

## Nottingham marathon and half marathon - Sunday 14th September

On a warm but calm day, 15 Striders took part in the Nottingham Festival of Running that had a record entry of over 13,000 competitors. The event was superbly organised and passed by the Castle, University & Wollaton Hall, to finish along the Trent Embankment. In the half marathon Chris Southam recorded an impressive 1:12:38 to finish 22nd overall, whilst team mate Nicola Clay recorded 1:22:06 to finish 5th in the women's category. They were ably supported by Simon Maggs 1:28:07, Richard Gray 1:30:10, Laura Ackers 1:38:41, Wayne Hackett 1:42:52, Mike Brighty 1:43:04, Natalie Fryer 1:44:51, Theresa Coltman 1:47:33 (returning from a long period of injury), Darryl Woodward 1:47:43, Catherine Voyce 1:50:17, Adrian Knightall 1:53:37, Joanne Shore, 1:54:24, Sue Birley 2:19:14.

In the full marathon there was a lone Strider in the form of Clive Wright who pushed himself through the warm conditions to finish with 4:27:00.

## Owls 10 miles - Sunday 7th September

Stilton Striders took part in the final league race of the year from Countesthorpe College and hosted by Owls running club. With a light breeze and cool weather, it was ideal for running. Most of the 14 Striders who took part had good runs on this undulating course and first in for the club was Melton's Sportsman of the year Chris Southam, who finished 4th in 55-23. Next was Nick Brown 16th in 59-54, who is also preparing for the Leicester Marathon next month. The next six runners made up the team of eight: John Cresswell 1-04-32, Tim Hicks 1-06-17, Darren Glover 1-07-08, Richard Gray 1-09-25, Andy Robinson 1-12-12, and Garry Postle 1-13-21. Supporting them were Steve Dewick 1-15-11, Mick Brighty 1-17-13 and Clive Wright 1-18-23, who is also doing two marathons in a month: Leicester and Nottingham. Phil Douglas, who had to slow down due to a calf strain from five miles finished in 1-18-44 and Darryl Woodward recorded 1-19-54. The ONLY lady to run for the club was Vicki Lowe finishing in 1-19-54.

## Chelmorton Chase - Sunday 7th September

Report from Neil Jaggard "I made my annual pilgrimage to Chelmorton, the highest village in the peak district, to compete in the 5 mile 1000 feet chase. In terrible conditions with floods on the cart tracks, bottomless mud in various places and the infamous climb at the end, I finished 26th (71 runners) in 45mins 9 secs. The winner was 3 mins outside the course record in just under 34mins.

The highlight of the day was posing for a photograph with the Lady Holinsclough and the winner of the Melton Mowbray Pork Pie spot prize which I had donated to promote our own local culture. Tracy Worth who is the Lady Holinsclough actually put her arm around me. Don't tell Julie but this is this first time I have been manhandled by a Lady. All this and bacon rolls in the entry fee of £4.00. I know I have said this before but it would make a good day out and we might have a shot at the team prize."

## Joy Cann 5 - Wednesday 6 August

Wed 6th Aug saw 26 Stilton Striders turn out for the penultimate Leicester Road Running League Race, The Joy Cann 5 from Huncote Leisure Centre. With a large field of over 500 runners Striders had some good times. Once again Chris Southam was first in for the club in 6th place in 26-29, next in was Nick Brown 27th in 28-35 -Nick is also in training for the Leicester Marathon this October - next came new runner Jonny Pegg in 52nd place in 29-59, Darren Glover 53rd in 30-00, John Cresswell 69th 30-32, Tim Hicks 77th 30-54, Christian Davidson 79th 30-55, Patrick McNeight 121st, 32-36. These eight made up the Striders team. Next in was Richard Gray 32-39,

Stewart Owen 33-48, Phil Douglas 34-20, Clive Wright 35-24, Andy Robinson 35-29, Billy Hicks 36-02, Wayne Hackett 37-15, Garry Christmas 38-49, Ian Mason 39-11, Daryl Woolward 39-14, Martin Miles 39-51, and John Stares 42-01.

In the ladies' race Striders had six turn out for the club. They were led home by Pippa Hicks in 38-58, next Vicki Lowe 39-25, Imogen Brooks 39-36, and Jenny Miles 41-56. These four made up the Striders team. The next two runners were running for the club in there first league races. Lucy Underwood did well to finish in 44-32 with Michell McNeight finishing in 50-26.

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#### The Heckington '10'

Race report from Neil: "My recent run of good results came abruptly to an end (as I suspect did many others) in the blistering 28 degree heat on Saturday morning at the Heckington '10'. On a flat 2 lap course out in the fens with no breeze, no trees and no shelter in conditions akin to those at the Hinckley half I was pleased with my time of 73 mins 48 secs for 46th place (200 runners). I also got back in time for the donkey racing where I finished 3rd on Millie. Great goody bag at the end with a nice paperweight, food and some Red Bull.

