

## **Mortimer Hills Race**

Stilton Strider, Neil Jaggard, took the long trip to Ludlow to compete in the Mortimer Hills Fell Race. In horrendous conditions of driving rain and thick mud, he completed the gruelling 10 mile run (which included almost 2000 feet of climbing) in a time of 1:48:31.

## **Shepshed 7 & Fun Run**

Sunday 6th Nov - On a very mild November morning, Shepshed was the setting for a number of Stilton Striders over a 7 mile course. Leading by example and continuing with another great performance was Nicola Clay, who claimed the ladies title and finished 10th place overall in a fantastic time of 41mins 57secs. Making his first race appearance of the year was Darren Glover with a very pleasing performance, coming home in 19th place in a time of 43:43. The ever improving Mike Brighty came home in a new pb of 52:05, Wayne Hackett 53:21, with Theresa Coltman taking the 2nd Vet 45 category in 54:37. A welcome return to the club saw Martin and Jenny Miles finish in times of 58:20 and 59:26 respectively. Another member of the Miles family, Phil who was representing his home club of New Marske Harriers finished in 56:45.

Away from the main race was the 0.85mile fun run, ran completely on grass, saw Max Brighty finish ahead of Ollie Hackett, both producing fine times of 7:43 and 7:56 and finishing well inside the top half of the 50 runners.

## **300@3 East Midlands Airport 10KM**

Sunday 9th Oct - East Midlands Airport was the setting for a very unique event called the 300@3, a sponsored 10km run on the airports runway in aid of the Prince's Trust. With a 3am start and completing 3 lengths of the runway, Wayne Hackett led the race from start to finish coming home in 1st place in a time of 45mins 46secs, beating his nearest rival by over 2 minutes.

Wayne would like to thank everyone who made donations in aid of the Prince's Trust Charity. A total of £100 was raised, for running the East Midlands Airport 10km race at 3am on the airport runway.

## **Stannage Struggle**

18th Sept - A beautiful September morning for the 6.1mile, 1250feet climb of the Stannage Struggle from Hathersage in Derbyshire.

A field of over 300 lined up to begin the long climb up to the top of Stannage Edge and then run along its entire length to the Trig Point. A fast descent followed by an undulating section back to the village. The views from the top were spectacular.

Having run the race some years ago, my aim was to beat the hour and things were going well until about three quarters of a mile from the finish, when a complete disaster almost ended my race! On for a time of about 53 minutes, after gaining a number of places and the prospect of gaining a few more in the last three quarters of a mile, I arrived at the last stile. Probably in too much of a hurry, I failed to get my leg over and caught my foot, flew into the air before landing head-first on a rock, hitting the stile on the way down. Sitting up in a daze, blood pouring from a head wound, I was suddenly surrounded by helpers. Getting to my feet and looking like Terry Butcher, I clamped a cloth to my head and began to walk to the finish. St John's Ambulance,

marshalls, spectators and runners offered help as I reached the finishing straight to applause (which I have never experienced before!) in a time of 1hour 49seconds – oh! what might have been?

Patched up by the St John's – God bless 'em! – and plied with lots of sugary tea and cake, a local couple asked if I would like to go to their house for a shower, being covered in blood and all! Fortunately I wasn't concussed but was advised to visit Chesterfield Hospital A & E, where subsequently I was stitched up, given a week's worth of antibiotics and sent home.

I arrived home 3 hours late, still covered in blood, with a huge lump on my head (no, not my nose – a proper lump!). Julie said I looked like Elephant Man, so maybe a career in films isn't out of the question.

Just to add that, on remarking to a fellow runner that I would be back to fell racing again very soon, the St John's man quipped "Obviously didn't bang your head hard enough then!".  
[Regards Big Leggy]

### **BUPA Great North Run**

Sunday 18th Sept - Four representatives from the Stilton Striders running Club were amongst the thousands of competitors taking part in the BUPA Great North Run, the world's biggest half marathon. Christian Davidson, making his first ever appearance in the event finished in a time of 1hr 21mins 50secs finishing in 195th place overall, despite having a slight injury. Next in, also nursing an injury was Gary Postle 1:38:24 with Wayne Hackett taking part for the 7th consecutive year finishing a little slower than usual in 1:43:37 and 20seconds behind him was Helen Widdowson 1:43:57. With great support from Darryl WoolWard, Amy Boswell and the Widdowson family.  
[Wayne]

### **Wreake Challenge**

Tues 9th August saw the annual 3-Club Wreake Challenge, hosted this year by Wreake Runners, from Beedles Lake Golf Club. After a number of late withdrawals, no-shows and a few last minute entries, Striders assembled a team of 15 runners. A 5 mile course, over fields and tracks with a tough undulating section around the half-way point, followed by a footpath through the woods, along the River Wreake, before emerging onto the road for the last (fast) mile, including the "never-seemed-to-end" finishing straight. All of the Striders performed well but could only manage 3rd place on the night. Chris Southam finished 2nd in 28:59, with Nick Brown 12th, 3 minutes behind. A rare race for Ian Johnson, finishing 14th in 33:16. Just outside the top 20, in 21st, was Patrick McNeight in 34:36. Neil Jaggard (52) was next, just getting the better of his younger archrivals, Richard Gray and Gary Postle in 27th, 28th and 32nd places respectively with times of 35:23, 35:38 and 36:13. Rob Szabo and Andy Nicholls, 36th and 37th, had their usual close battle in creditable times of 36:43 and 36:45. Wayne Hackett and Mike Brighty were next, with Wayne 41st in 37:19 and Mike 42nd in 37:34. Phil Douglas finished 51st in 39:36, with Ian Mason 64th in 42:15. Only 2 lady representatives for the Striders, Julie Jaggard 69th in 44:00 (she would have been slightly quicker if she hadn't stopped to hold gates open for other runners!) and Lucy Underwood (recent No Watch Race winner), who ran really well to finish 82nd in 46:59.  
[Neil]

### **Parwich Panoramic 5**

A trip to Parwich in Derbyshire for the Panoramic 5.3 mile fell race for Neil Jaggard on 2 August. A very scenic race with around 650feet of climbing, saw Neil finish 40th out of 112 entrants in 44:20. Great organisation and atmosphere.  
[Neil]

## **Huncote 5 - LRRL**

Weds 3rd August - Whilst the heavy rain was the hitting town of Melton, on the other side of the county in Huncote, the Stilton Striders Running Club were taking part in a 5 mile race in extreme hot temperatures. First runner in in 9th place and 1st MV45 in a time of 27:03 was Chris Southam. Followed by Patrick McNeight in 32:35 / Richard Gray after running an ultra 50mile race in Switzerland at the weekend came home in a time of 34:50 / then the pairing of Rob Szabo 35:12 and Andy Nicholls 35:18 both producing personal bests for the distance. Wayne Hackett not as quick as expected in 36:51 with Mike Brighty hot on his heels in 36:53 wishing he had made his final kick for home a little sooner. Then Phil Douglas in 38:37 and Ian Mason in 41:19 both feeling the affects of the heat. Vicki Lowe representing her new club Wreake Runners finished in 40:40, best wishes to her.  
[Wayne]

## **Swiss Alpine Marathon K78**

30 July 2011 - So much to say about the race - really wanted to make sure I capture it before it all just becomes "that was a long scenic race" in my head. So here goes....

Friday - Very proud of my boy (future Strider in the making?). Virtually the youngest in his race (his first race other than sports day at school), running in the stadium in Davos, using chip timing and the same start/finish area as for the main races. He started at the back (and was blocked from starting by some of the girls from the next race who were determined to get to the start line before everyone had set off...), but didn't panic, just gradually worked through picking people off. He overtook about 10 people over the 900m course and enjoyed all of it. No pressure, but he's already talking about having a go at a parkrun! I don't know about him, but I really felt the adrenalin building as he stood on the start line...

The kids races were also the first experience of cow bells and the "Hopp, Hopp, Hopp!" shouts that would form the soundtrack for the main event - definitely something that Brit crowds could learn from (like smiling and applauding everyone, not just your mates.....!).

Saturday - the main events

Due to a route change, the K78 was scheduled to be 79.1km long, with a total of nearly 2,400m of vertical ascent and descent.

Davos to Filisur (31.1k, net descent 530m, 3 hrs 1 min)

With a quick "funf, vier, drei, zwei, eins, go!" we were off. I always find the start of ultras quite amusing - everyone trying their best not to sprint off, but some people unable to stop the racing instinct. 9 minute miles for the first section was the plan (through the town, seeing the family a couple of times, and my parents once). The route then follows roads (mainly) gently down hill for a few miles and the challenge is to find your own pace, knowing what is still to come. Pacing is also complicated by the 30k and Marathon distance races that set off at the same time (to be replaced by another, different, marathon race for the second half) - got it about right, with my intended walk breaks, for this section.

Incredible scenery (mountains, waterfalls, tunnels and even a viaduct) proved a great distraction from the realisation that the route profile showing a nice smooth line between each checkpoint was not entirely honest. Even the flat sections masked some sharp up and down hill sections.

Overall a very enjoyable 3 hours, and seeing the family in Filisur gave the usual boost to the spirits that prove so important on these tough races. It was at this point I grabbed what I thought was sports drink, but turned out to be hot, salty Bouillon. Whilst later on this was exactly what I wanted on top of a freezing mountain pass, in the sunshine of the valley it wasn't quite the refreshing drink I was after. Together with the alpine bread (I kind of sweet bread with dried fruit), cereal bars, bananas and selection of water and sports drink (and flat coke after the mountains), there was little need for my own supplies from this point.

Filisur to Bergun (9.3k, 333m net climb, 1hr 25min, gained 89 places)

In my head, a gentle climb was on the cards from Filisur (the lowest point on the course) to Bergun (the half way point). Very much not the case, the route climbs about 500m steeply (with all walking, with the paths wide enough to keep overtaking as necessary), then drops to below Bergun, leaving another climb up to the checkpoint. I was feeling good in this section, finding that my uphill walk was relatively strong - I overtook 89 people in this section, which together with the pleasant sunshine, some good tunes on the ipod and a couple of cliff bars inside, meant I was feeling very positive on reaching the checkpoint. My bottle of flat coke and a quick chat with the family meant I was half way and feeling ready for the challenge ahead.

Bergun to Keschutte (12.6k, 1267m net climb, 2hr 25min, gained 11 places)

The stats really don't do this section justice. An average 10% gradient is made up of the first two thirds on road/good track at a relatively gentle rise, followed by an unbelievably tough few miles on what was effectively a rough, rocky, slippery, uneven staircase where there is no room to overtake, or stop to let others pass - you just keep climbing, and climbing, and climbing.....

