the route. As we approached 2.5k the routes for the runs separated. With it being so hot quite a few of the 10k runners decided to take the 5k route. STR ladies continued round the 10k route. There was a welcomed drinks station at approx 3.5k. Up around the airfield we went. The next drink station was at approx 7k. Gemma Bush was the first to cross the line with a good time of 1hr 8mins, well done Gemma – this was her 1st 10k run since starting out running and joining the club this year. Anne, Lisa Harmon and Jenny Kirk were next over the line in 1hr 14mins closely followed by Sarah Whatton in 1hr 15mins, next was 'foxy' with a time of 1hr 16mins. Sue Shaw was next in 1hr 19mins followed by Sandra Sayers. Unfortunately Jayne 'Coco' Cooke was unable to run due to her nursing an ankle injury that she got running the 'Sleaford 10k'. Well done ladies you all did brilliantly especially in the heat.

**Thanks to Yvonne 'foxy' Fox for her Report.**

### **23rd May ~ The Fan Dance Challenge Brecon Beacons, South Wales, Multi-Terrain.**

Mark Sands and Dave Tilley traveled to Wales for part two of their endurance weekend of running. The "Fan Dance" is an ultimate test of mental and physical endurance running/walking or crawling up the highest peak in the Brecon Beacons with 4,000 ft of climbing per lap, 9 miles per lap. Competitors climb to the top of Pen-y-fan, down to 3 different checkpoints, as many times as they can and be back to the start within 5 hours. The route and the peak of Pen-y-fan are very familiar to the British Army as this event is very similar to one of the main tests that our special forces have to pass. Dave 4.27.43 and Mark 4.28.12 completed about 15 miles finishing 2nd & 3rd in the lap completion.

**26th May ~ LWAC 5k Race Series Race 1** Yarborough Leisure Centre, Lincoln, Road.  
**Host Club** ~ Lincoln Wellington AC.

The first race in this four race series saw John Lawlor make his long awaited debut for our Club, running in the Vet Men category John finished 9th overall in a quick time of 18.05. Greg Southern also running well and setting a new personal best time of 18.43. In the Senior Men's category Andy Taylor finished 6th and like Greg setting a new PB of 17.32 with Simon England 9th again a new PB of 17.47. Adam Booth completed our team on the night and running just outside 20 mins in 20.26.

**30th May ~ The Woodland Half Marathon** Bourne, Lincolnshire, Multi-Terrain.

Chris Smith recorded a time of 1.38.54 in the maiden running of this multi-terrain half marathon. Dave Raynes finished in 1.50.35 with Catherine Simpson 2.18.40.

**3rd June ~ Ropsley 6** nr Grantham, Road  
**Host Club** ~ Ropsley Road Runners.

Mark Sands back on the road recorded a quick time of 33.29 to win this undulating 6 mile race. The ever improving Andy Taylor finished 3rd in 36.01 with Dave (The Fox) Tilley like Mark back on the road finishing forth in 36.25. Simon England 9th 37.08, Greg Southern 11th 38.23 with Steven Kelly 15th 39.59. Adam Booth ran well finishing in 41.03 from Chris Smith 41.26, Barry Douce 43.20, Stephen Brear 43.25. Alex Hetherington 44.20 led home Trevor Brown 44.37, Simon Lunn 46.58, Cathy Taylor 47.51 and Mike Folland 49.38. Wyn Roberts 54.12 recorded the same time as Stephanie Atherton 54.12 with Stanley Thornton 57.26, Andrew Davies 57.58, Julie Brown 58.52, Patsy Hunt 58.52 and Catherine Simpson 59.35 all finishing under the hour. Mandy Connor 1.00.49 from Shaun Louth 1.01.16 and good to see Candy Louth back racing after the birth of her baby Oliver finishing in 1.02.19. Rachel Howard 1.02.19, Lisa Harmon 1.03.06 and Jenny Kirk 1.03.06 completed our team running just over the hour mark. Shout up also to Catherine Sheldrake, Vivienne Veasey and Fiona Robertson who all took part in the 2 mile dash.

**7th June ~ Woodhall Spa 10k** Woodhall Spa, Lincolnshire, Road.

Simon England led home our Club members in overcast damp conditions, setting a new personal best time of 37.40, Malcolm East now back in the UK and having not raced since last September won his vet category in 38.36 with Greg Southern just adrift in 38.42. Stephen (Ned) Kelly not recorded on the results? finished in around 41.00 with Chris Smith next to finish in 42.15. Tim Ketton recorded a solid time of 43.54 just ahead of Dave Raynes 43.56, Barry Douce 44.30, Rachel Ellis 45.03, Stephen (Speedy) Brear 45.30 and Gary Britnall 46.47. Nicola Troop racing at last in Club colours set a decent maiden PB 10k time of 47.18 with Lionel Mason across in 47.42. Denise Jackson was delighted to set a new PB of 51.57 with Aune Turkson-Jones 52.34 close to follow. Wyn Roberts 55.08 led home Rachel Dobson who ran well in reducing her previous PB by three setting in a new time of 55.35 from Paul Freemantle 55.36. Julie Brown crossed the finish with Rachel Howard jointly in 56.15 with Rachel recording a new PB with Stan Thornton across in 57.42. Andy (The Fish) Davies 1.00.16 led home Lea Addlesee 1.00.22, Catherine Simpson 1.00.28, Patsy Hunt 1.00.36, Sally Butler 1.05.53 and Shaun Louth 1.05.54. Sarah Whatton running her final race before the birth of her baby looked happy and relaxed as she completed our team racing finishing in 1.09.41.

**20th June ~ Trails of the River Bank the L.A. Fitness '9'** Lincoln Road.  
**Host Club** ~ Lincoln & District Runners

Chris Smith & Catherine Simpson took part in this new race just over 9 miles at 9.56 using the old water railway route now tarmac which makes this flat course ideal for quick times. Chris finished in a time of 1.07 placed 7th overall with Catherine crossing the line winning her vet category.

**20th June ~ Three Lakes Classic 15** Rother Valley Country Park, Killamarsh, Sheffield, Multi-Terrain  
**Host Club** ~ Killamarsh Kestrels Running Club.

Sunday 20th June saw the Sleaford Town Runners competing in the 3 Lakes Classic 15 mile trail/road run at Rother Valley Country Park. Although STR is a friendly running club where the taking part and not the winning is everything the excuses for a bad time were coming thick and fast. Dean Barnshaw, picked up at home, was first out with excuses with 'I only got in at 5 am this morning and am shattered, my back is really sore and my legs are aching like mad'. Then it was on to Stephen Brear with his 'I did 42.5 miles last weekend and am just going to jog round' and then there was me who was in the throws of a deadly case of man flu, a black, sore toe nail, aching legs and having a bad hair day and was only going as I was driving and to support the other team

members and to run round with Dean. On the way there Stephen and I managed to keep Dean awake by chatting constantly, even though he had brought along his comfort pillow and was doing his best to fall asleep.

At the start line we met up with Alex Hetherington who said that she was 'Just going to have a slow plod round!!', Mike Folland who said that he was 'just aiming to get round in under 3 hours' and David Taylor who could not come up with any lame excuses like the rest of us. Then suddenly to top all the excuses for a slow time Deans mobile went and it was Aune who said in her best sleepy voice 'I am in Manchester and have only just woken up' (I think Aune must win the best excuse of the year so far with that one). The race started at 11 and Alex sped off into the distance on her 'slow plod round' with the rest of us following in her wake. Dean was soon into his stride surrounded by a pack of chatty women and was not seen again until the finish line. After about a mile it was obvious that Stephen was showing no ill effects of his 42.5 mile run the week before and was pushing, pulling and carrying me along. We were both setting a good pace when the peace and tranquility was broken by 3 women screeching out Girls Aloud songs one after another, we had to increase the pace and were luckily soon out of ear shot (there is no way they could have kept that up all the way round!!!). At 8.5 miles Speedy Brear was still chatting away still showing no ill effects from his 42.5 miles!! I was struggling along showing the full effects of man flu, but still struggling on, sniff, sniff, cough, cough. Then round a corner a hill from runner's nightmares appeared, Stephen kept talking all the way up, dragging me along (thanks Stephen). Eventually at 12 miles Stephens marathon efforts of the week before eventually caught up with him and I started to pull away.

First to the finish on her 'slow plod round' was Alex in a great time of 2:02:04, then a long way back struggling on with deadly manflu was Gary Britnell in 2:20:04 followed not far behind by Speedy Brear in a PB of 2:22:19 then Dave Taylor and Mike Folland well under their 3 hours lame excuse in 2:22:38, with Dean having got away from the pack of women in a new PB of 2:30:35.