Song of the day-On The Road Again by Canned Heat."

#### The Cock and Pullet Fell Race - Thursday 17 July

Neil travelled to the beautiful Peak District village of Sheldon on Thursday for The Cock and Pullet race, an event run over 4 miles with a tough steep ascent of 527 feet. A downhill start on the road before heading across the fields and a tricky descent down a slippery grassy bank down to the river. Running through vast herds of water buffalo along the river bank before beginning the climb through the woods until reaching a hole in a wall and a sharp left onto the main climb up a muddy, rock strewn hill side emerging onto the bleak moorland at the top. A couple of fields later we were on a farm track leading to a fast downhill road section to the finish. Knocking 5 minutes of his previous best for the course he finished in 21st place (64 runners) in 32 mins 21 secs. More behind than in front at last!

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#### Whissendine 6 - Thursday 10 July

4 Nicola Clay 36.10  
8 Darren Glover 36.36  
17 Tim Hicks 38.16  
49 Stewart Owen 42.32

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#### Hungarton 7 - Wednesday 9 July

This, the 4th race in the Leicestershire summer running league, saw 18 Striders take on this hilly course in cool conditions on it's 25th anniversary. Times in order: Chris Southam 38-17, Nick Brown 41-10, Christian Davidson 43-20, Darren Glover 43-39, John Cresswell 44-42, Steven Jackson 47-02, Richard Gray 47-50, Mat King 48-10, Patrick McNeight 48-40, Phil Douglas 48-55, Steve McGarry 51-15, Clive Wright 53-28, Mick Brighty 53-53, Garry Christmas 55-01, Vicki Lowe 57-02, Martin Miles 59-12, John Stares 1-00-48, Liz Wildman 1-02-48.

The Black Rocks Fell Race 5.5 miles, 850 feet of climb - Wednesday 9 July

Neil Jaggard's report: "Starting at Matlock rugby club in torrential rain on Wednesday the climb took us up an old incline railway before snaking upwards through the woods to the bottom of the major climb to the trig point at the top of the fog-shrouded Black Rocks. Normally the views over the Derbyshire Dales are spectacular at this point but I was just happy to see one yard in front of me. Little did I know conditions would get worse for the descent through the woods in near darkness having to run on instinct and making the wise decision to run behind a guy in an orange vest which happened to be the only colour visible at the time. A quick finish along the canal crossing the line in 49 mins 01 secs, more than 3 mins better than my previous course best for 45th place. No Cake, soup or even water but it was only three pound to enter. GREAT."

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The Thurlby 10k

Two Striders took part in the Thurlby 10k Road Race (yes road race ) fromThurlby near Bourne. In blustery conditions on an undulating course the first Strider home in an excellent time, and after 13 years of trying for a PB, of 41mins 56secs was Neil Jaggard finishing in 28th place in a field of around 200. Second Strider was Gary Christmas in 46mins 48 secs finishing in 72nd place.

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Prestwold 10k - Sunday 29 June

Prestwold Hall Nr Loughborough was the venue for this the third summer race in the Leicester Road Running League. Twenty-two Stilton Striders turned out for this fast flat course which was run mainly around the perimeter of the old air field. The first eight to count for the men's team were Darren Glover 37-09, Christian Davidson 38-03, John Creeswell 38-28, Tim Hicks 39-38, Richard Gray 40-42, Patrick McNight 41-05, Mat King 41-16, and Phil Douglas 41-41. Following were Stewart Owen 44-30, Clive Wight 45-26, Billy Hicks 46-01, Mick Brighty 46-22, Sam Ellis, and John Stares 51-59.

The Stilton ladies had two teams for the first time this year. First over the line was Sgt Sue Roberts who does most of her training in the Sgts Mess in 41-25 followed by Laura Ackers 45-29, Vicki Lowe 49-43, and Imogen Brooks 50-21 who made up the first team. The second team were Catherine Voyce 50-36, Liz Wildman 54-17, Julie Jaggard 59-24pb and Celia Fox-Mapletoft 1-04-50.

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The Long Clawson Challenge - Sunday 29 June

The first running of the Long Clawson Challenge took place on 29 June - good field of about 100 runners in this 10K cross country race. Neil Jaggard finished 6th (yes, 6th you did hear correctly!!) in 49.08. Good challenging course with home made cake at the end.

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Corn Dolly Eight - Sunday 15 June

Several Striders ran in the Corn Dolly Eight (8.15 miles), which was part of the Hickling Country Fair. In very warm conditions, Phil Douglas finished in 11th place, in a time of 55 minutes. Gary Christmas finished in a time of 62 mins, Ian Mason in 64 mins and Joanne Shore in 68 mins.

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## Ropsley 6 mile - Wednesday 4 June

Gary Christmas travelled to Ropsley, nr Grantham and ran in the Ropsley Six. Over a undulating rural course and in ideal conditions he finished in a time of 45-09.

