

Archive Race Reports 2009

1st January ~ Cleethorpes 10k Cleethorpes North East Lincolnshire, Road.

Host Club ~ Cleethorpes & District Athletic Club

My day started early, 8:30am with the 60+ miles drive to Cleethorpes where I was thinking maybe it wasn't a good idea entering a race on New Years Day. After a bit of a warm up, and it was cold, it was time to line up at the start. Bang went the gun, making me jump and 350+ runners were off. The course started with one small loop round the house estate near the Cricket Club and then two bigger loops where you could see the seas, which brought you to the 5km point. Each of these loops brought you pass the start where they was a reasonable crowd of people, but no one was clapping. A steady incline then to 6km followed by an undulating course from 6km to the finish. As this was an open road event, kept having to swap from road to pavement, some marshalls were good at holding up the traffic, but a couple did nothing. After finishing there was a 15 minute walk back to the start, don't know why they couldn't take out a loop and finish nearer the start. Despite these problems, I was really pleased with a new PB of 52:29. This race was definitely not a patch on Southwell 10k, which sadly I missed.

Thanks to Alistair Whitaker for his Report.

10th & 11th Jan ~ Disney Half & Full Marathon Florida, USA, Road.

We arrived in Orlando to bright warm sunshine a good start to the week. After collecting our numbers we hit the Expo which was huge, collecting goodies on the way round. On Saturday Morning it was a very early start to catch the bus to Epcot and we settled down in the runners retreat for breakfast. The 5.50am start sounds scary but it is nice and cool at that time of day. Fireworks started the race and we were soon off towards the Magic Kingdom where it was all lit up and all the rides were in action adding to the fantastic atmosphere, next it was through the famous castle and back through the park to Epcot again. This race is really special and very well organised nothing is left to chance with drinks every mile and gels at halfway, bands playing, cheer leaders and Disney characters all adding to the event. The last mile through Epcot is lined with cheering spectators and you cant help but smile all the way to the finish. I was very happy with my 2.15 as was Chris with 1.31. After picking up our large medals, towels and slippers, we tucked into a brunch back at the retreat and had a massage. Chris of course has it all to do again the next day

Thanks to Catherine Simpson for her report and now for Chris and his Marathon Report.

A Goofy start to the year.

Following a 1h:31m half yesterday I was in very little pain, that was about to change as the full marathon started. Following the American National Anthem, some mice chatting and fireworks we were off. The course is amazing as it takes in all four Disney theme parks as well as the Boardwalk area. Knowing that I was going to slow in the later stages and also that I wanted to do a Sub 5:00 "Goofy Challenge" (The name given to doing both races in a weekend) I started at 3h:15m pace of 7:15min/mile and was still on this at 20 miles then as predicted the heat and mileage slowed me and even the final "Run around the world" at Epcot could not speed me up. I finished in 3h:24m so well under the 5:00 total and in 39th place out of 4000 doing the "Goofy Challenge". The race organisation was perfect! I have done a few runs but this was the top of the pile with total safety, plenty of drinks and food on route and a fully equipped start/finish area, we even had an '80s tribute band at 4am For the rest of the week everyone wearing a race shirt was saying well done to each other, it was great! I will be back for the goofy in a year or two but don't see how I could beat this or how Disney could improve the race however I am sure they will.

11th Jan ~ Ropsley Raid nr Grantham, Lincolnshire, Multi-Terrain.

Host Club ~ Ropsley Road Runners.

After several very hard frosts, as with last year the frost disappeared leaving the cross country sections very sticky. Owing to a recent chest infection and slow recovery for the first time in this event I opted for the short course rather than the 13 miles. I struggled to get my breath in the first 3 miles, but at the water station turn about half way I was picking up a bit of speed. Just after Humby I met several runners who had missed the turning beyond the green and finished up in an allotment, having quickly spotted the ticktape I was soon on my way and now in 3rd position. I maintained this position into the village past the Green Man pub and on to the footpath up the hill and away to pick up the track we started on. A good finish down hill and back to the village hall only to find I was now seventh overall in 59 minutes, the drop in finishing positions was due to the runners behind me who did not take the path to the right just past the Green Man but continued straight along the road to the village hall missing the last hill and the style at the top of the hill. A little disappointed with that situation, as its not often I make the first 3 finishing positions, having said that, the event was enjoyable, with an excellent goodie bag and I hope to be back for the longer course next year. Well done to all the toonies for a good turn out on a cold morning, and to Angie for her support at the finish. Thanks to Ropsley Road Runners for putting on the raid once again, I hope they will continue this race.

Thanks to Dave Raynes for his Report

With many of our members of entered in a series of Spring marathons the Ropsley Raid was ideal distance training. A multi-terrain 6 or 13 mile race distance, run over fields, track and roads in and around the small village of Ropsley near Grantham. The week preceding saw hard frost with freezing temperatures, however milder temperatures overnight with a breezy wind made for heavy conditions underfoot. Both races were underway at the same 10 o'clock start time, with a good field of runners from local Clubs that would contest the narrow tracks early on before the race settled down. In the 6 mile race Dave Raynes struggling with a cold would lead Club members home finishing in 57.33. Dean Barnshaw new to our Club would finish in a creditable 1.04.26, with Paul Pocklington gradually returning to fitness 1.05.59, Candy Louth and Aune Turkson-Jones crossed together in 1.07.33 with Pat Riches 1.24

16th Jan ~ Dubai Marathon Dubai, United Arab Emirates, Road.

Nick and Anna Berrill were in the United Arab Emirates for the Dubai Marathon the Middle East's premier road racing event, which saw thousands of runners representing around 100 nations compete in this classic marathon. Nick Berrill completed the race which started at 6.30am making for slightly cooler conditions in a quick time of 2:49:13 third in his vet category. Anna Berrill equally quick finishing in 3:14:14 2nd in her vet category.

18th Jan ~ Folksworth 15 Peterborough, Cambridgeshire, 15 miles, Road.

Host Club ~ Yaxley Runners & Joggers.

For many this is the first step up in their marathon training, for the rest its a hard 15 mile race. Two laps and three large inclines which of course you do twice, combined with a stiff breeze when on the flat and you have all the ingredients of the Folksworth 15! As per usual the race was full well before race day with many runners targeting this race as ideal London Marathon training. Keep to your set mile pace, take the first lap steady and push on for the second, is the rule of thumb for this race. For Mark Sands it was a case of what hills, with another fantastic race finishing 6th overall in 1.29.39. Dave Tilley 18th overall was a little disappointed with his race but 1.34.25 is still a great performance. A delighted Simon England crossed in 1.44.54, with Alex "Kate" Hetherington producing another perfectly paced race in 1.53.29. Paul Freemantle pleased also with 1.55.58 as was Angie Harvey 2.03.19. Ever improving Paul Pocklington finished in a creditable time of 2.11.45. Aune Turkson-Jones dug deep on this two lap course to also return a good time of 2.23.36. Alistair Whitaker continues his marathon training with aplomb finishing in 2.35.25 as is Pat Riches training crossing the line in 2.49.42.

1st February ~ Reedham 10 Reedham, Norfolk, Road.

Host Club ~ Great Yarmouth and District Athletics Club

Mark Sand's marathon schedule said 'Race Day', Mick Dakin suggested Reedham 10, Dave 'The Fox' Tilley went along because it sounded like a good idea. So off went the Boston Three, deep into the heart of the Norfolk Broads. Reedham is a small village between Norwich and Great Yarmouth, famous for its car ferry across the River Yare. Arriving at the village hall in blizzard-like conditions, finding the motivation to leave the car just to enter the race was a real effort! But enter we did. The snow stopped, the sun came out (even if it was windy) and the Mayor of Great Yarmouth started the race. 225 runners set off on a 10 mile, slightly undulating route around mainly country lanes and through small villages – everything you would want from a race. Mark started where he left off from Folksworth, from an early group of four chasing the leaders. He would finish strongly in 3rd overall, in a time of 59 mins 12 secs. Dave had another consistent race, finishing in 1-02-04 in 9th place. Mick had another fine race, looking relaxed coming towards the finish, in a time of 1-13-17 and 58th overall. This is a race to recommend to everyone, an excellent course which is well organised and friendly. We were talking about going again next year before we left the car park.

Thanks to Dave Tilley for his Report.

15th Feb ~ Stamford 30k Stamford, Lincolnshire, Road.

Host Club ~ Stamford Striders.

The Stamford 30k is nationally recognised as a tough event and if running a Spring Marathon this year a must as part of your training. This hilly challenging course does however take in some of the nicest rural land of South Lincolnshire. A good turn out of our members traveled to Stamford sadly without Alex & Danielle. Despite the constant undulations of this tough course the race had reached its entry limit well before the 11 o'clock start time. Thankfully the snow and ice had cleared, with grey skies and a chilly wind to contend with. Mark Sands again first home for our Club, 15th overall in a superb 1.57.09. Dave 'The Fox' Tilley though slightly disappointed to be adrift of last year's time still produced an excellent run in 2.02.04 35th overall. Another fine race from Chris Smith 2.22.26 as was Mick Dakin 2.29.47. Simon England 2.32.13 and Paul Freemantle 2.34.31 both struggled with limited training of late, not so the improving Angie Harvey 2.34.51, Mr Consistent Dave Raynes comfortably home in 2.36.31, a delighted Paul Pocklington improving his race times at every distance 2.36.59. Stephen Brear looked relaxed and fresh as he crossed in 3.01.08, Shaun Louth 3.14.50 and Alistair Whitaker 3.20.02 equally satisfied with their times. Completing our team Pat Riches and Barbara Johnson ran and finished together in 3.48.07, with Pat winning her Vet Category in the process. Another well organised race by Stamford Striders and as challenging as ever!

22nd Feb ~ Sleaford Half Marathon RAF Cranwell, Lincolnshire, Mainly Road / Multi-Terrain

Host Club ~ Sleaford Striders AC.

The Sleaford Half Marathon took place at RAF Cranwell which saw over 400 competitors travel to complete, amongst them members of our Club. Overcast and breezy at the 10.30am start time which made for good conditions and with milder weather the preceding week the footing was firm over the two mile off stretch. Simon (Frank) England training for his Spring Marathon looked relaxed as he finished in 1.34.01, Greg Southern restricted in his training completed his first Half Marathon in a creditable 1.36.19. Keith Boseley produced a strong run in 1.40.28, Simon Lunn was delighted as he crossed the finish in a new personnel best time of 1.42.06. Paul Freemantle 1.43.43 just ahead of our new Club member Paul Coyne 1.43.45, Angie Harvey 1.46.26 was followed in by Stephen Brear 1.51.11. Aune Turkson-Jones 1.57.58, was just in front of Paul Pocklington 1.57.59. Danielle La Roche 2.01.46 was followed in by Alistair Whitaker thrilled with his new PB time of 2.03.42. Catherine Simpson 2.14.52, Shaun Louth 2.17.45, with Mandy Connor completing a trio of members setting a new PB in 2.20.38. Stephen Bett accompanying his friend completed our team members across the line in 2.50.20. This tough Half Marathon was a well organised event hosted by fellow Sleaford based Club Sleaford Striders AC.

28th Feb ~ Belvoir Challenge Vale of Belvoir, Leicestershire 15 & 26 Miles, Multi-Terrain

Host Club ~ Friends of Harby School & Vale Striders.

Club Members travelled to the Vale of Belvoir, Leicestershire for the Belvoir Challenge This event takes you in and around the scenic countryside of the vale of Belvoir taking in views of the splendid Belvoir Castle. Organised to raise money for the local school in Harby, two race distances take place 15 & 26 miles predominantly off road. This year our members competed in the 15 mile race which had been altered from that of the previous year for a more accurate distance. Dave (The Fox) Tilley and Mark Sands would lead our Club members home with Dave 8th overall in 1.49.26 followed in on his shoulder be Mark 9th 1.49.33. Simon (Frank) England 42nd excelled on the multi-terrain and crossed comfortably in 2.06.22, Chris Smith also finishing strongly in 2.07.26. Alex Hetherington 2.19.43 was just ahead of Dave Taylor 2.19.49, Paul Freemantle 2.23.47, with Dave Raynes under the 2.30 mark in 2.28.01. Angie Harvey finished in 2.35.07, with Catherine Simpson running and finishing with her young Niece Melinda Jordan and finishing in 3.27.09. Pat Riches would complete our Club members across the line in 3.35.41.

28th Feb ~ Grantham Canal 29.3 miles Ultra Endurance Race Nottinghamshire & Lincolnshire.

Today was so massive then all my other Marathons I choose are a challenge for me. I caught the train at 6.40am to get to Nottingham for 7.50am, then the bus to Cotgrave for 8.10am where the race starts outside the Leisure Centre. The race started at 9.30am with only 80 runners not the 150 as planned, but its exciting to meet other runners in warm but cloudy weather reaching up to 10c which is more comfortable running over bridges to the locks from the A46 then Kinoulton, Harby to Battersford and to Grantham (some of the villages were pretty to run through) I ran the Saturday only, Grantham to Cotgrave but sadly I had to work the next day. I will be back next year for both days. My time was 6.15.50 and well done to Rory Coleman and Team.

Thanks to Stephen Brear for his Report.

1st March ~ Malta Half Marathon Road.

The 24th Malta full and half marathon took place on the 1st March 2009 and was sponsored by Land Rover. Having thought long and hard about doing the full marathon I decided that fitting in the long distance training was too much seen as I was supposed to be working in Malta! I decided to do the half marathon and was very relieved that I did. The weather the day before the race was unusually sunny and very warm (it had been raining the last two months almost non stop) and I was preparing for the worst on race day. On race day however it was overcast and breezy, perfect for a 13 mile run. The race started in Mdina (which used to be Malta's capital city until the mid 1600's) and past through various villages and open country until it hit the coast and past by Valletta (Capital of Malta) then onto the tourist resort of Sliema where it finished. The course was predominately down hill for the first 10k then it was a gradual incline with a few undulations for the rest of the race, although the last 2k was flat. I managed to do a PB of 1 hour 38 mins and 42 secs even though I was feeling the strain on my legs at the 16k mark (very glad I wasn't doing the full marathon!). I think the initial down hill helped and the breezy conditions, although I had done a lot of training for it. Overall a very well organised race which is becoming more and more popular every year. There was over 1000 runners altogether, about 300 for the full marathon and 750 for the half marathon. I will definitely consider this one next year, especially if I can get another PB!

Thanks to Caz Flannigan for her Report.

1st Mar ~ The Beast Melton Mowbray, Leicestershire, Multi-Terrain.

This was the first running of "The Beast" a Double or Quit (One 5m lap or 2x 5m laps) of a Horse Cross Country course. Horses have 4 legs and are tall so various methods of hurdles, jumps and wading groin high through cold water, followed by some very impressive hills. The 32 horse jumps (per lap) made the course much harder than a normal cross country. There were a few minor bugs such as the water stations at 2.5m then 7.5m, one at 5m would be great as you can't run with a drink bottle. The other major bug was Dave Tilley and the top 20 went the wrong way! (short by a good mile and missed the deep water) it was not their

fault but did mean that Dave did not win 2nd place, he was a little miffed. I stayed for a pint of Beast Ale and some Thai soup after the race well worth waiting for.

This has the makings of a really good race and I am sure it will fill in days next year, lets get some Toonies there!

Thanks to Chris Smith for his Report.

7th Mar ~ Clumber Duathlon Clumber Park, Nottinghamshire.

Organised by Pace Setter Events.

National Ranking Event - Standard Distance 10k Run/40k bike/5k Run.

With memories of the Worksop Half Marathon, Mike went off knowing what to expect with this event within and around Clumber Park – constant undulations. It wasn't too bad a day for early March and a steady Run 1 led on to the 2 lap bike course. The smooth roads to start with made the undulations seem not too bad but then there were 5 miles of each lap through the Park where the road surface seem to have the resistance of glue and, of course, a steady opposing breeze had got up too. That tired the legs out nicely so we were grateful that Run 2 was only 5k. Mike won his new 70-74 Age Group, which was not difficult as he was the only one in it, but managed to beat the winner of the Age Group below by 10 minutes. Results 10k run/40k bike/5k run 229 finishers 194th Run 1 10k 48:28/Bike 40k, probably a bit short 1:21:11/Run 2 5k 23:45 plus about 2 minutes of transitions Total 2:35:25

Thanks to Mike Folland for his Report.

8th Mar ~ Newton's Fraction Half Marathon Grantham, Lincolnshire, Road.

