

Stilton Striders Christmas Dinner and Presentation Evening

On Friday evening (12 Jan 2007) the Striders held their annual awards dinner in the fine setting of Eye Kettleby Lakes. Chris Harby, Sport Editor of the Melton Times, was our special guest and he kindly awarded the annual club trophies. Although a little late than originally planned, the mid-January Christmas meal proved a fine occasion, with the festive atmosphere not lessened by the delay.

Although several of our trophy winners were noticeable by their absence (no doubt out training), congratulations were given to and well earned by Chris Southam, as ever the Best Male Runner, record-breaking Nicola Clay by far our Best Female Runner, and newly-crowned Best Veteran marathon specialist Anne Brindley. Paul Kerr was a deserving winner of the trophy for Most Improved Runner in 2006 and the trophy for Club Person of 2006 was awarded to Steve Dewick for his year-round presence on training nights and at races, his valuable contributions to the LRRL team, and his appearances on the cross-country circuit.

LRRL 100% awards for 2006 were presented to Phil Douglas, Clive Wright and Tim Legge. The LRRL gives this award to any runner who has competed in all 11 of the year's LRRL races.

Southwell 10k, Sun 31st Dec

Several Striders saw out the year by running in the Southwell 10km road race at Caythorpe, Nr Lowdham, Notts on 31st December.

Chris Southam finished 8th in a pb of 33.21, Nicola Clay was 3rd lady in a pb of 36.15, Darren Glover finished in 36.42, with Richard Gray 40.30, Gary Christmas 45.50, and Debbie Shaw 48.26.

Keyworth Turkey Trot, Sun 10th Dec.

On a cold and blustery morning in Keyworth, Nicola Clay ran a tremendous 1/2 marathon to win the Turkey Trot (12th overall) in a new course record and a Stilton Striders club record of 1.17.58. Tim Hicks also put in a fine run to finish 34th in a personal best time of 1.23.46. Also amongst the 748 finishers were Tim Legge (67th in 1.26.53), Richard Gray (120th in 1.32.20), Anne Brindley (174th and 21st female in 1.36.09), Theresa Coltman (204th and 28th female in 1.37.59), and Vicki Lowe (310th and 54th female in 1.40.04). The ladies' team finished 2nd.

Swithland Cross Country Relays, Sun 3rd Dec.

Two Stilton men's teams and one ladies' team took to the Swithland mud to take part in a four leg cross-country relay.



The entertaining course of around 5k was mostly through wet and muddy stubble-strewn fields, with two stream crossings breaking the stride, before a twisting and turning woodland trail including a high embankment and several log jumps brought the runners towards the finish - except, that is, for a large group of runners on the first leg who managed to take a substantial short-cut by missing out the woods altogether!

The Stilton men's B team, led off by Tim Legge (22:40), finished in an excellent 3rd place with Chris Southam bringing the team home in 19:10, the 4th fastest leg of the day. Stilton men's A team finished in 20th place out of 32 men's teams.

3rd Stilton B - 1:23:36

- 1 Tim Legge 22:40
- 2 Darren Glover 20:43
- 3 Paul Kerr 21:03
- 4 Chris Southam 19:10

20th Stilton A - 1:37:55

- 1 Neil Jaggard 24:01
- 2 Gary Christmas 27:16
- 3 Matt King 24:25
- 4 Christian Davidson 22:13

The ladies team finished in a fine 4th place, with a strong first leg from Debbie Shaw.

4th MM ladies - 1:22:42

- 1 Debbie Shaw 25:48
- 2 Anne Brindley 25:57
- 3 Liz King 30:57

Tim Hicks (Oakham [Rutland] AC coach) ran the 2nd leg (20:57) for the Oakham (Rutland) AC mixed team that finished 2nd (9th overall). Oakham-born Chris Genes (21:24) ran the first leg for the Rutland Panthers who finished 10th mixed team.

2nd Oakham (Rutland) AC - 1:28:50

- 1 Jonny Pegg 19:00
- 2 Tim Hicks 20:57
- 3 Billy Hicks 24:17
- 4 Pippa Hicks 24:36

10th Rutland Panthers - 1:46:21

- 1 Chris Genes 21:24
- 2 Jo Batten 30:30
- 3 Katie Arnold 34:40
- 4 Jonny Pegg 19:47



The Wingerworth Wobble, 26th Nov

It's not about winning medals, gift vouchers or top ten finishes its all about taking part. Success for the average club members can be measured in small improvements or surprising results. Such an occurrence took place in the small Derbyshire village of Wingerworth (north of Chesterfield) the home of the 'Wobble'.

A bright sunny morning greeted Neil Jaggard and around 85 runners as they set off on the 4.6 mile fell run and the 650 feet of climbing. The previous day's heavy rain had made the conditions wet, slippery and muddy as the course wended its way across open country and through the woods before emerging onto the moorland passing isolated farm houses and on to the notorious uphill finish.

The surprising occurrence? Another year older, yet knocking more than a minute off last year's time to finish in 43 mins and 4 seconds and 40th place overall. Winning time 33.01.

Report: Benidorm 1/2 Marathon, 26 Nov

116 Paul Kerr 1.25.44.

Report: Derby Runner Cross Country, Swithland, 26 Nov

2 Chris Southam.

Hartshill Heartbreaker 10, 17 Nov

A victory for Nicola Clay in 66.02.

Shepshed 7, Sun 5th Nov.

A large team of Striders competed in the ever-popular Shepshed Seven which is run over two laps on grass, track, and road. Continuing in her rich vein of form, Nicola Clay was again the star performer finishing first lady and 14th overall in 41:42 (a club record) out of a field of 528, beating into second place Nikki Nealon (Huncote), who less than 48 hours previously had been crowned the 2006 Leicestershire Road Runners League Female Champion. Nicola was supported by Darren Glover (41:42), Tim Legge (43:31), John Cresswell (44:22), Phil Douglas (48:05), Richard Gray (49:16), Anne Brindley (49:43), Clive Wright (50:55), Theresa Coltman (51:56), Darryl Woolward (52:40), Ron Grove (53:14), Wayne Hackett (54:44), Vicki Lowe (56:00), Abi Arnott (59:06) and Richard Cox (59:54). In the junior race Amelia Coltman finished 14th out of 114 runners in 7:34.



Derby Runner Cross Country, Ullesthorpe, Sun 29th Oct.

60 S. Dewick 43.34
94 S. Owen 46.15
144 P. Douglas 51.06
165 C. Genes 54.07

35 T. Coltman 53.56
49 D. Shaw 58.16



Bestwood Country Park 10k, Sun 22nd Oct.

Nicola Clay was victorious in the Bestwood Country Park 10k in Nottingham, finishing in a time of 37mins 46secs. Nicola was 7th overall in the race.

Abingdon Marathon, Sun 22nd Oct.

With seconds to spare, Anne Brindley raced through the finish line at the Abingdon marathon to secure a place in the elite ladies race for London 2007. Her time of 3 hours 14 minutes and 12 seconds placing her just outside the top 10 ladies. The race on 22 October was run in near to ideal conditions with just the slightest hint of rain. The Abingdon race is rumoured to be a good PB course but many runners struggled primarily due to water only being available in cups every 3 or 4 miles. This presented a major problem to Tim Legge who was running well for a sub-2:50 time until mile 18. After that it was just a case of clinging on and Tim finally finished in 3:01:20. Having been ill on Saturday, perhaps he shouldn't have run at all. Realising a PB wasn't going to be happening, Tim decided to just enjoy the race and enter into a bit of spectator interaction on the way round. The hero of the day was definitely Anne. Her gritty performance saw her digging deep into her reserves and ploughing through the second half with a tight hamstring. "My heart rate was up to over 170 bpm for most of the race which is what I normally expect during a 10k," Anne commented. "I knew it was going to be a close run thing but after all the training, I was determined to get under 3:15."

Rugby 10, Sun 15th Oct.

Nicola Clay continued her excellent form to record a time of 59:00 to win the Rugby 10 in Warwickshire.

Leicester Marathon, Desford, Sun 15th Oct.

Chris Southam was the only Strider brave enough to attempt the Leicester Marathon on Sunday. Starting and finishing in Desford the course is considered to be one of the toughest marathon courses in the country. Chris, running his third marathon of the year and only five weeks after Nottingham, finished in second position in 2:44:16, behind Michael Johnson 2:36:40 from Kenilworth AC.

Waltham Winder, Sat 14th Oct.

Saturday October 14th saw the annual Waltham Winder with a choice of 10, 16, or 26 mile routes. Steve Dewick was the only Strider in the 16 mile run and finished in a time of 2hours 15mins for an excellent top 10 finish. In the 10 mile race (Zoe had a GPS and clocked it at 11.2miles) Striders men packed the top ten. First Strider and proud winner overall was Paul Kerr in 1hour 23mins. Paul found the conditions great apart from the early morning fog which was a bit of a pain as he did not know the course. Clive Wright, Gary Christmas and Neil Jaggard ran together and were chasing down the runner in 5th place when they were brought to a halt on a back lane out of Croxton Kerrial by 200 good looking sheep and a shepherd with a glint in his eye. The 2 minute delay enabled 2 other runners to join us in vain pursuit of 5th place. A wrongly place sign in Eaton added to the confusion as we headed to Goadby Marwood with the 3 of us still together, this was all to change at the 3 miles to go sign when Clive took off on his own, Gary followed soon after and they maintained their advantage to the finish. Clive eventually crossed the line in 1hour 38mins for 6th place Gary was 7th in 1hour 38mins 58 secs with Neil in 10th with a time of 1hour 41mins 12 secs. There were 37 finishers, and these included a number of ladies. Lapsed member Gayle Warner was first lady with Striders connection in 1hour 51mins. Next running and finishing together were Zoe and Julie Dooley in just over 1hour 53mins. Final lady home was Vicki in 2 hours. Her time was slower than expected as she spent the whole time in her words 'Gassing to her friend'. An excellent well organised event as usual rounded off with soup and apple pie to all finishers.