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West End 8 - Sun 1 June

Great turn out for this race. Chris Southam did it again and won in 43-31. Other finishers were:

Nick Brown 13th 46-59  
 Martin Booth 19th 47-44 also first v 50  
 Darren Glover 28th 48-35  
 Christian. D 39th 49-38  
 John Cresswell 52nd 50-27  
 Alex Langlands 106th 54-35  
 Mat King 110th 54-52  
 Phil Douglas 112th 55-04  
 Richard Gray 133rd 55-56  
 Clive Wright 165th 58-13  
 Tam Nickol 182nd 59-05  
 Wayne Hackett 189th 59-22  
 Mick Brighty 1-00-51  
 Ian Mason 228th 1-02-50

In the ladies' race, with an excellent run to finish in 7th place and just miss out for a prize was Sue Roberts. Next two ran in together Kirsty being a lady!!! let Laura finish first both with the same time 58-59 26th and 27th. Next in came Vicki in 45th 1-03-13 a bit down, but she did do the Edinburgh Marathon the week before in a P.B. 3-43-25 - well done. Also running Liz Wildman 98th in 1-11-12.

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Edinburgh Marathon - Sunday 25 May

Vick Lowe ran a PB in the Edinburgh marathon - 3.43.23 - breaking the 3.45 barrier at last. Vicki said "it seemed much easier running in my space away from the crowds of the FLM. Great day, the sun was shining although the wind along the coast line was a bit choppy."

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Wymeswold Waddle - Sun 18 May

Three Striders ran in the 5 mile Waddle on Sunday. An undulating, uphill outward two and a half was followed by an undulating, downhill two and a half finishing alongside the famous Wymeswold Duck Race course. First Strider in was our ever present club captain Phil in 43rd place in 33mins 50secs, next home was Julie 202nd just inside her PB in 46mins 45secs. Run of the day however was by Celia who bettered her previous best time by almost three minutes finishing in 48mins 30secs for 222 place.

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Race Report from Mount Famine - Sat 17 May

Neil travelled to North Derbyshire on Saturday passing through Chapel en le Frith the capital of the High Peak and also the home of Ferodo as advertised, and headed towards Glossop the home of shiny paint to Hayfield the home of Hay to run in the toughest 5 mile race you are ever likely to find with

1700 feet of hard climbing.

Starting at the bottom of a steep grass bank the start was straight up to the ridge before heading for Mount Famine. See last year's report for details of all the climbs and hazards, they were the same but this year the weather was cold, wet and windy, 5 degrees at the start and colder on the tops.

Neil finished in 68mins 46secs, a 9 minute improvement from last year for 108th place. I know 68 mins is not fast for a 5 miler but putting it into perspective, the winner ran 46mins and only 59 runners out of 140 starters beat the hour. Tea and cake afterwards all for £3, bargain.

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Leicestershire and Rutland County AA Track and Field Championships, Safron Lane - Sat 10 and Sun 11 May

U13 girls 800 m  
4. Jasmin Southam 2.41.2  
9. Lucy Golland 2.53.6

U17 men 400 m  
5. Jonathan Appleby 58.2

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Hinckley half marathon - Sun 11 May

Twenty Striders competed in this the first summer league race. A total of 861 runners finished but with temperatures as high as 28 degrees, many found the heat to be too much and could not finish, including four striders: Julie Duley, Jenny Miles, Wayne Hackett at 3 1/2 Miles, and Daryll Woolward at 8 miles. The rest wilted in the heat but managed to make it to the end. First lady in for the club in 2nd place was Nicola Clay 1-23-53 next on her first run for the club was Sue Roberts in 19th place 1-43-26. 33rd was Kirsty Ainscough 1-51-15 and a welcome return to Gail Warner 36th in 1-52-26, and Vicki Lowe 70th 2-01-23. In the men's race Martin Booth was first in for the club in 11th place in 1-21-30 also claiming the 2nd Vet 50 prize. Just behind was Chris Southam 13th in 1-22-08, Nick Brown 33rd 1-26-52, Darren Glover 35th 1-27-39, John Creswell 66th 1-31-10, Richard Gray 84th 1-34-36, Clive Wright 185th 1-44-52, and Phil Douglas 207th 1-46-15 making up the team of 8 to count. Following were Thomas Nikol 1-57-04, Mick Brightley also on his first run for the club 2-08-03, just out running Ian Mason 2-08-08.

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Neolithic Marathon - Sunday 4th May

Gary Christmas travelled to Wiltshire to run in his second Neolithic Marathon from Avebury to Stonehenge on Sunday 4th May. This is a multi-terrain undulating cross country race, which finishes next to Stonehenge and runs across Salisbury Plain. He completed the run in 126th place (out of 234) in a time of 4hrs 15min.