We all crashed out on the grass by the lake in the sun with tea and home made cakes after a great, well organised, friendly run already discussing next years race and planning on some good lame excuses for doing bad times.

**Thanks to Gary (Scooby) Britnell for his Report.**

**27th June ~ Humber Bridge Half Marathon** Hull, Yorkshire and the Humber, Road.

A glorious day and clear skies were present as Barry Douce and I left Sleaford at 7.30am and headed towards the Humber Bridge in style. The temperature would still climb further towards a hot 27c although there was a slight breeze but only a little! We got there an hour & half early at Hessle where the race would start by the famous Humber Bridge. As always there was loads of Running Clubs competing including familiar faces from Lincoln Wellington AC together with Norman from Ropsley Road Runners and Luke Morley as we waited for a slightly delayed start due to traffic on the road. Know matter Barry and I were just plodding as we pushed each other on until we reached the Bridge, but it's too hot to run fast, though my secret weapon was finding gaps between the runners and have Barry follow me. There was two steep hills with loads of water stops, shame though its not bottles just cups. Plenty of runners were plodding along in the heat and some fainted because they didn't take onboard enough water. Barry left me at 5 miles though I still managed to keep him in sight. I tried to catch him up but not in that heat though the Bridge was challenging enough. Barry would finish in 1.46.57 and I crossed the line in 1.54.39. Well done to the Rotary Club of Hull for a brilliant day...Yes we'll be back next year, I've forgotten what Barry said to me but it was something like 'a 100% killer challenge' and I agree!

**Thanks to Stephen Brear for his Report.**

**27th June ~ Mansfield Half Marathon** Mansfield, Nottinghamshire, Road.

Chris Smith was our only Club member competing in this undulating race. Chris would go on to record a time of 1.47.34 in warm conditions.

**30th June ~ LWAC 5k Race Series Race 2** Yarborough Leisure Centre, Lincoln, Road.

**Host Club** ~ Lincoln Wellington AC.

Andy Taylor competing in the Senior Men's recorded another quick time of 17.39 in race two of this four race series, Simon England also setting a good time of 18.04. Cathy Taylor racing in the Senior Ladies ran a decent time of 23.34. Mike Folland completed our team of runners racing in the Vet Men category and finishing in 24.49.

**4th July ~ Thurlby 10k** Thurlby, near Bourne, Lincolnshire, Road.

The usual warm day for our Club members that traveled to Thurlby taking on this 10k with 'that hill' at the start. Simon England produced a great run in the heat of the morning finishing 6th overall in 39.28. John Hodgkison also running well finished 21st in 43.28. Beth Wilmot was just adrift of John 23rd and second lady overall and 1st senior lady to finish in 44.09. Tim Ketton 45.49 led Stephen Brear across the finish in 46.40, Dean Barnshaw 55.40 from Stan Thornton 58.55 and completing our team of runners.

An early start but with bright blue skies as Dean Barnshaw my driver for the day headed south to Thurlby. I'd return Dean the favour (you guessed it drinking that later on in the day!) Yes it's Stephen 'SpeedyBrear' along with 6 other Club members as we travel to this event in style at Thurlby near Bourne. A more comfortable day than the Humber Half last Sunday although this event

was not as warm as in previous races here, peeking around 25c under blue skies and a slight breeze. Starting at 11am we started steady until we hit that big steep hill which would go on and on and on until you leveled out onto the flat, and then another small hill and then it's 60% flat road which made it easier to run. We had to avoid some children on their bikes, but thankfully they realised that a race was on and moved over. I was pleased with my time of 46.40 and will return next year. Thank you to the Organisers of the race finishing off with much needed water and a nice burger? Nice to see Rachel and Bourne Town Harriers team again and thanks also to Bev, Fiona and their husbands, Stan and to Dean who I bought a drink for driving me to Thurlby, well done Toonies.

### **Thanks to Stephen Brear for his Report.**

**11th July ~ Bushy 10k** Peterborough, Road.

**Host Club** ~ Bushfield Joggers.

Stan Thornton was our only Club member competing on this mainly flat 10k course. Stan finished the race on what was another warm weekend of running in 58.39.

**11th July ~ Notfast 10k** Newark, Nottinghamshire, Road.

**Host Club** ~ Notfast Running Club.

It was a very warm and sunny Sunday morning for the 2010 NOTFAST 10k and there was a very good turn out of 14 Sleaford Town Runners in the field of 243 starters. Speedy Brear had yet again done 44 miles the day before and was out for just a little jog round. Chris turned up before the start to cheer everyone on and to advertise the Toonie Express Woodies 10k. Everyone was in good spirits at the start with a nice cooling breeze blowing across the rugby pitches keeping everyone cool, happy and excuse free. Then the starter sounded his horn and that was the signal for the wind to die down and the sun to appear from behind the clouds. Once out the rugby club and onto the road everyone was off running at great speed on the flat outward course. After turning onto the narrower roads and the sun getting higher in the sky everyone was starting to feel the heat and lack of cooling breeze and after 3 miles numerous runners were starting to walk, then at 4 miles THE HILL appeared and sooner even more people were walking, once at the top though there was a well earned water and sponge stop. Now well recovered all began the nice run down hill and the last mile and a half along the flat to the rugby club. All runners were happy to eventually turn into the rugby club and get to the finish line for the technical T-Shirt, well earned drink and to sit in the sun wondering how the first man managed to get round in 32:16 and the first woman in 38:46 on such a hot day.

Well done to all on finishing a great race in the very hot conditions, especially Speedy who yet again completed a massive run the day before and then got a PB. Maybe the rule is that if you want to get a PB in a 10k then you have to go out and run 44 miles the day before. Another person of note on the day was Aune who managed to get round in 56:11 in a pair of really, really old running shoes and she now says that they have had their day and some new ones are on the way as it must be the shoes that are holding her times back.

### **Thanks to Gary Britnell for his Report.**

John Siddens finished in a fine 4th place overall on a breezy warm day at Newark crossing the finish line in 36.12. Mark Sands 36.39 followed John across the line in 6th with Andy Taylor 11th setting a new Personal Best time of 37.25 in the process. Dave 'The Fox' Tilley also finishing in the top 20 in 15th place across in 38.44, Steven 'Ned' Kelly 41.38 with soon to follow Beth Wilmot 4th lady to finish in 43.47. Barry Douce getting close again to a sub 45 time in 45.09 with Tim Ketton in close company 45.11. Stephen 'Speedy' Brear 45.44 was followed in by Nicola Troop under 50 minutes in 49.53 and just edging out Gary 'Scooby' Britnell 50.13. Cathy Taylor 51.23, Aune Turkson-Jones 56.11 with Catherine Sheldrake 62.03 completing our team of runners to finish.

**11th July ~ Spilsby Show 6** Spilsby, Lincolnshire, Road/Bridleway.

Dean Barnshaw, Simon England and Dave Taylor competed in this 6 mile race on a scenic rural course consisting of 4 miles of road and 2 miles on bridleways. Simon finished in an excellent 4th place overall recording a time of 37.52 with Dean finishing in 52.47. Still awaiting the official results with Dave's time to be confirmed.

**21st July ~ Woodys Toonie Trot 10k** Woodland Waters, Ancaster, Lincolnshire, Multi-Terrain.

**Host Club** ~ Toonie Express Adventure Racing Club

This was the maiden race of this evening multi-terrain 10k starting at Woodland Waters. The course had a flat 2 mile road start before heading uphill followed by a section of Viking Way before continuing along other trails. John Siddens finished in an excellent 2nd place in a quick time for this multi-terrain race of 36.24. Mark Sands also quick in 4th 37.10, Andy Taylor finished 5th in 38.54 with Dave 'The Fox' Tilley 6th also finishing in 38.54 and winning his vet category. Steven 'Ned' Kelly 42.24 ahead of Andrew Pask 46.34 in his first race for our Club from Simon Lunn 49.37, with Gary 'Scooby' Britnell also under 50 minutes in 49.48. Cathy Taylor 53.15 was first of our Club ladies to finish; Mike Folland won his vet category in 55.30, Aune Turkson-Jones 57.33, Stephanie Atherton 59.56 and Stan Thornton 59.58 all under the hour. Andy 'Fish' Davies 1.02.45, Catherine Sheldrake

1.04.17, with Debbie Sutton first race for our Club in a creditable time of 1.04.40, Mandy Connor 1.06.53 and Barbara Campbell making a late decision to run and ran like Debbie a decent time of 1.08.31. There has been nothing but positive feedback for our Club members about this maiden race and one for the diary in 2011. Well done Toonie Express and all your Club members for hosting a great race.