Through Chants (the last village before the mountain), it was still sunny, warm and I was going well on what I thought was steep, but was really just the foothills to the main event. About a mile later the course takes a turn onto what they call "high alpine trail" - a footpath around a metre wide that just went up at an alarming gradient.

As we reached the cloud line, the temperature dropped by maybe 15 degrees, the rain started and I was very glad for the rain jacket in my bag. Putting it on also gave me an excuse to find a spot to stop for a minute or two, take in the scenery and try and get some breath back. Even with the cloud cover, the mountains were stunning, with the path winding past a river (that was more waterfall in the steeper sections) and eventually up to a lone building at Keschutte. You can see the top for a couple of kms, but at the pace I (and almost everyone else) was going, that is a long time to be watching, just hoping it comes sooner.

It was around this stage that I was really feeling the effects of being more heffalump than mountain goat. Hill sessions in Leicestershire really were no preparation for the steep sections. I started feeling nauseous and dizzy, and overheating despite the falling temperature. Working very hard for a pace of around 20 m/m, with the slowest mile taking 28 and a half minutes - so tough, but with the cold stopping for a break was not a sensible option. 100% focus on just one foot in front of the other was all that got me to the top. It really was toughest section of race I have ever been in.

Arriving at the summit, you first get photographed with the glacier/remaining snow in the background and then the medical guys look everyone in the eye and ask "Alles Klar? Everything ok?" - my mumbled "erm, ok I guess" was clearly enough to satisfy them, but the marshall behind simply said "bouillon" and pointed me at the feed station. This time it was exactly what I

wanted, and together with more of the bread (and no longer going up hill!) quickly sorted me out. They were also handing out orange rain macs at this point, which should have warned me of the weather through the next section.

Whilst I felt like I was going backwards for all this section, the results show I actually gained 11 places - it must have been all the marathon K42 runners that came past me, as their start had been at the base of the mountain.

Keschutte to Sertigpass (5.4k, net climb 107m)

My memory of the course profile really was not up to much - I was expecting a fairly small descent, flat couple of miles and then little rise up to the second (and final) pass. In reality it was a muddy, technical descent for a couple of km (which I was, frankly, rubbish at) and the remainder up hill to the highest point of the race. A couple of km before the pass there was a small lake and you could see the snake of 'runners' winding on round the far side and then up the, alarmingly steep, hill side. My only hope was that there was no false summit and it really was all downhill from there.

I expected to start feeling really rough again on the steep bit of climb, but it never really came - whether earlier was due to the temperature, or simply the length of climb, I don't know. I reached the top feeling ok and heard someone ask "is this Sertigpass?" - I was as happy as him to find it was!

More bouillon and bread, another photo and the descent could begin.....

Sertigpass to Sertig Dorfli (7.1k, net descent 878m)

Over the top it was clear we were heading to the north face of the mountain - big snow patches and, rather than grass land it was all boulders and stones. Made me think of watching the Tour de France going up Mont Vontoux.

The initial 5k or so of descent were really tough - very steep and pretty dangerous. I was glad to be able to stick behind someone who was clearly worse than me going down - until he stopped and gestured for me to pass (which meant I was leading a line of about 10 runners who were all following my line and pace...). I was glad for a relatively gentle section which meant I could catch up the group in front and start to follow their line and pace. All the time there were some really good/mental descenders shooting past taking all sorts of risks (as the number of cuts and bruises at the finish line shows).

We then reached a wider, more gentle path with a feed station and I knew from here it was a gentle down hill to Sertig Dorfli (the next real village) where my family would be, there was flat coke and it would be a 10mile overall downhill run/walk to the finish. Coming off the mountain gave me a mental boost and I could finally find some rhythm, overtaking quite a few people on this section.

Had a quick chat and a couple of cokes at the checkpoint, then wanted to just push on to finish. The weather was improving and it felt like it should be just a gentle downhill from here on in.

Sertig Dorfli to Davos (13.7k, net descent 323m)

From this point I was envisaging a steady descent down to the finish. Actually, the path winds through the woodlands being overall flat (with some bumps and hollows) until about 2k to go and then drops down into town. For this section I could run the down hills (slowly), but as soon as there was a hint of uphill the legs just said no. It was all about just pushing on and getting to the end.

As you approach town the number of spectators begins to pick up again until you get to what feels like a crowd at the entrance to the stadium and then all round the track itself. All the K78 finishers were announced on the tannoy and a lot of cheering from supporters all the way over the last 200m to the finish line. All the family were right at the finish line (you can see them on my finishers video <http://www.migros-finisherclip.ch/en/previews/index/1005/448/DSL/links> ) and there to catch me as soon as my chip was off.

## Overall

Massively impressed with the organisation (course marked with flags every 10 metres or so, with tape making it clear where to go at any turnings, loads of marshalls all the way (including handing out rain jackets in the middle of nowhere on the mountains)). The helicopter buzzing around and photographers on motorbikes made it feel like a Tour de France stage at times - and with 5000 runners (1700 in the main K78) it is a big event. Most impressive scenery I've experienced either as part of a race or elsewhere.

One day I will come back with some real focus on a quicker(-er) time, but for now I am very satisfied with 10hrs, 49mins, 11sec. A great day out!  
[Richard]

## Wymeswold Waddle

Sunday 15th May - Five members of the Stilton Striders made a short journey for the Wymeswold Waddle. With a total of 280 runners heading off on an out-and-back five-mile course to Six Hills. First in for the local running club was Wayne Hackett for 53rd place in a time of 35mins 33 secs, with runner of the day day Mike Brighty finishing in 64th with a new personal best time of 36:06. Making her debut in the blue and white vest was Christina Heerey 37:25 and Vicki Lowe 37:31 being 12th and 13th lady respectively and Gary Christmas not too far behind them in 38:02 for 104th place. After the main event came the 2km fun run with much credit going to 6 year old Max Brighty dipping just under the 10 minute mark and 5 year old Ollie Hackett just over, both running the whole full distance and Lily-Mae Hackett a few more seconds back.  
(Wayne)

## Lichfield Half Marathon

Sunday 1st May - Wayne Hackett completed in the first ever Lichfield Half Marathon. Amongst a field of about 1300 people, taking in the local town as well as some beautiful rural areas, finishing in front of the town's Cathedral, he came home in a respectable time of 1hr 44mins 14secs, well below his best but a creditable run due to injury in his last outing.  
[Wayne]

## The London Marathon

On a hot day in London 6 Striders took to the streets for the 2011 Virgin London Marathon. With a mixed fortune of results, first to come home for the club in another top 100 finish was Chris Southam in a time of 2hrs 34mins 33secs for 92nd place from over 36,000 people. Another exceptional performance came from Christian Davidson, coming through the finish line taking over 10 minutes off his previous best in a time of 2:46:56 for 357th place. Vicki Lowe who is no stranger to the distance and the course finished in 3:51:24, a little slower than previous years due to the hot weather. Coming home in a time of 4:25:38 was Wayne Hackett, very much under achieving and suffering from a tight hamstring in the early stages, which he couldn't stretch off and ended up walking and running from 7 miles. Patrick McNeight in his first ever



marathon crossed the line in a fine time of 3:15:22. Also making his debut in the capital was Mike Brighty who suffered from cramp at 17 miles finishing in a much slower time than expected of 4:36:58, but did state after he would like to do another.



Representing the East Midlands in the London Mini Marathon was Jasmin Southam. Jasmin was running the final 3 miles of the main course, where she completed the distance in a time of 19mins 56secs, finishing 64th in her age category, the girls under 15's.  
(Wayne)

### **Belvoir Half Marathon**

Sunday 3rd April - Several Striders took on the challenge around Hose, enthusiastically cheered on by team mates and their families. Chris Southam, again in top form won the race (also completing his hat-trick at coming 1st in this event!) in an excellent time of 1:13:00. Christian Davidson was the second Strider in 10th place in 1:18:40 (pb), followed by Richard Gray 1:30:12 and Andy Nichols 1:37:55 (pb). The ladies soon followed with Vicki Lowe crossing the finish line in 1:45:48 and Celia Fox-Mapletoft who completed the team while knocking a huge 11 1/2 minutes off her last years time in 1:57:01.

The 4.5 Mile Fun run (fun when you have finished it!) saw Jasmin Southam complete the course in a superb 5th position in 30:40 (pb).  
[Christian]

### **Fun Run Mini Series**

Saturday 2nd April - This weekend saw the last in the series of 3 x-country fun runs at Wreake Valley villages - Thrussington, Frisby & Queniborough. The younger children ran one 3/4 mile lap with mud, water, hay bales, some hills and uneven ground to contend with. Older children and adults did 2 laps. The Junior Striders had a fantastic show at Thrussington with Marcus Rowland winning the Y3 to Y6 race, Daniel Jane in 9th place and Ellie Dickinson in 91st place. Luke Jane (Yr8) won the Y7 to Y13 race and Connor Tierney (Yr 7) in 18th place against some much older competitors. In the adults race, Paul Kerr finished 5th and Andy Nicholls in 11th. At Frisby, Marcus Rowland made it two in a row winning the Y3 to Y6 race and Ellie Dickinson came 53rd. Connor Tierney came 9th in the Y7 to Y13 race. For the adults, Paul Kerr was the winner and Andy Nicholls came 4th. At Queniborough, Marcus Rowland completed his hatrick winning the Y3 to Y6 race. Luke Jane came 3rd in the Y7 to Y13 race and Connor Tierney 21st. Paul Kerr came 2nd and Andy Nicholls 6th in the adults race. This race was memorable for the number of people who ended up running in just their socks after getting shoes stuck in the thick mud! As well as

those signed for the Striders, there were a lot of younger family members running - future stars in the making?