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The Cressbrook Crawl

Neil and Steve Dewick travelled to Cressbrook near Bakewell to compete in the Crawl a 6.5 mile (clocked at 6.7 by a runner with GPS) fell race with 1100 feet of climbing. In far from ideal hot and humid conditions, 136 runners set off uphill and out across the hills towards Monsal head and some

tough climbs before a section on the Monsall trail. Having done the race before I (Neil) was prepared for the three quarter mile 1 in 4 hill on the road to the finishing line. Being prepared didn't make it any easier though. Neil finished in 63mins 10secs an improvement of 4 minutes while Steve nursing an injury finished in 68mins. The free pint included in the £4 entry fee barely touched the sides and was a contender for beer of the week. Look out for Peakdale Swift Nick.

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SIG Insulations City of Sheffield Half Marathon - Sunday 27th April

Nicola Clay was first in 1hr 18m 53s

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DBS Derby 10km - Sunday 20th April

Nicola Clay was second in 36:29.

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London Marathon - Sun 13 April 2008

Seven striders competed in this year's London Marathon. In perfect conditions to start with and a light shower two hours into the race all had excellent runs. First in for the club was Chris Southam, who started with the elite top 100 runners and finished in 97th place in 2.34.48. The 44 year old was delighted with his time and starts again with the top 100 in next year's marathon. Next in was Natalie Fryer in 3.30.59, just missing out on a PB by a few minutes. Third strider was Kirsty Ainscough in her second marathon finished with an excellent PB of 3.45.28. Kirsty was also raising money for the County Air Ambulance. Fourth strider, taking 56 minutes off his previous best time, was Wayne Hackett in 4.02.01. Wayne knew he could do under four hours but went through a rough patch from 18 miles onwards and could not recover enough to take him under the four hours. Next in for the club on her first London Marathon was Laura Ackers, who just got over a cold to run in Sunday's race; still not 100 per cent, Laura finished in 4.08.56, although she had done the relevant training it was harder than she thought. The final two striders ran together: Liz Wildman in her first London Marathon followed a 4.45 training plan and was delighted to finish in 4.42.07; Liz could not believe the atmosphere of the London Marathon and said what a fantastic day it was. Her partner Matt King who is capable of 3.30 sacrificed his own time to run with Liz all the way and finished in the same time of 4.42.07.

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The Trunce

Neil's long distance season continued with a trip to Oxspring a small Yorkshire village between Sheffield and Halifax on Monday night to compete in race 2 of The Trunce, a nine race series through the Summer on the same course. Starting on a farm track, a steady uphill took the runners over the fields to a sharp descent (a bit of a queue here at a kissing gate) down to the river for the first of three crossings through knee deep water. Through a small hamlet then back over the fields to the foot of the first big climb followed by another descent into the woods to the river. Back onto the road for about 800 yards to the river and another climb before retracing our steps along the farm track to the finish. A tough course of 4.25 miles with 550 feet of climbing Neil finished in 36.39 in mid field.

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## Belvoir half marathon - Sun 30 March

Sunday 30 March saw eleven Striders join the field of 500 for the Belvoir half marathon run in perfect conditions from Hose Village Hall-through to Harby Langer, Colston Basett, Long Clowson before returning to Hose to finish at the village hall. An outstanding run from Striders top runner saw Chris Southam finish in 1st place in 1-13-38. The first three were close together at 1/2 way when Chris said he felt good and knowing the course pushed on to win by 45 sec. 2nd Strider Darren Glover 1-23-17, Simon Maggs 1-27-35, Wayne Hackett 1-39-28 (pb), Clive Wright 1-43-41, with the first four to count in each team Striders men were the 4th Team.

Stilton Ladies however went one better finishing 3rd team with Natalie Fryer 1-38-34, Laura Ackers 1-38-44 and the ever improving Kirsty Ainscough in a pb of 1-42-46. Supporting them were Vicki Lowe 1-47-42, Joanne Shore 1-53-45 and Julie Duley who just went over 2hs in 2-00-18.

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Caythorpe Canter

Report from Neil Jaggard and Gary Christmas:

"We arrived to register at 8.29 for the Caythorpe half marathon when a wave of madness overtook us and by 8.30 we had decided to enter the full multi-terrain marathon. So with no preparation, no dieting, no 4 month training program, no pre-marathon races, and no tapering off we embarked on our quest.

"Starting at the back of about a 35 strong field we moved through halfway in 1 hour 56 mins. Stopping to glance at the map from time to time as the course was not very well marked we headed out to Ancaster. Neil then made his move and reached the 21 mile feed station in 3 Hours 10 mins for 6th place with Gary about 12 mins behind in 10th. On for about a 4 hour time and then it happened. Oh the shame, Oh the embarrassment of the pathfinder taking the wrong turning. About 2 miles from the finish Neil and a runner from Dead End Runners, sorry West End Runners, who had already taken the wrong route at least twice earlier followed the yellow marker tape, which turned out to be bogus and not anything to do with the race, and ended up wasting time map reading not to mention the 2 extra miles. Reaching the finish in 4 hours 29 mins we crossed the line together for 9th and 10th losing three places to those taken the correct route. Gary turned up three minutes later in 11th expecting me to be washed and changed and tucking into the after race goodies (no soup) only to find me ranting about my navigational skills and the fact that I had blown the chances of a good time.