#### **24th July ~ Heckington 10** Heckington, Lincolnshire, Road.

An early start setting off at 7.15am on my bike to the Heckington Show under bright blue skies and the temperature not too bad either between 19c and 22c with a cool breeze. This was my 4th time competing on the same route as we have raced before starting again at 10am with a grueling 2 laps ahead. I headed out of the Village towards the back roads, fields and fens with a nice breeze into our face to cool us down. We were chased by a dog at one point during the race which was not on his lead and chased the runners all over the verge! Not many marshals on the course as in previous years. I managed to catch Barry Douce as he struggled limping badly as we crossed over the bridge at the A17 but we were cheered on by Fiona and Aune as we headed towards the Show field but I nearly got lost at the finish as there were no marshals blocking the other exit. Beth Wilmot was in front of me as I set a new personal best of 1.17 with Barry not far behind me followed by Mike Folland and Dean Barnshaw who lost his bet of £50 to his Brother who edged him across the line.

#### **Thanks to Stephen Brear for his Report.**

Times for all our Club members running was Beth Wilmot 72.47, Ann Le Bek in her first race for our Club recorded a quick time of 76.23 with Stephen Brear 77.34. Barry Douce struggled in the race with an injury finishing in 78.24, Mike Folland 85.06 with Dean Barnshaw completing our team of Club members to finish in 92.35.

#### **25th July ~ Grimsthorpe Half Marathon** Grimsthorpe, Bourne, Lincolnshire, Multi-Terrain.

Blue skies once again and no time on this race I just relaxed during my running and enjoyed the lovely views of the grounds. It was warming up nicely when I arrived about 9.15am meeting up again with Adrian from Toonie Express having both ran the Heckington 10 the day before. Well started at the Grimsthorpe Castle Estate at 10am from within the Castle grounds. Down a small hill to the first lake and then straight along the back of the lake and then it's more multi-terrain along trails, grass and through woods. Two laps of an enjoyable route before heading back to the Castle grounds including more pretty sights and most important more water stops, I love water! That said it was cooler with a nice breeze making it more comfortable than the day before. We finished in the Castle grounds in style receiving a unique t-shirt and medal with extra of water to sit down on the grass with. My time was 2.27 the best I had run over this type of multi-terrain course. Well done to the Fat-Feet team

#### **Thanks to Stephen Brear for his Report**

#### **25th July ~ James Herriot Country Trail Run 14k** nr Castle Bolton in Wensleydale, North Yorkshire, Multi-Terrain.

This was the ninth running of this race over the same scenic route as in recent years on moorland tracks and paths near Castle Bolton in Wensleydale by kind permission of Lord Bolton. Mark Sands finished 8th in 60.24 and Dave 'The Fox' Tilley crossed the line in 11th place 61.48.

#### **28th July ~ LWAC 5k Race Series Race 3** Yarborough Leisure Centre, Lincoln, Road.

**Host Club** ~ Lincoln Wellington AC.

Andy Taylor finished 5th in 17.40 with Simon England 12th 18.54 both competing in the Senior Men's category. In the Senior Ladies category Katie Smal finished 5th in 21.53 with Cathy Taylor 7th and improving on her time in Race 2 across the finish in 23.27.

#### **7th August ~ Bassingham Bash 5 Mile** Bassingham, Lincolnshire, Road.

In this flat 5 mile course Rachel Ellis 37.40 led home the ever improving Nicola Troop and just adrift of Rachel in 37.51 with Caz Thompson racing for the first time for our Club crossing in a respectable time of 48.45. Dave Taylor also competed with his time to be confirmed.

#### **8th Aug ~ City2Surf** Sydney, Australia, 14k Road.

I did this race on Sunday and although its winter here the weather was boiling. I thought that if you are running from a City to the surf then it would be downhill - no chance there were loads of steep hills and one of them was over 2kms long. I ran with Claire and we had a good time, running in my Sleaford Town Runners vest and a few people asked me where I was from. It's classed as the world's biggest run with 80000 runners. The main problem was that a lot of people walked and got in the way making it very frustrating finishing in 1.34.41.



### **Thanks to Wyn Roberts for his Report.**

#### **8th Aug ~ Darlington 10k** Darlington, County Durham, Road.

After all the rain in the past week I was hoping for a nice cool morning, maybe even a bit of drizzle. No such luck; a very hot, still morning for the Darlington 10k. About 1200 runners took part, started off by the Mayor in all his gold chains and bling. The course is relatively flat and is two laps with the added bonus of the route being completely closed to traffic, so no car dodging for a change. I also had the added bonus of having a foul horrid cold. I was in half a mind not to run, but it was 9.30 am and the shops didn't open until 11, so what else was I to do? At the start I found a group of similarly well tuned athletes - I could tell they were dedicated, much discussion heard about post race beer - and stuck with them for a while. For those of you who don't know Darlington the race goes through the posh part, twice. Two well needed water stops, lovely and ice cold. I really did feel horrid and about 6k, but kept on plodding on. My Garmin packed in very early on, obviously William had been playing with it again, so I had no idea of my time. Anyhow, I plodded on, focusing on a nice chilled glass of wine afterwards. It obviously helped my focus as I finished in 1 hour and 31 seconds, my best 10k time all year.

### **Thanks to Catherine Sheldrake for her Report.**

#### **8th Aug ~ Newark Half Marathon** Newark, Nottinghamshire, Road.

As most of the week had been pretty wet, I was hoping for quite a cool morning to run my eighth half marathon of the year... unfortunately no-one had told the weatherman and I awoke to brilliant sunshine and rising temperatures. Oh well I thought, I'll just bumble round as the night before had put paid to any thoughts of a PB. I fell out of bed about 8am'ish, I say ish it was more 8.30 to be precise. I would have stayed longer but I was getting a lift in style with Aune's Chelsea Tractor complete with Agar cooker and a butler. A couple of weatabix and half a pack of paracetamol to quell my hangover for the fourth Sunday in a row... (great training tip you should try it sometime), a quick look at the NOTW... naughty Peter, and I was ready. Now I knew the day was going to be strange when Sky News were running the headline story, or so it seemed, maybe it was just on Facebook for the thousandth time, that Speedy Brear was out of the race due to injury... I heard he'd fell in a hedge from a heavy night before...too much sex, drugs and rock 'n' roll for that young man. Aune was trying to engage me with some pretty random conversation on the drive over about spirituality (are there any normal Toonies out there), and once we arrived she played Miss Indecisive, as it took 20 minutes to find a parking space. We both entered on the day, dropped off our bags, said our hellos to the other Toonies, made a mad scramble for the last loo visit, then pushed our way to the back of the start. With over 1000 entries it was a bit of a bottle neck start, so in true Speedy fashion, you can knock at least 90 seconds of our final time, 'cos the Garmin says'. The first few miles were quite winding through some outer town estates, it then eased into the local countryside. With water stops every couple of miles it wasn't long before I needed a pee, so I made my excuses and slowed down. Lionel 'Give us a Clue' was long gone and Aune was fading into the distance fast. Time for my gels and jelly beans I thought and I soon started to pick up the pace, my hangover was well and truly sweated out and it wasn't long before I caught Aune at the half way stage. Unfortunately, Aune dropped out not long after due to being attacked by two rabid ferrets, or so she says, but I still haven't seen the bite marks. The sun was beating down hard but there was a gentle breeze to temper the heat...It was about this time that I started to think that I could actually do a half decent time and for the first time in a long time I was actually passing people, even Ted Preston from the Striders was hunted down and passed, needless to say he beat me at the death, the swine. Stopping at every water stop, I would completely drench myself, I looked more like a drowned rat than a well tuned athlete... but it was working so I didn't care. At 9 miles there was a bit of a hill but I still continued to pass more runners... unfortunately the glory didn't last and at the 12 mile mark, like a car with a dodgy MOT that had been round the clock... twice, I blew up, never mind a bridge too far, this was a mile too far. I tried to finish bravely but I limped over the line and fell to the floor exhausted, knowing that the one extra Heineken and 20 Marlboro Light had taken its toll. Rejuvenated after more water, a quick change and a lovely blue T-shirt to match my eyes, I consoled myself with a beer amongst friends. Better luck next time I thought...just try not to follow 'The Inbetweeners' summer social training programme... I might just ask Mike for a bit of advice next time.