Host Club ~ Grantham AC

About 350 runners turned up for the Newton's Fraction Half Marathon at the Meres stadium Grantham, with over 90 entries taken on the morning of the race. A nice sunny start to the race if a little on the chilly side, the course was as previous years, taking in a good section of the canal towpath from the drift to the Mucky Duck pub (Rutland Arms) before taking to the tarmac and hills for the second half. I unfortunately tore my Achilles at this point and had a real struggle to keep going in the second half of the race, particularly on the two big hills at 6 miles and 10 miles. Stephen Brear gave encouragement as he passed me twice and gave concern for my tendon problem, which I thank him for, and I was more than pleased to see that stadium on Trent Road, although the full lap and a half to the finish line inside the stadium took away my elation a little. I wasn't surprised to see the clock on the first lap had passed the 1hr 51 mins, with the way I had struggled and was just pleased to finish with a very sore heel at 1 hr 53 mins. Congratulations to our other Club members who made the trip to Grantham there were 8 of us in total, good to see those red and green vests as always. Thanks to Paul Pock and Aune for cheers of encouragement on the course and in the stadium at the finish line.

Thanks to Dave Raynes for his Report.

Alongside Dave more of our Club members had made the short journey to Grantham to compete over this mainly undulating course. The two steep hills at six and ten miles make for a testing course, however the early stages take competitors along scenic canal banks before winding back through outlying villages and to the Stadium. Greg Southern set a new personal best with his 2nd race over Half Marathon distance finishing in a superb 1.33.17, just adrift of Greg Chris Smith finished in 1.35.21. Stephen Brear continues his recent good form over a variety of distances finishing in 1.47.34, with Dave Raynes 1.53.23. Kerry Bradley returning to racing after a spell away set a good marker for the season ahead finishing in 2.08.49, with Shaun Louth crossing alongside in 2.08.50. Catherine Simpson consistently under 2.15 finished in 2.14.43, with Mandy Connor seconds adrift of her PB set weeks earlier 2.21.04.

14th Mar ~ Trollers Trot Threshfield, North Yorkshire, Multi-Terrain.

When you put Dave 'The Fox' Tilley and Mark Sands in a trail run everyone can usually guess the outcome - 2 lost runners – but it was not to be the case this time. The Trollers Trot is a 25-mile trail run/walk organised by The Long Distance Walking Association (LDWA). With an 8am start, this meant leaving Boston at 4am with a 140 mile journey ahead of us. The setting is the small village of Threshfield, near Grassington. This run is organised in very much the same way as the Belvoir Challenge, but without way-markers, barrier tape or arrows. You are provided with just a sheet of instructions and need a bit of luck! There were eight checkpoints, some of which were manned, some just being a post with a self clipper. The race started at 8am prompt, setting off up one of many hills and leading onto farm tracks and across the moors. We soon developed the art of keeping more than one runner in our sights at any one time. By halfway the going got tough on wet, boggy moorland and lots of hills. The downhill parts seemed to get more difficult and even the wind picked up. With the last three miles running into a stiff headwind along a riverbank, the finish was a very welcome sight. We had achieved the 25 miles without a wrong turn (yes, it's true!). This was perhaps the most challenging trail run we have ever done, both of us recording a time of 3 hours 37 minutes. A hot meal of vegetable chilli and baked potato, followed by rice pudding and peaches was a brilliant conclusion to our morning. This is a real run for the trail enthusiast, especially if you don't mind getting up at 3.15am!

Thanks to 'The Fox' for his Report.

15th Mar ~ Adidas Silverstone Half Marathon Silverstone, Northamptonshire, Road.

A fresh but sunny morning greeted the 7,000 or so runners turning up at Silverstone for this half marathon. Previous years have seen weather conditions such as snow, rain, sleet and hail so the sunshine was very welcoming. There was talk of the temperature reaching 16 degrees during the race although at times it felt hotter. At 11.30 am all the runners gathered at the start awaiting the 12.00pm start only to be told that it was to be delayed until 12.15pm as there were tail backs into Silverstone. This news was met with moans and groans all the way down the Silverstone starting grid. 12:15 arrived and we were off! I started off really quickly covering the first 3 miles in 26 minutes. This was way too quick for my own good and slowed right down to 10 minutes per mile pace which is where I stayed until mile 11 where my fast start caught up with me big time. I ran the last two miles with a lad in a Liverpool FC shirt who is running the Paris marathon as I am this year and talking about training and previous marathons. I slowly plodded over the line in 2 hours 18 minutes quite tired and with a sun burnt head but happy with my plod round the home of British motorsport. Despite the delayed start and the fun and games of getting out of the car park to go home it was a good day and no doubt I shall return again next year.

Thanks to Shaun 'Roller' Louth for his Report.

22nd Mar ~ Ashby 20 Ashby-de-la-Zouch, Leicestershire, Road.

Host Club ~ Ivanhoe Runners.

Paul Pocklington was the sole Club representative taking on this challenging 20 mile road race. Paul nearing the end of his London Marathon training continues to produce great times finishing in 2.49.15.

22nd Mar ~ East Hull 20 Hull, Yorkshire and the Humber, Road.

Host Club ~ East Hull Harriers & AC.

Pat Riches and Alistair Whitaker made the 60 mile journey to East Hull to take part in 20 mile road race, as part of pre London Marathon training. Starting outside the Wilberforce College after a couple of miles the route took you off the main roads and into the country roads. No major hills to content with but some undulations, the main issue was the warm conditions and the strong winds especially in the last few miles as the route turned back towards the starting point. Alistair Whitaker was first home in a time 3:53:21, a bit disappointed but just pleased to finish after struggling the last few miles. Pat Riches looking strong finished in 3:54:47, happy with the time but more than happy to complete the distance. Thanks to East Hull Athletic club for some great organisation and plenty of encouraging marshals.

Thanks to Alistair Whitaker for his Report.

28th Mar ~ Charnwood Marathon Quorn, Leicestershire & Rutland, Multi-Terrain.

This 26 and 15 mile race is another multi-terrain affair, with Dave 'The Fox' Tilley and Mark Sands once again taking on the challenge of these strength sapping multi-terrain events. Mark finished an excellent 5th as did Dave 6th both crossing the finish in 4.01. Dave Taylor would also compete over the 15 mile distance.

29th Mar ~ Lincoln 10k Road.

Perfect weather conditions for the Lincoln 10k, with 4113 finishers. Sunny and not as chilly or as blustery as the day before. No obvious admin blunders although we were about 5 min's late starting. The finish through the castle arch has to be one of the best in the country, despite the cobblestones. The last half mile took us past the Cathedral - in years gone by we had to negotiate a sharp bend from Bailgate which was responsible for a number of falls. The Running Village is a great idea as we made our post-race exit out of the castle grounds. However, the breadth of stands, stalls and other attractions was limited. The welcome post-race massage was free - not even a bucket to collect money for charity. The big screen, showing how the race unfolded at the front and then the finishing area for everyone else, was a great facility.

Nigel Wilcock 42.18, Keith Boseley 43.03, Stephen Brear 45.23, Rosie Morison 45.53, Robert Hodgson 49.50, Paul Mitchell 52.34, Kerry Bradley 55.53, Lea Addelee 1.00.55, Pat Riches 1.02.59, Rachel Howard 1.03.00, Michelle McGlade 1.04.10, Julie Porter 1.04.3.

Thanks to Nigel Wilcock for his Report.

For the first time the weather for the Lincoln 10k was good, with a slight wind but plenty of sunshine with over four thousand runners taking part, more than last year! I ran the race faster than last year some three minutes quicker, finishing just over 45 minutes. Here is to next year and another three minutes off in 2010 who knows?

Thanks to Stephen Brear for his Report.

29th Mar ~ Liverpool Half Marathon Road.

John McDonnell lined up for the start of the Liverpool Half Marathon chasing a time under two hours. John set a new personal best for the distance although just missing out on his target time finishing in 2.01.49.

29th Mar ~ Thorney 10k nr Peterborough, Road.

Host Club ~ Thorney Running Club

Aune Turkson Jones and Shaun 'Roller' Louth travelled to Thorney Nr Peterborough to run this 10km. It was a nice sunny morning and the air was nice and cool so it was perfect for running. We all gathered at the start at 10.30 and off we went into the centre of the village before turning left and heading out of the village on the main road. At 3.5 km there is a bollard turn around point which takes you back towards the village before turning left onto a small quiet country lane. At 5.5 km there is another turn around bollard which takes you back towards the main road but before getting there you turn left onto a trail type path which weaves through some fields for about 3km. For the final kilometre you return to the main road through the village and head back to the village hall. Aune very pleased to set a solid time of 53 minutes and 11 Seconds and Shaun a time of 54 minutes and 39 seconds. This race was full before race day and after running it we could see why. This a flat fast course that is also beginner friendly. Don't miss it next year Toonies. Thanks to Thorney Running Club for a great 10km.

Thanks to Shaun 'Roller' Louth for his report.

4th April ~ Caythorpe Canter Caythorpe, Lincolnshire, Multi-Terrain.

Three Sleaford Town Runners arrived at Caythorpe cricket ground to run the 13 mile off road Caythorpe Canter. Conditions were just about perfect very dry, no mud and the sun came through making it quite warm for the hundred or so runners and walkers. We all opted for the short course which was marked as a race. Chris and son Matthew decided to run a slightly different route! following non existent arrows but ending at the same place. Chris came in at 1.44, Dave Taylor, 1.51 and Catherine Simpson third toonie home with 2.21. We all enjoyed the masses of cakes and pastries at the end, although the organisation this year was not up to its usual standard and more marshalls would have helped especially at the finish. Matthew Smith running for Grantham athletic came home in 1.41 4th overall and winning his age group.

Thanks to Catherine 'Kitcat' for her Report.

5th Apr ~ Blackpool Half & Full Marathon Blackpool, Lancashire, Road.

What was billed as the final Blackpool Half and Full Marathon took place in breezy warm conditions for this slightly amended course from the previous year. For the marathon this meant a two lap course taking you past the famous Tower no less than four times! Clear blue skies at the 9am start time as both races started in tandem with a good turnout of competitors for this final race. Angie Harvey and Alistair Whitaker competed the half with their London Marathon just weeks away. Angie had a steady run crossing in 1.45.48, with Alistair delighting in setting a new Personal Best after returning to running in recent years of 1.58.36. The marathon runners set off on their second lap into breezy warm wind. Alex Hetherington having set off at eight minute mile pace would slow in the conditions but still post an excellent time of 3.35.51. A delighted Simon England running his first marathon relished the challenge setting off at a more conservative pace than he had been doing in training, then pushing on at the start of the second lap eventually catching Alex at 23 miles finishing just ahead in 3.33.51. Paul Freemantle struggled in the conditions and met the obligatory wall at 19 miles, but dug deep to bottom out the race in 3.51.42. Stephen Brear running the London Marathon was thrilled to finish in another fine time of 4.45.21. As always thanks to Rachel and Matt for the team support, free chip refill anyone nah... pint of lager will be suffice!

5th Apr ~ British Duathlon Championships Emberton Country Park, near Milton Keynes.

Organised by Big Cow Events

Standard Distance 10k Run/40k bike/5k(nominal) Run

Emberton Park was an ideal venue for this national championship. All the running was within the park on dead flat good trails and traffic free service roads. The bike course was demanding and worthy of the event with hills, long drags, undulations and 5 miles of rough, chipped road on each of the 2 laps. It was a cold bright morning and at the 0745 start there was a hard frost on the grass in the park – making the choice of kit difficult. Mike, competing in his first championship in the 70-74 Age Group, started with a brisk 47: 31 for the first run, probably too fast as was the first lap of the bike ride, fading later especially in the second run, which cost dearly in the final result. The multiple laps and different start times led to constant lapping and overtaking so it was almost impossible to know how one was doing in the age group competition. A study of the results later, showed that Mike was well ahead at the end of the first run only to be overtaken by a strong cyclist and he started the final run almost 4 minutes down. Making up over a minute a mile on this run was not quite enough and he finished in second place 12 seconds behind the Gold Medal winner,

who only came into sight in the last half mile. So near but so far – just 12 seconds in over 2½ hours – this was definitely one that got away but such is sport.

Results 309 finishers, 271st Mike Folland, 1st Run 10k 47:31 Bike 40k 1:24:38 / 2nd Run 5.3k 26:00 plus transitions Total 2:39:53

Thanks to Mike for his Report.

5th Apr ~ Paris Marathon France, Road.

After being unsuccessful in their London marathon applications there was only one thing for Danielle 'La Rock' La Roche and Shaun 'Roller' Louth - they were just going to have to run the Paris marathon instead.

We arrived in Paris early Friday morning and after a 5am start and 2 hours on Eurostar we headed off to the marathon expo nice and early to beat the rush. The expo was fairly quiet. We collected our race numbers, T-shirts and goody bags and then had a good walk around. We left the expo and headed off to check in to our hotel. After getting settled in and laughing at the small size of our room and bathroom we decided to explore. What better preparation 2 days before a marathon than walk up to the 2nd tier of the Eiffel Tower? (700+ steps! Stupid Toonies!) The 2nd tier is the equivalent of walking all the way to the top of the Blackpool Tower. We took the lift the rest of the way. After a lot more sight seeing (and walking!!) Friday afternoon and then a really nice authentic French meal on Friday evening (including snails and Fois Gras), that was day one finished.

Day 2 started at 7am where we put our running gear on for the first time of the weekend and met up with 3,000 other runners for the 'Course de petit déjeuner' which is the Marathon 5km breakfast run. This run started at 8.30am and is a really friendly slow 5km run where all the runners plod away chatting behind the flags of all the nations represented in Sunday's marathon. The run starts by the French national library, takes you right by the Eiffel Tower, over the river Seine towards the Trocadero and weaving through the streets towards Avenue Foch which is where we finished and would also be finishing the following day after 26.2 miles. It was nice to see the finish for the marathon so that we had a picture of it in our heads ready for Sunday morning. After our 5km run a breakfast of fresh fruit, cakes, coffee and water was awaiting us. We stocked up on the freebies and then went and had a look at the Arc De Triomphe which was only another 200 metres further up the road. The rest of Saturday was full of lots more serious sight seeing (yes – walking!!!!), eating and drinking in the café bars of Paris. We possibly walked the marathon distance in the 2 days before the main event!

It was Sunday morning the alarm went off at 6am and we stirred in our beds mumbling that we could feel the last 2 days' adventures in our legs. Tired calves and we'd not even started!! None the less it was marathon morning so up we got and we had a breakfast of bananas, waffles, and brioche and bread butter in our room. Then off we went on to the Metro to get to the start at the Champs-Elysees. The Metro was a fun experience which was on a par with the London Underground on marathon day. Sardines in a can are an understatement!! By the time we had dropped our bags of and had a splash and dash at the loo's it was race time. We hurried under the Arc De Triomphe to the start. There was no hope of getting through to the 4 hours 30 minutes group so we stayed at the back of the 31,000 runners with the 5 to 5 hours 30 minutes runners. Danielle had decided to run all the way around with Shaun instead of going for a time. By now the mist had cleared and the sun was shining.....it was going to be warm! The gun went off and it was 15 minutes before we passed under the start banner and down the Champs-Elysees we ran. The French spectators were very quiet at the start which was a disappointment but it wasn't long before the first band came into ear shot. At mile 1 we ran by Place de la Concorde and at mile 2 we passed Musée du Louvre (home of the Mona Lisa). At the 3.5 mile point we ran by Hotel de Ville to the first water station. All the water stations were stocked with water, oranges, bananas and other fresh fruit and would greet us at every 3 miles or so. There was a bottle neck and our run turned into a walk until we got around the next couple of bends. Then off we went again towards Place de la Bastille before heading 7 miles further east to the edge of the city to Chateau de Vincennes. Here the route turns around and heads back west towards the city centre. We hit the half way point in 2 hours 21 minutes feeling quite comfortable. By the time we got to Cathedrale Notre-Dame de Paris at about 18 miles the heat was getting to Shaun but Danielle was still ok. By the time 20 miles came round Shaun had to stop to stretch and needed to walk through the water stations grabbing anything he could to eat and drink as energy levels were very low. Danielle, not wanting to stop in her first marathon, went on ahead – eager to get to the finishing line! The race carried on east across the city past Musée d'Orsay and the Eiffel Tower. At about 23 miles the run enters a park Bois de Boulogne. There was a band there playing 'Knocking on heaven's door' Shaun thought this felt quite appropriate at the time. But a mile later still in the park there was a stand advertising the Beaujolais Nouveau marathon. Much to Shaun's delight they were offering all runners wine and cheese. After 14 weeks without a drop the time was right to end this drought and Shaun opted for a glass and a quick chat with the hosts. After grabbing another glass to run with he hit the road for the final 2.5 miles. A few more bands greeted the runners on the road home to Avenue Foch where the crowd were cheering every runner home. In such an atmosphere you can't help but put in a sprint finish even after 26 miles. That was it - the Paris marathon was over! Danielle finished in 4 hours 49 minutes, with a big smile on her face - elated to have completed her first ever marathon run. Shaun was just over 20 minutes behind her in 5 hours 10 minutes in his 7th marathon.