"Never mind I am over it now and we both enjoyed the race and showed you can run a marathon on the spur of the moment. When do the London entries come out?"

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Livingstone Relays, Loughborough University - Sun 23 March

On Easter Sunday Stilton Striders had two teams competing in the Livingstone Relays at Loughborough University. This has been run since the 1920s and most recently at the University. The men's team of 4 runners each running a loop around the campus of 3 miles finished in 14th out of 38 teams:

1st leg Darren Glover 17.28  
2nd leg John Creswell 18.31  
3rd leg Christisn Davidson 17.27  
4th leg Martin Booth 17.42

Total time: 1hr 11min 08sec

The Stilton ladies' team came 14th out of 19 teams. There were three in each ladies' team completing

the same course:

1st leg Katherine Voyce 25.31  
 2nd leg Lucy Underwood 24.47  
 3rd leg Imogen Brooks 23.25

Total time: 1hr 13min 43sec

This was Lucy's and Imogen's first competitive run for the club.

#### Desford 10k - Sun 16 Mar

The last winter league race saw the smallest number of runners turn out for the club as 14 in total ran the Desford 10k. With the undulating course and strong winds, times were a bit down. The men's team missing a few top runners have gone from 4th to 5th place in Div 1. First in for the club was Nick Brown in 12th place 35-16. Darren Glover was 31st 36-50. Next Martin Booth who is a great asset to the club since joining this year and won the vet 50 section 39th in 37-10. Christian Davidson was 42nd 37-42, John Cresswell 93rd 40-34, Steve Dewick 42-01, Stewart Owen 43-07, Phil Douglas 43-10, made up the counting eight. Supporting them were Clive Wright 46-22, Harvey Hopwood 49-34 and John Stares 49-47.

The ladies were let down again and only had three runners to count which means they finished last in this race but stay in 7th place in the league. The Striders ladies are the only team in Div 1 not to field a full team on two out of five races. However the three that turned up did themselves proud. 1st in for the club was Nicola Clay in 2nd place overall in 37-10 next the ever improving Kirsty Ainscough in 23th place 44-05 (pb) and 3rd was Vicki Lowe 41st place in 46-31.

#### RUNNERS SO FAR COMPLETING ALL 5 RACES

KIRSTY  
 VICKI  
 DARREN  
 JOHN C  
 JOHN S  
 CHRISTIAN  
 HARVEY  
 CLIVE  
 PHIL

#### Ashby 20 - Sat 9 Mar

5 Chris Southam 1:55:25 (club record)  
 169 Natalie Fryer 2:35:06  
 226 Laura Ackers 2:41:20  
 233 Wayne Hackett 2:42:02  
 247 Kirsty Ainscough 2:42:42  
 295 Vicki Lowe 2:46:59

Melton Myre - Sat 8 Mar

Another chance for Neil to Ramble On:

"March the 8th saw the first (hopefully not the last) running of the Melton Myre from the VET Camp. As there was not much to report I thought by way of a change I would do a little competition and include as many song titles as I could get away with, see how many you can get. Hopefully (over used word) some of you will have a go, you can give me your answers via e mail, verbally!! or on the notice board. So its time to start making your mind up, do you want to be hyperactive or inactive. I know words don't come easy but have a go.

If I get one reply then my old man's a dustman.

On arrival I was directed to the car park but told to avoid the space where General Macarthur Parks and also the the one for Major Tom. Then we were told to walk this way to registration, blimey all these instructions its like being in the army now. Looking across the arena I was disappointed not to see a lovely sun arise, it was quite misty and it hung over the pond like smoke on the water and I thought even though there is no sun it will be a fantastic day.

Only 14 entries and no females, there was a lady in red but she was only a spectator. There were actually more marshalls than runners. There must have been at least 19, but a quick count up revealed there was just 17.

5 minutes before the start and we felt a few spots of rain. The commander shouted its raining men take 5 everybody inside. One of the runners remarked that it was a good job we've got shelter because I just can't stand the rain. The shower soon passed and we lined up for the start. We were counted down 5 4 3 2 1 and we were off. The faster runners decided to run away quickly down hill towards the first obstacle which was a big log, onto the high point of the course to a platform which you had to jump over (about 40 obstacles over the 3 laps) down hill to a combination fence of a log and one step beyond, the wall. Through the river, over the course of three laps there were many rivers to cross ( i know what your thinking, this is a good chance to mention The rivers of Babylon, river of dreams etc but that would be just playing silly games and I am not in the mood).