Well done to Marcus and Connor for competing in all 3 races. I was slightly disappointed that only the kids got a certificate for completing all 3 races but I'll get over it!  
[Andy Nichols]

## **Ashby 20**

Sunday 13th March - 9 members of Stilton Striders Running Club were amongst the 900 competitors taking part in Leicestershires premier spring marathon training race, the Ashby 20. On a very challenging 2 lap course and making a welcome return to the longer distance, taking 7th place overall was Chris Southam, in a time of 1hr 56mins 31secs. Next home was the ever improving Christian Davidson in another fantastic display of running, in a time of 2:05:29(pb) taking 20th place overall. With Patrick McNeight being the third Strider in the top 100, finishing in 80th place in a time 2:17:53(pb). Gary Postle slicing 6 minutes off his previous best in a time of 2:22:52(pb) was next, followed by Wayne Hackett 2:40:59(pb), Vicki Lowe 2:43:38, Helen Widdowson 2:46:58(pb), Mike Brighty 2:48:47 and Celia Fox-Mapletoft making up the squad in a time of 3:39:00.  
[Wayne]

## **Belvoir Challenge**

Only 2 Stilton Striders took on the Belvoir Challenge this year, on a hilly course with liberal helpings of mud along the way. In ideal weather conditions, Neil Jaggard finished 34th overall in 4hrs 8mins, whilst Gary Christmas found the underfoot conditions tough and crossed the finish line, gratefully, in 5hrs 38mins. Gary's son, Daniel, completed the 16-miler in 4hrs 2mins.  
[Neil]

## **ULTRArace Grantham 58.6**

There were two options for offroad marathons/ultras in the Vale of Belvoir this weekend - and one Strider opted for the 2 x 29 miles along the Grantham canal (Cotgrave to Grantham on Saturday, and the return route on Sunday).

Saturday was a bit of a slog for the 115 runners in the rain - the miles of grass between Harby and Woolsthorpe varied from 'soft' to 'boggy' and really sapped the energy. Most people's times were down due to the conditions. The return journey on Sunday was much more pleasant - no rain (although the paths weren't much drier...) and brighter skies lifted everyone's spirits. Around 85 entrants for day 2 (something like 60 had done the double) were bathed in sunshine by the finish (although the overall winner, an Irish international runner who covered the 58 miles in a total of around 6.30, probably got there too soon...).

Reaching Hickling around mid-day on Sunday, I was surprised to see our esteemed club chairman ("experienced veteran Neil Jaggard") who had decided to recover from the Belvoir Challenge by joining me for a few miles. I have to say, this did give me a boost (but don't tell him) and helped me make the last 10 miles my quickest of the weekend.  
[Rich]

Richard completed Saturday in 4hrs 55mins and Sunday in a time of 4hrs 47mins, finishing in an excellent 28th place overall. With the fastest of his 58 miles being saved until the last one!  
[Neil]



### **Desford 10k - LRRL 4**

Sunday 27th Feb 2011 - Cold and Wet conditions were install for the Stilton Striders in there penultimate winter league race of the season, the Desford 10k. On an undulating course, starting and finishing at the Caterpillar headquarters, it was Nicola Clay who took the ladies honours for the fourth consecutive race and was also first Strider home after a nail-biting sprint finish with male club colleague Christian Davidson, both recording a time of 36mins 34secs, with christian producing a new pb. The ladies team comprising of new runner Michelle Wright (45:27pb), Vicki Lowe (45:47) and Celia Fox-Mapletoft (51:08pb), all putting in tremendous runs helping there team climb up the league table. As for the men, second in for the club but first in his veteran age category was Martin Booth in a magnificent time of 38:36 followed by Patrick McNeight (38:57pb) and then youngster Richard Gray (40:53) gaining revenge from the last league race over the experienced veteran Neil Jaggard (41:39), who put in a very creditable perormance ahead of this weekends Belvoir Challenge marathon. Next in was Wayne Hackett (43:09pb) and then the ever improving Andy Nicholls (43:50pb), with Phil Douglas (45:01) making up the eighth and final team counter. Rob Szabo doing well in a time of 45:14, but not quite breaking the 45minute mark that just keeps eluding him, with Sam Ellis (47:57) finding the energy to beat his training partner Ian Mason (48:04) over the final few yards.  
(Wayne)

### **Stamford 30k**

Sunday 13th Feb - Four Striders put there club league schedule aside for one week to concentrate on there preparations for the London and Stratford Marathons. The Stamford 30k (18.6miles) is rated 19th in the Runners World list of 100 top races. On a very hard, undulating course, with very strong winds, Christian Davidson was first home in 27th position overall out of 750 runners, in an exceptional time of 1hr 59mins 27secs, knocking 4 minutes off his previous best time. With another pb and knocking 3minutes off his best was Wayne Hackett 2:24:37. Next in, Helen Widdowson who stuck to her marathon training schedule finished the race in a time of 2:34:39, with the fourth and final strider home in a time of 2:39:41 tackling the distance for the first time with a great run was Mike Brightey.  
[Wayne]

### **Markfield - LRRL 3**

A tough, undulating course and windy conditions greeted Stilton Striders for the third race in the Leicester Road League – the Markfield 10. Melton's Nicola Clay continued her domination of the women's league by clinching a hat-trick of wins so far this season, crossing the line in 37mins 23 secs. Elsewhere in the women's standings, Vicki Lowe finished in a terrific 24th, her highest-ever placing in 46:03 with Julie Jaggard next lady in for the Striders in 53:10. Unfortunately, the ladies team score will suffer this week as they needed a team of four top members to count. The men's team performed well, with a welcome return for two of their top runners. Chris Southam finished 11th male in his first road race since September, in a time of 34:35 and, after a tough cross-country season, Nick Brown was back on the road, finishing in 32nd place in 36:52. Martin Booth, one of the Striders over 50's team, finished 64th in 39:09 and there was a new personal best for Gary Postle, 103rd in 41:00. After a titanic battle, in which they swapped places on several occasions, the much younger Richard Gray finally out-paced another of the over 50's, Neil Jaggard, finishing 144th and 152nd in 42:52 and 43:05 respectively. Andy Nicholls continues to improve as 7th team counter, 195th in 45:36, just in front of the third 'fighting 50' Phil Douglas, who was the final counter in 198th 45:46. Later arrival, Rob Szabo, clocked up 46:32 for a new personal best, with Ian Mason making up the squad finishing in 49:42.  
[Neil]

### **Ashby 5 - LRRL 2**

Sunday 30th Jan 2011 - The second race in the Leics Road Running League (LRRL) took the Stilton Striders to Ashby, for a short but fast 5 mile race. Nicola Clay started from where she left off the previous week, by taking the individual honours and coming home in first place for the second week in succession in a time of 29min 16secs, beating her nearest rival by well over a minute. The rest of the ladies team comprising of Vicki Lowe (36.28), Julie Jaggard (40.18) and Celia Fox-Mapletoft (with a fine pb of 41.19) all did well on the day. The mens team were led home once again by David Hamdorff (29.47) in 54th place, next in was Christian Davidson (30.07) and then Patrick McNeight in a pb time of 30.43, both runners did exceptionally well after running 18miles each on the previous day in preparation for their spring marathons. The fourth strider home with another pb in successive weeks was Wayne Hackett (33.31), a very creditable run by Neil Jaggard (33.46) coming back from illness, Richard Gray opting for the shorter distance after his previous weeks 45 mile Ultra Marathon run came home in 33.57, Phil Douglas (35.09) and Andy Nicholls being the eighth counter (35.36). Rob Szabo (36.32), Ian Mason also with a pb on the day in 37.20 and making up the team was Clive Wright (41.44). [Wayne]

### **Ultrarace 45 (Northampton to Tring)**

45 miles non-stop may not be everyone's cup of tea, but that didn't stop 100 of us lining up for an 8am start in Northampton. Around half would get to the finish before dark - this was the first race I've done where carrying a torch is pretty much a necessity! To be honest, I don't remember all that much of the race - it was canal path pretty much all the way, nice enough but not what you would call 'varied'! The start was slow, and then gradually eased down as the race went on. From around 35 miles the main challenge was just to keep going - any thoughts of pace had gone out of the window. Checkpoints were well stocked with malt loaf, energy bars, drinks etc - it's really a long eating competition with some running in between. I finished in 8.15 in 37th place. If you think I'm mad, it's worth noting that about half the field stayed overnight and ran back again the next day.....

[Rich]

### **Barrow 6 - LRRL 1**

23rd Jan 2011 - 16 Stilton Striders competed in the first winter league race of the 2011 season, the Barrow 6 mile. With over 500 competitors and in ideal conditions, coming home in 1st place for the second consecutive year was Nicola Clay in 35:12, next in was Vicki Lowe 34th in 43:33 and Celia Fox-Mapletoft 94th in 50:30. All doing very well but being one female short to make any impact within there league. Leading the men home on his Striders debut in a pb time of 35:49 for 42nd place was David Hamdorff, returning from injury Martin Booth 71st in 37:07, Christian Davidson and Pat McNeight in 84th and 85th place respectively with the same time of 37:26. The clubs 2010 most improved runner Gary postle 117th in 39:21, Wayne Hackett 156th in pb of 40:55, Jason Shelton 197th in 42:47 and Phil Douglas 209th in 43:13 making up the eighth team counter. Next in Rob Szabo 228th in 44:05, with Andy Nicholls making his debut 229th in 44:10, Sam Ellis 257th in 45:45, Ian Mason 261st in 45:58 and Clive Wright 263rd in 46:06. Sunday will see the second winter league race of the season, the Ashby 5, any member of the Stilton Striders wishing to take part, please meet down at the Melton Bus Station for a prompt 9am leave.

[Wayne Hackett]

### **Rutland Water Marathon**

Sunday 7th November - A select group of Striders lined up on the shore of Rutland Water on a freezing, damp autumn morning - a 10 minute delay to the start didn't help. However, the sun came out as we got running and spirits lifted. The route (just under one full circuit and twice round the peninsula) is not easy, as anyone who trains there will testify. But frequent water

stations, good support and, erm, 'erratic' mile markers all helped make it a really good day out. 457 finishers out of 650 entries suggests not everyone made it all the way, but three who did were Richard Gray in 3.39, Gary Christmas in 4.31 and Jenny Norwood in 4.48.  
[Rich]

### **Leicester Marathon**

Sunday 10th October - At least 13 and a half made the trip to Leicester; 4 in the full Marathon, 4 in the half, Julie as a marshal, Helen, Michelle and Chris as cycling supporters and Kirsty, Pete and Louie (who clearly cheered the most!). In good conditions the results were as follows: [Full Marathon] Christian Davidson 28th in 03:01:50, Helen Mounteney 77th in 03:23:48, Jenny Warner 137th in 03:36:31 and Clive 459th in 04:43:03 [Half Marathon] Toby Day 52nd in 1:27:14, Mike Brighty 354th in 01:43:30, Ian Williamson 411th in 01:45:18 and Catherine Voyce 723rd in 01:52:54.

### **Eden Project Marathon**

Sunday 10th October - The organisers decided to arrange the start for 10.10am on 10/10/10 - obviously seemed a good idea, until a slight delay meant we actually headed off at 10.15.... I hadn't realised quite how tough this course is - absolutely worth it, but a real challenge. Great atmosphere, friendly marshals (and lots of them) and free entry for the family to the Eden Project for the day puts this ahead of most races I've done.