Midland Counties Relays, Brooksby, Sat 7th Oct.

Stilton Striders were well represented by three men's teams in the Midland Counties Relays at Brooksby on Sat 7th Oct. Apart from a fairly strong breeze, conditions were dry and pretty good for running with little mud to be seen. A set of steps followed by a tough little hill provided the main challenges around a series of fields on the two lap 6k course. A strong Stilton 'A' team was led off by Alex Langlands who completed the circuit in 25.50. Nick Brown and Darren Glover took the 2nd and 3rd legs, each recording times of about 26 mins. Chris Southam powered home on the final leg in 23.30 with the team finishing 11th overall. Tim Hicks led off the 'B' team in 27.10, with Stewart Owen (29.50), Richard Gray (31.00), and Steve Dewick (28.30) completing the team that finished in 26th place. And the 'C' team comprising Christian Davidson (28.40), Phil Douglas (29.45), Chris Genes (33.50), and Matt King (30.05) finished in 31st place. Thanks to John Stares for managing the teams and Clive Wright for turning up as reserve. Most of the Striders made the team photo!



Calke Park Orienteering

And now for something completely different. Tim Hicks and family travelled to Calke Park near Derby on Sunday (24 Sep) for a first attempt at orienteering. Armed with trusty compass, map, and dibber, Tim and son Billy set off on the light green course while others in the Hicks entourage opted for the orange course. Having figured out what to do with our dibbers (electronic devices to be dibbed into sensors at the check points) and recalled how to use a compass and map, whilst numerous wirey characters sprang past us apparently with some 6th navigational sense, we finally began to make progress in what we seemed to be the right direction. You can choose any one of several different colour-coded courses of differing lengths and degrees of technical difficulty. The light green course was 4.2km long and required an ability to track down small flags hidden in remote hollows. Hurling through brambles and nettles whilst trying to read a map, check a compass bearing, and search for a place to put your dibber, requires a degree of concentration unfamiliar to a road runner. Still, after our sluggish start we soon began to get the hang of things, and after finding ourselves lost only twice, after 48 mins of exhausting fartlek-style running, we eventually dibbed our last dib, and completed the course. The marvelous electronic recording system revealed that we had worked our way up to finish 12th overall, even satisfyingly winning a couple of sections towards the end. And the other Hickses who had opted for the shorter orange course took a far more leisurely approach and showed-up some time later sensibly having taken time to enjoy the fine scenery. Then off for a nice cup of tea and a sit down, before a tour around the fine gardens of Calke Abbey. Certainly an alternative to a regular run and a family activity that we can thoroughly recommend.

Chris Ingram 10k, Fun Run, and Children's Races - 17 Sept 2006

Fine September Sunday sunshine and the beautiful surrounds of the Stapleford Park Hotel provided an impressive backdrop for some excellent races. Full results of all races are available via [this link](#).

Two well supported children's events in the grounds of the hotel set the day in motion with a total of 67 youngsters aged from 20 months to 14 years taking part. The first three in the under 10's race of just under 1k were:

1. Nathan Louis-Fernand,
2. Emily Hollis,
3. Matthew Lowe,

and in the 10+ race:

1. Stephan Brockett,
2. Elizabeth Mellor,
3. Charlotte Marsh.

The main 10k event covered two laps along the quiet roads and paths surrounding the hotel. A small hill half-way around the circuit and a rough track back towards Stapleford Park provided the most significant challenges, along with the increasing temperature under the clear blue sky. In a strong field, the leading men were:

1. Steve Platts 33:04,
2. Ashley Sabin 33:47,
3. Chris Southam 34:05,

and the leading women were:

1. Nicki Nealon 37:08,
2. Nicola Clay 37:23,
3. Sula Young 37:45.

Category awards were given to:

- MV40 Chris Southam,
- MV50 Mick Stevens,
- MV60 Bob Statham,
- FV35 Vicki Greennall,
- FV45 Karen Fairall,
- FV55 Lesley Griffin.

The winning teams were:

Men: Barrow (David Battersby, Glen North, Dirk Brandon, and Andy Simpson),

Ladies: OWLs (Sara Wells, Debbie Napier, and Alex Caven).

And if Carlsburg did fun runs...



... did you spot the unlikely faces who didn't get their 10k entries in on time? Yes, the winner of the single lap 5.35K race was Tim Hartley with Tara Krzywicki the first lady.

Runner 299 Robert Marles, who finished in 51:39 and runs for Melton Olympic CC, was the lucky winner of our prize draw of five days in South Africa.

Robin Hood Marathon and Half-Marathon, Sunday 10th September 2006. The Sun Shines brightly for Nicola Clay's triumph.

In stark contrast to previous years, the sun actually shone for one of the country's biggest running events. However, its glorious light was eclipsed by a phenomenal race from our very own Nicola Clay who came in to win the women's full marathon.

Nicola's time of 2 hours 52 minutes and 19 seconds is very close to the club record set by Jane Bishop in 1986 (2 hour 49 minutes). This is all the more impressive as the new Nottingham course is much tougher with an extra, severe hill up through the university campus. Nicola was not alone in the marathon as Chris Southam did the club proud by coming 5th in the men's race. It shows how well Chris is running when he can afford to walk some of the 26.2 miles and still finish in 2 hours 40 minutes.

Making a good return to the distance, Steve Dewick finished in a commendable 3 hours 22 minutes. It is great to see Steve heading back to form and it is likely we will see him hitting sub-3:15 soon. Also completing the marathon was Richard Gray who found the going harder than expected and finished in 3 hours 41 minutes. Richard's recent race times suggest he can go much faster and he is determined to make progress.

In the half marathon it was the ladies who took the glory again. Anne Brindley set a new personal best of 1 hours 32 minutes knocking nearly 8 minutes off her time last year. Anne finished 23rd lady and 4th in the F40 category. Her husband, Tim Legge, was first Strider home in 1:20 and was pleased with how the race went. Other Stilton Striders competing were Suzanne Burley, Claire Graham (2:00:33), and Tina Harkin (2:07:30).

"Anne and I are training for the Abbingdon Marathon in October so this was the perfect warm-up race. There were 4 biggish hills in the opening 9 miles and then it was just a case of hanging on to the finish."

Another superb improvement came from next Strider home Christian Davidson in 1 hour 28 minutes. This was a great result and shows Christian has made massive steps forward since joining the Striders.

As the day warmed up in the sunshine it became increasingly tough on the course and other Striders to make it home were Richard Stratton in 1:37 and Martin Miles 1:54. Martin made a tactical error of not training - and then taking a predicted time wristband setting him a 1 hour 10 minutes pace. Richard was on home territory but found the going tough after posting some good race times over the previous few weeks. I'm sure Richard and Martin will both be back with a vengeance.

Chelmorton Fell Race

On Sunday September 10th three Striders travelled to Chelmorton near Buxton to compete in the five mile fell race, and they very nearly didn't make it. A bearly moving tale of frustration and one man's desperation from Neil Jaggard:

"Gary, Phil and I left the bus station at 9.30 after waiting 15 minutes in vain for our fourth team member to arrive. Heading towards Wymeswold we encountered a diversion which took us through Willoughby only to reach another road closure. Turning back the way we had come, we made our way along the A46 to the Durham Ox and on to Burton (now 29 mins behind schedule). We reached the M1 where we were stuck in traffic heading for Donington. At last reaching the A50 (now 43 mins behind) we made good progress towards Ashbourne before joining, for 6 miles, a queue of traffic behind a tractor of bales. It was at this point that Gary decided he needed a wee wee and wanted to stop. As we were so far behind the clock we carried on with Gary becoming more and more desperate. It was now like travelling with a small child. Through Ashbourne with the clock ticking we were now following a tractor, two caravans, a line of cars, a flock of sheep, and a bus carrying illegal immigrants etc. We were now going so slowly that Gary wanted to jump out and catch us up after he had finished. Just as he opened the door the road cleared unexpectedly and we were on our way again. We drew into the car park 7 minutes before the start time. Gary, unable to wait leapt from the moving car and did a parachute roll to the nearest stone wall to do his worst.

A quick change, a run to registration and we lined up with a minute to spare.

Waved off by the Lady of Hollingsclough and her enormous flag we ran along the spectator lined main street and out over the moors. With Phil and Gary disappearing into the distance it wasn't going to be my day. Reaching the village of Taddington, we ran a short road section before a steep climb back over the moors to the bottom of the Chelmorton Low. It was here that the main event began with Gary closing on Phil and overtaking him on the climb. Maintaining his lead he sprinted down the main street to finish 32nd in 45.16 seconds with Phil close behind in 34th in a time of 45.35. Meanwhile I was involved in my own private battle trying to get my legs to do as they were told. On reaching the last hill I was only in it for the magnificent views and struggled home in 49th in 51.04.