The STR results were: Matt Blunden 1.12:11 (2nd), Anna Berill 1.37:36, Alex Hetherington 1.43:22, Barry Douce 1.48:19, Mike Folland 1.51:24, Lionel (Give us a Clue) Mason 1.56:53, Me 2.02:07, (Norman) Stanley (Fletcher) Thornton 2.24:37.

### **Thanks to Dean Barnshaw for his Report.**

#### **15th Aug ~ Belper 30k** Belper, Derbyshire, Multi-Terrain.

Mark Sands and Dave Tilley travelled to Belper in Derbyshire to compete in the Belper Rugby Rover 30k. Mark and Dave crossed the line together in 20th and 21st place respectively of this multi terrain race in 2.22.33.

#### **22nd Aug ~ Welbourn 10k** Welbourn, Lincolnshire, Multi-Terrain.

##### **Host Club** ~ Toonie Express Adventure Racing Club

Last night was a spur of a moment thing with a text from Aune and James wanting me to come along to Welbourn instead of running. I say yes and they picked me up at 9.35am on Sunday morning with my SpeedyCam ready with nice blue skies and

temperatures between 17 -19c warmer than last year! Anyway it's comfortable with no heavy downpours that were about the previous night. Always a nice quiet village Welbourn the setting of this 2nd 10k race but with a different route and different start and finish at the lovely modern Village Hall. The race started on the road spot on at 11am as Chris blowing the horn and there off with Aaron from Lincolnshire Runner at the front followed by those whippets of Dave Tilley, Mark Sands and Dave Taylor following a different more challenging course this year despite that the farmer had ploughed to the end of the field where runners should go. Thankfully the fields were not bad after all the rain, only a bit wet under foot. As James and me watched carefully as to who would come in first with know doubt it would be Aaron from Lincolnshire Runner and then the Toonies came in not far behind in 5th place Mark Sands and 6th Dave 'the Fox' Tilley. Later on we came back to the Village to cheer everyone on including Adrian from Toonie Express and rest of our Club Dave Taylor, Aune, Dean, Nina and Stan. I took some good photos and a HD recording of the start, no excuses for another CD at the end of the year Paul F!! Anyway we went for a deserved drinking session where Dave Raynes popped up at the bar, I bet his local? Anyway the rest of the Toonies deserve it though James and I also deserve a drink for taking photos and cheering people on. So when will SpeedyBrear return? Thanks to Chris, Dave, Catherine, Matthew and Toonie Express for a lovely event and thank you again Aune, James and Dean for encouraging me to come.

### **Thanks to Stephen Brear for his Report and Photos.**

Full results had Mark Sands finishing 5th in 40.06, Dave Tilley won his vet category finishing just behind Mark in 6th 40.30. Dave Taylor 54.59, Aune Turkson-Jones 1.00.28, Dean Barnshaw 1.02.16, Nina Macer 1.02.34 with Stan Thornton winning his vet category as he finished in 1.03.47.

**25th Aug ~ LWAC 5k Race Series Race 4** Yarborough Leisure Centre, Lincoln, Road.

**Host Club** ~ Lincoln Wellington AC.

Andy Taylor wrapped up this final race in the 5k series with a new Personal Best time of 17.27, finishing 6th on the night in the senior men category and a creditable 3rd overall over the four race series. Simon England not running in the last race finished 7th in the final standings also in the senior men category.

**29th Aug ~ Chesterfield Spire 10** Chesterfield, Derbyshire, Road.

**Host Club** ~ North Derbyshire Running Club.

Andy & Cathy Taylor travelled to Chesterfield to take on this challenging of 10 mile races with steep climbs for much of the first part of the race. Andy finished in a quick time of 1.05.24 with Cathy finishing in 1.27.41.

**30th Aug ~Grimsthorpe Castle 10k** Grimsthorpe Castle Estate, Bourne, Lincolnshire, Multi-Terrain.

Dave Tilley finished 14th in this Bank Holiday 10k in a time of 39.06, Barry Douce 50.09 to be followed in by Stan Thornton 59.35.

**11th September ~ Big Fun Run** Crystal Palace, London.

Well after 17 weeks I was reborn as a new SpeedyBrear with more energy then ever before. The real test though was running an unusual event organised by Kilomathon and Edinburgh Marathon the new BIG FUN RUN devoted for charities and Club runners like me. Anyway I set off at 6.35am at Sleaford arriving at Kings Cross at 8.40am trying to get to Crystal Palace just before 9am via Victoria (talk about rushing!). I arrived at the famous Crystal Palace Transmitter's and the old Victorian building where the start of Big Fun Run was. The weather was not too bad for us cool but still a warmish about 17 to 18. Then we started at a funny time of 10.55 not the usual 11am. There was over 100 runners running around a lovely course which was supposed to measure 3 miles though although according to my watch we ran less than 3 miles (that sound like when we ran 3 lakes and it was shorter the 13 miles?) It was fun and challenging finishing in a steady 33 minutes but comfortable. When I finished and met up with some new friends as well. Glad to be back! I will be there next year and well done to Hamish, his team and the Council.

**Thanks to Stephen Brear for his Report.**

**12th Sept ~ East Coast Classic 10k** Mablethorpe, Lincolnshire, Road.

**Host Club** ~ Mablethorpe Running Club

It's a good flat run along seafront on concrete. A very good run in a friendly atmosphere which you run with the public walking and cycling in the same area. Go to [mablethorperunningclub.com](http://mablethorperunningclub.com) and see all the photos. I also got an award for first in my age group finishing in 56.21. I don't know if I was the only one in my age group again.

**Thanks to Stan Thornton for his Report.**

**12th Sept ~ Nottingham Full & Half Marathon** Nottingham, Road.

Julie Brown returned to running a Marathon together with Rachel Howard and Barbara Johnson running their first Marathons. Not the easiest of Marathons with a figure of eight course bringing you within sight of the finish at 13 miles before turning you away to run the remainder of the 13 miles! Having trained together during the summer months Julie, Rachel and Barbara would run and finish together in a time of 5.27.26. In the Half Marathon Nicola Troop recorded a great time in her maiden Half Marathon of 1.52.24, Stuart Moran seconds behind Nicola on the chip timing crossed in I believe a new Personal Best time of 1.52.28 with Becky Gray like Nicola running her first Half and across the finish in 2.25.40.

#### **18th Sept ~ Lister Park 5k Time Trial** Bradford, Yorkshire, Road.

Park run, for those who do not know, organise a series of free, friendly 5km weekly runs in about 20 parks around the country. Lister Park is a beautiful park with a boating lake and the course is 3 laps of the park which includes a short, steep hill at the end of each lap. The steepness of the hill is similar to the start of the second hill at Leadenham for those familiar to the hill training sessions. The weather was perfect with nice clear skies and no wind. Set off nice and steady, aiming to get an even pace around the 3 laps. Really pleased as each lap was progressively quicker than the last, a few seconds, but quicker. Finished 38th out of 64 in a time of 27:27

#### **Thanks to Alistair Whitaker for his Report.**

#### **19th Sept ~ Great North Run** Newcastle, Tyneside, Road.

This was our first GNR – I had got through the ballot and Lionel took a charity place. Our plans of a weekend in Newcastle relaxing before the race went out of the window when our childminder announced her wedding in Lincoln at 5pm the day before and asked if our kids could be bridesmaids! Anyway, following a wedding with no alcohol and a very early start, we utilised the Nirvana shuttle service from Darlington and found ourselves in Newcastle at 8.15am in the pouring rain with just our running clothes and a binbag! The first toilets were interesting – no flushes at all – not a pleasant experience but funny to see people avoiding eye contact all over the place.

We hung around under the trees until we had to go in to the pens. Lionel had kindly agreed to run with me so gave up his place 3 pens further forward. Eventually we heard Ant and Dec and we were off. We ran past the huge row of blokes peeing against the road after having held on too long in the pens. The red arrows soared across us and we joined in with the shouts of 'oggi oggi oggi' as we hit the first underpasses. The first 3 miles flew by and we were still fresh at 6. There were more hills than expected which slowed everyone down and made running hard. At mile 9, I could really feel it in my legs and we experienced our first husband and wife words as Lionel tried to make me run faster and I told him not very politely where to stick it !!