The first few miles were gently up and down and, as ever, I set off a bit quick after falling in with a group. It wasn't long before the real hills started - it seemed to be lots of short, sharp ups and downs, with no real opportunities to get into a rhythm - and because of that, I would rate it as tougher than Snowdonia.

The finish was about a mile steeply down hill into the centre of the Eden Project - looked great, but legs were far too battered to make the most of it. The free pasty and a pint went down well though! Finishing time 3hrs 54mins.  
[Richard]

### **Round Leicester Relay**

Sunday 26th September - The Stilton Strider mixed team comprised of the following:

Leg A / 7 Miles / Darren in 43:42 / position on leg: 7th / team position: 7th  
Leg B / 6.4 miles / Nick in 35:01 / pos on leg: 3rd / team pos: 3rd  
Leg C / 5.3 miles / Julie in 50:34 / pos on leg: 27th / team pos: 10th  
Leg D / 6.5 Miles / Vicki in 42:06 / position on leg: 24th / team position: 10th  
Leg E / 6.6 miles / Neil in 40:38 / pos on leg: 10th / team pos: 10th  
Leg F / 7 miles / Andy in 1:04:18 / pos on leg: 23rd / team pos: 11th  
Leg G / 6.5 Miles / Gary in 55:18 / position on leg: 21st / team position: 12th  
Leg H / 6.6 miles / Catherine in 58:33 / pos on leg: 26th / team pos: 15th  
Leg I / 6.5 miles / ? in 1:11:25 / pos on leg: 38th / team pos: 22nd  
Leg J / 8.1 Miles / Jenny in 1:13:56 / position on leg: 34th / team position: 25th  
Leg K / 7.3 miles / Ian in 51:34 / pos on leg: 7th / team pos: 21st  
Leg L / 7 miles / Rob in 1:13:42 / pos on leg: 38th / team pos: 26th  
Leg M / 7.8 Miles / Helen in 57:42 / position on leg: 31st / team position: 25th  
Time overall - 11:58:27 / Overall position 25th / Mixed team position overall 9th.

### **Grantham 58.6m Ultra race**

Saturday 18th & Sunday 19th September - 29 miles a day for 2 days. Some people's idea of torture, but for others an opportunity to run along a canal towpath. And then back the other way.

Day 1 went really well - had aimed for 4.30, being 9 min/mile plus a few minutes and was pretty much spot on. Stuck to my run 3 miles, walk 3 minutes plan and, although legs were tired, reached the finish in decent shape.

Lots of food and a decent sleep later, I still wasn't sure that doing it all over again was a great plan, but lining up at the start, spirits were high and I vowed to stick to the plan again as long as possible and take it from there. Found myself in a small group for the first few miles, which was good, but found I wanted to push on a little bit (no doubt a mistake).

Up to around half way, legs were feeling ok, but the last 12 miles I was alone and struggled a bit to keep my mind on the job. The last 5 were a real struggle - both the legs and the head were ready to give in.

Finished day 2 only 11 minutes slower than day 1 - and in 5th overall (9hrs11mins), which I am really pleased with. Again (as seems to be usual for these ULTRArace events), a really good bunch of people, and the whole thing organised, marshalled, feeding stations manned, etc by a total of 3 people. Will definitely be back next year, and may even be tempted by a few longer ultras in the meantime!

[Richard]

### **Owls 10**

Sunday 5th September - Nice conditions for distance running gave some good results as follows; Chris Southam 13th in 57:36 / Helen Mounteney 94th (5th lady) in 67:42 / Patrick McNeight 101st in 68:26 / Gary Postle in a pb of 68:49 / Mike Brighty 232nd in 77:41 / Abi Arnott 286th in 81:16 / Clive Wright 288th in 81:20 / Amy Boswell in 103:06.

[Chris]

### **Nottingham 50k Ultra race**

Sunday 22nd August - Really enjoyed the race - great route along the Robin Hood Way footpath from North Notts all the way into central Nottingham, with a great finish outside the Castle. It was a good mix of challenge and scenery. Made the schoolboy error of being sucked along with a group for the first 17 miles, before finally realising that I was storing up a whole world of pain for the last few miles... At least I eased back when I did, which meant it got tough, but still enjoyable.

Longest run I've ever done (including the extra mile or so from following another group rather than checking all the direction markers myself....). Great atmosphere and really friendly runners and organisers. Would happily do it again and will try not to trip over the tree root next time - although it must have entertained anyone else who saw me! Finishing time 5hrs 9mins.

[Richard]

### **LRRL - Joy Cann (Huncote) 5**

Wednesday 4th August - The results were as follows; Chris Southam 15th in 27:19 / Nick Brown 35th in 29:05 / Loz Robinson 77th in 30:48 / Patrick McNeight 85th in 31:07 / Gary Rutherford

108th in 31:52 / Gary Postle 124th in 32:33 / Richard Gray 157th in 33:29 / Wayne Hackett 198th in 34:00 / Jason Shelton 199th in 34:03 / Andy Robinson 230th in 35:31 / Robert Szabo 244th in 36:07 / Phil Douglas 248th in 36:14 / Tam Nicol 257th in 36:33 / Clive Wright 260th in 36:35 / Vicki Lowe 299th in 37:26 / Ian Mason 311th in 38:06 / Abi Arnott 320th in 38:21 / Celia Fox-Mapletoft 434th in 43:01 / Michelle McNeight 492nd in 46:20 / Amyesha Boswell 513th in 48:37.

### **Parwich Panoramic 5**

Tuesday 3rd August - On a perfect summer evening, 2 Striders travelled to Parwich near Ashbourne to compete in the Panoramic '5' Fell Race. With 650ft of climb, this 5.3 mile run took in some of the best views in Derbyshire and finished in front of a big crowd on the village green. In a field of 107 runners, Neil Jaggard finished 34th in 42:20, with Steve Dewick 51st in 46:37. [Neil]

### **Rainbows 100 Lap challenge**

Friday 17th July - Stilton Striders Running Club entered two teams in the 100 Lap Challenge Event at Saffron Lane on Friday evening, all in aid of Rainbows Hospice. A strong Junior team, bolstered by Chris Southam and Nicola Clay and a mixed Senior team were among the 9 teams entered. The challenge was a relay of up to 20 (with at least 15) runners to complete 100 laps of the 400mtr track in less than 2½ hours.



The Junior team consisted of 5 adults and 15 juniors. Taking into consideration the age and fitness of each athlete, at least 4 laps were run by each team member over the 100 lap duration. The race started well and, by halfway, the team was at least 2 minutes ahead of the rest of the field. However, as the race progressed into the second half and with the possibility of the youngsters tiring, there was a chance that the stronger adult athletes would catch up. Needless to say, the Juniors excelled themselves and, with the race organiser confirming that the Juniors were on their last lap, Luke Jane ran in a pink tutu, finishing with a sprint. They recorded a winning time of 2hrs 5mins, which beat the previous fastest time for the event by 12mins. It was a tremendous team effort and it reflected the whole ethos of encouragement and team spirit within the Junior Striders. Junior Team was as follows: Ellen Burke, Joe Burke, Thomas Woods, Josh Clarke, Ollie Hudson, Daniel Jane, Luke Jane, Marcus Rowland, Lucy Golland, Jasmin Southam, Loz Robinson, Jon Appleby, Chris Southam, Nicola Clay, Lucy Underwood, Tom Harding, Dennis Durrant, Andrew Durrant, Sam Bough, Diane Underwood.



The Senior team remained consistent throughout and got off to a good start, with Gary Rutherford setting the pace. Malcy Brown, Christian Davidson and Neil Jaggard ran legs 2, 3 & 4 respectively before handing over to Julie Jaggard, the first of the required 5 ladies in the team. It was the first taste of track running for the girls and all performed particularly well, giving everything for the Club and surprising themselves with their clocked times. Celia Fox-Mapletoft and Amy Boswell maintained the pace before George Postle and father Gary pushed on further. Two more ladies, Helen Widdowson and Michelle McNeight kept us in the top half, with strong running from the remaining runners, Ian Mason, Jason Shelton, Ian Johnson, Andy Robinson and skipper, Wayne Hackett, meant that after 50 laps we were in 4th position. With all runners completing at least 6 laps each, a lot of teams began to tire but the strength and consistency of the Striders began to tell. With the Junior team well ahead, it was down to 3 teams to vie for second place. Over the last 10 laps some exceptional lap times had pushed the Seniors up into second place, finishing in an impressive 2hrs 13mins 16seconds, beating a strong Huncote Harriers team by 52 seconds – and, not to be outdone, the last lap being completed by Neil Jaggard in the pink tutu on temporary loan from the Juniors!

A terrific night for the Striders and, with the Juniors performing magnificently, it augers well for the future of the Club. In a very friendly but competitive atmosphere over £1000 was raised on the night for the Rainbows Hospice.

[Neil]

### **LRRL - Hungarton 7**

Wednesday 7th July - The latest Leicester Road Running League race took place from Hungarton, with almost 500 runners on the start line.

On a very humid night the course, which is described as the toughest in Leicestershire, was made even tougher with a 400mtr diversion around some road works, which appeared on the day of the race! The Striders had a bumper turn out, with a welcome return for Nick Brown who ran an impressive 43:02 for 20th place. Darren Glover turned the tables this week on Christian Davidson, finishing 44:51 and 44:55 for 40th and 41st places respectively. Loz Robinson finished 62nd but was disappointed with his time of 46:44, having started off too quickly. Mr Consistent, Patrick McNeight, had another good run in 48:06 for 82nd place.

A tightly packed bunch of Striders came in next, 7 within 90 seconds! Phil Douglas got the upper hand this week 50:30, 125th closely followed by Gary Postle in his first race after an enforced layoff in 50:43, 131st. Final counter for the team was Gary Rutherford who arrived late and missed the starting clock but finished in 50:54 for 133rd place.

The rest of the men's squad finished in the following order: Richard Gray 51:12, 139th, Neil Jaggard 51:24, 144th, Andy Robinson 51:48, 148th, Jason Shelton 52:06, 159th, Malcy Brown (also started late!) 53:55, 186th, Mike Brighty 55:59, 226th, Rob Szabo 56:23, 234th, Steve Dewick 57:13, 253rd and Clive Wright 58:19, 281st.

The ladies team were, once again, led home by Vicki Lowe 56:58, 248th, followed by Helen Widdowson 57:26, 261st, Abi Arnott 58:22, 282nd, with Michelle McNeight making a welcome return to racing 72:20, 444th.