Home made pies, tea and biscuits afterwards made for a great day out, with the bonus of a photo with the Lady and her big flag.

Thanks to Gary and Phil for introducing me to fell running and although it was tough I may try it again sometime."



The Hose Down - 12th summer outrun - Sep 6th

The final summer outrun took place on 6th September from the Black Horse at Hose and once again we had a terrific response with 15 runners including a new member called Clive.

Taking a short foot path out of the village we headed past the tennis courts and into the Harby Hills via Mount Pleasant. A steady climb up the hill took us through the woods before heading towards Eastwell along the crest of the hill. Turning left before the road we ran back through the woods emerging in a field of cows and, just as last week, joggers became sprinters as they raced to the next gateway. It was at this point that we decided on a new award THE WHINGER OF THE WEEK. This prestigious award goes to Clive who in his own way complained about, in no particular order, the weather, mud, stones, stiles, dogs, cows, horses, route, stingers, brambles, and hills. As this was his first outrun of the year we are prepared to overlook this and would welcome him back next year now he has got it all off his chest. However, he may be pleased to hear that he has been selected to compete in the National Whinging Finals.

We now hit a good track alongside the old railway where we were treated to a snapshot of Ron's childhood and his train rides to the coast with his cold tea, cheese sandwich and a shiny sixpence. For all you youngsters out there, a sixpence was a type of ancient coin first used by the Romans and was equivalent to two and half new pence - it was a lot of money in those days.

The night was now closing in with the rain lashing down and a dodgy last two miles in the dark before reaching Hose and the pub, where the sun finally set on the outruns for another year.

Beer of the week was Harvest Pale. Disappointing Beer of the week JHB. No food available as they already had six diners in the restaurant!!!

The winner of the 100% award was Steve Dewick and he will get a prize as promised when I can think of something suitable. No prizes for runners up Alex and Matt who only missed one.

The quiz of the week is; Now the outruns are over for another year How Many Villages Did We Run Through?

Thanks to everyone who supported the outruns 2006 and we hope to see you back next year for some new routes and some old favourites. If any of you have any comments or feedback please email me (Neil) at jaggards@homein221.fsnet.co.uk.

The Scalford Scramble - 11th summer outrun - Aug 30th

The latest outrun from The King's Arms Scalford attracted 19 runners and by way of a change it was a make it up as you go night with the route zig zagging across the fields giving more 'stiles for your miles'. Although we were out for over an hour, we only covered around five and a half miles. Plenty of nettles and brambles to run through especially near the stiles; do farmers ever keep the footpaths clear? But with only one outrun to go, any scars will have 6 months to heal.

Plenty of domestic cattle to identify with breeds of all nationalities (see Stewart). A brief encounter with some angry bullocks (possibly German) cornered us in a field with some of our slower runners becoming some of our quicker runners, Vicky in particular. This part of the run was also enjoyed by Martin who seems to have an affinity with the native wildlife.

The highlight of the evening was the introduction of Ron's new shoes from the specialist running shop called Downtown (Petula Clarke number 1 in 1967). The shoes were bright blue with striking red off-road studs; they are now covered in mud!!

Beer of the week: Kimberly Ales Olde Trip. Plenty of choice from the food menu with Lamb Kebabs, Fish Soup and Sandwiches being the popular selections.

The 100% award is not now wide open with Steve D being the only one. However due to the sad fact that he keeps his card in a plastic bag and brings his own marker pen the rules may need to be altered. Three other runners have only missed one so things could change.

The Buffalo Run - 10th summer outrun - Aug 23rd

Out Run 10 was another success with the lure of free food too much for some unlikely outrunners to ignore. A record breaking 23 arrived at Bouverie Lodge on a wet miserable night for the Buffalo Barbecue.

Heading along a track away from the farm we turned left for the long climb up green hill towards Saxelbye before turning left again through Kings estate into Wartnaby. On leaving the village the route took in a recently ploughed field with the prospect of shoes of diving boot proportions it was at this point the men/women were sorted from the boys/girls as only 7 took the correct route and the rest wimped along the road. This decision could throw the whole 100% issue into doubt as Steve D missed the field!!

Crossing the main road we now experienced probably the best view in Leicestershire as we reached the summit of Broughton Hill to look out over the Vale of Belvoir (possible photo opportunity, bring a camera next year). A nice downhill took us through the vast rolling plains of North America amongst herds of Bison (it could have been). What weird looking creatures they must have thought as 23 runners in vest and shorts went by. There was still time for some minor excitement as three deer had escaped and were blocking our route. This seemed to unnerve our wildlife correspondent Martin who never runs off-road alone. Luckily farmer George was on hand to give us safe passage.

With the weather being so bad the outdoor barbecue was cancelled and Ruth asked us into the kitchen which easily accommodated all of us where we were treated to an array of local produce: Bison Burgers, Venison and also Pork sausages along with salad and new potatoes.

A big thank you to all who came on the night and made the event a success. Also thanks to Ruth and George Wakelin for their hospitality, the club committee for spending some money and Phil Douglas for phoning around to get the numbers up.

Grimsthorpe Castle 10k

Phil Douglas and family made the short trip to Grimsthorpe Castle on Bank Holiday Monday (28th Aug) for the annual 10k and 3k runs. Phil came 80th out of 330 in the multi terrain 10K with a time of 46.09. Phil was a little disappointed but there were three inclines and a strong head wind (so he said).

His son Andy competed in the 3k coming in 87th out of 166 and was pleased with his run in a time of 16.50. Start looking over your shoulder dad he's after you !!!!



Thorney 5 (Sun 20 Aug)

Gary Christmas travelled to Thorney, Nr Peterborough, to run in the Thorney five mile race. It was a new course out and back through the village. Gary finished in 36 min 27 seconds in warm windy conditions.

Newark Half Marathon (Sun 13 Aug)

Nicola Clay finished 20th in the Newark Half Marathon and second lady (behind Liz Yelling) in 1:20:17 in a field of 664.

The No Watch Race - Sproxtton - 9th summer outrun - Aug 9th

After the competitors were stripped of their watches they were asked to predict a time for their unknown distance run.





12 runners took almost half an hour to predict their times which ranged from 38 minutes to 65 minutes. However, once that was done the race began proper.

From the Crown in Sproxtton the runners headed out on the Buckminster road before turning towards Coston on the Kings Street Lane track. Chris and Neil meanwhile made their way to Coston Ford to get some pictures of everyone running through it. Well we thought everyone would run through but photographic evidence has now revealed that Ron (of all people) and Steve McGarry who probably didn't see it anyway took the footbridge. Leaving Coston the runners made their way on another track before joining a badly rutted green lane leading back to Sproxtton, a small detour on the Mowbray Way, and a downhill finish back to the pub.

First back was Chris Southam well inside his predicted time. Some 6 minutes later a group of 4 appeared over the brow of the hill but only three would finish for the time being. Steve Dewick, Christian and Stewart finished within 8 seconds of each other. It was at this point that we witnessed the most blatant attempt at result fixing by club chairman Tim Legge. On realising he was way off his time he turned and disappeared over the horizon for another 15 minutes. He obviously thought that winning one year's free membership was worth damaging his reputation for, and all this from a man who owns a Porsche and half of Bradgate Park.

Matt came in with a time of 39.42 nearly 17 minutes ahead of his time, clearly not a man to entrust a map to. Ron, Pop it in Phil and Steve McGarry finished next with Ron and Steve incurring ten second penalties for avoiding the ford. Abbi had a good run finishing in 45.52 with Liz next in 50.40.

With only John Stares to come the race was still wide open. He appeared over the hill (and he is, like a lot of us) and needed a quick run in to grab victory and eventually crossed the line just 35 seconds outside his time leaving Stewart the winner in 38.09 only 16 seconds ahead of his prediction.

Final Placings

Stewart 38.09 @ 16 seconds
 John 52. 50 @ 35 seconds
 Tim Legge 50.39, 2m 21s
 Phil 41.33, 3m 19s
 Ron 41.33, 4m 05s
 Chris 31.41, 6m 19s
 Christian 38.03, 7m.23s
 Steve M 41.52, 8m 18s
 Steve D 38.01, 12m.59s
 Liz 50.40, 14m.20s
 Matt 39.52, 16.54
 Abbi 45.52, 17.18

Beer of the week: Green King IPA. Snack of the week: Chunky Chips with ketchup for most, mayonnaise for Chris Genes.

Only 2 100%ers left: Steve D and a hotly disputed Neil (remember he makes the rules).