As we came through after 10 miles, it felt better but there were still more hills to come. Lionel continued to try and get me to move faster as he jogged along telling me he hadn't noticed any hills at all but judging by the people collapsed at the side of the road, he was the odd one out. We finally ran over the line at 2 hours, 2 mins – 7 minutes faster than my last half marathon. We looked everywhere for other Sleaford shirts but it was so busy we had no chance. It was a good day and was lovely to see so many people running for causes although I'm not sure running in just a gold thong is a good idea.

#### **Thanks to Kate Mason for her Report.**

I ran the Great North Run on Sunday in a time of 2.15.25 overall position of 20778 and 21st in my age group. A great day though lots of rain before the start and lots of rain after I had finished, but it was dry during the run. The crowds are great both the runners (54000) and the spectators. This was my 11th running of this race, everyone should do it at least once.

#### **Thanks to Stan Thornton for his Report.**

#### **19th Sept ~ Ponton Plod** Lincolnshire, Multi-Terrain.

My second running event back since the Big Fun Run last week, but this event was a kind of multi-terrain/cross country event with a little mud thrown in to match the weather. A slight breeze with rain but not much as Aune picked me up at 8.15am but then the heavens opened non stop until we get out of Sleaford. It's all change later with the weather albeit a breeze still and occasional sun, temperature a mere 13 to 14 but colder in some area's. There were two Toonies running the 11.5miles with Catherine Simpson, other distances were competed over by Chris Smith, Dave Raynes, Andrew Pask and Chris Son Matthew. Anyway we set off at 9.30am on the dot by organiser Stuart. Then we head off through the scenic Ponton Village towards where the real endurance and multi-terrain started including uneven fields, trails, woods, bushes, gravel tracks and cattle grids stepping through carefully making for a very interesting tough course. Cakes and drinks at the water stops before finishing in 2.56 ready for the tea coffee, soup and apple pie on offer which we needed, the Pub will be on hold for West Pinchbeck next Sunday! Well done to Stuart and the team at the Ponton Plod. By the way nice t-shirt! with proceeds towards BESSO Children's Home in India. WELL DONE, it's a yes for next year! Thank you Chris, Catherine and Dave Raynes (but where is he?)

#### **Thanks to Stephen Brear for his Report**

Aune Turkson-Jones also competed over the 11.5 mile course and finished in a respectable time of 2.22. In the 17 mile race Andrew Pask finished 12<sup>th</sup> in 3.07 although Andrew took a wrong turn resulting in a detour and 3 extra miles (any relation of the Fox Andy?)

### **18th & 19th Sept ~ Grantham Ultra Marathon** Lincolnshire, Multi-Terrain.

I arrived the Friday night after travelling 5 hours from Portsmouth mistakenly via the M25!! Tired, I popped down to the local pizza place and got a 12inch pizza.....lots of carbs for the 29.3 mile run I had the next day?!?! This was the 2nd running of the Grantham Canal run this year due to the popularity of the first one in March. The race consists of running 29.3 miles from Cotgrave leisure centre to the Ramada Hotel in Grantham on the Saturday and if you felt up to it, running the opposite direction on the Sunday. This was a total of 58.6 miles. The first day consisted of about 30 runners the first day and around 20 runners the second day. There was a mass start on both days at 0900hrs. I got off to a comfortable start, keeping up with the front female runner. I managed to stay with her until about the 15/16 mile point where I fell back after stopping for a nature call!! I struggle to get going again and my pace dropped off until I finished in 4hrs and 34 mins. I managed to hold on to the third place female and received a little trophy....pictures can be found on the ULTRArace website.Predictably the second day started very slowly for me and I never really picked up a decent pace. However, I decided that I was going to run over the finish line as opposed to crawl over it as I did on the first day! So I took in the Grantham scenery and plodded the whole way round in a time of 5hrs and 19 mins. This was a very well run event with well stocked check points with all the necessities a runner needed including energy gels, peanuts and flapjacks etc. A small presentation was also given by Rory Coleman (founder of ULTRArace) on motivation. He had also organised a visit by Sweatshop who kindly offered Gate Analysis for free. An Ultra Marathon well worth doing! The next one will be in March 2011 which seems to be a more popular time for the event. I will definitely be putting my name down for that one if work permits!

**Thanks to Caz Flannigan for her Report.**

### **26th Sept ~ Toronto Waterfront Half Marathon** Toronto, Canada, Road.

Chris Smith and Catherine Simpson travelled to Toronto Canada for a week's holiday and yes it was arranged around a race. We attended the Expo and registration on the Friday enjoying all the stands gathering the usual and the not so usual freebies (an egg cooker!)The morning of the race was cooler at last and I found myself in the second to last start pen, strange I thought didn't think I was that slow then spied the 2.15 pacer next to me. It was going to be a fast race! Many runners using the flat race to qualify for the Olympics and for the Boston Marathon. It took ages to get over the start line and then with a short downhill section we were onto the shore of Lake Ontario. All along the route they had cheering and music sections all trying to out do each other this made very enjoyable race and time flew by. I saw Chris on his way back, he was well ahead in the field and then turned for the finish back in front of the City Hall. The whole route was flat apart from the cruel uphill finish but the crowds were cheering and I realised I could get under the 2.15 I was hoping for if I pushed. I finished in 2.14 and Chris 1.35 much faster than expected as this is the first road run we have done for some time. At the finish we received a very nice medal and an empty carrier bag! Ok a bit strange! We were then led through a marquee and given biscuits fruit drinks, bagels etc coming out with a full bag of stuff now I got it!

**Thanks to Catherine Simpson for her Report.**

### **26th Sept ~West Pinchbeck 10k** West Pinchbeck, Spalding, Lincolnshire, Road.

**Host Club** ~ Spalding Triathlon Club.

Overcast and gusting winds over this flat exposed course replaced the warm autumn sunshine of the previous year. Mark Sands ran well in the conditions and produced a fine run to finish 3rd in a time of 34.47. John Siddens struggled with the majority in the wind but like Mark ran well finishing 6th in 35.28, Dave Tilley ran a solid time of 37.11 to finish 13th with Simon England just outside 40 minutes in 40.01. Lionel Mason in fine form ran a personal best 45.47, Barry Douce struggled like John in the conditions 46.04, Paul Freemantle returning from injury pleased with 46.47, Gary Britnell just behind Paul in 47.04, Stephen Brear 49.25, Dave Raynes 51.00, Angie Harvey running injury free finished in 51.55, with Kate Mason 52.23 and Alistair Whitaker 55.37. Debbie Sutton like Lionel setting a new PB in 57.17, Mandy Connor 57.39 and I think Catherine Sheldrake 58.05 both setting new PBs. Vivienne Veasey 59.16 finished well under the hour with Lea Addelee just outside the hour crossing the finish in 60.19 with a determined run from Lisa Harmon setting a new PB in 62.48 taking almost 20 minutes of last year's time. Big thanks to all those Club members who turned up to support, more sunshine next year and less wind!!!

### **29th Sept ~ RAF Honnington 10k** Suffolk, Road.

Matt Blunden ran an excellent time of 31.30 to finish 2nd overall, John Siddens finished 15th in 35.06, with Andy Taylor setting a new Personal Best over the distance of 36.24. John Lawlor back running after injury recorded 37.33 finishing 27th with Katie Small crossing the finish in 48.14.

### **9th October ~ Ducks & Drakes 10 & Washingborough 5** Lincoln, Multi-Terrain.

**Host Club** ~ Lincoln & District Runners.

Twas a cold and windy Saturday morning, so Gary 'Scooby' and myself, Deany 'Inbetweeny', well it rhymes and ends in Y, ventured over to Washingborough for the almost nearly 10 miles Ducks & Drakes race along the River Witham. Seeing as my race number was 406, we were expecting a big crowd and judging by the car park it should have been...except they were there for the football. When we lined up there were only 30 plus entrants... and looking at the field I guessed I would probably finish last for the first time in my life. Not to worry I thought, it's only a training run for the Spires and Steeples the following week. Off we all set 2 miles up the river, across a bridge, 6 miles back down the other side into Lincoln, over another bridge, back up the river and finish, simple... No not really, the first two miles were horrific, there was not a track at all, just running along a path made by the other runners, which was good in a way cos I was at the back, through ankle high nettles, rabbit holes and mole hills, you name it. By the first bridge I'd twisted my knee, ankle, back, thigh and whatever else you can twist whilst running along a river bank... I nearly gave up there and then, but I persevered and finished in 1:36, Gary did 1:23, he said he would have won a prize if he was a woman, after he just beat the first lady in, but for someone that hairy, he looked more like the Yaks, that had gathered along the route to spectate. Highlight of the morning... oh yes I saw a barn owl.