With so few runners by the third lap we were well strung out and I was all alone towards the back, I looked at my watch thinking how long has this been going on its a long way home. If I think I am going to win now I must be dreaming.

We gradually crossed the line one by one the winner finishing in just over 36 minutes, Simon Maggs 4th in 41mins, Tam Nichol, new strider and race organiser 9th in 43mins and Me (Neil just in case you weren't sure who is writing this rubbish) 12th in 44mins. Billed as a 12k event we think its was more like 9k, if it was 12k all three of us broke the club record.

Back to the finishing line for the obligatory soup and a roll, surely English Athletics should make this compulsory at all events, I am sure I have a recipe for Leek and Nandrolone Consomme. Really well organised event, food at the finish and great trophies. Here comes the moan, as a club we should try and support local events we are proud of the fact we have fifty members and yet we only get 3 out for an event on mother kelly's doorstep. Its a shame. How many did you get, I will give you the answer in a couple of weeks."

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Wolvey 5 - Sun 24 Feb

20 Striders made the short trip [sic] down the M69 on Sunday for the 4th race in the Leicester Running League, The Wolvey 5. The men did not improve and stay in 4th place in Division 1 as five of the top eight runners were missing due to running on Saturday!!. Places were 1st Strider Martin Booth 29.05, Christian Davidson 29.48, John Cresswell 31.39. Steve McGarry 33.23, Danny Keightley 34.00, Phil Douglas 34.05 and Wayne Hackett 34.37(pb) who made up the Striders team, followed by Clive Wright 34.53, Neil Jaggard 36.20 (who also ran 15 miles on Saturday in the Belvoir Challenge) next in

was Darryl Woolward 36.44, Ian Mason 36.55, Adi Knighthall 38.12, Sam Ellis 36.20, Harvey Hopwood 38.53 and John Stares 39.01.

The ladies' team of only four runners did well as three of them had great runs to get pb's. 1st was Nicola Clay 29.01pb and CLUB RECORD, next pb was from Kirsty Ainscough who went under 35 min for the first time in 34.57, thanks to Clive. Vicki Lowe 37.12, 4th counter Julie Jaggard had the run of the day gaining 17 places and a (pb) by two minutes came in at 46.49. In the league we are short of ladies to run so come on girls support and run for YOUR CLUB.

Standings are Ladies 7th in Division 1  
Men 4th in Division 1  
Men Vets 4th in Division 1

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The 2008 National Cross Country Championships, Alton Towers - Sat 23 Feb

U13 girls

200. 13:49 Jasmin Southam  
335. 15:27 Amelia Coltman

U13 boys

308. 13:50 Joseph Carnell

Junior women

110. 19:12 Pippa Hicks (representing Rutland AC)  
124. 21:31 Samantha Brough

Senior men

188. 37:28 Chris Southam  
388. 40:17 Nick Brown  
Belvoir Challenge - Sat 23 Feb

These are exciting times, as not one but two reports have come in on the same race. Both are here for you to compare and contrast. First from our colourful Fell runner Neil:

"Eight Striders tackled the 18th Belvoir Challenge on Saturday 23rd February. Performance of the day came from Natalie Fryar in the 15.9 mile event she was the first Strider home in 2-16-41 for 6th lady and 33rd overall. Next home was Steve Dewick who after a 2 week lay off ran well to finish in 2-17-28 for 31st male (37th). Had a job finding his name in the results as he was down as a Werrington Jogger, does anyone know a story behind this. Third Strider was Neil Jaggard was 56th male (65th) in 2-26-38 claiming a notable scalp in overtaking Simon Maggs near the finish who came in in 57th (66th) with a time of 2-26-43. Three of our ladies started together with Joanne Shore (I think she is one of us, apologies to our Joanne if this is wrong) who was 67th lady (250th) in 3-10-03, Sue Birley was 83rd (298th) in 3-25-46, and Elaine Garton 84th (299th) in 3-26-34. All these times were taken from the official results page.

Gary Christmas ran in the 26.5 mile event and was very happy with his time of 5-1-11 for 34th male (47th).

Well done to everyone who completed this gruelling endurance event."

And from strait-laced marathon man Gary:

"Several striders took part in the Belvoir Challenge, starting from Harby in the Vale of Belvoir. Conditions were very good underfoot for cross country running, although it was quite windy in places. Times for the 15 mile route were: Natalie Fryer 2hrs 16min (6th Lady), Stephen Dewick 2hrs 17min, Neil Jaggard 2hrs 26min, Simon Maggs 2hrs 26mins, Susanne Birley 3hrs 25min and Elaine Garton 3hrs

26mins. Gary Christmas completed the full 27 mile route and was pleased with his time of 5hrs 01mins (Finished 47 out of 159)."