Huncote 5 miles (Wed 2 Aug)

The rain fell down on Huncote town, but the 5 mile race was far from miserable as some 470 happy runners splashed through many a puddle and stream along the roads. Let loose from the shelter of the leisure centre, many hared off through the torrential downpour with the first mile seeming more akin to a sprint. Once the race settled, Striders' Chris Southam found himself battling with a strong leading group. Chris finished in 9th place and in the unusual position of merely 2nd V40. Rapidly improving Alex Langland, whose rowing skills perhaps gave him an advantage, had another great run to finish 2nd Strider home in 32nd position. Results for all Striders in this penultimate LRRL race are:

9 Chris Southam 26.25
 32 Alex Langland 28.54
 38 Darren Glover 29.04
 50 Tim Legge 29.57
 62 Tim Hicks 30.22
 67 Steve Dewick 30.35
 126 Richard Gray 32.21
 130 Christian Davidson 32.25
 147 Stewart Owen 33.15
 200 Phil Douglas 34.37
 202 Richard Stratton 34.40
 259 Clive Wright 36.53

The Stilton ladies did not venture out and missed out on the dainty matching bag and purse finishing prize. At least there was beer.

Full results are here.

Chevin Hill Race

On Thursday 3rd August Neil Jaggard travelled to Milford in Derbyshire to compete in the Chevin Hill Race, a 4.5 mile route with a very precise 879 feet of climbing.

"It was a perfect night for running as 107 runners made their way along main street before heading up a steep rocky climb and heading back to the village (this turned out to be just a warm-up before the real climb). We now ran across the golf course and up Chevin Hill which was a 15 minute uphill climb before dropping into a disused quarry, circling back into the woods and along Chevin ridge, and cutting back through the golf course to a downhill finish in front of Milford Social club.

Winning time 29 minutes 45 seconds. My time 40 minutes 25 seconds and 64th place.

A good event and only just over an hour's travelling. Drink of the week -- after the race, luke warm water with a hint of Milton sterilising fluid, mmm nice."

Notts 5 miles

Gary Christmas travelled to Nottingham to run in Notts 5 mile road race on Friday 28th July from the Trent Embankment. In very hot and humid conditions Gary completed the race in 35 min 51 seconds. Chris Southam also ran finishing 8th and first V40 in a pb of 26.15. Results are here.

The Frisby Flop - 8th summer outrun - 26th July

The latest summer outrun saw 11 sweaty runners depart from the Blue Bell Frisby for a six mile route along the banks of the River Wreake.

It was hot and humid right from the off as we headed across the fields to Kirby Bellars where we met some horses (our resident country boy, Stewart from Watford said that's what they were) through the village we turned along the old canal where met some Soay sheep, see previous brackets. We then made our way to Asfordby Valley where we were barked at by a Rottweiler (we didn't need Stewart to tell us what that was). We then joined the river bank where we ran through a flock of Border Leicester and Suffolk mule sheep (It's not just running it's an education) and then through a gate onto a

small track where we saw some Jacobs sheep (see first brackets). Back over the bridge and past Kirby church we ran over Priory water wildfowl lake before coming to an abrupt halt at a sign which read Caution Bull in Field, we peered over the gate and confirmed it was a big bugger of an indeterminate breed although Stewart was all for having a closer look. Undeterred we all legged it across the field leaving Ron and the girls at the back to fend for themselves. Crossing Station Road there were two more horses and a field of Fresian/Hereford cross cows before we returned to the pub.

Beer of the week---Timothy Taylors Golden Best.

On arriving back at the pub Chris G was there foot in plaster and attendance card at the ready. Just turning up doesn't count Chris, you just have to let it go!

Only three 100%ers left now Steve D, Alex and Neil.

Mad Dogs and Striders Go Out In The Evening Sun - 7th summer outrun - 19th July

A combination of holidays and baking temperatures saw only 10 hardy/brave/foolish striders embark on the latest summer out run from The Anchor pub in Plungar.

Guest pathfinder Steve M greeted us with the words "I haven't checked the course and I can only do 10 minutes as I have a calf strain" so he presented us with a badly drawn map and some rough directions.

Leaving the pub turning onto Church Lane we soon headed out across the fields before heading for Redmile along the tow path. Through the village and down Church Lane onto the fields again towards Barkstone a slight difference of opinion about the route in the village saw us running down Church Lane before hitting the tow path back to Plungar.

A shorter course than usual of five and half miles which seemed like ten in the heat. A dwindling band of 100%ERS now stands at Alex, Matt, Steve D and Neil with 5 runners missing only one. It was decided on the run that although Chris G turned out with his foot in bandages and a crutch that walking across the car park to the beer garden did not constitute a run and he therefore lost his 100% record.

Good selection of sandwiches on sale and Walkers large bags of crisps only 45p.

Delboy will be gutted to hear that Beer of the week was Black Sheep --- delicious.

Notfast Open 10k, Newark - 16th July

1. Nicola Clay 37.10.

Hungarton 7 - 12th July

Stilton Striders were well represented in the latest of a number of summer evening races, this time at Hungarton for a 7 mile run over one of the hilliest courses in the region. The race was one of the LRRL series. Finishing details are:

6 Chris Southam (39.07),
16 Darren Glover (42.20),
36 Tim Legge (43.57),
45 Steve Dewick (44.40),

60 Tim Hicks (45.54),
 107 Richard Gray (48.58),
 115 Phil Douglas (49.16),
 131 Chris Genes (49.55),
 145 Anne Brindley (50.27),
 161 Stewart Owen (51.04),
 233 Clive Wright (55.08),
 287 Martin Miles (59.02),
 345 Tina Harkin (64.49),
 349 Elaine Garton (65.01).

The men's team comprising the first four Striders finished 2nd.

Notts Grand Prix and Tallin 10K

A report from Chris Genes: "The warm weather continued into the second week of the series of four Notts Grand Prix races over 10 days with the 10k around Holme Pierpont proving no exception, and I finished in a time of 42:49 (4th July). The final event (6th July) was the 5 mile Colwick Park race and as I had already decided not to run the marathon two days later in Tallinn, my tactic was to run the first two miles hard and try and see if I could hold on for the rest. Running the first mile in 5:55 (something I cannot normally do even in training) I finished in 34:02 taking 40 seconds off my personal best. Overall I finished 44th (168 completed the full series) and 4th V50 in a total time of 2:04:51. Richard Stratton also completed the series in a time of 2:10:05.

Flying three hours north the following morning we landed in Tallinn to find that they were in the middle of the hottest spell of weather for over forty years and my decision to run the 10k instead of the marathon was vindicated as the temperature was 31 degrees when the race started at 4.00pm. My tactic this time was to run within my limits and the temperature and I finished 50th in 43:25. Some runners did not respect the conditions as I passed two runners at the 7k and 8k markers who had collapsed in the heat and were being tended by paramedics due to dehydration. Although I did not run the marathon I have converted my training over the past seven months into some short fast races as well as aiding my post-op recovery [Chris has had an operation on a toe which will be held in place by a steel pin for the next six weeks]. In addition I have learnt that two marathons nine weeks apart and running in the temperatures we have recently been enduring is far too much for me. Next time I will plan for a single marathon."

Whissendine 6

A host of Striders took to the hills for a 6 mile trundle along the roads around the village of Whissendine on Thu evening (6th July). Feast week and a good turn out of local runners and enthusiastic spectators generated an enjoyable and friendly atmosphere and the bottle of beer provided by local sponsors the Grainstore brewery quenched many a thirst on a humid evening. Results:

1 Chris Southam 32.25
 5 Darren Glover 35.24
 9 Nicola Clay 36.06
 16 Steve Dewick 38.08
 18 Tim Hicks 38.36
 37 Phil Douglas 41.15
 43 Stewart Owen 41.51
 53 John Cresswell 43.32
 68 Clive Wright 45.12
 96 Ron Grove 47.38
 108 Vicki Lowe 48.55
 168 Del Ashberry 56.47

Barrow Classic 10 miles

Sunday 2nd July saw the running of the Barrow Classic 10 mile race, the latest LRRL event. Run in extremely hot and humid conditions most of the runners struggled at some point and times as expected were slightly slower than normal. First Strider home was Chris Southam (59:52) in 8th position, with Alex Langland (64:55) 30th and continuing to convert his rowing skills into road running strength, Tim Legge (65:10), Paul Kerr (66:02), Steve Dewick (68:53) putting in an excellent run, Darren Glover (70:44), Cristian Davidson and Richard Grey both recording 74:31, Phil Douglas (76:03), Richard Stratton (77:65), Chris Genes (82:29) and Clive Wright (88:43).

Notts Grand Prix

During the week (27 and 29 June) Chris Genes competed in the first two races in the Notts Grand Prix series, consisting of four races over 10 days. Genes completed the Rushcliffe Park four mile event in 27:00, and followed this up with a 20:59 5k raced around Wollaton Park.

Wymondham Wander - 6th summer outrun - 28th June

With the holiday season now underway it was still pleasing to have 16 runners out on an excellent evening for running although it was quite warm. There was one more new face to add to the list giving 28 members who have now appeared at 1 or more of the events. There are still some of you out there who are missing out on a social occasion and a good run as well. We would welcome more new off roaders!

Starting from the Berkley Arms 12 took the off road route and 4 took to the roads. With competition hotting up for the title of Out Run 100%er 2006 there is now some debate between the remaining 7 as to what constitutes 100%, is it doing all off road, all road, a mixture, or just turning up? Will things like not completing the whole course be taken into consideration. Watch this space.

At the moment we still have 7 100%ers and two runners on 5 runs.