**Thanks to Dean Barnshaw for his Report.**

**9th October ~ Survival of the Fittest** Nottingham, Multi-Terrain.

Nicola Troop took on the challenge of this urban-based unforgiving 10km course interspersed with obstacles at every kilometre. This is a unique format which challenges runners of all abilities as competitors take on the gruelling and engaging obstacles. Nicola completed the course in a respectable time of 1.19.02.

**10th Oct ~ Eden Project Marathon** St. Austell, Cornwall, Multi-Terrain.  
**Supported by St. Austell Running Club**

Well it's been up and down but after 8 weeks with some steady races and pain I was back running in my 30th marathon and my second time at the Eden Project in Cornwall. There was a warm welcome from St Austell Running Club who knew me as SpeedyBrear from last year and some runners I've known since competing at the London 50k and Grantham Canal. I'm glad to be back feeling fitter with temperatures a very kind 19 to 22 albeit warmer than last year! A nice setting to start the race above the Eden plants competed over a multi-terrain and very very hilly course with some flat stretches though and a quarry or two to negotiate! Very difficult on our legs though there were plenty of water stops which we needed for our energy to carry on, though there were less marathon runners competing than in the half marathon this year. It was very brilliant event with more marshals, water stops and sponges than last year and not forgetting the well deserved ale & pasty at the end of the race and by Jove we needed them! I was shocked at how many people say Speedy how are you? That's spooky. Thanks to Dave Raynes for giving me that nickname, it will stay until I get too tired of running! Of course it's been 8 weeks since my injury sustained at the Grimsthorpe Half Marathon. I finished in 5.38 and satisfied with that for my 30<sup>th</sup> Marathon. Well done to the Organisers and St Austell Running Club and of course Eden for allowing the event carry on there, yes I'll be back next year!

**Thanks to Stephen Brear for his Report.**

**10th Oct ~ The Great Eastern Run** Peterborough, Road.

Barry Douce finally ran a sub 1.40 race setting a new personal best time of 1.39.56, good to see Keith Boseley back in a Club vest setting a competitive time of 1.44.35, Debbie Sutton must have been delighted to record 2.05.52 in her maiden half marathon, Catherine Sheldrake finished in 2.13.15, Stanley Thornton 2.20.35 and Lisa Harmon like Debbie racing in her first half marathon posted a great time of 2.30.43 to complete our team of Club members running.

**17th Oct ~ Amsterdam Marathon** Amsterdam, Holland, Road.

Andy Taylor followed up his new Personal Best time for a 10k at Honnington at the end of September with a new PB time for a Marathon of 2.52.53. Cathy Taylor also in Amsterdam to run like Andy her second Marathon set another solid and consistent time of 4.12.19.

**17th Oct ~ Spires & Steeples** Lincolnshire, Multi-Terrain.

It was a cold and misty morning on Sunday for the Spires and Steeples challenge and I thought that there was no way that Dean was going to be up in time to be picked up, I was all ready for the lame excuses about having 10 pints the night before, only getting in at 4 in the morning, twisted ankle, bad back and splitting headache. I pulled up outside his house and to my surprise he was not only up, but dressed, fed, bright eyed and raring to go, I thought I had gone to the wrong house and he only had one excuse which was a bad calf from trying to regain his youth the week before playing football (well if you class losing 7-0 playing). We left the car in the Hub car park and walked round to the Spar for our luxury chauffeur driven transport to the start. 8:30 came and no limo!! We thought Aune must have left her watch on holiday time or opened the door and felt the temperature and gone back to bed. But then a couple of minutes late she turns up and off we go to the start.

At the start Aune joined the really long queue to pick up her number as she had pre-entered and Dean and me went to the table with no queue and entered straight away (I think the lesson here is to enter on the day!). We then went off to get ready and Dean started putting deep heat all over his body and must have been feeling really cold as he picked up his bottle of Radian B muscle rub and took a mouth full, he must have thought it would make him run faster. He then got out his comfort bandage that he has had since his days in the Suez conflict and tied it around his calf as a lucky mascot. I asked Aune if she was going to get under 2 hours today after following Mike's training plan and all the training she has been doing lately but she said that Mike had told her to stick to her plan and just have a gentle run and enjoy the countryside, so as to get to the end with a happy face and a big smile.

We then saw Lionel, who must have drawn the short straw as he was having to do the run while his wife was wrapped up warm in the car with the kids, I am sure if it had been the middle of summer and the other way round it would have been the other way round. Catherine turned up shivering towards the start line and we all huddled together shivering together waiting for the gun to go at the start. Once the gun went I knew it was not going to be Dean's day as he took 2 steps and his lucky bandage fell down to his ankle almost tripping him up.

Once we all got going and the sun on our backs we all felt better and the miles passed quickly. I was going well and staying in front of Lionel until I saw Lionel's wife Kate and she scupper my plans on beating him for once when she started talking to me while stood in front of an arrow and I went the wrong way, once Lionel had caught up she shouted to me saying I had gone the wrong way. (well that's my recollection of events, I am sure it was not my awful navigating skills and watching everyone turn one way and then decide to go the other, I am sure this must have cost me at least 30 minutes, well okay about 10 seconds really).

At the end yet again I could not get near to Lionel who was the first Sleaford Town Runner to finish in around 1.50 (one day I am going to beat him!!!!!!) I crossed the finish in 1.56, Mick Dakin a couple of minutes adrift of me before Dean finished in around 2.09 who completed this to keep his goal of running a half marathon every month of the year, well done Dean only 2 more to go. Then came Aune about 2.10 without a smile on her face cursing that she hated running. I was too scared to say that this should have been a slow happy run according to Mike's plan!!! A good run was had by all and I am sure that we were all thankful that the rain held off as it would have been really hard otherwise. The full 26 miles next year then!!!!!!

### **Thanks to Gary 'Scooby' Britnell for his Report.**

Mark Sands enjoyed the warm sunshine over the 26 mile route and recorded a great time of 3.12. Dave 'The Fox' Tilley who had been running with Mark up to around 17 miles eased off not feeling 100% and would run/walk the remainder in just over four hours. Stephen Brear off the pace this year and perhaps pushing himself too much after only recently returning from injury finishing in around 5.15.

### **20th Oct ~ Henlow 10 RAF Henlow, near Hitchin, Bedfordshire, Road.**

John Lawlor and John Siddens had travelled to Bedfordshire to compete in this flat and fast competitive 10 mile road race. John Siddens running injury free and in fine form finished 8th, 2nd in his vet category in a quick time of 58.48. John Lawlor in between injuries as he told me the previous week and like John showing good form finishing 13th in 61.16 winning his vet category.

### **24th Oct ~ Bupa Great South Run Southsea, Portsmouth, Road.**

It is that time again as Bupa promote the 21st Great South Run at Southsea in Portsmouth. The temperature settled down to a warmish wind around 13-15c with no rain or strong winds of last year. The good weather was nice for the 23000 runners, the highest since the event launched 21years ago at Southampton. There was great cheering from the crowds as we started just after 11am from the white pens which were faster than the green and maybe orange pens. I always wanted to do this event for my 20 years on this special weekend as me aka SpeedyBrear and Matt Blunden join in the fun. It runs like clockwork with more marshals and water stops than before and a couple of runners I've seen from previous years and more from Stratford Marathon and yet again Brighton! I think I'm a household name now. OH Dear! Matt finished in 51.21 and I crossed in 1.23.14 It's a great event as ever, thank you to Bupa and the Great South Run and I'm on TV running again.... Cool! Here is to my 21st year next year.

### **Thanks to Stephen Brear for his Report.**

### **31st Oct ~ Lincs X Country League Race 1 RAF Cranwell, Lincolnshire, Multi-Terrain.**

RAF Cranwell provided the venue for the first of the four race Lincolnshire Cross Country series. John Siddens finished in a solid 10th in the U20/S/V Men's 10000m in a time of 38.45, Barry Douce next to finish in 48.42 with Stan Thornton 65.00 and Lea Adlesee 65.10 completing our team across the line. In the U20/S/V Women's 5000m Aune Turkson-Jones put her recent training to effect finishing in 27.45, Cathy Taylor was soon to follow 28.09 with Steph Atherton completing our Ladies team in 32.03.