[Big Leggy]

### **LRRL - Prestwold 10k**

Sunday 27th June - Held in very hot conditions the results were as follows; Christian Davidson 36th in 0:37:02 / Darren Glover 46th in 0:37:35 / Patrick Mcneight 89th in 0:40:16 / Richard Gray 142nd in 0:42:47 / Philip Douglas 150th in 11 0:43:02 / Andy Robinson 171st in 57



0:44:12 / Neil Jaggard 184th in 15 0:44:44 / Lizzie Golland 280th in 0:48:42 / Vicki Lowe 282nd in 16 0:48:46 5 / Abi Arnott 283rd in 0:48:49 / Catherine Voyce 286th in 0:48:52 / Clive Wright 312th in 0:50:15 / Mike Brighty 313th in 0:50:16

### **Stathern 10K**

Sunday 20th June - Chris Southam made a winning return in the stathern 10k in warm muggy but breezy condition's, winning in a time of 33min 22 sec, despite being injured for the past few month's, surprising himself in the process, next for the strider's in 10th place was Darren glover in a solid 36.36, followed by Simon maggs in 17th in a very good 38.05, and new member John houghton finishing in a good 59.26 in one of his first races.  
[Darren]

### **Market Harborough 5**

Tuesday 15th June - Nick brown is showing sign's of return to form with a good run in the recent market Harborough 5 , finishing 26th in 29.08, Emma brown finished in 37.02, despite a few recent injuries.  
[Darren]

### **Tansley Hill Run**

Thursday 10th June - Three Striders headed for Tansley, near Matlock, on Thursday to compete in the 4.3mile hill run, a multi-terrain event with 600ft of climbing. A terrific performance by in-form Christian Davidson saw him claim 9th spot in a field of more than 100 runners, in a time of 29:56. Some way behind was Neil Jaggard, 37th in 33:23 with Ian Mason crossing the line in 38:50, 71st position.  
[Neil]

### **LRRL - Swithland 10K**

Sunday 6th June - Stilton Striders recently competed in the 1st Summer League race of the year, once again the men were led home by Christian Davidson 37-57, but hot on his heels was top junior Loz Robinson 37-58, Patrick McNeight maintained his good form 41-13, Neil Jaggard improved for 41-53 followed by Richard Gray 42-32. Andy Robinson 43-38, Phil Douglas 44-14, Mick Brighty 46-25 and new member Rob Szabo 47-39. Ian Mason 50-05 and Clive Wright 47-48. In the ladies race, with the absent top striders Nicola Clay and Vicki Lowe it was down to Helen Widdowson returning to form to bring the girls home in 48-04. Abi Arnott ran well for 48-59 almost being caught by junior Lizzy Golland 49-00 (next time Lizzy said!). The outstanding run of the day came from junior Alice Newton knocking 5min off her pb to record 51-31 (her dad has promised her £10 and a new watch when she runs sub 50min for a 10k). Finally for the ladies was Celia Fox-Mapletoft who ran comfortably for 54-44.  
[Phil]

### **LRRL - Desford 10k**

Sunday 23rd May - On the hottest weekend of the year a team of only 13 striders turned out to compete in this Leicester road running league race while the rest of the club were sunbathing. With the absence of Chris Southam (injury) it was on form Christian Davidson to lead the men home in 41st with a time of 37-52 returning from injury was martin booth with his first run of the year finished 47th in 38-35 next in for the club was inform junior Loz Robinson 72nd in 40-40 followed by Patrick McNeight 41-38 Andy Robinson 44-17 Richard Gray 44-35 Phil Douglas 44-54

and making up the team of eight Clive Wright 50-22 First in for the Ladies was Vicki Lowe 22nd in 47-34 but slowly catching her was new junior to the team Lizzy Golland 25th in 48-25pb next came the improving Catherine Voice 30th in 49-28 Helen Widdowson 50th in 52-58 next came the clubs 2nd junior to run for the club on her senior debut was Alice Newton who felt the heat but still finished in a creditable time of 56-25pb and 68th out of 120 Ladies.  
[Phil]

### **Long Clawson 10K**

Sunday 23rd May - A number of Striders ran in this gruelling course in intense heat on Sunday. First Strider home in 8th position and winner of the Vet 50 Prize, was Ian Williamson in 50:25, Neil Jaggard was 19th in 53:34. Next in were two of our Juniors, Lucy Golland and Jasmin Southam crossing the line together 60:08 in 39th and 40th, with Gary Christmas just behind in 60:22.

A great local event, attracting over 150 entrants, well-marked, well-marshalled and in a great village atmosphere. One for next year's "To do" list!  
[Neil]

### **Wymeswold Waddle 5mile Road Race**

Sunday 16th May - Five stilton striders were among the 350 starters for this local village race in pleasant surroundings the course is an out and back run consisting of a 2n1/2 miles uphill followed by the same downhill. First in for the club was Loz Robinson in 18th with an excellent time of 31-10 followed by his dad Andy Robinson 45th in 34-30 Phil Douglas was next home in 59th in 35-01 First in for the Ladies was Vicki Lowe still recovering from her London Marathon run and not user to running (only 5 miles) she said with a creditable time of 37-55 and 103rd closely followed by Catherine Voice 109th in 38-13  
[Phil]

### **Burbage Skyline**

Tuesday 11th May - Four Striders (a team, in fact!), travelled to North Derbyshire for the Burbage Skyline, a 5.75mile race with 1200ft of tough climb, which turned out to be a truly multi-terrain – moorland, bog, rocks, streams etc etc. With a record field of over 300 runners taking part, it was absolute mayhem at the start, with runners coming from all directions until we crossed the first stream and headed onto more defined tracks.

First Strider home was Christian, 76th in 48:02, Neil was next in 186th 56:40 with Steve Dewick 221st 59:22. Steve, once again, suffered a fall and came in smothered in fake blood, hoping to win the main spot prize which was for the best fall captured on video. Ian Mason also had a fall, christening his new Striders top and finished in 289th 1:06:24.

A couple of pints in the pub after and back home for 11.30pm – excellent!!  
[Neil]

### **London Marathon 2010**

Sunday 25th April - On a perfect day for running seven Strider's performed exultantly in the capital. First home in 2:57:19 was Christian Davidson, he covered the first half in 1:31:24 and went on to complete the second half 2 minutes quicker and finish 516th also earning a guaranteed place for next year. Richard Gray with a impressive marathon P.B of 3:11:22 was

next over the line. Gary Postle in his first marathon finished in 3:22:04 with very impressive pace judgment and 650th in his age category. Next over the line was Andy Robinson also in his first marathon in 3:43:24. First in for the ladies in 3:45:38 was Vicky Lowe in 203rd place in her age group. Helen Widdowson another first timer at 26.2 miles ran with good pace judgment her second half only 3 minutes slower than the first finishing in 4:01:59. Michelle McNeight finished in 4:37:26 a very creditable time considering she only took up running a couple of years ago. [Chris]

### **Caythorpe Canter**

Saturday 10th April - Saw the 13th running of the Caythorpe Canter, a cross country multi-terrain marathon. A field of over 70 runners, including 2 Stilton Striders, took part. In very hot weather, both Striders performed well. Neil Jaggard finished 8th in 3hrs50mins56secs, was pleased to complete the course in under 4 hours, having got lost on his previous attempt! Gary Christmas knocked more than 8 minutes off his previous course best, finishing in 4hrs25mins29secs for 16th place. [Neil]

### **Charnwood Marathon "15" Cross Country Race**

Saturday 27th March 2010 - In ideal weather conditions, 3 Striders ran in the Charnwood 15 mile Cross Country Race on Saturday. The race includes climbs up some of the biggest hills in Leicestershire, with checkpoints on Broombriggs, Beacon Hill and Old John. In a field of over 100, Neil Jaggard finished 17th in 2hrs18mins55secs and Gary Christmas was 46th in 2hrs45mins46secs. Unfortunately, Ian Williamson missed the start, clocking an official time of just over 3hrs but actually completed the course in 2hrs28mins. [Neil]

### **Brooksby Farmyard Frolic**

Sunday 21st March - Great race, cross country 10K obstacles included waist deep water crossing, 6 foot hay bales to climb, horse jumps, tyre bales, icy brook run, lots of mud! fantastic fun and still plenty of opportunity to get a good speed up with running. I was 4th lady to finish and missed out on a prize by 44 seconds - my time was 63 mins. It was a pricey race at £20 but the goody bag was very good including a technical T-shirt. [Catherine]

### **LRRL - Markfield 10K**

Sunday 14th March - The results were as follows; Christian Davidson 32nd in 37:01 / Darren Glover 34th in 37:07 / Patrick McNeight 72nd in 39:37 / Richard Gray 107th in 41:23 / Gary Rutherford 122nd in 42:28 / Phil Douglas 128th in 42:36 / Neil Jaggard 151st in 43:56 / Jason Shelton 165th in 44:51 / Stewart Owen 168th in 45:02 / Vicki Lowe 45:22 / Clive Wright 186th in 46:26 / Abi Arnott in 46:49 / Ian Mason 219th in 48:52 / John Stares 251st in 53:58 / Michelle McNeight in 56:40 / Celia Fox-Mapletoft in 58:02.

### **Ashby 20**

Saturday 13th March - The results of this distant race (and excellent London Marathon training aid) were as follows; Christian Davidson 18th in 02:07:57 / Gary Postle 121st in 02:28:41 / Vicky Lowe 265th in 02:42:51 / Helen Widdowson 388th in 02:51:39 / Andy Robinson 537th in 03:04:19 / Patrick & Michelle McNeight 644/5th in 03:15:34

## **LRRL - The Stilton 7 LRRL Race Results**

Sunday 7th March - THANK YOU to all of the organisers, helpers and runners for such a successful race. The results for the Stilton Striders were as follows; Christian Davidson 19th in 41:14 / Darren Glover 31st in 42:11 / Nicola Clay 33rd in 42:24 / Simon Maggs 65th in 44:33 / Patrick McNeight 80th in 45:33 / Gary Postle 95th in 46:59 / Wayne Hackett 147th in 49:53 / Richard Gray 166th in 51:16 / Vicki Lowe 180th in 52:01 / Mike Brighty 205th in 53:14 / Clive Wright 218th in 53:46 / Abi Arnott 227th in 54:33 / Helen Widdowson 229th in 54:55 / John Stares 300th in 61:43 / Michelle McNeight 320th in 64:23.