Paris is a great city and has a great marathon to go with it. This won't be the last time we run here. Our book "101 things not to do before a big city marathon" will be on sale in all good book shops soon.

Thanks to La Rock 'n' Roller for their Report.

12th Apr ~ Belvoir Half Marathon Hose, Leicestershire, Road.

The 25th Belvoir Half Marathon starting at the village of Hose in Leicestershire also had similar weather conditions at the start of this race mirroring the grey damp conditions for runners competing at Friskney. A strong competitive field of 674 runners would race this deceptively undulating course. Mark Sands in superlative form this year produced one of his finest results in recent years finishing second overall and winning the senior men category, just over a minute behind the eventual winner finishing in 1.13.07. Dave 'The Fox' Tilley also in good form and producing another consistent run finished 19th in 1.21.50. Chris Smith also showing consistent form in 1.32.47 as was Club debutant Andy Taylor looking strong as he crossed the line in 1.35.32. Another solid race by Aune Turkson-Jones 1.55.01, with our resident Club supporter James Chambers also crossing in 1.55.01. Cathy Davies also debuting in Club colours comfortably home in 1.56.41 with Catherine Simpson continuing her excellent 2009 form across the line in 2.13.40. In the 4.5 mile Fun Run Fiona Robertson ran with her son Ewan competing the course in a creditable time of 44.14. Chris Smith's son Matthew running for Grantham AC was 3rd overall and the 1st under 16 to finish.

12th Apr ~ Friskney Half Marathon Friskney, Boston, Lincolnshire, Road **Host Club** ~ Boston & District AC.

Rachel Howard, Julie Porter and Pat Riches travelled to Boston for this flat Half Marathon, under grey skies and damp conditions that replaced the usual warm breezy conditions that prevail for this annual event. Pat Riches in her final event before the London Marathon would be accompanied by Julie and Rachel for the duration of the race. Rachel competing in her second Half Marathon set a new Personal Best time of 2.15.27 taking over 17 minutes off her previous time at Nottingham last year. Julie and Pat finished seconds behind Rachel in 2.15.34.

19th Apr ~ Dambuster 10 Mile Derwent Reservoir, Peak District, Derbyshire, Multi-Terrain.

This is my 3rd year at this excellent event, organised by the fight cancer charity, and this year I was very pleased to have company in the form of Chris Smith and Catherine Simpson. It was a wonderful bright sunny, but crisp morning for the start below the impressive Derwent dam, with the maximum number of starters 260 ready to go. The first half as usual was on the off road side of the reservoir, undulating tracks for 5 miles before crossing the bridge and heading back on the tarmac road on the other side back down the reservoir. Chris ran well although a problem with the arch of his foot slowed him slightly, but still finished in a very good time of 1 hr 12 minutes, for myself still trying to recover from my achilles injury weeks ago in the Grantham Half Marathon, found it painful for the last 3 miles perhaps trying to push on managing 1 hr 25 mins. Hoping my chances of getting around London marathon next week have not been dashed completely, I remain somewhat sore today (Monday). Catherine also suffering a leg problem with a painful knee ran on well, picking up time on the second half of the race and finishing in 1 hr 40 mins. There was as usual an excellent spread of home made cakes at the finish with tea and coffee for us invalids to enjoy before we made the half mile walk back to the car park. In all a great race once again, and I look forward to next years event, and again hope a few more Club members will think about having a go at this fairly low key race next year.

Thanks to Dave Raynes for his Report.

19th Apr ~ Langdale St. Georges Day 10k nr Ambleside, Cumbria, Road.

A beautiful, sunny day + a gorgeous valley in the Lake District + a 10k road race = a very happy Fiona. The St. George's Day Langdale 10k road race starts at 12 noon and takes a simple, but challenging, out and back route along the Langdale Valley. It is undulating throughout and has stunning scenery. There is a good mix of runners – local clubs and visitors, fast and not so fast, juniors through to hardy vets, making it an event for everyone. The weather, coupled with the start/finish being outside the Sticklebarn Tavern (with its big beer garden), gave a jolly, holiday atmosphere. Personally I did struggle with the hills but that's to be expected living where we do. However my decision to run without a watch for the first time ever in a race was very liberating. I ran at a pace which felt at the top end of comfortable and without any time pressures I was able to relax yet still work. At about 8k I settled into a friendly group and we all finished close to each other. Someone shouting "SPRINT" with 100 or so meters to go led me to call on all that I had left, but it was a fun way to end a great race. My time (John's watch) was 45.52 with which I'm chuffed – this gave me a position of 10th lady, 61st overall out of 260ish.

Thanks to Fiona Robertson for her Report.

26th Apr ~ London Marathon London, Road.

Flora London Marathon from a first time marathon runner perspective (26.2 miles Virgin) Four months of training, pre marathon races and preparation and finally the eve of the big day was here...

London Expo

This was the first realisation that this is not just a race this is an EVENT, when seeing the airport check-in style desk where you queue up for your race number, chip and start information. This required a photo holding the race number and also the first time

you see what pen you would start in. The Expo could be a bit overwhelming, seeing all the advertisement for marathons all over the world and yet you are still to do your first, let alone think about overseas marathons.

Race Day

Overcrowded London Tubes and Trains full of runners all wanting to get the start, a short walk to the Greenwich Park then once again you become overwhelmed about the whole scale of the event. Load of lorries parked up waiting to take your bags to the finish, but all perfectly organised with friendly, cheerful volunteers ready to assist. Runners sat everywhere waiting, going through their pre-race preparations while relaxing. The queue for the toilets which seem to curl round and round and round and I never found the end. Announcement soon came to go to the starting pens. Stood there is anticipation, not able to see the start, but looking around a people in various running gear and fancy dress costumes. Spoke to a lady from New Zealand, heard a French accent behind me, then realisation this is not just an Event, this is an International Event. Steadily start walking forward, I can see the start, I can see people starting to run, took just over 10 minutes before hitting the start, a wave at the TV camera just in case and start running. I was amazed that I got into my running pace very quickly and apart from the odd weaving especially around a couple of rather large costumes, Ghostbusters Marshmallow Man and a Yellow Submarine, soon settle into my pace. Loads of people on the street cheering and shouting well done, but not even done a mile yet! Passing pubs that either had live bands or pumping out recorded music into the street, Rocky theme was a favourite. Steel drums, Tribal drums and even belly dancers were among the entertainment for both runners and spectators. Cutty Sark was the first famous landmark I recognised, another wave at a TV camera and a pat on the back of TV personality and FLM interviewer Matt Baker (someone had to explain to me who he was!) Then first experiences of the race showers, icy cold water spraying at you that took your breath away but welcome relief to the increasingly warming weather. Tower Bridge, almost half way round, the sense of relief that you have got this far, off the bridge and you can see runners coming the other way already at 22 mile point, lucky people. Canary Wharf with some amazing modern buildings, still loads of people cheering and shouting anyone name they spotted on their running vest. Back towards Tower Bridge, still see one or two on the other side of the road at the 14 mile point, relief that you had already done that bit. Mile 24 point, where most of the charity support groups are gathered, the wall of noise was unbelievable. Mile 25 point, nice to see a familiar face and a wave as Paul Freemantle takes the obligatory STR photo (Thanks Paul, hope I put my best smile on) Now it was just a case of willing yourself on and hoping to see the 800m to go sign, come on where is it. Phew I can see it, 600m to go, 400m to go, 385 yards to go, round the corner and I can see the finish!!! Which finish gantry to finish under? Why am I thinking of that I am just about to finish Flora London Marathon 2009. A punch of the air, arms in the air and a big smile as I crossed the finish line. I had done it!!

A big thank you to Sleaford Town Runners for giving me the opportunity to experience such an event and everyone on at the club for all their support over the last few months!! I thank you!

Thanks to Alistair Whitaker for his Report.

Sunday was good to run besides temperatures reaching 18c with little breeze although it was comfortable at the start from Blackheath. We actually began running from the Blue Start at 10am not as planned at 9.45am but we started steady until we all began running together along the road to the Tower of London, and then the London Eye by which time the warm weather takes its toll. Runners start running slowly and walking, my steady pace at the beginning enabled me with four miles left in which to speed up to the finish where the crowds were cheering us all on as I finished in 4.50.02. Well Done Flora in their last Marathon as Sponsor.

Thanks to Stephen Brear for his Report.

Running with Alistair and Stephen in the fantastic atmosphere of the London Marathon were four other Club members. Angie Harvey was delighted to finish in 3.45.25 hitting her pre race target time, as was Paul Pocklington with his winter marathon training paying off as he dipped under the four hour mark in 3.59.02. An under the weather Dave Raynes enjoyed the atmosphere in a steady time of 4.41, with Stephen Brear running his second fastest Marathon in 4.50.02. Pat Riches running her third London Marathon crossed in 5.12.48 with Alistair competing in his first Marathon and thus losing his virgin tag as he completed the course in 5.44.56.

26th Apr ~ Shakespeare Half Marathon Stratford-upon-Avon, Warwickshire, Road.

Writing a race report full of great results and fast times is far easier than writing one of disappointment and unusual endings. It was another early morning start (5.30 a.m.) for Mick Dakin, Dave Tilley and Mark Sands when they set off to Stratford. The morning was bright and sunny, making it perfect conditions for both distance races. Mick Dakin, returning from injury, tackled the half marathon. Having not raced since Stamford in February, Mick – well – hit the ground running! Completing the course in a great time of 1 hour 43 minutes it was a fine return to racing. Dave and Mark would have a very different day altogether. Training had gone well and with the perfect conditions and a fantastic course, everything read for a sub 3 hour time for both. Mark set off at a blistering pace and up to 5th place early on, only to suffer from stomach cramps. His finish time was 3 hours 14 minutes but on the positive side at least he finished! The same couldn't be said for Dave. After a good steady start he reached the 17 mile drink station in 2 hours 2 minutes, when for some bizarre reason of 'couldn't be bothered' he gave up! He asked the marshals if there was a car back to the start; the answer was yes (a nice Lexus with leather seats). He took it. The race was very well organised, friendly and

what a setting. The only down side was no goody bag and that you had to buy your own T shirt. Only two shirts came back to Lincolnshire.

Thanks to Dave 'The Fox' Tilley for his Report.

Opting to travel to Stratford-upon-Avon instead of London with Dave, Mark and Mick were several other Club members taking on this undulating Half and Full Marathon in warm conditions similar to that of London. Mark Sands troubled with stomach pains for the latter half of the Marathon posted an excellent time of 3.14.58 although was down on his pre race target time. Not so Simon Lunn comfortably under his four hour target time finishing in 3.54.20. An out-of-sorts Dave Tilley unusually off the pace decided to withdraw at 17 miles, as did Paul Coyne who had mixed fortunes during the race who was going well before a migraine started around mile 19, eventually dropping out of the race just before 23 miles. Mick Dakin ran the Half Marathon and again produced another fine run finishing in 1.43.43.

26th Apr ~ Valley and Views Wilbarston, Northamptonshire, 26 mile Multi-Terrain.

Alex Hetherington having run the Blackpool Marathon the previous month took on another Marathon this time competing in the 9th running of the multi-terrain 'Valley and Views' in Wilbarston, Northamptonshire. Also competing with Alex was fellow Club member Dave Taylor on his favoured terrain which incorporated footpaths, stiles and bridleways with short distances on quiet country roads. Alex and Dave completed this demanding course finishing together in 4.30.

3rd May ~ Great East Anglia Run Kings Lynn, Norfolk, Road.

Growing in reputation this fast 10k attracts an ever increasing field of runners each year, including six of our Club members. Simon England in outstanding form of late set a new PB for the distance finishing in 39.15, hot on Simon's heels was Andy Taylor also showing fine early season form crossing in 40.51. Trevor Brown in his home County was pleased with 47.05 as was Cathy Davies 51.22. Julie Stapleton had Keith Boseley for company as they crossed together in 1.02.26.

3rd May ~ Langtoft 10k Langtoft near Market Deeping, Peterborough, Road.

A blustery day for our members competing over this flat fast 10k with some returning to this short distance after a winter of marathon training. Chris Smith our final Club member to compete in a Spring Marathon in the next couple of weeks warmed up with a steady 42.10, next was Paul Freemantle happy with 46.04. John Hodgkison returning from injury and having earlier run the 3k Fun Run with his son Robert went on to have a conservative run finishing in 47.46. Angie Harvey fresh from running the London Marathon the previous week ran 48.34 as had Paul Pocklington who had never raced the distance before was delighted to finish under 50 minutes in 49.15. Lea Addlesee 57.13 and Andy 'The Fish' Davies 57.14 looked comfortable crossing the finish as did Catherine Simpson 59.45 completing our team members competing.

9th May ~ Leeds Hyde Park 5k Time Trial Leeds, Yorkshire, Multi-Terrain.

Park run organise a series of free, friendly 5km weekly runs in several parks around the country including Leeds Hyde Park. The course takes you diagonally across the park then 2.5 laps around the perimeter of the undulating park. My second attempt at the 5km Time Trial and a test to see how my post marathon legs liked a bit of speed. A lot bigger field than last time I entered, with 195 entrants. I was conscious of not setting off too fast, after making this mistake in my first 5km attempt and achieved a more even split run and was well pleased to finish in 88th place with a new PB by 51 seconds with a time of 25:25. I will be back again, to see if I can get a sub 25 mins 5km.

Thanks to Alistair Whitaker for his Report.

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

Host Club ~ Eye Community Runners.

A small group of Club members travelled south to compete in another flat fast 10k, which is usually a warm affair and by all accounts the conditions were as per normal! Simon England continued with his excellent form now consistently under 40 minutes finishing in 39.57. Paul Pocklington produced another good time in back to back 10k races finishing in 50.23. Sadly Aune Turkson-Jones had to withdraw midway through the race with a recurring injury.

10th May ~ Long Bennington 10k Long Bennington, Newark, Nottinghamshire, Road.

Four Town Runners travelled to Long Bennington near Grantham for this low key but excellent 10k road race. We all met at the Village community centre which had very good facilities and had refreshments available. We set off in bright warm sunshine at a good pace on country roads across the A1 bridge and back again, around the village to finish on the playing field. First home for STR was Chris Smith with 42.37, Next came David Taylor in 45.38 then Dave Raynes 49.36 followed by Catherine Simpson in

60.19. We were given t shirts and goody bags with a chocolate bar and water, there was also a Bar b que to complete a really nice morning.

Thanks to Catherine Simpson for his Report.

17th May ~ Pisa Marathon Tuscany, central Italy, Road.

Chris Smith ran the Pisa Marathon last Sunday, accompanied by a non running Catherine. I ran this marathon last year with Dave Raynes and we had a great holiday, we just had to return. We stayed at the same hotel just yards from the finish and of course the tower, this time we had a mini suite with a double balcony. Out on the balcony at 5:15am it was t-shirt weather, by 6am waiting for the coach to the start it was 20deg C and soon started to really heat up! By the 8:30 start the back of my neck was burning. For most of the first half I ran with the 3:15 pacers and had a good laugh with the group, shouting in Italian at our moped powered photographer and her video equipped pal with a quad bike and looking for vineyards to buy with the plastic card. At about half way the shadows were nearly gone and not because of clouds as there were none all day! the heat really hit me, and many others, so I decided to enjoy my holiday and take it easier. Having a full wash at every drink station helped, carrying a cold bottle of water was fine but after a mile or so they were too hot to drink! By 20 miles many runners were stopping or walking. There was no wind at all on the run so by the time we got into the city at 23 miles I was overtaking people which is bizarre as I was doing 10 min/miles. I was very pleased to see my friend Alfredo (the president of Lucca Marathon) marshalling at 200m to go, it helped me cross the line in style even if at a slow 3:40 at least I was 1st English Runner. A beer and much resting after the race was in order followed by a day at Viareggio on the Italian riviera. We walked to the beautiful if small airport to kill time and RyanAir did us proud again with a cheep trip home.

Thanks to Chris for his Report.

17th May ~ Sleaford 10k Scredington, Lincolnshire, Road.