We then headed towards Edmunthorpe along a path strewn with stingers (remember not to scratch) before crossing the old cricket ground and taking the well marked track to Market Overton, taking care not to leave anyone behind by waiting at various points to group up and start off once again towards Woodwell Head and the Princes Hovel (bet you didn't know we went there). Joining the Rutland round for a short while we took the Drift back to Edmunthorpe. It was here some runners, (including some 100%ers) took the road back, could this have been a crucial error? The ones who took the field route were treated to a spectacular double back somersault by Neil in trying, successfully to avoid straddling a barbed wire fence, it makes my eyes water thinking about it even now. After clearing that obstacle we thought it was plain sailing back to Wymondham but we hadn't reckoned on Ron and Abbi getting lost in the long grass! Fortunately they were found in the nick of time.

Back at the pub Chris G, Ron and Phil were all relieved to find that no food was available as they had all had a bad experience with a small sausage in Wymondham before.

Beer of the week Wadworth Summersault

Stathern Festival 10km

Results for Stathern Festival 10km, which took place on Sunday 25th June 06. Conditions were very warm, but a nice flat course in the Vale of Belvoir for the 195 starters.

Darren Glover 36.07 (2nd place)

Nick Brown 36.45 (4)

Nicola Clay 37.29 (8-2nd lady)

Steve Dewick 40.24 (16)

Richard Gray 42.00 (23)

Stewart Owen 43.00 (28)

Christian Davidson 44.16 (38)

Gary Christmas 45.55 (49)

Chris Genes 56.05 (137)

Del Ashberry 64.40 (182)

Waltham Racers - 5th summer outrun - 21st June

To use true football parlance and to assist anyone working towards a maths GCSE try the following question. IS IT A % GAME?

A record breaking 20 runners arrived to tackle Wednesdays run from the Royal Horseshoes in Waltham and of these....

20% ran on the road.

30% were Ladies - those girls just want to have fun. (Cyndi Lauper No 1 for 3 weeks September 1985)

30% were over 45

45% didn't stay for a drink

5% fell over (although Liz managed to stay on feet during the run, we don't know what she did afterwards).

5% wore Lycra. The jury is still out on the Lycra -- good or bad issue. Would it be an idea to introduce a golf club style dress code, this would be put to a vote, here are the options.

A - Leave it to the individuals discretion.

B - Ban it completely.

C - Make the wearing of it compulsory.

10% were late - this would normally result in a fine. As Gary is always late this could lead to financial difficulties in the future.

10% got lost. Map upside down problem and no pathfinder. How can you get lost on a road run, although there was an unconfirmed report of thick fog in the Coston area.

If all of the above is true how many 100%ers do we have? answer below.

The run itself began with a 1 mile tour of Waltham to cover the first 200 yards (189mts) before entering the race course, it was neck and neck right from the start with the all weather surface proving to a bit of a problem the field began to spread out with Gary and Delboy trailing badly Stewart ran his own route which involved doubling back twice and jumping two fences and with the leaders strung out down the finishing straight and the line coming into view I just managed to get my nose in front (it comes in handy sometimes). Leaving the unsaddling enclosure we headed towards Bescaby Oaks this is an area of trees not to be confused with a Wood, Spinney or Copse or indeed a Plantation which we will come to another time. From the edge of the Oaks a tough section of cross country which was badly overgrown was now no problem for these seasoned off roaders as we entered Saltby, turning back on the road towards Stonesby we headed across the old tip (it was here the 5% fell over) back to Waltham through the Slimbridge wildfowl park and down the main street to the pub.

Although it was June 21st and the longest day there was a sure sign Winter is just around the corner as 'Pop it in Phil' our running postman donned 3 (or 4) shirts and his tracksuit bottoms (does he still wear the stockings) for the nights run.

Beer of the week Fullers London Pride - full bodied (like Ronaldo).

Sandwich of the week - Nobody ordered food this week although there was a full menu. We all thought Chris G was ordering food but he was just being friendly with the barmaid. The pub however did have a good selection of crisps including Lamb and mint sauce, vintage cheddar and red onion and thai chilli flavours.

The Bill Oddie moment went to Chris Southam and Alex who spotted a Barn Owl in the Coston area. Well done.

Once again a good evening was had by everybody with all off roaders returning home safely. Now we have broken the 20 barrier can we reach 25 at the Berkley Arms Wymondham next Wednesday the 28th.

100%ers. Chris G and S, Phil D, Neil, Matt, Steve D and Alex.

Church Langton 7.5 miles

Leicester Road Hoggs RC hosted their annual Church Langton 7.5 mile road race on Sunday Jun 18th over a single lap course which started with a gentle down hill section for the first two miles before finishing with the sting in the tail, a sharp incline over the final half mile. This year entries were down as the event did not qualify for LRRL status. However, this did not deter the two lone Striders who raced in the extreme humid conditions. Darren Glover finished an excellent 5th position in 44:55, with Chris Genes 65th in 60:35.

South Croxton - Neil's reply

There is an old saying in these parts that you cannot get lost in the Melton area unless you are an imbecile or your native guide does a runner. Those old wives know a thing or two!

It is now Saturday morning and following 3 sleepless nights worrying about you, my worst fears have been confirmed, was it 15 disorientated runners I saw on the latest episode of Lost on Thursday night contemplating another night out in the wilds of South Croxton living off the land.

The map was carefully colour coded to show the route before I realised that all of you must have defective vision, I will provide a Braille version next time.

Some questions answered.

- 1, I sign my own card so turning up and doing part of the run does count (I make the rules)
- 2, Spinney is a thicket (see the o.e.d.) I rest my case.
- 3, Wood is an area of dense trees (or runners lost in such)
- 4, Copse chase robbers.

You will, I'm sure, be pleased to hear that my presentation was well received and was followed by a generous round of applause and an excellent buffet at the Beedles Lake golf club (weddings, christenings and barmitzvahs catered for). I am available for after dinner speeches at a reasonable cost.

Beer of the week Old Hop Head. Which reminds me - Did Delboy get back safely?

This weeks top tip. Never rub or scratch a nettle sting this will only irritate it further and it will take longer to subside. Dock leaves are an old wives tale put about by an old wife with a dock leaf farm.

NO WATCH RACE COUNTDOWN 60 DAYS 11HOURS 35MINS

However in view of this weeks events and the health and safety issues of letting 15 unsupervised adults loose in the countryside for a second time the route may have to be revised to 2 laps of the

school field.

Have fun in the fields with BIG LEGGY off road.com

Wanted – Compass! Report from South Croxton's 4th summer outrun - 7th June.

With our native guide leading the group of experienced off-roaders (but not as was proven later experienced pathfinders) two miles into the route he promptly left on the pretence of having to "attend a meeting at work". The group became suspicious at this point as it was evident from the look on his face and the shoulder lifts as he disappeared quickly into the distance that we were being tested.

Game on: A tried and tested boy scout message was placed on the road to give a clue to the lone bare-chested Whissendine warrior, who at this point was some point behind, to provide him with a clue as to which direction we then set off towards. Has the fact that this runner got back to the pub, had his drink and was away before we finally returned anything to do with the native guide's early exit? (answers please on a post card to Phil).

Studying the map we quickly set off, only to stop at the next field to review the route – was it to the left or the right side of the hedge? Making the right choice to the right the bridleway soon passed through the hedge to the left, so we were all right. The map changed hands quite a few times before we realised we had overshot our next change of direction by a considerable distance. To justify this error a philosophical discussion, or was it lecture, took place as to the subtle differences between a copse, spinney and wood.

The next challenge that put our map reading skills to the test was when we finally spotted buildings – was it Leicester or Quenibourough? No it was Barkby. Turning the map around we headed right (we had given up with the north, south east and west options as they were causing us problems.) This change brought about more success and we were soon again fully into our running and after a few regroupings we ran almost into Quenibourough before turning back again to pick up the correct bridleway (to the right) again back to South Croxton.

The final section was painful – literally, with nettles knee high. Strange that in the beer garden discussions that took place later we couldn't understand why we were tingling right up to the top of our thighs. One runner likened the sensation to feeling like the 'Ready Break Kid' (strange habits influenced by a Derbyshire upbringing I wonder?) After a number of dock leaf stops we finally arrived back at the pub, with everyone reporting back unharmed and undeterred by the experience, with the exception of one female member who again happened to end up on the ground at least twice, but was keen to show off her latest battle scars to her impressionable niece before the evidence healed.

The consensus of opinion over a well earned pint or two was "never get separated from Neil, ask why the reserve native guide (Gary) was not present, do not let Ron have hold of the map too long and always question why other regular off roaders choose to run an uncharacteristic road run instead" (perhaps they had pre-knowledge of what was about to happen). Overall the run had excitement, it had humour and was fun.

Beer of the week: Opinion was that the aptly named "Your Grandmother would have liked it" bitter, did not live up to its expectation and we did not like it – next time we will bring our grandmothers, but only if they can map read.

Food of the week: Various freshly prepared sandwiches supported by kettle crisps and salad.

Debate of the week: Does a runner have to complete an outrun to get his/her card signed, or does turning up count?