Or please [Click here](#) for the full results

## **The Belvoir Challenge**

Saturday 27th February - Only 4 Stilton Striders took on the toughest local race The Belvoir Challenge in what was described as the 'muddiest yet'. With every step of the way shin deep in mud or ankle deep in water. Weather conditions were not favourable either with a cold wind and drizzle for most of the run. (you would know all of this anyway as I am sure I saw your name in the list of finishers. Did you enjoy it? In the 15 miler Neil Jaggard put in another solid performance crossing the line 42nd overall in 2hours 9mins 10secs. Suzanne Birley ran steadily finishing in a creditable 3-28-32 for 297th overall (102nd lady) with Catherine Voyce just behind in 3-32-20 in 306th place (108th lady) Only Gary Christmas was man enough or mad enough to tackle the 26 mile route finishing in a time of 5hours 11mins 57 seconds 69th man (85th overall) Garys son Daniel completed the 15 mile walk in just inside 4 hours.  
[Neil]

## **LRRL - Kibworth 6**

Sunday 21st February - Cancelled due to poor weather

## **St Valentines 30k**

Sunday 14th February - On a challenging Stamford course the following striders took to the hills; Christian Davidson 43rd in 02:03:05 / Vicki Lowe 203rd in 02:22:53 / Gary Postle 204th in 02:22:52 / Wayne Hackett 258th in 02:27:10 / Helen Widdowson 338th in 02:33:34.

## **Derby Cross Country League Race 5**

Sunday 14th February - Race 5 in the Derby Runner Cross Country league took place on Sunday on a testing, waterlogged course around the Bosworth Battlefield site. (well worth a day out with lots of things to see and do, nice tea room and museum) Neil Jaggard was the Stilton Strider's sole representative finishing 113th in a time of 42mins 18secs. For your information the final race in the series takes place on February 28th at Sinai Park near Burton on Trent.  
[Neil]

## **Derby Cross Country League Race 4**

Sunday 31st January - The fourth race in the Derby Runner Cross Country League took place at Grace Dieu near Shepshed on Sunday. On a testing 5.2mile course with wooded sections, rocky climbs, frozen ground and twice running through streams, 4 Striders took part. First home for the team was "new boy" Ian Williamson in 116th place (40:10), next in was Neil Jaggard 148th

(41:57), with Steve Dewick 157th (42:34). In the Ladies race, "new girl" Trish Johnston finished in 94th (61:12) and was pleased with her time just outside the hour.  
[Neil]

## **Ultra Race**

Sunday 24th January - I was woken from my slumber at 0430hrs by my alarm clock. My 'taxi' (mum and dad!!!) arrived at 0515hrs to take me to Tring. I was eager to experience the delights the Grand Union Canal would offer me as it snaked its way from Hertfordshire through Beds and Bucks to Northampton. We arrived in good time for the start of the event which got underway at 0800hrs. I began running at my usual pace along the almost deserted canal tow path which meandered through many of the hamlets my ancestors inhabited in the 1700's. It was good to see my 'taxi' drivers on the bridge as I crossed over the canal for the first time at check point number one before heading off into Bedfordshire. The Inland Waterways Association had done a brilliant job pruning the hedges and brambles along the path, however, my trainers soon started attracting some of the thorny cuttings which made progress a little difficult at times as I endeavoured to remove them whilst on the move!!!! Wild life was in abundance, especially the feathered kind. I was attacked by a goose which drew blood!!!! I felt that was a bit ironic as I'm a vegetarian. Another runner had a similar encounter with both a goose and a swan; I guess I was lucky!!!!

We were provided with good maps but occasionally things did not always go to plan. Due to an angling completion we were required to take a detour which I navigated with no problem. However, when I left the canal towards the end of the race, I got lost in Northampton. I still can't believe I lost my way in my home county!!! Still not as bad as another runner who ran the wrong way up the canal towards Birmingham and ended up finishing at midnight!! We officially ran 47 miles instead of 45 due to the angling detour. I also added a few more on due to my circumnavigation of Northampton as I struggled to find the finish!!! It was an enjoyable event which was well organized with excellent support throughout. The weather was kind as well, which is always a bonus. I was delighted to be the first lady home in 7hrs 43mins and 15sec.  
[Jenny]

## **LRRL - Barrow 6**

Sunday 23rd January - Another superb day for a race, cool, dry conditions, and it showed! Our very own Wonder Woman, Nicola Clay stormed home for the Ladies in 35.09 Vicki Lowe put in yet another fine performance for a P.B. of 43.29, (proving that her coach must be doing something right!) ahead of comeback girl ( but not this week) Theresa Colman 43.40. Abi Arnott was next home in 45.41, a fine P.B. (by over 4 mins!) Must be down to the new Kate Moss figure! Michelle Mcneight was pleased not being last lady any more coming home in 56.30 and newby, Amy Boswell, improving since her debut race, ran well to break the hour in 59.20 P.B. sporting a huge smile

The Men were led home by a speedy Darren Glover in 35.36 with Patrick Mcneight having a good race after injury to run 37.04. Gary Postle ran yet another P.B. to finish in 39.01, being third counter so he might get dizzy!! New Boy Gary Rutherford was hot on his heels in 39.33 and Richard Gray was close behind in 40.01. Phil Douglas was next in 40.25, followed by our own fashion guru Neil Jaggard, who looked like he had just arrived from his allotment! and is now wearing that vest just to annoy me! 41.57. Clive Wright ran well (for a change) 44.56, being chased down by a fit (no that doesn't mean I fancy you) Ian Mason 45.08, P.B. John Cresswell (injured) ran 46.37, and returning to racing, Darryl Woolward came home in 46.43. John Stares completed the mens line up in 51.13

Sorry, but no hero of the day at Barrow, we all pale into insignificance and need to worship another club member today, Jenny Norwood ran a 45 mile ultra in Northampton, came 6th overall, 1st Lady, 2 hours ahead of second Lady in a stunning 7.43.15 Jenny, you are an animal! and I mean that in the nicest possible way! Huge respect to you!  
[Darryl]

## **LRRL - Ashby 5**

Sunday 17th January - 16 Stilton Striders (some super fit having trained hard in the adverse conditions of late, others completely unfit having taken the weather as an excuse not to train and then some who used being ill or injured as the reason for their performance) turned up for the Ashby 5; the first race of the winter season. Spirits were relatively high due to the perfect running conditions: cold but not sub zero for a refreshing change and clear skies as well as roads. The ladies' team were lead home by Nicola Clay, who put in a spectacular performance to start the new year, recording a time of 29:15. Second lady home for the club and returning after a long period of injury was Theresa Colman 36:15. Following closely behind were team mates Vicki Lowe, who started the season with a personal best of 36:22 (looks like she is going to have another fantastic year ahead and be EVEN MORE difficult to catch this season) and Helen Widdowson in 36:33. Michelle Mcknight, who had the perfect start to the races, recorded her first victory over the speed walker AND the vertically challenged! (plus the added bonus of not a vegetable or womble insight) came in in 46:18. The team made a fantastic start to the season with all counters for the ladies' team coming in the top 30 positions and starting the way they mean to go on.

The 11 male Striders also performed well with another great run and consistent performance from Darren Glover 29:49. Christian Davidson, who has been on a diet of smoothies and red lentil soup, was almost back to his best, 29:54. Loz Robinson is getting faster and recorded a fantastic personal best of 30:05. Patrick Mcknight, who is now in the more mature age category was taking it steady, was the fourth male strider to cross the line in 30:35. Next man in was Richard Gray, who may well be considering taking up the Davidson smoothie diet in preparation for the London challenge, 33:23. Suffering from man flu, club captain Phil Douglas made it home in 33:34, Andy Robinson 34:32, Jason Shelton who produced another solid performance with 34:40, Clive Wright (glad to see you didn't hang up the running trainers after the Chris Ingram race and The Turkey Trot) 37:03, Ian Mason 38:39 and John Stares 42:18  
[Helen]

## **Boxing Day Handicap**

Sunday 26th December - Well Boxing Day was a beautiful day for the Handicap race at Barrow on Soar. No P.Bs today but not surprising after seeing what state some runners turned up in. (Christian & Helen) mentioning no names. First home in 37.27 after being one of the last to leave the car park was Christian. Then it was Phil in 44.20 running his own race for a change. Vicki and Helen were next home in 44.56 and 44.57 Helen pacing Vicki for a change, however, not quite fast enough!! Catherine Voyce made a surprise appearance and finished in 47.36 not that far behind the other ladies, Tee Hee! After much anticipation, Ikle Amy competed on her debut race. After a nervy start and much encouragement Amy came home in a very respectable 61.49 with a big smile on her face and is now hooked!! followed by my best mate and the nicest person in the world (sorry Wayne, explanation coming) Gary in 49.49 (yes he was pacing Amy) and looking mighty fine with his stealth like figure and limitless charm!!! After the race a few of us went back to Gary and Amy's for a turkey sandwich and some mulled wine. I decided that Gary had made a mistake with the colour scheme in his new home and that his newly laid beige carpet would look much better with red stripes so I thought I would help out and knock over two glasses of mulled wine. I was obviously wrong. I worked this out by the silence that followed around the room, that look of disgust that you get from your wife and poor Gary's shocked look on his face!. What



can I say, I froze and was totally useless, Angela, Gary and Amy saved the day with some white wine, Helen and Christian just stared at me with that (you prat, but I am so glad it wasn't me). Anyway, apart from the mishap good times were had, A big welcolme to the ladies team for Ikle Amy.

[Darryl]

### **Bedford Half Marathon**

Sunday 13th December - The long awaited half marathon debut of Julie arrived at the Bedford Half Marathon on December 11th. Almost 1600 runners took part round a rural, undulating course around the villages of North Bedfordshire with 2 long steady climbs at 3 miles and then between 6 and 8 miles. Neil trotted round, gradually losing interest as each mile ticked slowly by, his mind elsewhere wondering how Julie was getting on. In truth it was just a poor run. I wonder whether winning one of the Striders awards is like a manager winning "Manager of the Month" and then the next match/race is often a let down. Neil finished in 1hour 40mins 31 secs and still thought he had plenty of time to get changed, have a cup of tea and saunter to the finish to watch Julie come in around her estimated time of 2 hours. However he just glanced up as he was putting his shoes on only to see Julie coming into the home straight, no time to offer encouragement - it was a quick shout of "bloody hell, she's here" and running shoeless towards the finish trying desperatly to get a photo of her as she crossed the line in a very impressive 1 hour 49 mins and 42 seconds, which surprised us both. Overall 777th, 136th lady and 6th lady vet 50. Her first thoughts (as usual) were never again, but 2 weeks and much thought later - she still thinks never again!