Heavy down pours on the way to Scredington threatened to make this a very wet race, but as soon as the skies darkened and opened they cleared and the sun came out! It remained warm with a slight breeze for the entire run for this rural 10k raising funds for the local Scout Group. Plenty of new faces competing in our Club colours alongside some of our regular members made for an exciting race for all concerned. Mark Sands lead our Club members home and indeed the whole field as won the race in an excellent time of 34.25, Andy Taylor 40.39 continues to show good early season form as does Steven 'Ned' Kelly debuting for our Club finishing in 41.50. Caz Flannigan led our Club ladies home 3rd lady overall in fine form setting a new Personal Best of 44.05, with another Club debutant Charlie Parker despite a slight hamstring niggle at 8k crossing in 44.06. Alex Hetherington looked relaxed as she crossed the finish winning her Vet Category also in a PB time of 44.34, with Dave Taylor soon to follow 44.45. Sue Evans 44.48 won her Vet Category joining Caz and Alex in winning the Ladies Team prize. Trevor Brown bettering his Norfolk 10k two weeks earlier 46.15, with Mike Folland pleased with 46.34. Next to finish Paul Freemantle 46.40, Angie Harvey 48.40, followed across the line by Club debutant James Priestley in his first ever race 49.00. Cathy Davies powered across the line in less than 50 minutes in 49.44, next Aune Turkson-Jones setting a new PB of 51.56. Andy 'the Fish' Davies again a new PB 53.48, Kerry Bradley sprinted to the finish 56.36. Lea Addlesee 57.50 followed in a delighted Vivienne Veasey debuting for our Club 1.04.15, both Jane Mayers and Juliet Steggar crossed in 1.07.20, debutant Sue Fortune and like Vivienne new to racing was trilled to finish in 1.07.41. Vicky Greenhalf 1.10.18 and Clare Bergner 1.11.58 both in training for this year's Great North Run completed our Club members racing. Many thanks to those Club members not running who turned up to support the Toons!

20th May ~ LWAC 5k Race Series Race 1 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC.

It's that time of year again with the first race in this excellent 5k series. Threatening rain clouds held off for the duration of this race making for good running conditions. Mark Sands in superb form early in the season produced a great run winning his vet category in 16.02. Paul Coyne set a good marker for the remainder of the series finishing in 20.44, with Caz Flannigan 21.10 showing no signs of slowing after her great run at Scredington the Sunday before. Paul Freemantle 21.52 pleased to have some bounce return to his legs. Mike Folland ran a solid 22.56 with Angie Harvey pleased with her finishing time of 23.07. Cathy Davies 24.04 also set a pacey time and keen to reduce her time further in the coming races.

31st May ~ Bourne Woods 5 Mile Bourne, Lincolnshire, Multi-Terrain.

This year's race moved to the end of May from the April slot of previous years. A sizeable turnout of runners and walkers for this undulating 5 mile run through the woods. With the temperature well into the twenties, the shelter in the woods from the Sun was a welcome relief to those competing. Andy Taylor led our Club member's home in an excellent time of 32.27. Simon England was back running after a two week layoff due to holiday and ran a creditable 33.18, Chris Smith just adrift of Andy and Simon finished in 34.02. Paul Freemantle slowly improving 36.36, Trevor Brown 39.07 and Angie Harvey 40.28 were all pleased with there times. Alistair Whitaker 42.31 is producing excellent short distance times post his London Marathon. Cathy Davies produced her usual strong finish 44.26, Catherine Simpson looked relaxed crossing in 50.14, with Shaun Louth delighted to have an injury free run as was Sue Fortune enjoying a pain free run due to some improvised shoe padding! Both finishing in 58.18 they were joined by Fiona

Robertson who having entered the fun run and walking following a recent operation, cut through the woods to join up with Shaun and Sue.

31st May ~ Helens Trust Golden Gate 10k Chatsworth House, Derbyshire, Multi-Terrain.

Dave 'The Fox' Tilley and Mark Sands travelled to Derbyshire to compete in this multi-terrain 10k. Mark finished in a steady time of 38.24. The Fox still somewhat off full fitness after his recent enforced layoff with his injured shoulder used all his guile to finish in 43.12.

31st May ~ Needles XC Marathon Isle of Wight, Multi-Terrain.

Host Club ~ West Wight Road Runners.

Since the success of Blackpool and London I'm getting faster though this one was a very hard and off road course. The weather did not help with the temperature up to 26 - 27c although there was a small cool breeze. We started late, actually there was a delay of 5 minutes due to more runners than expected from last year, but it was a well organised race with more water stops, good signs and of course not forgetting the nice landscapes as well. If the weather had cooled down I would have done it in less time than last year, but you can't predict the weather. Oh well I enjoyed myself finishing in 6.11.

Thanks to Stephen Brear for his Report.

3rd June ~ Ropsley 6 nr Grantham, Road

Host Club ~ Ropsley Road Runners.

Another good Club turnout with an ever increasing field of runners in this well organised local race hosted by Ropsley Road Runners. Undulating throughout with cool weather conditions and making for an enjoyable run which produced some fantastic performances from our members. Andy Taylor and Simon England opted to pace round together in 39.10, both with plenty more to offer as the season progresses. Ned Kelly just adrift of Andy & Simon 39.40 and one to watch this year as Ned quickens. Chris Smith 40.04 is always there or there about with the front runners. Trevor Brown stormed away in the middle part of the race producing a quick 43.49, Paul Freemantle 44.09 also improving. Paul Pocklington now enjoying dropping down to short distance produced a pacey 46.28. Cathy Davies led our Club ladies home in 48.08, Alistair Whitaker in fine form produced a sprint finish to finish in 50.29. Catherine Simpson 57.05 followed in by Lea Addelee 58.02. Julie Stapleton 59.31 and Carolyn Crocker 59.32 both thrilled to go under one hour. Rachel Howard, Patsy Hunt and Shaun Louth finished at a canter and crossed together in 1.00.23. Vivienne Veasey 1.01.36 looked relaxed as she completed our team members across the line. Fiona Robertson walked the Fun Run as she continues to vent her running frustrations during her enforced layoff. Rumor has it both feet were spotted in the air at one point!

5th June ~ Notts 10 Holme Pierrepont, Nottingham, Road

Host Club ~ Notts AC.

Conditions were almost ideal, bright but a cooling breeze. I finished 125th in 70:59 - not particularly fast but it was my first 10 mile race for 9 or 10 years, and I'm happy with it as my recent fastest over the distance was around 74 minutes in training.

Thanks to Paul Coyne for his Report.

6th June ~ Puma Garburn Trail Races Village, Lake District, Cumbria, Multi-Terrain.

2009 saw some extreme weather in the lakes, the bad weather course had to be used. Snow was forecast to below 800ft. FRA rules were imposed so we all had to have hats, gloves and waterproof jackets and trousers (in June) The course change & nbsp; made the race 18k instead of 24k and not a high on the mountains but due to the weather the "hills", wind, rain, puddles, washed out trails it was still a very hard challenge of a race. I managed to pull a hamstring on one of the wet slate stiles, not great fun but due to staying at a great pub with it's own micro brewery all was well and the next day my hamstring was mended. Beer power! This was Catherine's first go at the Garburn Challenge (same as the race but starts an hour earlier) she had a good time but legs were hurting days later which is very rare for a runner of her experience. After last years baking hot race this was a change. We will be back.

Thanks to Chris for his Report.

7th June ~ British Sprint Triathlon Championship Emberton Country Park, near Milton Keynes.

Organised by Big Cow Events

It was back to Emberton Park for this national championship, as for the duathlon two months earlier – again an ideal venue. The swim was in a small lake, the bike ride 1 lap of the duathlon course and the same final run. Conditions were far from ideal, absolutely vile in fact. The torrential rain that arrived in Lincolnshire later on started at the end of the swim and a cold 8°C made it a struggle to finish even for a short event. Mike was first in his age group out of the swim by a small margin but lost places on the

bike still managing to stay in touch as floods started to form on the road in many places. Then it was onto the run with the rain continuing as hard as ever and the cold really beginning to drag every one down. Mike retook the lead after 2k of the run and came home to win gold in the 70-74 age group by 6 minutes – and only 34 seconds behind the winner of the next age group below. Presentations were cancelled (medals to be posted out later), no results available and the only thought on everyone's mind was to get dry, warm and off home as soon as possible.

Results 322 finishers 287th Mike Folland ~ Swim 750m 17:17 Bike 20k 40:48 Run 5.3k 26:26 plus transitions Total 1:27:43

Thanks To Mike Folland for his Report.

7th June ~32nd Seabank Marathon Boston to Skegness, Lincolnshire, Multi-Terrain.

Boston was the start for this year's Seabank Marathon, just like the previous year. Only, instead of glorious blue skies and mid twenty temperatures, this year saw the 5 competing Sleaford Town Runners set off at 9am in rain followed by hale stones. This perfectly timed weather lasted long enough to ensure every bit of our kit was soaked through, but luckily for us we then had 25 miles of mind blowing EAST TO NORTH EAST HEAD WIND to dry us out. Your worst nightmare for a point to point marathon. Mentally and physically draining. I set off with my trusty running partner Dave Taylor, with Mark Sands somewhere in the beyond distance, Simon Lunn and Mick Dakin (he's ran all 32, totally mad!) pacing themselves just behind. The first 7 miles of this marathon is a lovely warm up consisting of farm tracks and minor roads, then you hit the seabank and the fun begins! A mixture of long and mown grass greet you that really suck your energy for 17 miles with the odd stile to break up the long straight stretch ahead. Just when we should have been rewarded with tarmac, we hit Gibraltar point, mile 23, where we were sent off on a detour around an extra mile of grass. Eventually, we hit the road at mile 24, for the last mile stretch into Skegness. I was digging really deep by this point and thankfully picked up a runner from Cambridge, keeping each other company to the finish line on Skegness sea front. As I crossed the finish line, I was so relieved and happy to be 1st lady home for the 2nd year running. Although, I had a lady from Cleethorpes running club to thank for my slightly faster time this year, despite weather conditions and the extra detour. She followed closely behind for a large part of the way not allowing me to relax for a moment! Well done to all and wonder how many of us will be back again next year?

Mark Sands 3:37, Alex Hetherington 3:50, Dave Taylor 4:02, Simon Lunn 4:03 & Mick Dakin 4:27

Thanks to Alex for her Report

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

With heavy rain forecast and heading for Woodhall Spa a wet race was very much on the cards. Perfect weather for running but with it the fear of a downpour from the heavily laded skies. Somehow albeit with some light drizzle the race finished before the heavens opened! With a large field of competitors starting on a narrow lane manoeuvring for position was always going to be a problem until the field settled down. Andy Taylor back under 40 minutes in 39.52 appeared fresh alongside Simon England 39.55 having paced round together. Ned Kelly was once again on a flyer finishing in 40.31 and edging towards going sub 40 once again. Beth Wilmot was on fire leading our ladies across the line in a blistering 42.23 (PB Beth?). Paul Coyne pleased with 42.36 as could be said of Keith Boseley 43.14, Paul Freemantle 44.23 and John Hodgkison still on the up after a recent injury 44.29. Trevor Brown just off his pace of Bourne Woods and Ropsley 45.11 as was Tim Ketton full of a chest cold and therefore restricted to 45.55. Not so Paul Pocklington setting another Personal Best time of 46.45, Angie Harvey was on track with a time of 47.15. Cathy Davies finished in 48.50, now consistently under 50 minutes and keen to improve her time further. Alistair Whitaker set a new PB of 50.02 as did Aune Turkson-Jones 51.13. Club debutant's Kate & Lionel Mason finished in great times of 52.04 and 52.05 respectfully. Julie Stapleton 1.00.14 and Carolyn Crocker 1.00.17 both setting new PBs and just missing out narrowly on the sub hour mark. Across the finish on mass Julie Brown with Rachel Howard 1.01.50 together with Denise Jackson, Patsy Hunt and Pat Riches all across in 1.01.51. A gutsy run in from Kerry Bradley in obvious discomfort from a knee injury during the run crossed in 1.04.22, followed in by Vicky Greenhalf and Juliet Steggar in a new joint PB time of 1.05.31. Thanks to all our supporters for turning up to support on what was a damp chilly Sunday.

14th June ~ Humber Bridge Half Marathon Hull, Yorkshire and the Humber, Road.

This most demanding of Half Marathons for the second year running was run in breezy hot conditions, with little shelter in this sun exposed race starting and finishing just yards from the magnificent Humber Bridge. Simon England despite the heat completed the race in a fine time of 1:33:30 as did Andrew Taylor dipping again under the 1.35 mark finishing in 1.34.47. Caz Flannigan 1.43.55 and Keith Boseley 1.45.03 were both content with their times in the heat. Cathy Davies crossed the finish in 2.01.23 not enjoying the conditions. Julie Stapleton cleared some demons from last year's race crossing the finish in 2.25.43 with Paul Freemantle 2.25.43 for company across the line. Carolyn Crocker 2.30.29 finished alongside Angie Harvey 2.30.28 in only her second Half Marathon having competed in the same race last year, this time vowing to run a less demanding course in her next Half!

21st June ~ Stathern 10k Stathern, Leicestershire, Road.

The longest day and it was certainly the longest winding road to get to Stathern from the Villages of Redmile and Bottesford. Although I got there late I arrived just before the race began at 11am which included 164 runners out of a 200 race entry limit. A warm day with temperatures up to 18 to 19c making for a difficult run. I traveled with Norman from Ropsley Road Runners enjoying the race and pleased with my time of 47.12. Well done Martin and the team of the Stathern 10.

Thanks to Stephen Brear for his Report.

21st June ~ Three Lakes Classic 15 Rother Valley Country Park, Killamarsh, Sheffield, Multi-Terrain
Host Club ~ Killamarsh Kestrels Running Club.

One of the most scenic and enjoyable multi-terrain races around enticed once again a contingent from our Club. Another warm day for this 15 mile race but then again it is June after all, how we forget what its like to have a summer! Finally we talked Chris 'Zohan' Smith into running this race and despite not feeling 100% Chris finished under two hours in 1.59.41. Caz Flannigan effortlessly crossed in 2.01.38, 3rd lady overall to finish, however Caz was awarded 2nd lady due to a Vet Category award going to the second lady. Paul Freemantle took a detour off the course despite shouts from Alex and Dave and finally rejoined the correct route somewhat adrift of the field, although still pleased with his time of 2.11.19. David Taylor 2.18.45 and Alex Hetherington 2.18.47 enjoyed a canter around the course having run the Seabank Marathon weeks before. All was well until Alex took a tumble grazing her hand and arm near the end, more embarrassed that badly hurt! Alistair Whitaker running the course for the first time enjoyed a steady run finishing in 2.52.44. Not so Catherine Simpson who struggled in the heat, however determined to finish Catherine dug deep to bottom out the run finishing in 3.02.55.

24th June ~ LWAC 5k Race Series Race 2 Yarborough Leisure Centre, Lincoln, Road.
Host Club ~ Lincoln Wellington AC.

Mark Sands produced his usual strong run 4th overall and 1st in his Vet Category across the line in 16.11. Simon England 18.22 and a new Personal Best time for the distance, Dave Tilley 18.26 edging back to fitness was followed by Chris Smith 20.20 and Paul Coyne 20.42. Mike Folland completed our team members across the finish in 23.04.

28th June ~ Mansfield Half Marathon Mansfield, Nottinghamshire, Road.

10:00 am Sunday 28th June saw the 28th running of the Mansfield Half Marathon. The course had been changed from the previous years with apparently fewer testing hills. However, there were very few flat bits to the course and it felt just as hard as when I completed it two years ago. The new course took us through some scenic rural areas which were a welcomed relief from the long stretches of highway. The weather was slightly overcast but very warm and I was glad I took a water bottle to run with. I was making very good progress during the race and at the 11 mile point I was averaging 7.30 minute miles which would have brought me in at about 1 hour 36 mins. The last 2 miles however, were predominately up hill and I lost a bit of time and ended up coming over the line in 1 hour 38 mins and 48 seconds which was a PB by about 8 seconds. This was a very enjoyable race and very well organised with plenty of water stations and marshals. A race I will definitely do again next year and maybe knock a few more seconds of my PB.

Thanks to Caz Flannigan for her Report.

3rd July ~ Ron Hindley Memorial Run near Grantham, Road.
Host Club ~ Ropsley Road Runners.