Swithland 6

On Sunday 4th June a large contingent of Striders competed in the second Leicestershire Road Running League event, the Swithland 6, which took in a circuit of Cropston Reservoir, before returning to the finish in Swithland. Run in very hot and humid conditions, all 500 plus runners found the conditions testing. First Strider home again was Chris Southam (32:14) to take fourth position, with Darren Glover (34:07) 14th. Making an impressive debut for the club (and his first ever road race) was Alex Langlands who was encouraged over the final 1.5 miles by Tim Legge for both to cross the line together in 36:09. Next in was Paul Kerr (36:13), John Cresswell (36:47), Tim Hicks (38:46) followed by Steve Dewick (39:06) to get the final team counter well within 40 minutes. Also running were Richard Grey (41:02), Phil Douglas (41:25), Chris Genes (42:52), Christian Davidson (43:08) also making his club debut, Stewart Owen (43:39), Darryl Woolward (43:51), Gary Christmas (44:29), Clive Wright (44:40) and Derek Ashbury (59:00). In the ladies' section it took an exceptional run from local international runner Kate Ramsey to put Striders Nicola Clay (36:20) into second position, with Anne Brindley (42:56), Vicki Lowe (48:29) and Tina Harkin (51:55) completing the ladies team. Results are on this [link](#).

And lunch courtesy of Tim and Anne in the fine setting of their home in Woodhouse Eaves provided a suitably relaxing end to a good race.

Wincle Trout Fell Run

Gary Christmas travelled up to a village called Wincle in the Peak District to take part in the Wincle Trout 9km fell run on sat 3/6/06. "Crossing through woodlands, high moorland and River Dane I completed the race in 58min 29 sec in very warm conditions. I found the race very tough but collected my prize of a fresh local trout straight out of the river, which we enjoyed eating that evening."

Stathern Struggle - 3rd outrun - 24th May

Week three of the out run challenge certainly lived up to its name of the Stathern Struggle with nobody completing the after run quiz top scorers out of ten were Chris Southam and Richard (or was it Alex) with 3 each. Four people scored zero but due to the data protection act I feel unable to divulge their names, so a big sorry to Andy, Phil, Martin and Chris Genes for not getting their names in this week's report.

The run itself saw 16 of us begin from the Plough and up the steep climb of Tofts Hill cutting off through a field we entered the Belvoir Woods on the bottom track, a steady run to reach the road before joining the Jubilee Way past Reeded Cottage and Church Thornes before a short road section on Long Lane. We had now lost 5 runners who had taken a shorter route back, I think most of the remainder wished they had joined them as we took the long, steep, muddy, slippery climb to the top path before turning for home. The highlight was the amount of puddles and we had long since giving up avoiding them. Martin was like a big kid splashing about like a nine year old, we wondered whether he was allowed out in his wellies as a child (did he have wellies?) who knows but at least he enjoyed himself.

We now have eight 100 per centers and we will all meet again on June 7th at The Golden Fleece at South Croxton.

Pint of the week OLDE TRIP recommended by Andy Robinson.
No sandwich of the week, the baker was on strike so didn't deliver.

West End 8 - Striders win both men's and ladies' races.

Syston Rugby Club was the venue for the third running of the West End 8 mile road race on 21 May. A single loop course that took the runners to South Croxton where the steep climb up through the village took its toll on many of the runners, before the quicker and slightly downhill second half returned the runners to Queeniborough. Taking almost one minute off his time of last year Chris Southam knew he was in a race, with Gary Payne (Geoge Elliot AC) a pre-race favourite pushing him all the way and it wasn't until the final 400 metres that Southam outkicked his rival to take first place in 43:27(pb). Also competing were Darren Glover (47:23) 8th, Steve Dewick (53:43) 37th, Phil Douglas (55:43) 47th, Chris Genes (57:54) 55th and Clive Wright (58:54) 64th. Not to be out done, Nicola Clay also put in a superb performance to leave all the other ladies in her wake to take the ladies' crown in 49:31.

Somerby Stride - 2nd outrun - 17 May

The rain and Arsenal's defeat (ha ha) were no deterrent for the 17 hardy Stilton Striders (6 new faces) who turned out in appalling weather to run the Somerby stride.

Leaving the Stilton Cheese and heading along a section of the Leicestershire round we were quickly confronted by the notorious Somerby Jack Russell which unnerved some of the runners (Andy Robinson). This was soon behind us as we ran over wet muddy fields and tracks to the Dalby Hills car park before a short road section took us into Pickwell then undulating paths to the foot of Mount Cold Overton. On reaching the top of the hill we turned to head back to Somerby, apart from one extremely large and muddy field the road home was mostly grass.

A total of 25 runners have appeared during the 2 weeks but we still have room for more.
We have 11 100% ers.

Most popular pint Kingston Topaz.
Sandwich of the week -- Ham

Leicestershire & Rutland AA Track and Field Championships

Three Stilton Striders travelled to Leamington Spa on 13th and 14th May to compete in the Leicestershire & Rutland AA Track and Field Championships held jointly with Warwickshire AA.

The opening event on Saturday was the under 15 girls 1,500m in which Emma Brown shattered her personal best by 22 seconds, recording a time of 5.24.7 and took a surprise but well deserved bronze medal. On Sunday, Briony Bendle narrowly missed out on a medal in the under 15 girls 800m finishing 4th in 2.37.8 - a personal best by some 7 seconds. Lizzie Mellor competed in two events at under 13 level, the javelin and the 800m. In her first ever attempt at the javelin she threw a distance of 10.86m to claim the silver medal, before later taking 3 seconds off her 800m best finishing in 6th place in 2.44.8.

The club is justifiably proud of three of its leading junior athletes who are already showing a huge improvement in their performances even at this early stage of the season.

Hinckley half marathon

Sunday 7th May saw the first of the Leicestershire Road Running League summer races, the Hinckley half marathon, which was staged around Market Bosworth. The event always attracts a large field and this year, despite the heavy rain just before the start, was no exception with just under 700 recorded finishers. In both the men's and ladies' sections Stilton took second positions, with Chris Southam (1:13:27) and Nicola Rowlands (1:22:19). However, as the winner of the event was 'out of county' Southam was crowned County Half Marathon Champion. Also competing in the event were Tim Legge (1:24:17), Darren Glover (1:28:45), Steve Dewick (1:30:22), Phil Douglas (1:34:18), Andy Robinson (1:35:11), Anne Brindley (1:35:24), Darryl Woolward (1:36:44), Chris Genes (1:37:18), Clive Wright (1:38:12), Martin Miles (1:38:57pb) and Stewart Owen (1:40:05).

Unfortunately John Cresswell and Richard Grey pulled out due to illness, Darren arrived 8 minutes late, and Stewart pulled up with a recurrence of a back problem.

Caythorpe Duathlon

Neil Jaggard competed in the first Caythorpe Duathlon on Saturday May 6th. "Never having competed in this type of event I decided to have a go. On arrival the race field was full of racing bikes, specialist cycling shoes, racks on cars with competitors carrying out bike maintenance and if all that was not enough there was far too much LYCRA - a lot of it on people who should know better. Undeterred I got into my running kit before paying my entry fee, I left my bike in the car to avoid public ridicule. The start was getting closer so the bike had to be racked in the transition area and although I had some curious looks I was looking forward to it.

65 competitors started from the church in hot conditions for the first leg which was a 5k run, partly off road with a stiff climb to the finish. The run was completed in a modest 23.23 (saving myself for the cycling) in around 28th position. On with the helmet and out with the old bike. I knew this would be the tough part and sure enough Lance Armstrong and the rest were soon whizzing past. Although losing 16 places I was more than happy with my time for the 16k of 43.55. Off the bike in transition for the final leg, 3k around the village picking up two places this was surely the highlight as I finished a ROAD 3K in 10.58 for an overall time of 78 minutes and 15 seconds finishing in 42nd place.

I waited for the prizes in the hope there was a category for the first person home on a sixty quid bike from Halfords section, but there wasn't so as usual I came home empty handed. A great event but I won't be rushing out to buy any Lycra just yet."

Ashby Amble - 1st Outrun - 3rd May

Wednesday May 3rd saw the first of the Summer outruns and in perfect conditions an amazing 19 runners turned up. We think this is a club record but we are sure with competition hotting up to have the most summer runs ticked off on the attendance card this can be beaten.

Starting in Ashby Folville from the Carington Arms 16 headed uphill across grassy fields to Barsby (3 runners took the road alternative towards Twyford and Thorpe Satchville) then on to South Croxton passing a duck pond and horse stables a tough climb followed towards Baggrave before cutting off to join the Midshires Way to Thimble Hall and a nice downhill back to Ashby. The route around 7.5 miles and was enjoyed by everybody.

Most people stayed afterwards for a drink and to have their cards signed. Top Tipple this week Everards Sunchaser a light summer bitter with refreshing fruity overtones. For the non drinkers try an Apple and Raspberry J20.

Neolithic Marathon

Report from Gary Christmas "I travelled to Wiltshire to run in the sixteenth Neolithic Marathon from Avebury Stone Circles to Stonehenge on Sunday 30th April. This is a multi-terrain undulating cross country course from Avebury to Stonehenge via Salisbury Plain. Conditions were perfect for running and I completed the run in 66th place (out of 165) in a PB time of 3hours 55mins 34secs."