[Neil]

### **Keyworth Turkey Trot**

Sunday 13th December - Well, what a day, was the weather good for racing or what? Not quite so good for spectating as Ikle Amy, Paul and Darryl found out as the heavens opened with the coldest rain possible! However we (the hardy spectators) braved the conditions to cheer on our heroes to some fine times, and we take full credit! Nicola Clay was on form to achieve second Lady, 1.20.14 smashing the Ann Ford 1995 record FV35 time of 1.20.50. Helen Widdowson ran superbly to come home in 1.43.21 not far of a PB and a great time on a much harder course (actually 5 mins quicker than last year). Kirsty Ainscough made up the team of only three ladies to run today in 1.51.03.

The men were led home as usual by a stealth like Darren Glover in 1.25.46 followed by a stunning time of 1.30.55. PB for Gary Postle, who is well on form at the moment and improving race by race. Richard Gray was next home in 1.34.07 looking a little bit peeved that Jason Shelton was ahead of him at the 5 mile marker, however positions soon changed and Jason eventually finished not far behind in 1.34.44.PB. Wayne Hackett was obviously spurred on by us cheering him loudly and pulled out a PB of 1.36.00. an exceptional run on this hard course (for a fat boy) (me, spiteful? never!) Mike Brightly ran a great race to finish in 1.40.13 and Clive Wright was not having a good day, again, (your time will come) 1.47.48 Kirstys Pete ran his first half in a very respectable time of 1.51.04 so watch this space for some improving times and soon to be leaving Kirsty in his dust. (worried Kirst?) I must mention Chris Southam who was not running today, but was seen out on the course supporting the team, on a racing bike with stabilisers on it! Dont think he can quite get the idea of riding yet!

My hero of the day has to be shared between Gary Postle who despite having triple pneumonia and nearly pulling out, ran a hell of a race for a PB, and Wayne Hackett who I now, unfortunately, cannot insult anymore because he trashed my own PB, Respect to you both and indeed all of you who ran today.

[Darryl]

## **Derby Runner Cross Country League Race 2**

Sunday 6th December - Three Stilton Striders ran in the 2nd race of the Derby Runner Cross Country League. In wet and muddy conditions on a two lap course around Aylestone Fields, first Strider home was Steve Dewick , 147th 38:41. His time would have been considerably faster had he not suffered a crashing fall which (once again!) left him bruised and bleeding. Next in was Neil Jaggard, 162nd 39:31. In the Ladies race, Catherine Voyce had an excellent run, finishing in 35th place 42:28, an improvement of 6 places from race one.

[Neil]

## **Norwich Half Marathon**

Sunday 29th November - Five Stilton Striders made their way to the wet, bitterly cold and very expensive (well, it was for Helen and Christian) city of Norwich. Despite the lack of sleep on the first night (for future reference, any of you who are considering running this race next year please take note that booking a hotel room above a bar and in the centre of the city in what Pat confirmed was 'not the nicest part of Norwich', think twice and check for availability of parking; another sore point!) the five of us had fun, or at least all ran well! The course itself was a two lap (not actually as boring as I had first feared) and relatively flat; by which I mean there must have been some steady uphill as there was a great downhill but compared to Welby Lane and West Avenue was hardly noticeable. As we arrived at the showground (I am presuming that Jonathan had exactly the same experiences and feeling as the rest of us, not standing in the ridiculously fast zone, and because he was probably half way home and eating his Sunday roast by the time I finished, I didn't actually see him to ask) the heavens had opened, the wind was fierce and quite frankly had I not travelled all that way, I wouldn't have started.

Someone somewhere must have heard me throwing my toys out of the pram as with 4 minutes to go and stood on the start line, the rain stopped, the wind ceased to howl and 'Oh look, two pretty rainbows!' The perfect running conditions presented themselves. First Stilton Strider in, who despite coming first and running a PB, can't be named mine (or Darryl's) hero for the day, was Christian Davidson 1:24:10. Apparently, sticking with him until around 10 miles and proving that a healthy lifestyle isn't essential to a fantastic run was Patrick Mcneight in 1:25:09 PB Patrick, you are the hero of the day but not because you ran your little cotton socks off, but because I genuinely do feel pity for you for that being your home town. Next man in for the club and still in fine form, Jonathan Oxbrough 1:27:18. After what must have seemed a long wait for the super speedy men, the two female Striders came in having both produced a great performance. Helen Widdowson 1:43:30, followed by a yellow pepper amongst other vegetables and then Michelle Mcneight, 2:05:21 PB.

[Helen]

## **Clowne Half Marathon**

Sunday 29th November - Three Stilton Striders made the short trip up the M1 to Clowne a small town in Derbyshire for their 25th Anniversary 1/2 Marathon. On a very wet and windy morning the three Striders took on this very undulating course in style, all having outstanding runs out of a field of 540. First in for the club was Phil Douglas, 57th in 1-31-55, next in was Andy Robinson, 94th in 1-36-50. The outstanding run of the day came from Vicki Lowe who finished 15th lady and 6th vet in 1-40-02 just missing out on a pb but claims she could have done a pb if her training partner Phil had stayed with her to push her along. Also running Was Sally Robinson who ran the 2k fun run and finished 13th lady

[Phil]

## **Derby Runner Cross Country League Race 1**

Sunday 22nd November - The first Derby Runner cross country race was held at Foremark Reservoir near Cork Abbey Derbyshire, only four hardy Stilton Striders turned out for this 5n1/2 mile two lap race . Due to the constant rain the previous two days the going was heavy under foot this did not stop the four Striders having excellent runs. Out of 400 runners first in for the club with an outstanding run was Phil Douglas 113th in 40-10 next was team mate Steve Dewick 145th in 42-22 not far behind and making up ground on Steve was first ladie for the club Vicki Lowe 25th ladies in 44-04 and the forth Strider saw Catherine Voyce in her first cross country race for the club came in 41st ladie in 47-15.

### **Seagrave Challenge**

14th November - 3 male Striders and 5 hardy female Striders turned up to take part in a thouroughly enjoyable and some what challenging race. Despite the torrential rain and high winds that had kept most awake through the night, the weather held off, for most of us anyway! The course was appropriately named The Seagrave Challenge due to the mud under foot, the open fields with high winds sending us sideways and backwards, why the wind never seems to push you up hills is still some what of a puzzle to me, and the hills which greeted us providing an extra challenge. It was all worth it when we crossed the finish line and were rewarded with as much cake as you could eat (apparently that is how we now rate an event!)

Working backwards, so that we save the best to last (I was heavily bribed to say that and promised an extra big, expensive Christmas prezzie for 'bigging him up' as my class would say). Catherine Voyce, who was one of the many unfortunate participants to get soaked when the heavens opened, recorded a time of 3hrs 24mins. Abi Arnott and Sue ran together and completed the challenge in an impressive 2hrs 30mins. The pair enjoying the event so much that they even had the chance to catch up on the gossip and save enough energy (they are obviously fitter than me as I was ready to collapse at the end) to sprint in at the end. It was either that or that Sue suddenly remembered the cake and feared that left with the puddings much longer Christian would have devoured the lot all by himself. Helen Widdowson, who for some stupid reason decided to start off and try and keep up with the ever impressive Vicki Lowe, came in in 2hrs 27mins. Vicki Lowe was the first lady in for the club 2hrs 23mins. The men all ran well for the club and recorded some super times. Mike Brighty, who very kindly posed for the 'muddiest bottom of the day' photograph, and hadn't covered the distance before was quite right to be pleased with his time of 2hr 23mins. Steve Dewick enjoyed every minute of the run and put in another solid performance 2hrs 19mins. Hero of the day, 7th place overall, in under 2 hours, first Strider in, well ahead of the rest of his club members, an exceptional performance, his best run of the year, the very impressive (that is enough 'bigging him up', surely!) Christian, i'm as fast as lightening, Davidson in 1hour 54mins.

Definitely a race to add into your diary for 2010!  
[Helen]

### **Dark and White 3hr Mini Marathon**

Sunday 1st November - November came roaring in like a rampaging lion, as Neil and Christian headed into the Peak District for the gruelling 3 hour run. Despite what people might think (!), I have always found Christian to be punctual and, indeed, he was on time again on Sunday as he sat on a bench waiting for me, looking very relaxed and drinking his coffee.

Leaving Melton at 6.45am, we were hoping to be an early starter (see Little Chef) at about 9.00am. Just when we looked like achieving this target, I managed to drive into a large rock which was in the road and ripped the side wall of the tyre out, just on the outskirts of Edale. The rain was now pouring down and, with the wind howling across the hills, we changed the wheel in F1 style but we were now soaked to the skin before the start.

We loaded our kit bags up and went to registration with the rain getting heavier. Our kit was checked by the local headmistress – had we got everything? Waterproof top? Yes, wearing it (waste of time, already soaked to the skin!). Leggings-in-the-bag, food, water, whistle, compass, map, hat? Yes, that's everything! "Have you got gloves, lads? We can't allow you to run without gloves because of the severe weather, especially on the hilltops." No, we hadn't – what if we used spare thermal socks as mittens? Yes, apparently that was okay. A quick run to the car to get the 'glocks' and we were ready to go. Clock on with our dibbers and we were off with only 3 hours to accumulate as many points at as many check points as we could. A quick bit of map reading, we headed out through to Edale to pick up an easy 10 points before heading uphill into the mist to the top of Mam Tor. A pleasant run along the ridge, visibility nil, sleet and gales mark 10, to the next checkpoint. A long downhill via a rock-strewn path, through ankle deep, fast-flowing water, down to the bottom (during which I failed to spot the next checkpoint, even though I had the red and white marker in my hand – 10 points gone there!). Fortunately Christian never mentioned it for the rest of the run!! A short diversion in Edale to pick up another 10 points and then, heading to Dalehead, for 10 more. The next section was described on the map as 'VERY STEEP', we followed a path which ended abruptly at the base of a waterfall. We had 2 choices a) retrace our steps or b) scramble up the 'VERY STEEP' high grass bank with a sheer drop to the river. We were there for the adventure, so we chose b) and grappled our way to the top into the mist. No paths now, just make your own way to the next check. It was about at this point that I began to fall over at regular intervals! We had just spotted another runner and thought we might tag along with him for a while but he stopped to put his contact lenses in. It was while he was doing this that I leapt over a stream and did a perfect spread eagle face-down in the heather!