Ropsley Road Runners 10 mile run sadly no longer on the annual race calendar but this year held in memory of the late Ron Hindley. This evening run is an undulating scenic run around quiet country lanes in and around the village of Ropsley. Not widely advertised but a decent amount of runners turned up on a warm summer evening for the 7.30pm start time. Simon England was delighted to finish 5th overall in a new personal best time of 1.07.27, Andy Taylor 7th also quick finishing in 1.08.39 with Chris Smith also in the top ten finishing 9th in 1.11.44. Dave 'The Fox' Tilley was late arriving and started some 10 minutes after the race had started. Enjoying the challenge of catching runners at the rear of the field, Dave would still record a quick time of 1.15.22. Dave's actual race time of 1.04.37 would of placed Dave third overall! Paul Freemantle 1.16.36 was followed in by Club debutant Rachel Ellis 2nd Lady home in a pacey 1.18.56. Simon Lunn full of race distance in his legs but lacking pace crossed in 1.27.21. Dean Barnshaw looked relaxed across the line in 1.30.03. Alistair Whitaker 1.32.02 led home another Club debutant Simon Spink 1.32.52. Paul Pocklington 1.33.42 crossed ahead of Aune Turkson-Jones 1.33.43. Catherine Simpson back smiling after a race after struggling in the heat at recent races looked relaxed as she finished 1.46.21.

5th July ~ Thurlby 10k Thurlby, near Bourne, Lincolnshire, Road.

Warm with a big hill at the start is the norm for Thurlby but still attracted Club members to make the journey south of the County to compete. Andrew Taylor and Simon England renewed their friendly Club rivalry from Ropsley. Although pacing round together Andy 40.20 would just edge out Simon 40.24 at the run in, although commendable times after racing Ropsley two days earlier. Chris Smith 45.17 and Rachel Ellis 45.31 again enjoyed solid runs post Ropsley with Rachel improving from 2nd Lady days earlier

to 1st Lady overall. Cathy Davies 53.08 posted a good time on this hilly course, with Mandy Connor just missing out on the hour mark finishing in 60.38.

12th July ~ Bushy 10k Peterborough, Road.

Host Club ~ Bushfield Joggers.

Simon England made the solo journey representing our Club for this flat 10k. Simon once again lowered his PB to an excellent time of 38.53, going sub 39 minutes for the first time at this distance.

12th July ~ Notfast 10k Newark, Nottinghamshire, Road.

Host Club ~ Notfast Running Club.

A breezy Sunday morning for our Club members who had travelled to Newark to compete over the 10k race distance. Mark Sands produced another fine run finishing in 34.48, 3rd overall although not classified as Mark had entered on the day. Dave 'The Fox' Tilley edging back to fitness crossed in a quick time of 38.05, with Andy Taylor 40.33 and Ned Kelly 40.58 just adrift of sub 40. Christopher Smith quicker at 42.49, with Beth Wilmot 43.29 and 4th Lady overall just in front of Rachel Ellis 43.41 5th Lady, both in fine form. Tim Ketton 44.51 pleased with his sub 45 time with Paul Freemantle still struggling with his short distance form 45.49. Club debutant Gary Britnell was satisfied with his time of 48.19, as was Cathy Davies 50.44. Paul Pocklington on pace with 51.41, Aune Turkson-Jones 55.52, Shaun Louth 59.49 and Catherine Simpson 62.38 pleased with their times. Club debutant Beverley Kirk threw herself into this race with little training at the distance and happy to finish in 80.37.

19th July ~ Sherwood Pines 10k Sherwood Pines, Clipstone Forest, Nottinghamshire, Multi-Terrain.

Each year these multi-terrain 5k and 10k races attract a handful of Club members from our Club and by all accounts enjoyable races to compete in. Andy Taylor led home our Club members producing a storming time of 39.11, 23rd in the race setting a new Personal Best time surpassing his previous PB by 20 seconds set on the road! Chris Smith again quick off road 43.00 with Cathy Davis 51.08 also impressing. Aune Turkson-Jones produced a consistent time of 54.51 as did Shaun Louth 59.26 and Catherine Simpson 61.49. In the 5k race also run over a multi-terrain course Fiona Robertson continued her comeback post surgery in a fine time of 24.07.

25th July ~ Heckington 10 Heckington, Lincolnshire, Road.

Host Club ~ Sleaford Town Runners.

It was Heckington so it must have been warm? Well not as hot as in recent years with the occasional cloud cover during parts of the race but for those Club members that ran warm enough! Mark Sands would mirror his 3rd place overall of last year but quicker finishing in an excellent time of 56.12. Dave 'The Fox' Tilley back on the scent of a good time and delighted with 1.01.47 15th overall. Also running well is Andy Taylor 26th ran another personal best time of 1.05.33 just a week after setting his new 10k PB. Anna Berrill led our Club ladies home with a pacey time of 1.12.44 to be followed in by Nigel Wilcock 1.13.17 and good to see back after a difficult year with injuries. Caz Flannigan 1.13.57 and Beth Wilmot 1.14.23 joined Anna in winning the Ladies Team Trophy. Tim Ketton 1.16.35 and Dave Taylor 1.17.18 more at home off road both ran solid races. Club debutant Katie Smal looked comfortable at the finish with 1.18.38, Lionel Mason pleased with 1.22.41 having just returned from holiday, Paul Pocklington 1.23.23 followed in by Dean Barnshaw 1.29.31 and Stephen Brear 1.29.34 both dipping under the 1.30 mark. Holly McDonnell 1.31.23 won the bragging rights over Dad John, Stuart Moran also a Club Debutant alongside Katie ran a creditable 1.32.48 as did Kate Mason also fresh off the airport tarmac 1.34.39 with Holly's Dad John McDonnell completing our team of runners across the line in 1.36.12.

26th July ~ James Herriot Country Trail Run 14k nr Castle Bolton in Wensleydale, North Yorkshire, Multi-Terrain.

This was the eighth running of the 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. Of the 258 runners that pre-registered, 238 started at 11am start time with all finishing despite the poor weather forecast, although the anticipated rain did not arrive. Mark Sands and Dave 'The Fox' Tilley ran together crossing the line 19th 62.01 Mark and Dave 20th 62.03.

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

Host Club ~ Lincoln Wellington AC.

Race 3 of this 5k series was run in light drizzle although still a warm evening for the competitors. Simon England enjoyed the short distance blasting around the course in a new Personal Best time of 18.03, Anna Berrill running in her first LWAC 5k race ran under 20 minutes in an excellent time of 19.55. Alex Hetherington not a fan of the distance still set a creditable time of 22.19, Mike Folland also posted a good time of 23.11 with Angie Harvey following Mike across the finish line in 23.19.

1st August ~ Adidas Thunder Run 24 Hr Catton Park in Staffordshire, Multi-Terrain.

This was the first running of the Thunder Run a 24 hour team relay race run over a 10k course at the scenic Catton Park. The specially prepared course was off road and made up of varied surfaces of grass tracks, farmland paths, wooded areas etc. Heavy rain before the event and for much of the first day made the conditions under foot energy sapping, with thick mud in the woods making walking difficult at best although it added to the challenge of the course. Solo runners and teams of 2, 5 & 8 started with the rules simple, you started at 14:00 on the Saturday and finished 24hrs later with the winners having completed the most laps. The run was a relay with one member of the team to be on course at all times throughout the 24 hours. Each runner had to complete a full lap before changeover but could run 2, 3 or more laps before handing over to another team member. Mark Sands, Dave 'The Fox' Tilley, Chris 'Zohan' Smith, Angie Harvey and Paul Freemantle made up our Club's team of five. Mark had the honour of starting the first leg and on a huge adrenalin rush completed the first lap in one of the fastest legs of the event 38.30, Dave took over from Mark a ran 39.15 then to Chris 45.41 to Angie 56.36 and finally Paul 50.27 and so it went on in that order for the next 24 hours. Fantastic facilities were laid on for the competitors with a 24hr food tent, trade stands to toilets and showers to wash away the mud between runs, the Fox found showering with your trainers on saved the effort of taking them off! Angie soon followed that advice! As darkness closed in competitors were required to run with torches, the rain had cleared thankfully with clear skies making for an eerie silence in the woods. Apart from the occasional rustle from a marshal and the random flash of a torch from other runners you were on your own to navigate the course, however great fun if you managed to stay on your feet! We averaged about 3 and a half hours between runs which was just enough time for a shower, a bite to eat and some shot eye.... well of sorts. By morning tiredness was setting in but we kept going spurred on by the fact we were 3rd in the 5 team category and pushing 2nd. With 5 laps completed by each team member (over 30 miles) we had still two hours left. Mark and Dave ran another lap each with Chris also having to run another lap to take us through the 24 hours. We finished in 3rd place overall having completed 28 laps each receiving a fantastic trophy to remind us of a wonderful weekend of running. Big thanks to Catherine Simpson for her support which was gratefully received as the legs tired. To organisers of this event a huge thanks from Sleaford Town Runners for producing an awesome event and a must do for any Club for 2010.

Lap times:

Mark ~ 38.30, 40.28, 49.20, 48.26, 45.13 & 41.16

Dave ~ 39.15, 40.21, 46.49, 47.53, 43.13 & 44.45

Chris ~ 45.41, 48.46, 56.13, 58.29, 60.14 & 55.41

Angie ~ 56.36, 57.40, 71.34, 67.46 & 65.06

Paul ~ 50.27, 57.51, 62.03, 63.14 & 58.28

8th Aug ~ Bassingham Bash 5 Mile Bassingham, Lincolnshire, Road.

Finally after months of none competitive running due a serious Achilles problem I find myself back to a little light racing. I was beginning to think it was never going to happen, but on Saturday my first race since Long Bennington 10km I took part in the Bassingham 5 mile race. This year accurately marked by our own Chris Smith, the low key race attracted about 50 entrants to this village fete with race attached. The start time was 2.30pm hottest part of this very sunny day with temperature in the low 20s, the course was very flat with a mile loop, passing the start line again and then a loop of 4 miles to follow. My Achilles held up and I was pleased with my time of 37mins 45 sec's, well done to other Club members John Hodgkison, Sue Fortune, Shaun 'Roller' Louth and Chris Smith's Son Mathew, and to Catherine Simpson and Pete & Yvonne Fox for coming along to cheer us along.

Thanks to Dave Raynes for his Report.

9th Aug ~ Newark Half Marathon Newark, Nottinghamshire, Road.

Not happy with the one race as a comeback the Achilles seemed ok on Sunday morning so I took a last minute decision to enter the Newark Half Marathon. What looked to be a good size field were gathered just of the market place, for a very congested start. Temperature was about 21 degrees but quite humid, at 3 miles I stood awkwardly on a kerb causing my Achilles support to dig in to my heel stopping me altogether. Concerned Toonies Paul Pockie, Aune, Alistair passed by shouting encouragement and after a lot of ice from a very supportive Newark resident I was running again after 5 minutes. I took the rest of the race very carefully and was pleased to just get around in 2hrs, however I think this has given me a good block to start building with on the way back to regular racing again. Great turn out by the Toonies at Newark and well done to Roller who also completed the races on Saturday and Sunday.

Thanks to Dave Raynes for his Report.

Other Club members running were Simon England who set a new Personal Best time of 1.26.25 as did Andy Taylor 1.30.41. Paul Coyne 1.44.07, Mike Folland 1.46.29, Katie Smal 1.55.57, Paul Pocklington 1.57.16, Cathy Davies 1.59.55, Simon Spink 1.59.57, Dave Raynes 2.00.53, Stephen Brear 2.02.45, Aune Turkson-Jones 2.14.48, Alistair Whitaker 2.15.07 and Shaun Louth 2.25.43.

16th Aug ~ Belper 30k Belper, Derbyshire, Multi-Terrain.

A new venue for me starting at the Belper Rugby club Derbyshire, the race starts about 150ft above sea level. The first 15km of the race climbs from the rugby club through mostly meadows and tracks, passing through a lot of narrow styles until reaching the 15km mark which is the highest point of the race at about 1000ft. The views are spectacular across the Derbyshire dales, and on a warm day like Sunday also breathtaking, from 15km the race heads downhill mostly for the next 4km into rich woodland with excellent paths heading towards the valley bottom. Having reached about 19km the course turns back up the hill and peaks at the 22km point at about 600 ft , the paths are steep and rocky underfoot in places. At the 22km point once again its back down hill towards the finish in Belper, about 4km along the the valley bottom and back to the rugby club. A very good race overall you can achieve amazing negative split for this one, mine being 1hr 58 to the 15km point and 1hr28 on the second half giving an indication of that second half downhill. So a finish of 3hrs 26mins on the watch, i was happy with this as i was still very wary of my Achilles on the downhill stretches not allowing me full speed downhill. Certainly one I would go back to, and can recommend to fellow club members looking for a good off road race.

Thanks to Dave Raynes for his Report.

23rd Aug ~ Welbourn 10k Welbourn, Lincolnshire, Multi-Terrain.

The first running of the Welbourn 10k attracted a decent amount of runners and walkers taking on this challenging of multi-terrain courses in warm late summer temperatures. Supported by our Club but primary organised to raise money for Welbourn Village Hall & the Primary School. Simon England was the first of our Club members to finish 7th overall in 41.51, Steven 'Ned' Kelly followed Simon home in 45.00. Tim Ketton suffered in the warm temperatures but still produced a decent time of 46.34, just edging out Beth Wilmot 46.59. Lionel Mason crossed the line in 51.30 just ahead of Rachel Ellis not feeling very well during the race but still managed to finish in 51.40. Stephen Brear 57.02, Cathy Davies 58.52 and Kate Mason 59.10 all finished under the hour. Vivienne Veasey 1.04.13 and Mandy Conner 1.06.20 completed our Club members to finish the race.

A new 10k race starting from Welbourn Village with a cool breeze and warm temperatures to compete in. Not far from Sudbrook and Fulbeck which was a bonus to me as it brought back memories of returning to my roots and a special kind of multi-terrain race, which I enjoyed every bit of finishing in 57 minutes. Hopefully we will do it all again next year. Well done to all.

Thanks to Stephen Brear for his Report.

26th Aug ~ LWAC 5k Race Series Race 4 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC.

The final race in the LWAC 5k four race series saw Simon England, Greg Southern, Cathy Davies and Paul Coyne travel to Lincoln to compete under light drizzle and cool temperatures. Simon finished in 18.10 and would finish 2nd overall in the senior men category for the four race series. Greg having missed the first three ran this final race in a quick 18.52. Paul produced his fastest time in the series 20.35 and 15th in the Vet men category overall in the series. Cathy completed our quartet racing and was delighted with her time of 23.39.

29th Aug ~ Brant Broughton Summer Run Brant Broughton, Lincolnshire, Road & Farm Tracks.

This was the lowest key race ever, it could be that it was Bank Holiday Weekend and everyone was busy at the seaside or grandmas for lunch! There were just 9 in the 4 mile race and a handfull in the 2 mile run. I was looking like the top bet for winner until a known speedy person turned up. I enjoyed the 2 lap square course that included small roads and farm track finishing in a lung busting 28.22 in second place. Dave Raynes followed in 3rd place in 29.52 with Val Fortune and Jayne Cooke running a creditable 51.00 although both found it challenging. After the race we took time to enjoy the village fun day, especially the excellent cakes, half price beer for runners and the tombolla. I hope we can target this lovely low key race next year.

Thanks To Chris Smith for his Report.

30th Aug ~ Chesterfield Spire 10 Chesterfield, Derbyshire, Road.

Host Club ~ North Derbyshire Running Club.

This is a great race and a must for those that relish a race with almost no flat sections. Three miles uphill followed by a mile briefly descending before climbing again to be followed by four miles down hill. A brief flat section and then uphill for the final mile! Great panoramic views to take your mind off the climb when you reach the top of the hill combine that with a well supported and organised race making it well worth the entry fee. Greg Southern returning to road running after a four month break is producing some excellent times once again, finishing in 1.07.48 just outside his Personal Best set on the comparatively flat Nene Valley 10 last December. Rachel Ellis returned to form finishing third senior lady to cross the line in 1.15.12. Alex Hetherington finished strongly in 1.19.13, Paul Freemantle pleased with his time of 1.19.25 as was Angie Harvey 1.22.51 with a delighted Cathy Davies also finishing strongly in a new PB time of 1.25.54.

31st Aug ~Grimsthorpe Castle 10k Grimsthorpe Castle Estate, Bourne, Lincolnshire, Multi-Terrain.

The final race of the month saw Club members travel to Grimsthorpe for this off road affair. As always a good turnout from competitors traditionally held on Bank Holiday Monday. Andy Taylor led our Club members across the finish in 41.48, Chris Smith 46.23 and Dave Raynes 49.03 all under 50 minutes. Simon Lunn 51.18 just edged out Gary Britnell 52.17 with Cathy Davies not far behind in 54.47. Holly McDonnell ran a solid 57.46 as was the case for Lea Addlesee 1.03.13, John McDonnell 1.03.14 and Catherine Simpson 1.11.17.