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#### Chatsworth Chase fell run

##### Report from Neil:

"Following my recent attempt at road running during my ironic anti protest event from which I am well on the way to recovery it was nice to get back across the fields as part of the Stilton Striders fell running team which travelled to Chatsworth in Derbyshire to run in the Chatsworth Chase fell run, a 7 mile race with around 900 feet of climbing.

Three fifths of our entire squad were among 135 runners on the start line on a beautiful if slightly chilly morning (minus 6 is not cold to us only slightly chilly). The race began with an immediate climb of around one and half miles before emerging out of the mist onto open moorland affording fantastic views of the area. Dropping down through woods and a short road section before a steep zig-zag climb past a frozen waterfall. We later found out there was a spot prize on this climb for artistic impression, this was won by a lady and her donkey fantasy, the mind boggles. I am just sorry to have missed it. A further steady climb before a descent onto open park land and a two mile finishing straight along the river before crossing the line by the old mill and waterfall.

First Strider home was Christian in a terrific 20th place in a time of 47.55 (winning time 40.29). This time was achieved whilst wearing running shoes made for smaller feet which left him with horrible blisters. Next in was Neil in 93rd in a time of 1 hour 51 seconds just ahead of Alf Tupper (you had to be there). Third in was Ian in 103rd in 1hour 2 mins 29 seconds, we suspect he ran on the road as his new trainers were still spotless at the finish.

A really well organised low budget event £3.50 entry, registration in a community bus by 2 lovely old dears knitting. A great selection of prizes, winners could choose a prize from each of 4 boxes of home made cakes, jams chutneys and port - brilliant we could learn a something from this. Ian won a spot prize of a fruit cake which resembled a brick and Christian won a bottle of home made port which he drank to dull the pain of his blisters and was incoherent all the way home. I was offered a jar of radish and banana chutney which I politely declined as I was expecting tea and bacon rolls with the Duke.

We hope to expand the fell running section with some more interesting runs coming up soon."

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#### Stamford St. Valentines 30k - Sun 10 Feb 2008

1st lady and 16th overall, Nicola Clay, 1:57:50 in a ladies' course record by almost two minutes.  
206, Natalie Fryer, 2:22:27  
317, Wayne Hackett, 2:34:45

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#### Ashby 5 - Sun 10 Feb

The third race in LRRL series was the best result for the men's team this year with the sun shining, the striders shone !!! With the return of Chris Southam, Nick Brown and Tim Hicks the club had 8 runners in the top 100. First in for the club in 3rd place was Chris Southam 26-24. Nick Brown improved to 11th place in 28-01. 3rd strider in 26th place Martin Booth 29-09 following 4sec behind Darren Glover 30th in 29-13. Christian Davidson 40th 29-44. 87th John Cresswell 31-36 next in 88th place Simon Maggs 31-37 and 8th counter Tim Hicks 91st place in 31-41 (still not 100% after a broken toe). The

rest of the team placings are Richard Gray 32-50, Danny Keightley 33-47, Phil Douglas 34-06, Clive Wright 35-14. Next a welcome return from the clubs top fell runner Neil Jaggard 36-15 (sorry Neil no soup n roll at the finish ). Billy Hicks next 37-47, Harvey Hopwood 39-07 and John Stares 39-59.

The Ladies were only 2 runners short of having two teams for the first time (next time). Six turned out for the club. First lady home in an excellent 24th place was Kirsty Ainscough 35-42. 2nd for the club Vicki Lowe (still under par ), 42nd place 37-34. Pippa Hicks improved to 51st place in 38-14. Making the team up was Catherine Voyce 106th 43-56. Supporting them on their first runs for the club were Julie Jaggard 136th 49-08 and Celia Fox-Mapletoft,139th 51-11.

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#### Charnwood Hills Race - Sun 3 Feb

<http://www.bowline.f9.co.uk/CharnwoodRace/CharnwoodRaceEntry2008.htm>

9 Chris Southam 1:30:20  
123 Steve Dewick 1:52:59  
281 Vicki Lowe 2:14:24

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#### Markfield 10k - Sun 27 Jan

Striders had 17 men turn out for this undulating course in near perfect conditions except for a bit of wind! With Chris Southam, Nick Brown and Tim Hicks unavailable it was down to Darren Glover to shine for a change. Darren came 28th in 37.16 followed by new member Martin Booth V50 32nd timed at 37.39. Ever improving Christian Davidson was 3rd Strider 39th in 38.03, 4th was John Creswell 87th in 40.25 (keep it going John). 5th Strider on his league debut was Simon Maggs 97th in 40.54, 6th was Richard Gray 41.58, 7th Strider was Steve McGarry 42.59 closely followed by Phil Douglas 43.12 who out sprinted Danny Keightley to 8th place Danny time was 43.18. Others that finished were:-

Steve Dewick 43.31  
Clive Wright 44.46  
Darryl Woolward 47.25  
Adrian Knighthall 48.15  
Ian Mason 48.25  
Sam Ellis 50.20  
Harvey Hopwood 51.16  
John Stares 51.28

The Ladies' team of only 3 runners were  
17th Laura Ackers in 43.55  
32nd Kirsty Ainscough 46.44  
51st Vicki Lowe 49.06

The Ladies have gone from 4th place down to 8th this is why its so important to have a team of 4 runners. No matter how fast or slow you are. The girls on sunday were a little disappointed there was only 3 running for the club.