Stilton Striders Juniors Awards

The award winners at the recent Junior Presentation Evening & Disco were:

Sam Wass - Achievers Award

Jack Buckley - Winter Indoor Competition

Emma Brown - Athlete of the Year, and Junior Athlete (13 yrs and over)

Jasmine Southam - Young Athlete (Under 13 yrs)

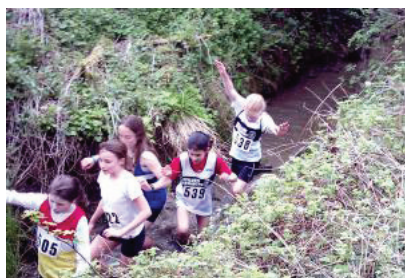
The Junior Athlete and Young Athlete trophies are awarded to the youngsters who receive most votes from their peers. Chris Genes presented the trophies.



Barrow Bruiser

Several Striders ran in the Barrow Bruiser on 29th April. In the single lap 2 mile race, Loz Robinson finished in a fine 3rd place in 14.20. Jasmin Southam was 17th and 4th female in 17.23 and Amelia Coltman was 24th, 5th female in 18.04. There were 57 runners.

Andy Robinson finished 18th in 28.18 in the two-lap 4 mile race.



Caythorpe Canter

On 22nd April Neil Jaggard ran in the 9th Caythorpe Canter from the sports ground in Caythorpe near Grantham. "It was billed as a 14 mile event but I suspect it was nearer 13 unless I am running really well. It was cross country with a variety of terrain including fields, ploughed and grassed, dirt tracks and also roads. I arrived with a ready made excuse after having given blood only 3 days before, fortunately I didn't need the excuse as I ran pretty well finishing in 7th place in a time of 1hour 54mins 58 secs. There were over 30 runners.

London Marathon

There were some fantastic performances from our athletes in the 2006 London Marathon:

97 (87) Chris Southam (and 8th M40) 2:33:59
676 (650) Tim Legge 2:53:13
2690 (236) Anne Brindley 3:15:27
4075 (3630) Richard Stratton (Notts AC) 3:26:16
7608 (6459) Chris Genes 3:44:53
7995 (6771) Darryl Woolward 3:46:40
9607 (1537) Vicki Lowe 3:53:09
18999 (14909) Robert Sexton 4:29:26
23030 (5501) Susanne Birley 4:46:58

[Click here for their accounts of the day. Results here.](#)

Livingston Relays

Stilton Striders vets set out to defend their title at the Livingston Relays at Loughborough University on Sun 16 Apr, but could only manage 4th place. Tim Legge (17.14) led the team off with a strong first leg to put the vets in 5th place, but out-of-form Tim Hicks (18.07) lost a place. John Cresswell (17.27) ran a strong leg keeping the team 6th, and Chris Southam (15.36) got the team back to 4th place to finish in a total time of 68.24. Results are [here](#).

Belvoir Half marathon

Sunday 9th April saw a large turn out of Striders in the Belvoir Half marathon which produced success for the team, individuals and also those running their last long run before tapering in preparation for the London marathon. The 600 runners started at Hose in cool conditions and took in a loop through Harby and Langar before the fresh wind dropped and the runners were then sheltered by the narrow lanes and hedgerows as they continued through Colston Basset and Long Clawson, before finishing back at Hose village hall. The course and conditions were perfect for half marathon running with no less than nine Striders producing personal best for the distance demonstrating that the hard winter training is beginning to pay off. Chris Southam (3rd) 1:12:32, Paul Kerr 1:21:17, Nichola Rowlands (3rd lady) 1:22:44, Richard Grey 1:29:58, Anne Brindley 1:34:25, Darryl Woolward 1:36:05, Vicki Lowe 1:42:15, Suzanne Birley 2:05:30 and Elaine in 2:05:31. In the team event Striders took top honours with Southam, Darren Glover (1:18:39), Kerr and Tim Legge (1:20:09) the quartet and in the ladies section there was success for Rowlands, Brindley and Lowe taking top spot. Also running were Phil Douglas (1:31:55) and Chris Genes (1:48:30) who had already run nine miles to the start as part of his London preparation. Four other Striders also finished but unfortunately their times were not available, Steve Dewick, Clive Wright, Gary Christmas and Rob Sexton.

Charnwood Track & Field Meeting

A small group of Stilton Striders' young athletes travelled to Loughborough University on Sunday 9th April to take part in Charnwood A.C.'s Open Graded Track & Field Meeting. Conditions were cold and wet for most of the afternoon but the four Striders taking part came away pleased with their efforts.

In race 2 of the 800 metres Loz Robinson was making a welcome return to competition, and he led from start to finish to win in a time of 2.44.5. In the same race Lizzie Mellor finished strongly to take second spot in 2.49.9, just two seconds outside her personal best. Briony Bendle continued her return to form in the next heat with a hard fought third place in a personal best time of 2.45.7.

In the 1,500 metres, run in driving rain, Emma Brown carved 4 seconds off her personal best finishing 6th in a time of 5.46.0.

Wirksworth Incline Race

Report from Neil Jaggard: "Off to the beautiful county of Derbyshire to run in the Wirksworth Incline race. A 4miler with 650 feet of climb, the start of which is on the old Victorian Incline Railway trackbed. Then a circle of the moors before returning down the railway to the finish. I finished in 36th place in a field of 70ish in a time of 33mins 2 seconds."

Bournemouth Bay Half Marathon

Tim Legge ran with his brother and 870 other runners in the Bournemouth Bay half Marathon on Sunday 2 April. Tim finished 13th in 1 hour 21 minutes on what proved to be a testing course.

The route had 2 major hills, a very twisty mid-section and was run in 'blustery' conditions. "The second half was virtually all run into a strong headwind so I was pleased to keep my effort steady," Tim reported. "I would have liked to get under 1 hour 20 minutes but given the conditions I was pretty pleased." Tim's placing was the highest he has ever achieved in an open race which was won in 1 hour 15 minutes. He was 4th over 40 male runner home.

Kibworth 6

On Sunday 26th Mar, Stilton Striders took part in the final winter LRRL race, the Kibworth 6. To describe the course as undulating would do the two major climbs an injustice. The hill at the half way point was so severe that the majority of runners had to walk the final 150m to the crown, before getting back into their running. Not to be deterred by the challenge, Striders managed to pack four runners in the top 20 finishers, with Chris Southam (33:54) 3rd, Darren Glover (35:34) 12th, Tim Legge (36:34) 16th and the ever improving Paul Kerr (36:56) 20th. The rest of the men's team consisted of John Cresswell (39:30), Stewart Owen (41:40), Richard Gray (42:02), Andy Robinson (42:06), Phil Douglas (42:09), Richard Stratton (43:23), Clive Wright (45:44), Martin Miles (45:57), Darryl Woolward (47:02) and John Stares (51:40). In the ladies' section Nicola Rowland (39:26) took 5th position, supported by a very strong Anne Brindley (43:07) 18th and Vicki Lowe (47:20) 32nd.

Ashby 20

Several Striders ran the Ashby 20 on 19 March as part of their London Marathon training.

Chris Southam continues to improve. He took third position in 1:57, almost a minute better than last year, and a place better, and even gaining on the first two over the last two miles. Darryl Woolward

(2:46) and Vicki Lowe (2:54) both ran well. And Chris Genes was happy to get under 3:00, finishing in 2:56:57.

All felt at the end that if that was London and there were still another six miles to go then they didn't think they could have made it. That probably is down to the fact that Ashby is a particular tough race, with hills after hills.

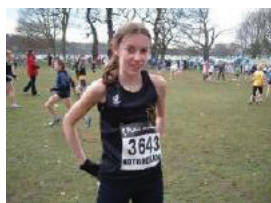
Desford 10k

On Sunday 12 Mar, Stilton Striders competed in the fourth event in the Leicestershire Road Running League race, a 10k event at Desford. Lots of fast times amongst the snow flurries and even though it was quite a hilly course, the fresh, cold conditions seemed to be ideal for running. With Chris Southam recovering from his race at the national Inter-Counties Cross Country Championships the previous day, first Strider home was Darren Glover (35:00) in 14th position, with Tim Legge (35:36) 21st, Steve Hough (36:02), 27th, John Cresswell (37:33) 52nd, Tim Hicks (38:01pb) 61st, Stewart Owen (40:27) 100th, Phil Douglas (40:40) 109th and Richard Gray (41:32) 129th making the team scoring eight. Supporting were Richard Stratton (41:40), Gary Christmas (44:46), Martin Miles (44:52), Clive Wright (45:27) and John Stares (49:34). In the ladies section Nikola Rowland (37:28) again finished in second spot with Anne Brindley (42:16) 16th.

UK Inter-counties Cross Country

Chris Southam finished in 149th position (279 finishers) in 42:45 in the Senior men's 12k event in the UK Inter-Counties Cross Country Championships at Wollaton Park, Nottingham (11 Mar).

Earlier, Emma Brown made her debut appearance at the championships.



Although cold, conditions were perfect for cross country running and the ground was surprisingly firm despite the heavy rain earlier in the week. The Inter-Counties is one of the premier cross country events in the UK athletics calendar with every County in England plus the Scottish and Welsh Districts and Northern Ireland sending handpicked teams of eight to compete. Representing Leicestershire & Rutland in the Under 15 Girls race, Emma had the disadvantage of starting from the back of the pen and had to work hard to get on terms in the opening 200 metres up the hill towards Wollaton Hall. The quality of the opposition far exceeded anything she had faced before but she stuck to her task well and covered the 4 kilometre course in a personal best time of 18 minutes 40 seconds to finish in 260th place overall, and 7th Leicestershire finisher.