5th September ~ Lincs Wolds Tough 10 Rothwell, Lincolnshire, Road.
Host Club ~ Wolds Veteran Runners Club.

Simon England and Cathy Davies were the only Club members to travel to Rothwell between Grimsby and Caistor for this challenging 10 mile race. Known as the "Tough Ten" road race and competed over a scenic undulating country course. Simon England in fine form returned a new Personal Best time of 1.06.19 finishing 22nd overall. Cathy Davies not to be out done by Simon would also reduce her own PB, set just a week earlier at the Chesterfield Spire 10 crossing the finish in 1.25.09.

13th Sept ~ Nottingham Half Marathon Nottingham, Road.

The Nottingham Half Marathon is one of the most well attended Half Marathons in the Country. The route has changed many times in recent years however it still remains a popular race for the big race atmosphere that is generated by the amount of runners and the support from the residents of Nottingham. New member to our Club John Siddens having entered the race earlier in the year under the banner of the Royal Air Force AA had an excellent race finishing 21st overall, 3rd in his Vet Category in a quick time of 1.15.38. Lionel Mason crossed the finish in 1.50.02 with Kate Mason following Lionel across the finish in 2.09.30. Julie Brown came home in 2.18.52 with Rachel Howard 2.18.53 for company across the line. Barbara Johnson running in one of her favorite races finished in 2.24.28 and good to see Pat Riches racing again finishing in 2.30.02.

13th Sept ~ Para 10 Catterick Garrison, North Yorkshire, Multi-Terrain.

The Parachute Regiment challenged those seeking a tough race to attempt the 10 mile 'P' Company cross country route, carrying a bergen (rucksack) weighing 35lb (excluding food water) and wearing military style boots, with the added challenge of trying to beat the 1 hour 50 minute Paratroopers Company selection cut off time. The route a multi-terrain endurance event, following the same route as the Parachute Regiment's 'P' Company selection 10 mile march route. The majority of the course felt uphill, numerous cattle grids, water features and three climbs that you could barley walk up let alone run! For Dave 'The Fox' Tilley and Mark 'Turtleback' Sands it appeared a gentle Sunday run with Dave finishing 23rd overall in a fantastic time of 1.27.47. Mark running with Dave until the final part of the race also had an outstanding run finishing 28th and just adrift of Dave in 1.28.32. Alex Hetherington have broken a rib 8 days before and under orders to rest somehow managed to complete the course in a remarkable time of 1.53.55 and 8th lady to finish! Also on pace was Caz Flannigan 9th lady and drawing on her Army experience just behind Alex in 1.54.31. Paul Freemantle pleased to finish under two hours in 1.57.06. Cathy Davies 2.04.27 loved every minute of the run and looked comfortable as she crossed the line. Shaun Louth with limited training having only returned from holiday a week before the race breezed across the line in 2.18.15. Prior to the 'P' Company Challenge was the 10 mile race in normal running kit following the same course but starting 5 minutes earlier. Angie Harvey despite taking an unplanned swim at one of the three water features managed to regain her composure to finish in a good time of 1.24.03.
A fantastic day albeit a long one and tempted to run again next year?..... Of course! Grrrrrrr.

13th Sept ~ Wroclaw Marathon Poland, Road.

My first trip to Poland was of course for a Marathon, the Wroclaw Marathon Sunday 13th Sept. The city is beautiful and everyone seemed keen to practice talking English which was fine by me as Polish is really hard! It's a little like Prague was in 1999 before the stag parties found it. We stayed at the 5 star SAS Raddison hotel "Business Class" which was extreme in every way, marble door step (on your room) just what you wouldn't expect for £70 a night. The Marathon registration was easy to get to and had a great expo with lots of useful stands mostly selling go faster sweets, race entry was 120pln which is about £25 and I got a nice yellow t-shirt, chip timing and free things. The race started at 9am, a bit early for a Sunday but so easy to get there on the tram. The start was very well set out as was the whole event. No idea what 3,2,1 is but off we went! The course was mostly flat with several 90degree turns and various types of cobbles to make it interesting, oh yes and as well as countless flat bridges there were 3 bug lumpy ones. I was averaging about 7:40min/mile to 30k when the wheels came off, I really must train for my next marathon (Next month or this Sunday if you count trail marathons). It seems that the winner also suffered at 30k so I must be fit? There were plenty of drink stations (every 2.5k) and water, energy drinks and bananas every 5k, I like K's they come round quickly. The finish too a while though 3:44 but I was quite happy to have had a good look round the city and had ideas of where to have a drink after! The organisers had a better idea, energy drink, banana and beer in the goody bag! Nice move. After a rest it was off round the city to make the most of our time. We very much liked Poland and aim to go back for the Krakow Marathon in April 2010 what is the beer like there? They have an SAS Raddison Hotel and Ryanair fly there so an easy weekend. 604th overall (1733 finishers) (I was 3rd UK) 3:44:38

As Chris was running the Wroclaw marathon the organisers held a free family fun run, as I happened to have my trainers on I registered and followed the rest of the crowd in yellow T. shirts. The route was a mile around the park which I completed in 8 mins a very nice way to pass some time while waiting for Chris. Everyone's number was then entered in a draw with prizes consisting of CD players, televisions, and one small boy winning the top prize of a Motor Scooter!!

Thanks to Chris Smith & Catherine Simpson for their Reports.

13th Sept ~ Yorkshireman Off-Road Half Marathon Haworth, West Yorkshire, 14.8 miles Multi-Terrain.
Host Club ~ Keighley and Craven AC.

The race starts and finishes in the Historical town of Haworth, famous for the Bronte sisters and the novel 'Wuthering Heights' which is based on the moorland around Haworth, the same moorland that the Yorkshireman Off-Road Marathon and Half Marathon races around. The first third of the race is mainly uphill as you climb up towards the top of Haworth Moor, running a mixture of roads, fields and rocky paths. Once at the top of the moor, now with a wind farm, you have the lovely peated moorlands, which due to the heavy rainfall over the last couple of weeks had become boggy. Then it is back down fields into Oxenhope, following the Worth Valley Railway (famous for the Railway Children) back into Haworth, before the climb up what the local call 'Hovis Hill' (see picture) to the finish. In my first ever off-road race, I was pleased to finishing 223rd out of 234, in a time of 3 hours 23 mins 18 seconds. Taking full advantage of the biscuits on route, plus making sure I didn't get lost at one point, waiting 5 minutes for the runner behind me to catch up. The run was finished off with a nice beef stew, fresh bread and cake. Thanks goes to Keighley and Craven AC for a brilliantly organised event and the half a tonne of Yorkshire mud I brought back with me.

Thanks to Alistair Whitaker for his Report.

15th Sept ~ RAF Cranwell 10k Cranwell, Lincolnshire, Multi-Terrain.

A good turnout for the club (9) at this event which saw the 197 runners chase out across the playing fields and around the airfield, across tracks and on to the Brauncewell road. The Route then turned left on to the very rutted Ermine Street and left again downhill to the woods where a steep uphill and the Fiona cheering gang awaited spurring us on to the finish around the playing field again. I really enjoyed the race it is a shame it has an early start (16.30) which rules it out for many. I was very pleased with my time of 60.54 (148th place) on that terrain. Dave Tilley came in 2nd overall, also running were Club members Greg Southern, Rachel Ellis, Vivienne Veasey, Becky Gray, Andy Taylor, John Hodgkison & Gary Britnell.

Thanks to Catherine Simpson for her Report.

17th Sept ~ RAF Benson Road Race Championships Oxfordshire Road.

John Siddens travelled to Oxfordshire to compete in this 7 mile road race. John finished 4th overall, 2nd Veteran in an excellent time of 39.55mins. The 7 mile course was tough and hilly, but happy as still feeling fatigued after running the Nottingham Half Marathon four days earlier.

20th Sept ~ Anglesey Marathon Anglesey, Wales, Road.

My 3rd year running the Anglesey Marathon in temperatures of 17 to 18 with a small delay to the start due to Robin McBride the Welsh rugby international having to start the Half Marathon about 30 minutes walk away resulting in a delay of about 5 minutes. 350 runners set off in the sunshine at 11am, the one downside was the water stops, the water used tasted horrible to drink while running. People therefore kept to having their own water and energy drinks instead. Oh well you always have hic-ups along the way! That said for the very first time I finished the race within 5 hours in 4.45 my best PB alongside Blackpool and London. Next year I will be back on the 19th Sep 2010? Well done for a brilliant Sunday to Jackie and the Team at Anglesey?

Thanks to Stephen Brear for his Report.

20th Sept ~ Great North Run Newcastle, Tyneside, Road.

On Saturday 19th Sept I was out walking the dogs in shorts and t-shirt thinking what a lovely summers day it was. It then dawned on me that the next day I was meant to running the Great North Run in this weather in a Scooby-Doo suit !!!!! Sunday was an early start, 0330, out to Ruskington to pick up Paul Halhead (future member!), then off to the A1 at just after 4am. The first thing Paul asked was 'Have you remembered the Scooby suit?' I wish I hadn't as the sky was clear and no wind so was looking like a good day. We got to the start at about 8:30 and as the sun was only just coming up I changed into Scooby-Doo as it was a bit chilly. Everyone walking past was saying 'thats a good idea' as they were shivering in shorts and running tops. We had a walk up and down the start getting stopped all the time for a picture with kids families. Had a quick interview from Radio Newcastle who said that I must be mad. When the race eventually started Paul wished me luck and said that I would probably need it. The first 5k I was feeling good, 28mins 36secs, as there were a few bridges to go under and tall buildings which kept me in the shade, 10k was good, 59 mins 46 secs, and I was thinking that I might break 2 hours. Then in the back of my head I started to hear that line ' Only mad

dogs and Englishmen go out in the midday sun' and I was that mad dog and the Englishman not only out in the midday sun but running in it !!!!! All the long gradual uphill were starting to get harder and harder. I was pouring more water down my suit than I was drinking at the water stations and kept looking at the sky hoping for a cloud to cover that sun. I got to 15k in 1 hr 34 mins and 37secs and was really hot. If I had been on a normal run I think I would have stopped and thrown Scooby in the hedge to find his own way home but the crowd were absolutely fantastic and the families, especially all the kids were shouting out Scooby dooby doo all the time which gave me drive to carry on. It also was a huge lift all the people that I passed or passed me saying well done and saying I must be mad as they were boiling in shorts and tops. I eventually crossed the line in 2 hrs 22 mins and 27 secs exhausted and really hot, Scooby needed a bowl of water!! Paul came in 2 minutes later in 2hrs 24mins which he was first unhappy with but when he realised how hot it was the state of the other runners he was happy with. Having a nice sit on the grass watching the Red Arrows was great, even all the dogs and kids that kept coming up to me to say hello. It was then a slow walk back to the car and a then a slow drive back on the A1 getting back at about 8:30pm, Scooby was flat out in the boot all the way home. It was a great day out and well worth it.

Thanks to Gary Britnell for his Report.

Having entered the Great North Run as a retiring rugby player, well before joining the club, I approached my day in the north and first half marathon with some trepidation, and a starting position 30 minutes from the start line! Surrounded by tutu's, toilet rolls and fake tans I responded to that moment when the gun went off by standing still for 10 minutes and then trying to weave my way forward to the start mats. The following 13.1 miles (straight line not including sideways movement) was very warm and the rolling course was enjoyable, training around Horncastle I don't mind the hills. I quickly realised that my target of 2 hours for my first half was unlikely as any chance of getting into a rhythm was impossible. However I plodded around (my preferred method) and even managed a sprint (?) along the sea front, finishing in 2:05:04. All in all a fun experience that even had me laughing at some points and one I would probably repeat, as far as trying to run a faster time I shall look for something less crowded or be a bit liberal with the predicted start time, and try to get a better start position in the future.

Thanks to Stuart Moran for his Report.

Also competing with Stuart and Gary were Club members Vicky Greenhalf and Juliet Steggar running their first ever Half Marathon and though hindered by the heat Vicky and Juliet were thrilled to cross the finish in 2.51.40, a few minutes adrift was Clare Bergner 2.55.11 also pleased to finish despite restrictions to her training.

20th Sept ~ Ponton Plod Lincolnshire, Multi-Terrain.

Collected Chris, Catherine and Mathew from Ancaster and headed for the village of Great Ponton on the A1 just outside of Grantham for the early start time of 8.30am. The two longer races of 17 miles and 27.5 miles started at this time with the shorter course of 11.5 miles starting an hour later. Catherine who had been suffering with her breathing decided to walk the short course, and Mathew was running the short course, while Chris decided that him and I should go for the full 27.5 miles around the vale of Belvoir. The sun was soon out and the temperature climbing on a beautiful Autumn morning, Chris and I set off with Dave Taylor and Alex Hetherington who we were never very far away from the whole race, with them passing us on the downhills while we chased them back on the up hills. It was tough as usual with very dry ground which was quite unforgiving on the ankles, as Chris will testify to, the drink come feed stations were excellently stocked and manned offering all kinds of sandwiches and cakes for those who had time and energy to partake of. The climb from Harlaxton to Wyville took its toll on me at about 20 miles with 7 miles still to go, but I managed to recover enough to make the last few hills steadily back to cross the A1 and back to the village hall and the finish in Great Ponton. This is the first year I have managed to crack the 5 hour mark for this course finishing first of the Toonies in 4hrs 50mins, a mere 3 minutes in front of Alex and Dave Taylor in 4 hrs 53mins. Chris who was I think still recovering from his trip to the Wraclaw Marathon the week previously finished just under the 5hrs in 4hrs 58mins. On the shorter course Mathew Smith, won the 11.5 miles in a very good time of 1 hr 50mins a fantastic achievement, Catherine Simpson jogged and walked her away around the 11.5 miles in 3hrs, all in all a very good day out for the Toonies.

Thanks to Dave Raynes for his Report.

26th Sept ~ SAAB Salomon Turbo X Trail Race Wharmcliffe Woods, Sheffield.

TURBO X IS PURE FILTH! The maddest, muddiest run of the Saab Salomon Trail Running Series and will not disappoint with 10 miles of the gnarliest mix of mud, sweat and trail! Hidden within a natural assault course of water, sand, marsh and muck lurks the SAAB X ZONE.... A 1- 2 mile section of the craziest trail terrain to push your stamina, agility and perseverance to the limit! You'll wade through watery wildness, clamber through mud, sand and bog, charging your way through the roughest off road track you can imagine! My finishing time was 2 hours 31 mins and I'll definitely be back next year to try and go quicker. With a Saab Salomon technical t-shirt, drinks bottle and various snacks and drinks this race is well worth £20 of your hard earned cash for the entry fee.

Thanks to Shaun 'Roller' Louth for his Report.

27th Sept ~ The Harvest Trail Baldock, Royston, Hertfordshire.

Host Club ~ Royston Runners

'The Harvest Trail' – the title alone was enough for Dave Tilley, Mark Sands and Mick Dakin to decide that it must be worth running! Starting from the Royston Fitness Centre, there was a choice of two distances (6 or 10 miles), both set on public footpaths, bridleways and field crossings. Dave and Mark chose the 10 mile race. After a good solid start they found themselves out in front. This, as we know, was always going to lead to a wrong turn. Being joined by a third runner, who 'knew where he was going', they took a wrong turn through a churchyard (passing a rather baffled-looking vicar awaiting his congregation) and out the other side, a swift U-turn and back again. Re-joining the race and working hard together they would re-take the lead and finish in 1 hour and 8 minutes, happy with a good work out. Mick Dakin, only returning from injury two weeks previously, ran the 6 mile race. With no race action since June, Mick had a very positive return, opting to run the right course all the way round! Mick finished in 56 minutes, happy to be back. This race is an ideal place for new trail runners to start, being only 10 miles, but it is also tough enough for seasoned trail runners to enjoy the challenge. The relaxed atmosphere and the fantastic countryside give it the 'we will come back next year' feeling.

Thanks to Dave 'The Fox' Tilley for his Report.

27th Sept ~West Pinchbeck 10k West Pinchbeck, Spalding, Lincolnshire, Road.

Host Club ~ Spalding Triathlon Club.