### **31st Oct ~ The Steeple Chase 10k Great Witchingham, Norwich, Norfolk, Multi-Terrain.**

Up nice and early for the drive to Norwich for Mucky Races 'The Steeple Chase' 10k. Porridge with extra sugar and syrup then off for the long drive. Could not believe how clear the roads were and flew down. Arrived and went to the registration building and picked up race number and chip, really organised and no queuing. It was then back to the car to unravel Scooby Doo and quickly put him on as it was a bit chilly, there were loads of envious looks from other chilly runners in their shorts and thin tops, but I was

lovely and toasty!!!! Right on time we were off over a couple horse fences, my claws were definitely helping in the mud and then onto a couple of miles around fields and lanes. Then people were shouting 'good luck in the river Scooby!!!' and then round a corner and there it was a freezing cold river up to your waist in places, the further I went the shorter my tail was getting bbbrrrrrrrrrr. Eventually out of the water round a couple of jumps and back across the river, that actually felt warmer second time around. No time to get cold or think about how much water Scooby had soaked up it was under a scramble net through the muddiest part of the course they could find and then a long couple of miles zig zag around the horses cross country course. Then eventually the end was in sight, crossing the line in 1:02:00, Scooby was really happy with that. Definitely one for next year, well organised, well run and signed route, loads of encouragement and really friendly.

The route can be seen at the following link: <http://connect.garmin.com/activity/55005765>

**Thanks to Gary 'Scooby' Britnell for his Report.**

**31st Oct ~ Worksop Half Marathon** Worksop, Nottinghamshire, Road.  
**Host Club ~ Worksop Harriers AC.**

A remarkable month in October after 8 weeks with no running, but that's all behind me now with two Marathons back to back, Great South and now this interesting Halloween Worksop Half Marathon although strange cool weather and temperatures only around 12-13c. Loads of runners started packed into the Market Place with me, Paul Freemantle, Mandy Connor and Catherine Sheldrake getting ready to start and thanks to one of my customers Paul Green and his Wife Helen who kindly took me to the race. We started together and yes! I slowly speed along with some of the runners saying good luck Speedy as were away dead on 10.30am in pens from 1.10 to 3.00, with the timing monitored on our chip. Then were off and running like mad fools in and around the nice setting of Clumber Park and surrounding areas of Worksop. It was so hilly in parts until we see the Market Place again, I was pleased as Angie spot me as a photo action shot and Mandy's Husband Pete did the same yet again! Lot of runners from Lincoln and Louth mostly say go on Speedy (I kept thinking 'oh no everybody must know me by now') then were finished in good time as I speedy along 2nd Toonie back with 1.47.58 chip time (best PB) special after my injury, Paul was 1.44.29 Catherine 2.15.16 with Mandy seconds behind 2.15.22. Thanks to the National Trust for allowing us to run in Clumber Park and a good organised race by Worksop Harriers AC.

**Thanks to Stephen Brear for his Report.**

**7th November ~Hell up North** Delamere Forest Park, Cheshire, Multi-Terrain.

Early morning start for the journey to Delamere Forest, got to McDonalds at Newark and met up with a couple of friends from Lincoln and District club, spent half an hour going through the breakfast menu and waiting for someone to make the decision to tear ourselves away from the food!!! Eventually we were off and up the road, we arrived with about an hour and half early only to find that all the car parks were full up and the sides of the road were jam packed as well. Managed to park about a mile away and walk back to the starting area, luckily the weather was nice. Had some time to watch some of the morning runners finishing absolutely covered in brown slime from the bog of doom. Eventually after a 15 minute delay we were off up a steep climb that would make Leadenham hills look short!! Then off through the woods and on muddy trails and the first bog after about 3 miles, the morning runners had made a good job of stirring up the mud and muck in all the bogs for us afternoon runners. after a couple more miles of steep runs/slides up and down shear drops and a couple more gloopy bogs that tried to rip your trainers off it was into the bog of doom and huge bog and river run that tore at your shoes every step. Then a nice easy run to the finish and over the line in 1:38:00. On the whole it was a good enjoyable trail run only let down by the appalling parking fiasco, the chip timing being almost an hour out for some of the entrants and being at least a mile and a half out, the web site it was 10-12 miles with loads of peoples Garmins registering 8.7miles. A long drive for a short run!! Overall and bit expensive for a bit of a let down.

The route can be seen on the Sleaford Town Runners Garmin Connect page. <http://connect.garmin.com/activity/55896176>

**Thanks to Gary 'Scooby' Britnell for his Report.**

**7th Nov~ Lincs X Country League Race 2** Skegness, Lincolnshire, Multi-Terrain.

Race two and probably the most challenging of the four races around the sand dunes of Skegness. John Siddens enjoying his cross country season finished 8th in the U20/S/V Men's 9690m in a time of 35.19, Andy Taylor running his first race in the a series finished in 37.00 with Barry Douce across the finish in 44.19. In the U20/S/V Women's 5548m Aune Turkson-Jones 31.55 and Cathy Taylor 32.28 both found the running hard work but still returned respectable times.

**13th Nov ~ Lister Park 5k Time Trial** Bradford, Yorkshire, Road.

I thought it was about time I had another go at the Park Run in my recent visit to Yorkshire. Park run, for those who do not know, organise a series of free, friendly 5km weekly runs in about 40 parks around the country. Lister Park is a beautiful park with a boating lake and the course is 3 laps of the park which includes a short, steep hill at the end of each lap. The steepness of the hill is

similar to the start of the second hill at Leadenham for those familiar to the hill training sessions. The weather was appalling, windy and heavy rain that drenched the 82 participants just before the start. Finished 38th out of 82 in a time of 27:55, 28 seconds slower than last time which I am going to put down to the weather!!

### **Thanks to Alistair Whitaker for his Report.**

#### **13th Nov ~ Seagrave Challenge Seagrave, Leicestershire, Multi-Terrain.**

This was a very early start as the race was due to start at 9am sharp so I was out the house just before 7am as I was driving. First stop was to pick up the entertainment for the journey, Dean 'Jackanory' Barnshaw, who was up and ready to go. Next stop was to pick up Lady Aune, as we neared her estate the butler waved us down and put her bag in the back and opened the door for her. All aboard and off we set, the only problem was we had no music!!! Luckily Dean had a CD so we put it in the player and as the first notes were coming out the speakers Aune jumped up in the back and said "is that the famous 'Whistler Barnshaw' ? " and it was. For the next 10-20 minutes Dean told the story of his relatives famous shot to stardom. Aune could hardly contain herself and wanted to hear every detail of the story and was whistling tunes for the rest of the day. Aune then said that there were only two people in the world that she wanted to meet and one was Whistler Barnshaw and the other was Boy George..... Dean then said funny you should mention his name as I have been in the back of a car with him and got to know him pretty well. This along with another story about being chased by some skinheads from an Irish bar in Germany and before long we arrived at Seagrave. Anyway, about the race, the Village Hall was filling up already and we got our numbers and looked for somewhere to change. Dean said he was off to the toilets to get changed and do some stretches, 10 minutes later loads of blokes came running out the toilets looking pretty scared, they said there was some bloke in the toilets stripped off and stretching in front of everyone!!!! Dean then came out saying that it had been busy in there and he had to stand in the middle of the room to get changed and do his stretches, but when he had finished the place was empty. As we stood around there were more Sleaford Town Runners turning up, Alex Hetherington, who was meant to be injured and taking it easy, turned up next along with Dave Taylor, both of who were just out for a gentle run round. Then Dave 'The Fox' Tilley and Mark Sands turned up and were looking around at the competition. The Town Crier got us all outside for the brief. The organiser said that the course was okay even though it had been raining all week and then we were off on a lovely sunny autumnal morning. It was about 200m on the road and then straight onto undulating tracks and paths, even the fields we were going across were grass fields and it was turning into as great off road run. After about a mile I could hear Alex and Dave chatting in the distance and thought that was going to be the last I heard of them for the day as they sped off and behind me I could hear Dean chatting to everyone he passed and Aune who was still whistling her favourite Whistler Barnshaw tunes. Just after a mile there was a long field and I could see Alex and Dave about 100m ahead so the chase was on, I could also just about make out Dave and Mark way out in the distance, both of who were running over pristine ground and churning it all up for us joggers at the back. By the fourth mile I had managed to catch Alex and Dave who were still chatting away and behind us was still the faint whistling from Aune. Just over half way was the first drink station, although these were not your usual drink stations. It was right for cold water in a plastic cup or left into the village hall for tea and coffee, cakes and hot pies!!!! This was torture!!! I was so close to spending an afternoon eating pies and cakes but all I could hear was Alex and Dave chatting away on my heels, so a quick gulp of cold water and a longing look at the cakes and off I went.