Despite her pre-race nerves Emma found the big race atmosphere to her liking and thoroughly enjoyed competing at her first major championships.

Neil Jaggard on Cloud Nine

“Made my 2006 race debut on Sunday 5th March when I travelled the 87 miles to Congleton in Cheshire to compete in the Cloud 9 fell race. As the name suggests, it was a nine mile off-road race with a 1000ft climb to the top of Bosley Cloud which had stunning views of the snow-capped Welsh hills and the Peak district, Manchester, Liverpool and Jodrell Bank. Conditions underfoot were a mixture of swamp, mud, snow, ice or rocks covered in all four. I finished in 95mins 16seconds for 223rd position. Great T-shirt and soup and roll at the finish. Well organised event with good atmosphere one to recommend for next year.”

Markfield 10k

In very cold and windy conditions the club entered the third event in the Leicestershire Road Running League, the Markfield 10k event on 26 Feb. First strider home again Chris Southam (33:34) took third spot, supported by Darren Glover (36:33) 12th, an ever improving Paul Kerr (37:13) 20th, Tim Legge (37:20) 22nd, Tim Hicks (39:14), completing his first outing this season after injury in 53rd spot, John Cresswell (39:27) 55th, Stewart Owen (41:32) 86th, and Richard Gray (42:08) 101st. Completing the team was Steve Dewick (42:22), Clive Wright (45:43), Phil Douglas (46:18), Martin Miles (47:16), John Stares (51:49) and Darryl Woolward (53:18).

In the ladies' section, Nicola Rowland (38:33) continues to make her presence felt, taking second position, with Anne Brindley (44:10) 15th and Vicki Lowe (46:19) 32nd.

Ivanhoe Challenge

Bright but chilly conditions greeted the small group of Stilton Striders who travelled to Foremark Reservoir on 26th Feb for the popular Ivanhoe Challenge cross country event for young athletes. The programme comprised eight races covering school years 1 & 2 up to years 9 and over, with the distances ranging from half a mile for the younger athletes to 2 miles for the eldest.

Up first for Striders was Emma Brown who took part in the 2 mile race, for years 9 and above, in which boys and girls competed together. Emma ran a well judged race, producing a strong last half mile to finish as 2nd girl in a time of 15.03, beaten only by a more experienced County athlete two years older than herself. A pleasing day for the 14 year old was topped off later with the news that she has made the Leicestershire team for the Inter Counties Cross Country Championships at Nottingham on 11th March.

In the next race for Year 5/6 boys, Striders were represented by Daniel Brown and Jack Buckley. Jack had a better start over the two lap 1 mile course but was overhauled on the 2nd lap as Daniel worked his way through the field and finished the stronger of the two, crossing the line in 19th place (8.07) with Jack just a few places behind - a creditable performance by both.

The last race of the day was the Year 7/8 girls 1.5 mile event in which Briony Bendle and Lizzie Mellor took part. The leader soon got away but Briony settled herself into a group of four athletes who were working well together, with Lizzie slightly detached but not too far behind. In a final sprint for the line Briony capped

a fine performance by crossing the line in a well deserved third place. Meanwhile, Lizzie never gave up the chase and was rewarded with 7th place having broken away from the chasing pack late on.”

Belvoir Challenge

Gary Christmas completed the 26 mile Belvoir Challenge on Saturday 25th February. It started in Harby in the Vale of Belvoir and went through the Belvoir Estate, following various footpaths and tracks. Conditions were very muddy and slippery with a biting wind. Gary was pleased with his time of 5 hours and 24 minutes considering the conditions involved.

Steve Dewick completed the 15 mile route in 2:16.

Ashby 5

Like a good wine Chris Southam is getting better with age. Running as a V40 in the Leicestershire Road Running League, Southam showed everyone a clean pair of heels as he dominated the 350 plus field in the Ashby 5 mile road race on 5th Feb to record his maiden victory in the league since resuming his racing career six years ago. Racing in wet conditions, the undulating course left Ashby town centre up the hill to the new by-pass, along which the runners climbed up to the Burton Road before returning back to the finish. Southam's time of 26:37 was 40 seconds faster than his nearest and much younger challenger. Darren Glover (28:18) 11th, Paul Kerr (29:15) 30th, Tim Legge (29:25) 37th, John Cresswell (31:10) 61st, Andy Robinson (31:57) 79th, Stewart Owen (32:16) and Richard Gray (32:29) 97th made up the team score of 408 points. Supporting were Phil Douglas (33:04), Clive Wright (35:03), Gary Christmas (35:53), Tony Palmer (39:08) and John Stares (40:34). In the ladies' section Nicola Rowland (30:22) finished in an excellent 4th position supported by Anne Brindley (34:02) 17th and Claire Graham (37:05) making an impressive debut to finish in 37th spot.

Midland Counties

Newbold Comyn, Leamington Spa was the venue for this year's Midland Counties Cross Country Championships held on Sat 28 Jan. The runners were greeted with a biting north easterly wind and a testing course which included flat grass fields, a steep hill, and stretches of heavy mud. However, this did not deter the small group of Stilton Striders junior athletes making their first appearances in these Championships.

First event of the day was the under 13 boys race over 3,000 metres, in which Striders Kieran Taylor and Laurent Robinson toed the line. The competition was fierce, with all the big Midlands clubs represented, yet Kieran ran a strong race to finish an impressive 36th (and 2nd Leicestershire finisher) in 13 minutes 38 seconds in what was his first outing for the Striders. Laurent suffered on the extremely challenging course but battled gamely round to finish a slightly below-par 66th in 14.21, a creditable performance nevertheless in a race of this magnitude.

It was some two hours later when Striders final competitor, Emma Brown, awaited the starter's gun in the under 15 girls race held over the slightly longer distance of 4,000 metres. Emma soon settled into her stride after the customary opening charge and once the hill had been negotiated began to work her way through the field. A typically battling performance saw her gain two place in the run in to finish 44th in a time of 19.47.

Laurent and Emma will both be representing Leicestershire & Rutland Schools in an Inter Counties Cross Country match at Longfield High School this coming Saturday, along with four of their Striders team-mates Briony Bendle, Amy Danaher, Grace Croxall and Lizzie Mellor.

Barrow 6

On Sunday 22 Jan, Stilton Striders tackled the first of the Leicestershire Road Running League Race, the Barrow 6. Starting and finishing in the village, the fast circular route had a testing climb over the last mile. This season the ladies need four to make up a scoring team and the Striders put in a tremendous effort. Nicola Rowlands (36:06), on her return to racing, produced one of the most competitive finishes to the 135-strong ladies' field for some time. Nicola could not quite catch the winner Zoe Flemming (Birstall), but was second, just four seconds behind the winner. Theresa Coltman (40:34pb) finished 11th, Anne Brindley (42:14pb) 21st and Vicki Lowe (45:21) 45th made up the ladies' team.

In the men's field of 316, Chris Southam (32:37) started slowly but worked his way through the field to finish 5th and first V40. Darren Glover (34:21) ran strongly for 18th, Paul Kerr (35:31) making his club debut finished a respectable 32nd, Tim Legge (36:12) gave everything for 52nd, Steve Dewick (39:11) 107th, Stewart Owen (39:36) 119th, Phil Douglas (39:36) 123rd and another debutant Richard Gray (39:49) made up the team score in 124th position. Also supporting the Striders were Andy Robinson (40:22), Clive Wright (42:29), Gary Christmas (44:04), John Stares (48:23), Tony Palmer (48:55) and Derek Ashberry (54:39).

Leicestershire and Rutland County Cross Country Championships

On Saturday 14th Jan the Leicestershire and Rutland AA Cross Country Championships were held for the first time jointly with Warwickshire AA at Burbage Common, Hinckley. Although the course was fairly flat, it was run over the common and through sections of the surrounding woodland made all the more difficult and heavy underfoot by the morning downpour.

Stilton Striders were represented by nine members of their junior section. The under 15 girls' race was held over 4.3km and it was in this race that Striders had their biggest success of the day, picking up hard earned team bronze medals. First in was Emma Brown in 9th place in a time of 20.32, followed by Amy Danaher in 11th (21.08) and Grace Croxall in 14th (22.22).

Striders also fielded a team in the under 13 boys' race although this time they missed out on the medals by a mere 4 points. Leading the team in was Laurent Robinson who completed the 3km course in a time of 13.52 to claim 10th place. Following on were new members Jim Payne, 14th in 14.15 and Tom Hibbert, 18th in 15.48.

Next to go were the under 13 girls, also competing over 3km, with Lizzie Mellor crossing the line in 16th

place in 15.50. Unfortunately, Briony Bendle was forced to pull out having lost a spike in the muddy conditions.

Last but not least, Paul Cox finished 6th in the 10km Junior Men's race which was run in conjunction with the seniors' race. Paul's time of 47.03 was a creditable performance in his first race after a lengthy absence.

The muddy conditions did not deter Chris Southam, who finished 6th in the combined event and took the Championship title in the V40 section, proving his decision to pull up as a precautionary measure in the previous week's cross country as a wise one. Also competing in the senior section were Steve Dewick, who finished a good 61st. Chris Genes finished in 11th position in the V50 section.