For the third year on the bounce we travelled to West Pinchbeck under blue windless skies and warm sunshine, a perfect Autumn day albeit a tad warm for racing! Our Club had a large number of Club members racing in our Colours for the first time and some their very first race! One of those members debuting in Club colours was John Siddens and what a race John had, recording an excellent time of 34.23 improving from his third position last year to winning the race this year. Greg Southern on fire since returning from a trip abroad set a new Personal Best time of 38.31, Simon England overtaken by Greg in the run in was not disappointed as he also reduced his PB to 38.38. Steven 'Ned' Kelly on the pace with a solid time of 41.32 as was John Hodgkison 41.45 once again in the low 40s. Trevor Brown is also running well finishing in 43.32, with Rachel Ellis content with 44.43 as was Stephen Brear 46.04. Angie Harvey 47.31 was followed in by Lionel Mason setting a new PB 47.33 with Gary Britnell close behind in 47.41. Paul Freemantle 49.57, Vivienne Veasey's son Jack Turner home in 51.48, Alistair Whitaker 53.25 with Aune Turkson-Jones just adrift of Alistair in 54.10. Andy 'the Fish' Davies 55.18 from debutant Wyn Roberts 56.28 and Vivienne Veasey 56.35. Julie Brown 57.34 soon to follow Rachel Howard finishing sub hour for the first time in 58.08, Mandy Connor delighted to set a new PB crossing in 58.32. Catherine Simpson looked fresh as she finished in 62.27, Pat Riches and Shaun Louth crossed together in 63.29. First of our Club members racing for the first time Jane Durkin home in 69.15, Julie Stapleton 70.13 across with another first time racer Julie Frost also in 70.13. Sally Butler 72.36, Amanda Slater 74.21, Anne Daynes 75.36, Sue Shaw 77.08, Lisa Harmon 80.17 and Jayne Cooke 80.17 all completing their first 10k with style and confidence, great stuff! Finally Carolyn Crocker 80.38 opting to support some of our Club members running completed our team to finish. Many thanks for the support from Club members, Family and Friends who travelled to shout on those competing.

3rd October ~ Coniston 14k Trail Race Coniston, Lake District, Cumbria, Multi-Terrain.

The weather forecast was horrible, horizontal rain with strong winds and 70mph gusts. We woke on race day to full on lakes at their worst weather, big rain, big wind. Where some event organisers run for the hills and health and safety forms the advise from the Lakeland Trails team was to take care. The race start was at the bottom of a hill so an uphill start, that's the way it went on. We ran through the village then turned left up a monster uphill towards the old man of Coniston a 1134ft climb within 2.5 miles, Ouch! the tarmac stopped and this track got harder as we went on and became single track with rocks mud and lots of moving water (small rivers) Then we had more fells and hills mostly up and all very wet. The weather varied and once I saw the sun but mostly wet and very windy, on one uphill my right leg was getting blown behind my left so I kept kicking myself. The downhill sections were fast and furious with no time to blink. After 10k we turned at the side of Coniston water for a more gentle run back through woods and fields. The finish was very welcome and everyone was fully tired, not just hurting but real pain and still big smiles! All for a brown T-Shirt? well yes but also so much more, this is not your average race and we loved it. Catherine finished in 2:00:01 (Ahhh) and Chris finished in 1:26:20

Thanks to Chris Smith for his Report.

4th Oct ~ Loch Ness Marathon Fort Augustus & Foyers, Inverness-Shire, Scotland, Road.

Simon Spink made the long journey north to Fort Augustus to compete in his first Marathon. Simon would finish the Marathon in a creditable time of 4.54.23.

10th Oct ~ Ducks & Drakes 10 & Washingborough 5 Lincoln, Multi-Terrain.

Host Club ~ Lincoln & District Runners.

The warm spring like temperatures continued for these 10 and 5 mile multi-terrain runs. The 10 mile run started first and within a couple of hundred yards runners were log jamming at a stile, once over the stile you climbed onto a river bank where your running

was restricted for a good two miles with no room to pass fellow runners. As you cross the river via a bridge the path widens but the race is gone, with eight miles still to go. None the less Trevor Brown made the most of his quick start and continuing his fine form pushed on and finished in an excellent time of 77.18, Paul Freemantle 79.32 was followed in by an off key Alex Hetherington, but still finished forth lady overall winning her vet category. Simon Lunn finishing strongly in 85.15 as did Angie Harvey 85.29. Shaun Louth running the day before competing in the Great Eastern Half Marathon finished in 103.34 with Lea Addlesee finishing impressively in 105.08. Setting off five minutes later in the five mile run was Andy Taylor, again the course followed the restricted part of the river bank before turning back to the finish. Andy would chase to the front of the field and ultimately go onto win the race in an impressive time of 38.27.

10th Oct ~ Survival of the Fittest Nottingham, Multi-Terrain.

One year on and Zohan (Chris) is back for the second running of SoTF complete with fellow hero Dave! There were 3,000 starters and 2,549 finishers. Chris finished 199th in 1:07:38 and Dave came in 289th in 1:10:26 very good for a couple of old blokes, we really enjoyed beating the "Gym Fit" guys & gals. As well as 12k of trail and road to run the obstacles included were, Bale Wall, Parkour Zone, Army Assault Course, Water Wade, Water Slide & Swim including Fire Hoses, Hill Runs, Urban Roadwork Zone With Maze, Basketball, Skatepark Zone, Car Scramble, Taxi Run and Jump, Muddy Pipe, Hot Pipe, Windy Pipe, Notts Forest Stadium Climb and the final 8ft Wall of Doom that some went over and some went splat! We had a great laugh and really enjoyed the stinky mud and water. Not a race for the faint hearted, one for Zohan & Dave!

Thanks to Chris Smith for his Report.

11th Oct ~ Eden Project Marathon St. Austell, Cornwall, Multi-Terrain. Supported by St. Austell Running Club

For the first time ever I travelled down to St Austell, Cornwall where I have never been before, but I like a tough challenge with the Eden Project Marathon. This was the setting for the very first event ever, including over a thousand Half Marathon runners and 400 Marathon runners competing in temperatures that were unkind to us with mere 14-16c and strong winds and rain. It was difficult to predict my time because it was a late start at 10.35am, but when we did start we had brilliant views of the Eden Project and St Austell, then the tough multi-terrain section of the race started for a mere 13 miles all down hills and four quarries to contend with. A low mist slowly sweeping down onto competitors made it difficult to see the other runners who also had to watch their footing due to rocks and stones under foot although there was some 100 marshals to guide us safely from cars and quarries (where the BBC once filmed the Dr Who series with the late Jon Pertwee who evaded the swamp monster in the quarries, which were actually filmed there in the 80's). We carried on running through the mist even though you couldn't see anyone only the runners in the background, we then carried along the clay trail to the brindle path and roads which were so steep with the worst the Anglesey climb, anyway four miles to go and not far from Eden. We were nearly there but funny thing my legs were not that bad and I'm not out of breath at all. I was however gasping for water and later followed by Eden Ale and pasta after the race. I finished in 4.59.50 which was the best I could manage in the wind and rain. Thanks to St Austell Athletics and Eden making my weekend worth while, with a nice chunky medal and brilliant T-Shirt.... well worth the entry fee!

Thanks to Stephen Brear for his Report.

11th Oct ~ EDF Energy Birmingham Half Marathon Birmingham, Road.

Dean Barnshaw traveled to Birmingham to compete in this growing Half Marathon. Dean chasing a sub two hour time would breeze under his target time setting a new personal best time of 1.56.55.

11th Oct ~ Leicester Half Marathon Leicester, Leicestershire. Road.

Perfect running weather greeted us in Victoria Park for the 9.20am start of this race - cool, overcast and barely a breeze. The marathon and half marathon runners all start together - roughly 2,400 runners but with over two thirds of us doing the half marathon - and then divide round about the six mile point. The route was the same as last year - out of town on the Melton Road and into Thurmaston and then back through some scenic parkland before a somewhat bizarre jaunt round the shopping centre and the final mile uphill back to Victoria Park. Great support at the start and finish but sporadic elsewhere - hardly a surprise given the size of the field and the route- but well organised and, on the whole, enthusiastically marshalled. Mandy Connor, the only Toonie participant, came in at 2.13.36 thrilled to bits to have knocked 7 minutes off her PB.

Thanks to Mandy Connor for her Report.

11th Oct ~ The Great Eastern Run Peterborough, Road.

A chilly overcast morning greeted us as we arrived in Peterborough along with 3000 other runners for this very popular half marathon. The route started at Lomax Square as usual but then ran in reverse to the previous years and still finished as usual in the park by the cathedral. The over crowded field at the start soon strung out as all the runners found their pace. The locals were out

giving all the runners some well needed support all around the route. The sun came out for the second half of the race and this turned the temperature up a notch or two. The heat wouldn't hold our runners back though as Greg Southern flew home in 1.25.53. A very happy Gary Britnell then finished with a new PB of 1.42.55. Aune Turkson-Jones satisfied with 2.00.06 just missed out on a sub 2 hour half marathon. Shaun 'Roller' Louth also finished content with a time of 2.23.45 having run a 10 mile race the day before. Next to finish were the stars of the day. Two weeks previously Vicky Greenhalf, Juliet Steggar and Clare Bergner had all run the Great North Run and left the north east feeling that they could run better times in a less congested race with some cooler weather than what they had experienced in Newcastle. After only two weeks since her first ever half marathon Vicky finished in 2.33.52 some 18 minutes faster than 2 weeks prior. Juliet finished next in 2.36.44 which was 15 minutes faster than her Great North time. Not to be out done Clare came home with a very strong finish in 2.46.44 which was 9 minutes faster than her Great North finishing time. All three ladies finished with PB's and the biggest smiles of the day.

Thanks to Shaun 'Roller' Louth for his Report.

18th Oct ~ Amsterdam Half Marathon Amsterdam, Holland, Road.

Katie Smal ran a superb race recording a new personal best for the distance and going under sub 1.40 for the first time finishing in 1.38.22.

18th Oct ~ Spires & Steeples Lincolnshire, Multi-Terrain.

This was the second year that this event had taken place and the numbers had grown significantly from the previous year, with runners and walker's alike taking on the challenge of the 12 and 26 mile routes. Glorious sunny weather made for great conditions particularly for the many walkers taking on the full 26 miles. The Challenge started at Lincoln Castle with competitors self timing their run or walk as this was advertised as a Challenge and not a race. The 12 mile Challenge finished in Metheringham with Chris Smith's son Matthew keeping it in the family and follow his Dad's success of the previous year by winning the 12 mile Challenge. Tim Ketton produced a strong run and first of our Club members to finish the 12 miles, soon to be followed in by a pacey Holly McDonnell, Dave Taylor initially running the 26 miles would retire at Metheringham with stomach problems, not so John McDonnell who followed home Daughter Holly with Dean Barnshaw just dipping under two hours in 1.59. Catherine Simpson would take over 6 minutes off last year's time and was thrilled to finish in 2.06. In Sleaford an hour later Mark Sands and Dave Tilley would be finishing in 5th and 6th place crossing in 3.13, Beth Wilmot in her first ever race at this distance would finish the race as first lady overall in a fantastic time of 3.33. Alex Hetherington 4th lady to finish again in a great time of 3.47, with Dave Raynes delighted to be competing strongly again after a recent achilles injury following Alex in under four hours. Caz Flannigan jet lagged having returned from America the day before still managed a respectable time of around 4.05, Stephen Brear excelled once again at a distance event this year across in 4.50 with Shaun Louth well off his pace but bottomed out the run in 5.30. Chris Smith running well at half way would succumb to a flu jab days earlier and retired at around 21 miles.

It was remarkable turn out at the Castle in Lincoln with crowds buzzing as we ran through the Villages in warm weather which was nice but the wind was fresher than last year. Clearer signs in bright yellow marked the way with more water stops on the route. Some difficult fields to negotiate but my pace was better improving on last year's time of 5.55 to finishing in 4.50 this year. I have now run 5 Marathons this year under 5 hours. Great! I will bounce back next year.

Thanks to Stephen Brear for his Report.

21st Oct ~ Henlow 10 RAF Henlow, near Hitchin, Bedfordshire, Road.

Mark Sands continues his fine form finishing 2nd in this flat fast 10 mile race in a quick time of 58.41. Dave Tilley also on good form finished 4th in 62.05 winning his Vet Category. Greg Southern picked up a slight injury on his way to a new personal best time of 66.09, 16th overall. Tara Park representing RAF Digby on this occasion and returning to form crossed as first lady in 67.00, completing an excellent day's running from our Club members.

25th Oct ~ Bupa Great South Run Southsea, Portsmouth, Road.

For the first time in Southsea, Portsmouth it was settled with blue skies and a slight breeze but not too much for the 13,663 runners that came from all walks of life as far from Africa to Scotland to take part in the massive Bupa 10 mile run. This is now 2nd to the Great North Run as the organisers expand events like Great South Run which started in 1996. My 8th year running this event started with a 2 minute delay but I was soon passing Gunwharf Quays on Commercial Road and Eastney Beach. I had a slight limp leg because a lady with a buggy sadly caught my ankle and I lost 10 minutes, although I soon picked myself up and stormed on past the D Day Museum to the finish. I was pleased with my time as I crossed the finish line of 1.23.55, that's great! I will be back next year for the 20th anniversary in October 2010. Well done to Bupa for again organising the Great South Run.

Thanks to Stephen Brear for his Report.

25th Oct ~ Lucca Marathon Tuscany, Italy, Road.

Chris and Catherine were invited to take part in the 1st Lucca Marathon by our friend Alfredo Petroni - the President of the Marathon. Alfredo and his team have broken all records with this race!! For a first run having 950+ Marathon runners and 3,000 5k runners is magnificent, the previous record for a first time Italian Marathon was 400 runners. As a very experienced runner with all areas were well covered and the event team and race marshalls were as near to perfect as you will ever see. We flew from Stansted with RyanAir at 6:30am as BA had let us down. When we got to Pisa we hopped on theVai bus for Lucca and enjoyed the beautiful views. Registration was in the middle of Lucca and was very easy to find. We got numbers, T-Shirts and met Alfredo again which was followed by being whisked off for wine tasting. We stayed at the La Luna a 3 star hotel on Via Fillungo (Major shopping and walking about street) this was an excellent hotel that I rate very highly, the staff were excellent. We had a few good meals out but by far the best was at Vecchia Trattoria Buralli this was the best food we have ever had in Italy so not to be missed and Catherine from Glasgow was a great host. It seems Glasgow has big links with the Lucca area but still no McEwans Export!

The race... The Marathon started at 9am, sounds early but it was just 10 min walk from our hotel or indeed anywhere inside the city walls. I was tired from last weeks Marathon but was really up for enjoying this race, I started well and was cheered on at the start and 4k by Alfredo, worrying that he got to 4k before me? After 5k on the city walls the course dropped into the city then away into the green and beautiful countryside. The course is as near flat as you get and had some great calendar quality views. I went well at the starts with lots of 7:40 min/mile finishing the 1st half in 1:41 but the wheels came off in the second half and the 28deg heat and no shade took its toll. Back into the city with 3k to go and running round corners and through magnificent piazzas I finished in 3:55:55 so very slow but also very happy to have taken part in such a friendly fun Marathon, I will wear my T-Shirt, Cap and Medal with pride. I met some great people on the race and was cheered on by the people we met at the expo. Catherine ran the 5k race and despite a few people going the wrong way due to starting early? She really enjoyed the run and the course and wears her medal and t-shirt with pride. Unbelievable to think that this was a first race by this team, very well done we loved it and will be back.

Thanks to Chris Smith for his Report.

25th Oct ~ Worksop Half Marathon Worksop, Nottinghamshire, Road.

Host Club ~ Worksop Harriers AC.

Simon England made a solid return to form as he led home other Club members that had travelled to Worksop for this Half Marathon that twists and turns through the scenic Clumber Park. Returning a time of 1.29.11 and pleased to go under the 1.30 mark. Cathy Davies also ran well following Club members that have set new personal best times over the distance in recent weeks, finishing in a new PB time of 1.49.20. Gray Britnell followed in Cathy in 1.50.44, with Simon Lunn adrift of his usual pace in 1.56.33. Aune Turkson-Jones 2.03.38 returned a decent time on this undulating course, with Alistair Whitaker like Simon down on his pace and across the finish in 2.31.56.

1st November ~Hell up North Delamere Forest Park, Cheshire, Multi-Terrain.