Every gate and stile I went through or over as fast as I could as Alex and Dave's voices seemed to be getting closer every step. By 13 miles I was still enjoying the scenery with great views in all directions but my legs were getting heavier, but with only 3 miles to go my spirits were high, then over a stile and a newly seeded up hill field stood before me with loads of people walking across, as soon as I got on the field I found out why, the earth was so spongy and sapped the energy from your legs, this carried on for 2 miles and was willing the finish to be in sight, just as I thought I could go no further I heard a shout " Come on Sleaford", I looked up and it was Mike Folland cheering me on and pointing his camera at me with a "not far to go now, dig deep" shout of encouragement. This gave me the boost I needed after the fields and before long I was at the finish. Mike was at the finish cheering everyone in and getting some good photos of some weary looking runners. Chatting over the free soup, cakes, crumble and custard at the end everyone said it was a great race and had enjoyed it all the way round, a definite one for next year. The finishing times were, Jonathon Folland (Mikes Son) 7th in a time of 1:48, Dave 'The Fox' Tilley and Mark Sands coming in almost together in 2:02, someone said Dave Raynes came in in 2:17, then Gary Britnell 2:33, then Dave Taylor and Alex Hetherington in together in 2:36, then Dean and Aune, one of who came in in 3:06 and the other in 3:09. I won't say who did which time, but we all know who came in first out the two of them.

Once the food and drink was consumed it was back to the car for the journey home. We got on the A46 and got stuck in a long traffic jam but luckily we had Dean 'Jackanory' Barnshaw on form and he kept us entertained all the way back, although we almost made him get out and walk after we had been sat in the traffic jam for 45 minutes and he pipes up "if you had turned right when we hit this traffic you would of missed all this and we'd be home by now" AAAAAHHHHHHHHHHHHHH..... He is walking next year! This was a really well organised and signposted run and will definitely be entering this one again next year.

ps Aune would like to thank Alex for warning up the toilet seat before the start, it made all the difference she said!!!!

Gary Britnell's garmin link: <http://connect.garmin.com/activity/56546373>

### **Thanks to Gary 'Scooby' Britnell for his Report.**

#### **14th Nov ~ The Poppy Run 5.4 mile Boston, Lincolnshire, Road.**



**Host Club** ~ Boston & District AC.

I ran the poppy run on Sunday 14th. I came 58th out of 78 runners in a time of 48.35 mins. I quite enjoyed a very flat run at a distance of 5.4 miles.

**Thanks to Stan Thornton for his Report.**

**21st Nov ~ Gosport Half Marathon** Gosport, Hampshire, Road.

**Host Club** ~ Gosport Road Runners

This was the 25th year of the running of Gosport Half Marathon and around 1500 runners turned up for this silver jubilee occasion. The weather was overcast with a slight breeze which made for nice running conditions. This particular course was also very flat so it was perfect for a PB. I did have a race plan which consisted of running the race as a training session and aiming for an 1 hour 45 min time as I had not been doing much distance running the past month or so. Typically however, as soon as the starter pistol went off so did I (like a shot!!) I did the first 3 miles in 7.24/7.19/7.17 respectively and I was starting to pay for it! My legs felt like lead by the 4th mile and I decided to take one of my energy gels I was experimenting with. These gels called 'Shotz' had a caffeine shot mixed in with it. I had heard only good reports of these types of energy gels so I decided to give them a go, and the reports were right!! Within 5 mins of taking one of these gels I felt like I had a mini second wind and I managed to catch someone up that had previously been pulling away from me. These gels only last a short time and by the 7.5 mile mark I needed another one. Unfortunately I only had two of these gels with me but could have done with one more to take at the 10/11 mile point. From the 4 mile to 12 mile point my pace ranged from 7.22 – 7.45 and the last mile and bit was done in 8.42 to give me a finishing time of 1.38.58. This is about a minute slower than my PB but seen as I set out to do a training run I wasn't too disappointed! This was a very well organised race by Gosport Road Runners with plenty of water stops and a steel band for entertainment on the way round.

**Thanks to Caz Flannigan for her Report.**

**21st Nov ~ Lincs X Country League Race 3** London Road, Louth, Multi-Terrain.

Ian Withers finished in an excellent 11th position, 39.01 in the U20/S/V Men's 9810m race, James Chambers like Ian running his first race in this four race series finished in 57.23. Stan Thornton completed our male team as he crossed the finish in 64.07. In the U20/S/V Women's 5520m Aune Turkson-Jones continued her strong running in the series with a time of 32.33 as did Cathy Taylor 33.57.

**21st Nov ~ St. Neots Half Marathon** St. Neots, Cambridgeshire, Road.

**Host Club** ~ Riverside Runners St. Neots.

2009 saw Toonies take a coach load to this race, but in 2010 just 3 make the journey down the A1 to St Neots. This was due to the fact that the race filled up in 24 hours when the race entries were opened in June and unfortunate injuries/double booking by fellow club members. Speedy and myself set off at 7.20am and just grateful that the fog of the previous 2 days had lifted. Mr Brear commented that it was not the X-Factor but the "Chilly" Factor due to the cold north wind. Picked up our race pack from HQ and met up with Keith Boseley and tried to work out how to fasten the timing chip. Race starts a small walk away from race HQ, so after the obligatory team photograph, we were off. The course is well supported by locals and marshals and has a lovely last 3 miles which is downhill, but this year was into the cold head wind... brrrr!! I was really pleased with my race and official chip time of 2:08:58 finishing 738 out of 862, Keith Boseley finished 254th in a chip time of 1:40:01 and Stephen 'Speedy' Brear was happy with his time of 1:48:43 (432nd) As usual Riverside Runners did themselves proud with the organisation and support, plus the Fluorescent long sleeve technical top and great goody bag was gratefully received. A great race with just one downside, entries fill up too quick.

**Thanks to Alistair Whitaker for his Report.**

**28th Nov ~ Florence Marathon** Italy, Road.

Matt Blunden was in Italy to compete over a new route that was much faster, and had just 40 meters difference of level between the start and finish. Matt certainly enjoyed the new course finishing 13th overall in a superb time of 2.26.37.

**11th December ~ Lister Park 5k Time Trial** Bradford, Yorkshire, Road.

The snow and the ice had finally gone, so as I was in Yorkshire thought I would do the Bradford Park Run. Lister Park is a beautiful park with a boating lake and the course is 3 laps of the park which includes a short, steep hill at the end of each lap. The steepness of the hill is similar to the start of the second hill at Leadenham for those familiar to the hill training sessions. The weather was perfect for running and the course was ice free. I don't know whether it was due to 2 weeks without running or the cold 'man flu' I was suffering from, but after a positive first mile, I struggled with my breathing and ended up at a slow steady jog pace. I finishing 51st out of 58 in a time of 30 mins 25 secs. Despite the time, it was nice to pull on the Toonie vest and have a run instead of looking at all the white stuff.

**Thanks to Alistair Whitaker for his Report.**

**12th Dec ~ Bedford Half Marathon** Wootton, Bedfordshire, Road.

**Host Club** ~ Bedford Harriers AC.

Scraping the ice off my car, I was wondering if this was going to be a good idea, but I needed to complete my challenge of 12 in 12 half marathons over the year. Having slept over 13 hours the night before with no alcohol and no back problems, I didn't have too many excuses...however, I only caught an hour's sleep the night earlier...but that's quite a different story. I picked Gary up with his mate Glen and we set off down to Bedford. an easy drive to the car parks off the A1, then a bus ride to the start. We didn't have much time as I was running late... queueing for the portaloos. So as the race started we were just joining the back of the race group. I managed to stay with Gary and his mate Glen till the 6 mile mark before I started to slow it down just before a very long incline that made a fair few walk. Really lovely scenery, a good route and well marshalled whilst the sun warmed the morning, I was beginning to enjoy being on my own, well as much as you can be with 2000 runners. I made little effort to exert myself and bimbled in dead on 2.05, Gary and Glen just before me on 1.56. Later we saw Mike Folland who is slowly returning from injury finishing with 2.07. Only let down was the finish, the road was pretty unclear as runners were making their way back to the cars. Stopped off for a beer and a bite to eat on the way back up the A1 listening to Flight Sgt Gary (Bomber) Britnell and his stories of Lancaster's and Spitfires...or so it seemed.

**Thanks to Dean Barnshaw for his Report.**

Gary Britnell's garmin link: <http://connect.garmin.com/activity/59511538>