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## Midland Cross Country Championships, Leamington - 26 January 2008

## U13 girls

53 Jasmine Southam 15:36

80 Lucy Golland 16:19

## U13 boys

108 Joseph Cardwell 16:19

## U17 girls

26 Emma Brown 23:23

## U20 women

28 Samantha Brough 29:04

## Senior men

59 C Southam 45:02

111 Nick Brown 48:28

Folksworth 15 - Sun 20 Jan 2008

9 (and 1st lady) Nicola Clay 1:32:48

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Cannock Chase Trig Point 15 mile race - Sun 13 Jan 2008

## Report from Neil Jaggard:

"As promised I carried out my threat to boycott the Barrow 6 as a protest on behalf of the club who have been denied a league race this year by the South Leicestershire cartel. I may carry on my boycott (will anyone notice) throughout the Winter league season.

As a result of the protest I was able to race in the Cannock Chase Trig Point 15 mile race with 1500 feet of climbing from Brocton near Stafford. A long uphill start (took me nearly 20 minutes) took us to the first check point on top of the bleak wind swept moor through driving rain. All runners were required to carry waterproof gear, safety equipment and emergency rations due to the remoteness of the route. Across the moor and through woodland to check 2 before another long climb to an ancient monument at the highest point on the course. An undulating section through the trees and onto the road before climbing to the next trig point at around 8 miles.

The next check point was found easily and then the problems started. No sign of anyone in front or behind and as the course wasn't marked I wasn't sure of the route. I waited at the next road crossing until somebody was behind, a bit of sign language resulted in me going straight ahead. Looking back to see how far he was behind I saw him turn right and run in the other direction. A detour through the heather back to the road and I tagged on behind.

A long section in the valley bottom and a further climb to the final check point and a final slog before a nice downhill to the finish.

Finishing 131st (around 175 entries) in 2 hours 39 minutes. A hard way to protest but I feel better for having made this sacrifice for the club. I might make a placard next time!!"

## Barrow 6 - Sun 13 Jan 2008

The first race of the new campaign saw 27 Striders turn out for this undulating course in cool and windy conditions in a field of 522. Striders held there own. Once again Chris Southam was first home in 6th place timed at 33-19. Next in was Nick Brown 28th 35-39, Darren Glover 81st at 38-12, Tim Hicks 84th 38-17, John Cresswell 103rd 39-06, Richard Gray 132nd 40-30 and Steve McGarry 163rd 41-32, made up the striders team of 8. Supporting them were Steve Dewick 41-50, Danny Keightley 42-29, Phil Douglas 42-48, Andy Robinson 43-28, Billy Hicks 44-24, Clive Wright 44-28, Wayne Hackett 44-57 pb, Garry Christmas 48-49, Ian Mason 46-46, Adrian Knightthall 47-38, Sam Ellis 48-39, Harvey Hopwood 48-49, John Stairs 49-10, Darryl Woolward 55-33.

The seniors are in fourth place in league one and the vets are in a fine third place.

In the ladies' race we only had 5 runners. Nicola was 2nd timed at 36-14 next in on her debut in 14th was Laura Ackers 41-53, Vicki Lowe 38th 46-20, making the team up was Kirsty Ainscough 42nd 46-46, and 5th Strider Pippa Hicks 60th 49-11.

That puts the ladies' team in an impressive fourth place in league one.

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 Leicestershire and Rutland County Cross County Championships - Burbage Common - Sat 5 Jan 2008

The going got tough and the tough got bogged down at Burbage Common. Despite the fine sunny day, a porridge of mud was stirred up along the course as the races progressed. Emma Brown saw the best of the conditions in the first race, the U17 women's 5k event. She put in a strong run to finish 4th in 24.06 and claim a place in the team for the intercounties championships at Wollaton Park on March 15. Joseph Carnell ran in the U13 boys' 3k race and finished 17th in 14.14. Jasmin Southam was 8th in the U13 girls' 3k race in 13.24, with Lucy Goddard 13th in 14.18.

The day finished with the combined seniors and masters (35+) 9.5k race. Three laps of deep and unavoidable mud drained the legs of the hardest runners, although a good pair of spikes helped many a runner plough through the thickest gruel. Of the seniors, Darren Glover was 18th in 42.52 and Christian Davidson was 22nd in 45.20. And in the masters' race, Chris Southam was 5th in 38.00, Nick Brown was 15th in 41.32, Tim Hicks was 23rd in 43.13, and Steve Dewick was 36th in 46.46. The reward for Stilton Striders was third team place in the masters.

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