HellRunner Up North – Chris Smith, Catherine Simpson & Dave Raynes ventured out on the day from Hell! Big rain and a long drive to Cheshire. We arrived at Delamere Forest and prepared for the extreme race ahead, check shoe laces, bag up kit for afterwards, tuck in shirt, and trekked to the start. Chris & Dave ran this event last year and were trying not to scare Catherine with stories of the race that worked until she saw the start and the hill that did it. 11am and off we go, under the arch, past the Devil and follow the red flares. There were 2,500 entrants but many less started due to the extreme weather. After 50 yds we turned up a huge hill to a radio mast that strung out the field. Then a long fast downhill back past the start/finish area and off into the forest. The course is easier at the start to allow competitors to get into the race and to string out the field so that by the time we got to the bog jumps, log jumps, little bogs and huge hills there were fewer bottlenecks. The Hills of Hell really sorted out the fit, there were many just walking while those of us with attitude tried to power up and race down the hills. The 12.1 mile course got harder as it went on and as we got more and more tired until with about a mile to go we entered the Bog of Doom and I do mean entered! Wade in and after seconds you are waist high in filthy black sticky muddy water with logs under it! You wade through this for about 500m with a few trips out and back in via slippery slopes so not at all easy but still fun. After this was a gentle exit from the bog followed by one big then 2 small uphill followed by a downhill sprint to the finish. The course was harder than last year due to the extended Bog of Doom and the wet weather. I was very pleased to finish in 1h48m in 148th place, 31st in class with Dave behind in 1h57m and 315th place. Catherine on her first visit did very well finishing in 2h59m (just behind the Smurfs and Log Carrying Team) and also managed 31st in class. After getting our event T-Shirts and goody bags full of food we walked a mile back to the car and threw away the now black socks and put on some warm clothes for the drive home. After a 3 hour drive we were ready for very long showers. The kit has all had 2 washed but may still get another!

Thanks to Chris for his Report.

8th Nov ~ The Poppy Run 5 Mile Boston, Lincolnshire, Road.

Host Club ~ Boston & District AC.

Simon England and Cathy Davies made the short journey to Boston to compete in wonderful Autumn sunshine. Simon England ran a strong race setting a new personal best time of 31.20 finishing 21st overall in the race. Cathy Davies also ran a superb race matching Simon in setting a new PB across the line in 37.54 and 57th overall.

14th Nov ~ Seagrave Challenge Seagrave, Leicestershire, Multi-Terrain.

Dave the 'Fox' Tilley made a solo journey to Leicestershire the day before competing in the St. Neots Half Marathon. The 15.7 mile race takes competitors on a route around the rolling countryside of Seagrave and the surrounding villages in North Leicestershire. Dave on his favoured terrain ran a fantastic race finishing 5th overall in 1.51.57.

15th Nov ~ St. Neots Half Marathon St. Neots, Cambridgeshire, Road.

Host Club ~ Riverside Runners St. Neots.

Our Club annual trip south to Cambridgeshire for this fantastically well organised Half Marathon could not have been on a better day. The wind and rain of the previous days had given way to warm Autumn sunshine with a light breeze. Apologies to those Club members who I said it was a mainly flat run with only one hill, in fact there were three! What a difference a year makes to the memory. This race had long since reached its entry limit such is its popularity and reputation as one of the best Half Marathons in the Country. Club debutant Matt Blunden for the second year running finished 2nd overall in an awesome time of 1.12.37, Mark Sands also on form took 4th in another quick time of 1.17.44. Dave Tilley rounded off our first three runners to finish in 27th place in a pacey time of 1.23.59 just missing out on the team prize by a couple of places. Greg Southern set a new Personal Best of 1.25.48, with Andy Taylor also setting a new PB finishing in 1.26.30 with Simon England also crossing in 1.26.30. A good return to form for Chris Smith 1.33.08, Alex Hetherington finishing strongly in 1.41.46, Paul Freemantle 1.43.18 was followed in by Angie Harvey 1.44.31. Katie Smal 1.48.40 was followed soon by Simon Lunn 1.48.43 with Gary Britnell just behind in 1.49.09. Cathy Davies 1.51.12 crossed ahead of Paul Coyne 1.57.32 with Aune Turkson-Jones 2.00.49. Alistair Whitaker content with 2.08.40 as was James Chambers complete with broken hand and relaxed over the finish in 2.08.58. Mandy Conner on fire at the moment improving on her PB in successive months to 2.11.49, with Rachel Howard storming home also setting a new PB in 2.13.53. Julie Brown 2.15.55 ahead of Catherine Simpson 2.16.10 from Wyn Roberts 2.19.26 who had problems with his trainers forcing him to stop several times during the race. Pat Riches 2.22.05 and once again returning to form with Shaun Louth 2.24.24 completing our team members running and milking the applause as his finished. A great day out and better still the running. Many thanks to Catherine and Chris for organising the Coach and big shout for our driver Martin for getting us nice and close to the start! Final thanks to AC Williams for the use of the Coach..... No I'm not on commission folks!

21st Nov ~ Leeds Hyde Park 5k Time Trial Leeds, Yorkshire, Multi-Terrain.

Park run organise a series of free, friendly 5km weekly runs in several parks around the country including Leeds Hyde Park. The course takes you diagonally across the park then 2.5 laps around the perimeter of the undulating park. My third attempt at the 5km Time Trial this time in cold, damp and foggy conditions. . The first km is the quickest due to the terrain, but couldn't get my legs running fast enough despite doing a good warm up, but pleased to finish in 25:33, only 8 seconds behind my pb. Finishing 78th out of 141. That sub 25 will have to wait for another time!

Thanks to Alistair Whitaker for his Report.

22nd Nov ~ The Hereward Relay Peterborough, Multi-Terrain

Host Club ~ March AC.

The 13th running of the Relay saw 106 teams of four runners battle strong wind, rain and heavy mud to complete the 38 mile race from Peterborough Cathedral to Ely City Football Club. We had four teams competing with Club members Dave 'the Fox' Tilley, Mark Sands and Mick Dakin joining Jonathan Hobbs from Lincoln & District Runners under the team name of 'Sleaford Lost Soles'. Mick Dakin Lost Soles, Cathy Davies 'STR Ladies', Paul Freemantle standing in for the injured Adam Booth on the 'STR A' team, Andy Davies 'STR B' and Aune Turkson-Jones 'STR C' all started the first 6.2 stage in chilly but sunny weather outside Peterborough Cathedral. Paul finished in 48.01 handing over to John Siddens, Mick 49.58 to Dave Tilley, Cathy 51.46 to Alex Hetherington, Aune 55.58 to John McDonnell with Andy 1.00.46 to Gary Britnell. The sun had long since gone with the wind picking up as runners were completing stage two. John Siddens finished the 11.6 mile stage in 1.07.53 handing over to Greg Southern, seconds behind was the Fox 1.08.01 to Mark Sands, Alex 1.29.36 to Angie Harvey, Gary 1.34.54 to Paul Freemantle, John 1.48.36 to Dean Barnshaw. The 10.3 mile stage three runners had to endure the worst of the day's weather as the strong wind and heavy rain took hold. Mark taking some of the field on a detour got back on track finishing the stage in 1.13.16 handing over to Jonathan Hobbs for the final 9.6 mile stage. Greg like Mark went on a mystery run before finding his way again and handing over to Andy Taylor in 1.19.43, Angie 1.33.28 to Caz Flannigan, Paul 1.38.00 finished with Alex for company having decided on a 10.3 mile warm down run after her stage two efforts and handed over to James Chambers with Dean 1.42.06 to Steve Peters. Jonathan finished strongly in the final stage crossing the line at Ely Football Club in 1.06.24 with Andy 1.09.45, Caz 1.22.22, Steve 1.26.46 and James Chambers 1.33.04. Sleaford Lost Soles total time of 4.17.39 earned them 10th overall, STR A 4.25.22 12th. STR Ladies 5.17.12 finished 4th amongst the ladies teams with STR B 5.46.44 just edging out STR C 5.53.26 and of course will milk the bragging rights for a year between the two teams! Another well organised Hereward Relay by March AC with some great running

from all our team members. Big thanks also to all the drivers and collective support from all teams at the stage handovers and finish.

29th Nov ~ Norwich Half Marathon Norwich, Norfolk, Road.

Three Town Runners put in an appearance at this year's Norwich half marathon, John and Holly McDonnell and Stuart Moran (a first outing in club colours), on a slightly altered course which took out the steep hill at the close of each of the two laps. The morning was very cold with a freezing rain blowing across the show ground, mercifully this packed up to give pleasant if cool conditions at the start. Meeting at the start line for the first time John and Stuart were both going for a first sub 2 hour run leaving Holly to set off at her own pace. At around the 5 mile mark, while running at a pace to bring us inside 2 hours, John was forced to pull up with a calf niggle picked up that morning that had got worse as the race progressed. With not much pacing experience Stuart continued onto the second lap chasing down the Ironing Board toting Banana and the Tomato (you had to be there)!! Managing to run constant miles Stuart managed to come in with a 1:57:13 PB, Holly just missed the 2 hour mark recording 2:00:34.

Thanks to Stuart Moran for his Report.

6th December ~ Edwinstowe Christmas 10k Edwinstowe, Nottinghamshire, Multi-Terrain.

The quotes.

"OMG have you seen the weather", "It was so wet while I was waiting for you in the car I crawled into the back seat and lowered it to get into the boot rather than get out of the car", "I was so hoping one of you would ring and say we couldn't go" "I can see a patch of blue sky", "look at that ford where the road should be", "Oh s**t I've forgotten my earrings", "I hate having to drag my heavy womb round a race", "the start seems to have disappeared – it was definitely there a minute ago", "it's either Doris Day or Alma Cogan" "it's lovely doing a race with just the girls - hiya Dave", "round, over or through?", "aarrggghhh - through", "ooooops - through", "what the hell - through", "we're at 4k already?", "what an amazing place to run", "we're still running downhill", "I really, really enjoyed that", "oh look, the t-shirt's red", "haha heeeee hehe ha ha haaaa ha hehe haaaheee", "I'll definitely do this one again".

Dave Taylor 47.23, Cathy Davies, Aune Turkson-Jones & Fiona Robertson 57.43

Thanks to Fiona for her Report.

6th Dec ~ Nene Valley 10 Mile Peterborough, Cambridgeshire, Road.

Host Club ~ Nene Valley Harriers.

Heavy rain followed us all the way to Peterborough as we anticipated a rain sodden race, but thankfully the dark skies gave way to blue ones combined with warm sunshine as the 10.30 start time approached. The weather had not put off the runners and once again a decent field turned up to race this relatively flat two lap 10 mile race. Andy Taylor continues to impress as he consistently reduces his personal best times and again Andy didn't disappoint setting a new PB of 1:04:05. Katie Smal racing the 10 mile distance for the first time would also post an excellent maiden PB for the distance of 1:15:01, Paul Freemantle happy enough with 1:19:15, Angie Harvey 1:20:16 also content with her time. Like Katie Mandy Connor racing a 10 mile race for the first time and satisfied to post a time of 1:38:33. Lea Addlesee 1:42:08 and Shaun Louth 1:42:09 eventually finished together having raced their own race for much of second lap.

6th Dec ~ The Grim Challenge Aldershot, Hampshire, Multi-Terrain.

Chris Smith and Catherine Simpson travelled down to the Grim Challenge held down at the Army Tank Testing course Aldershot. At 10.30 we set off with 3000 others tackling 8 miles of deep mud and water, crawling under nets and enjoying the great atmosphere. The large amount of rain this year meant that the whole course seemed to be under water and the mud was waist high in places (well on me anyway) this made our finishing times slightly slower than last year. Chris finished in 1h 11min and Catherine in 1h 43min thoroughly enjoying the day once again. This is a very well organised race and great fun, parking was near the start /finish with plenty of facilities I even managed to get a small t shirt which is always a bonus.

Thanks to Catherine for her Report.

12th Dec ~ Orienteering Winter Series 4 Riseholme Park, Lincolnshire, Multi-Terrain.

Host Club ~ Lincoln Orienteering Group

This was a first for me, not sure what to expect when I arrived at the Riseholme park complex, but the organisers Lincoln Orienteering group were very helpful. Having looked at a dummy map to give me an idea of the symbols and how to read the map once I had checked in, I was given an electronic key which attached to my finger a course map and was ready for the off. Chris and Matt Smith joined me at the start, Matt did the short course while Chris and I tackled the long course. Chris lead off as he has

already had a couple of goes at Orienteering and showed me the ropes, type of terrain as shown in different shaded areas on the maps, wooded areas, fences etc. It was somewhat tougher than I thought it would be, and you can soon miss a check point, or spot a check point in the distance and in haste run hard to arrive there and find it belongs to a different route. It was a course of about 6.5 km but muddy and some of the check points hard to get to. 18 check points later and it was finished, but still took me about 55mins as I missed one check point and had to double back costing me about 5 minutes. Great fun and I highly recommend this for a Saturday morning, we could perhaps do this as a coffee and cake type club run, as they have various distances to try. The web site is www.logonline.org.uk take a look, the runs only cost £2.00 so a cheap day out and races are local, results are available as you finish showing all the split times, and the handicap system is on line and gives all a fair chance at doing reasonably well as it age sensitive. Chris finished 4 seconds ahead of me on the day, and Matt enjoyed his short course, but managed to get lost a couple of times finishing in about 50 minutes. A chance to use your feet and your brain, and its not always the quickest runner that finishes first, if you get a chance give it a go.

Thanks to Dave Raynes for his Report.

13th Dec ~ Santa Claus Run Lincoln, Road.

Welcome to my 3rd year running the annual Santa Claus Run organised by the Rotary Club of Lincoln Colonia of Bailgate. The weather was doom and gloom as Catherine Sheldrake picked me up at Sleaford and headed towards the highlight of our morning despite it trying to rain. We arrived early and went to warm up with a hot drink before starting to be very silly with our costumes, although my trousers were too big and the beard tickled making it difficult to speak. We decided it's off with the beards and started running with Yvonne (Foxy) Fox and Sandra Sayers. Thanks to Peter Fox for taking photos and cheering us on as we ran towards Newport Arch, pass the Grand Hotel, Cathedral, Castle and the Lawn complex and another lap and that's it. It felt like 10minutes as SPEEDYSANTA crossed the finish in 15 mins. Better than last year of 22 minutes, Catherine finished in 18 mins and Yvonne I not to sure of her time but she was not far behind us. The weather had cleared as we received a nice medal and photo, then it's off to the Pub? Thank you to the Rotary of Bailgate who organised the event, Peter Fox for taking the photos and the rest of the STR team Catherine, Yvonne & Sandra.

Thanks to Stephen Brear for his Report.

20th Dec ~ Lincoln & District Runners XC South Common, Lincoln, Multi-Terrain.

Host Club ~ Lincoln & District Runners.

Its that time of year again, 5 laps of Lincoln South common for the men, and 3 laps for the ladies and juniors you can never tell what the weather will be like for this one, it has been wet and muddy, and foggy and cold in the past couple of years. This year's race on Sunday 20th December found a minus 4 degrees starting temperature, but beautiful clear skies. The cold made it difficult breathing on the up hill sections, particularly the first lap although for some of us this was probably due to our warm up, which consisted of getting out of the by now warm cars about 3 minutes before the start (usual culprits Chris Smith, Catherine Simpson, Mat Smith and me), but I did it only so they didn't feel guilty. Not such a big Club turn out as we normally have for this event with Foxy Tilley first of our Club members home, followed by Simon England, Chris Smith and me letting Santa Claus beat me by a whisker, as he said if I passed him it would be no prezzies for me on the big day. Catherine enjoyed her 3 laps once she had acclimatised to the weather and that horrible hill, and Matt ran in fifth in the junior's race. No race times as it's just a fun event with the entry fee, a cuddly toy going to a local children's hospital. Can I just take this opportunity to wish everyone at the club a Merry Christmas and a Happy New Year and lots of really good running for all of you in 2010

Thanks to Dave Raynes for his Report.

On Sunday 20th December Chris Smith, Dave Raynes, Dave Tilley, Simon England, Matthew Smith & Catherine Simpson braved the -7 temperature and frozen roads with black ice to get to Lincoln South Common for the LADR Christmas Cross Country. We are always pleased to support this race at the entry fee is a teddy which goes as a Christmas present to needy children. The race was very hard on frozen ground with plenty of snow cover and the huge hill (5 times for men and 3 times for ladies ad U16's) really made the calf's burn. Dave Tilley came home first and was 5th overall followed by Simon England who had a hard day! Some time later Chris who (as many others) had a bit of a problem breathing in the extreme cold, Chris kept warm by wearing his Chipmunk Hat which strangely was quite normal for the day with quite a few Santa's running. Dave Raynes followed next just beaten by a Santa! Matthew came 4th in the up to 16 class (just 3 laps) and must do more hill training between exams. Catherine who also ran 3 laps in the ladies race had a good time and coped very well. We enjoyed the free coffee and mince pies at the end and after the prize giving said our goodbyes to Martyn of LADR and went home for a well earned warm shower!

Thanks to Chris for his Report.