Tough going across the uneven moorland at the top, we headed towards the Pennine Way after about 2 hours running and via the foothills of Kinder Scout. Visibility getting better at this point and, for the last hour, we could see a lot better - although this didn't prevent me falling backside-down in a deep puddle and, after collecting another 20 points at Edale Cross, tripping headlong, I very nearly head-butted a wall!! Time running short now, with about 20 minutes and 4 tough miles to go to the finish. Pinching another 20 points at the bottom of Jacob's Ladder at the meeting of 3 swollen streams. (These 2 checkpoints were, eventually, to prove our downfall in the final analysis). Negotiating some slippery, steep steps, we headed back to the finish, missing 1 checkpoint and picking up our final 10 points (which were to be academic) at another, we crossed the line and "dibbed out" in 3 hours 21 minutes. We handed in our dibber. The scorer smiled and, with the understatement of the year, said "You have lost a few points there, boys!" The score sheet read:

Total Points - 160 Time Penalties - 110 Total score - 50

A disappointing score, which put us in last place at that time in our class. Overall scores were not in as there was still an hour left for some later starters, who had the advantage of better weather. A score of 160 points would have given us 2nd place but, unfortunately, we had not read the information leaflet giving details of how many points were lost for every minute over the 3 hours finish time. Although the weather was bad, it made the event all the more challenging and interesting and I don't think we stopped laughing all the way round (even when we got our score at the end). Because we enjoyed it so much, the 3 hours 21 minutes just flew by – no really!

However bad the weather and however tough the course, both Christian and I realise we are wimps compared to Darryl and the rest of those tough guys and gals who ran a 7 mile road race at Shepshed in a stiff breeze!

STOP PRESS – Final Positions – 10th in our class, 114th overall (122 Finishers)

[Neil]

**Shepshed Severn**

Sunday 1st November - Once again only the hardcore few turned out on what could only be described as a wonderful British Autumn day! But the joke was on you lazy good for nothing wimps who didn't show! Right on cue at 10.55 precisely the heavens cleared, the torrential rain stopped, and we were only left to contend with 100 mile an hour headwinds. What joy! After a long wardrobe discussion and persuading Gary that it might not be the ideal day to wear new trainers we headed out. Surprisingly the going was not that muddy, there was more water on the Lag Lane part of the course; however, the wind was not giving up and Julie Jaggard (all 3 stone) was often seen running on the spot. If we had given her an umbrella and she would have done a fine impression of Mary Poppins.

First home for the boys and in fine form was Gary Postle 48.53 P.B. who just seems to be getting faster each race. This could be something to do with ikle Amy taking up running and the thought of her beating him! Next home and proving that the windy day favoured the heavier runner was Wayne (love you) Hackett in 53.28. Desperately (more than you will know) chasing him down was Darryl Woolward 54.02 in his last race of the year. Following was Phil Douglas 54.27 who once again gave his race up for the ever improving Vicki. Next in was Clive Wright in his slowest 7 miler ever 54.37 (his words) (ever thought of suicide?) Close behind - very close, was Martin Miles 54.45 (running for the All Blacks) and neck and neck with Ian Mason 54.46 (try a little harder). The Ladies were led home by Nicola Clay in 14th place (1st lady) in 42.59 who was a very impressive 3 mins ahead of Nikki Nelaon. Nicola was home and half way through her Sunday Lunch when Vicki Lowe finished in 54.32! Behind, but too close for comfort was my hero of the week Abbi Arnott who took 3.5 mins off her P.B. to finish at 55.30. (and in those conditions too!) Next in was Sue Cushing 56.56 who would run faster if the water stops were replaced by cake stops. Julie Jaggard followed in 101.38. 17 seconds slower than last year but allowing for the conditions, a definite improvement.  
[Darryl]

### **Workshop Half**

25th October - Three striders took themselves off to do the Workshop Half on a "family" day out. Vicki ran with Michelle all round the course to give Michelle some company and encouragement. Paper in hand plotted out by Phil we were on track by 7 miles with the 9 minute a mile plan but then started to slow down. By mile 10 the plan was in the bin but Michelle battled on the last three to achieve a pb of 2.06.58. Starting from Workshop Town Centre, this was a really nice run leading out towards the National Trusts Clumber Park. Pat completed in 1.37 but said had not done a brill time as he felt lonely with no one to race against (there were about 2000+ runners) - think he missed his fellow striders. All in all enjoyable morning out.  
[Vicki]

### **Snowdonia Marathon**

Heavy rain and strong winds was forecast, and that's what we got - at least before and after the race, with it on and off during the race itself (this stopped the mountain train running, other than the first one which had taken Marie and Conrad up to the summit (and back, luckily)). Soaked through, with squelchy shoes and shivering is probably not ideal preparation for a marathon, but at least we didn't overheat!

First 4 miles were up Llanberis pass - doesn't seem too steep in the car, but is relentlessly challenging on foot, with several people walking even at that early stage. Over the top, the wind really hit (the rain had stopped by now), which was great as it was from behind initially although turning the corner was like running into a wall.

Around 8 miles of downhill and flat follow that, with the challenge being not to overdo it, bearing in mind the 'hills' to come... Out of Bedgellert there was another two miles or so of uphill slog,



followed by a fairly flat section up until 21 miles. Talk between runners was all about 'saving a bit' for the next section - they weren't wrong!

800ft up and two miles of climbing later I'd overtaken about 100 runners, simply by running (well, I say running, but shuffling/stumbling/hobbling are probably all better words to describe it). Strong winds whipping the rain into our faces was the 'reward' for getting up there. A good number of the runners I'd overtaken then came past on the descent (same height, but in about one mile) as they were clearly saving their legs, whereas mine were now trashed! The final mile or so through Llanberis was roughly flat, but the slightest incline was now feeling like another mountain so the finish line was a very welcome sight. Finish time 3:53:33

Free hot drinks and decent facilities at the end helped everyone to get dry and warm again - the only issue with the organisation being that a couple of hundred of us were still waiting for the shuttle buses to take us to the start when the official start time came and went. At least we were still in jackets, hats, etc whereas the guys who had taken the first bus 90 minutes earlier must have been freezing at the start line and won't have been happy about a 20 minute delay.

Definitely one to do again one day - a real challenge.  
[Richard]

### **The Stilton 5 - Chris Ingram race**

Sunday 19th October - What a Superb Day !!! Blessed by sunshine as I left home, I knew it was going to be a good day. On arrival, a smiley Phil was at the entrance to greet people, having already been marking out the course with Tam since 7am. Many club members were soon congregating and eager to help but Tam had it all sorted apart from a few last minute assignments so, most could run if they wanted. There was a flurry of entries on the day taken care of by John and his crew, giving us 117 runners.



The start was on time and the tea and cake stall was instantly swamped by spectators who thought they were going to scoff the lot before the race finished! However they didn't count on Chloe, (Kirsty's sister) standing guard (well scary) I said I wouldn't say anything, but you know me, Sue Cushing did reserve the biggest cake on show and asked us to put it out of sight till she got in, good job she did as that tray of large cup cakes with sweets on top went first (who made them?) anyway, Sue arrived (drooling like a child) after the run and promptly downed it in one! As to the results, well, some great times from the club. I was pleased to see Laurent Robinson



storm home in 8th position overall, first for the club in 30.03 ahead of a great run from Christian Davidson 31.27 next was a well turned out (Julie must have dressed him) Neil Jaggard in 33.54 and Wayne Hackett followed in fine form (glad I was only watching today) in 35.02. Clive Wright ran 36.53 being chased by Mike Brightly 37.56 Sam Ellis came home in 39.06 Commiserations go to Darren Glover who started but pulled out and was seen sobbing by the side of the road.



The Ladies, well what a show!! Nicola Clay led them home in 29.55 (what a superstar) followed by newbie Helen Mountenay in 32.51. Helen Widdowson ran her little legs off to come home 36.21 AHEAD of Vicki Lowe 37.01 (it had to happen and this will do you both good). Kirsty Aincough 38.23 is still returning to form and was only just ahead of a new improved Abi Arnott 38.31 Sue Cushing was next in 39.33 spurred on by the thought of cake, Celia Fox Mapletoft, keen to put in a good performance ran 44.51 congratulations on a fine run to Michelle McNeight who made those 9`s, 44.59 and well done to Marie Gray 48:51.



I know being my hero of the week has now become a sought after accolade but sorry, too many of you did so well this week, no runner gets it. Anyway, lets face it, Tam did a great job (and was the only one up for it) so lets all worship him! STOP PRESS; Two Barrow Runners were overheard talking in the car park about the race. One said to the other; 10 out of 10 for organisation !!! [Darryl]

## Birmingham Half Marathon

Sunday 11th October - Good fun was had by the three girlie Striders who proudly donned their Stilton Striders shirts and, in one case, new running trainers with pride, ready to race what can only be described as the longest half marathon ever! Seriously, Michelle managing to run the furthest with 13.47 miles and me knocking up 13.3 miles. We all thought the last mile went on forever and according to our trusty Forerunners (which obviously are 100% accurate) we, for the first time all weekend, were right.



Pre-race breakfast of Starbucks Perfect Porridge (kindly heated up by the very nice lady behind the reception desk) Kirsty's mango yogurt and a banana seemed to do the trick for all three of us. First Strider in, wearing a very comfortable, brand new, silver and pink (the colour being a deciding point in the purchase) pair of new running shoes, was Helen Widdowson 1:45. Kirsty Ainscough, who had wasted much of her energy bouncing around like Tigger, and being a tight git and refusing to cough up £1.75 for Starbucks Perfect Porridge, did well to come in with a very respectable time of 1:51. Michelle Mcneight, who was spurred on to a personal victory by a familiar sight of a speed walker over taking her at 11 miles, gritted her teeth and ran her little Pooh Bear socks off to beat the walker and record a new personal best time of 2:08. The race was very well organised, unlike certain Striders who forgot to pack essential running kit, and is going to be entered into the diary as an annual girlie whirly weekend away and race. [Helen]

## Leicester Marathon and Half

Sunday 11th October - The Leicester Marathon and Half Marathon was the destination for 7 Stilton Striders at the weekend. It was cool and cloudy, perfect conditions for running and with a 9.20 start, no time for bacon cobs!. Neil Jaggard (looking mighty fine and dandy in a revamped vintage Strider vest) (yes it would have been easier and less time consuming to buy a new one but waste not want not!) and Jenny Norwood (deserves an award for the hardest woman in the club) completed the full 26 miles, Neil, although getting bored with the tarmac and finding the last 4 difficult came home in a fine time of 3.31 PB. Jenny, without hardly any training !!!!! stormed home in 3.48 PB (you make us all look like wimps and you definitely deserve to be my hero of the week). The 13 mile course was completed in 1.26 PB by a smiley Johnathan Oxborough gaining him a superb 52nd place overall (watch out Chris). Patrick McNeight followed at 1.30 (slightly disappointed and obviously missing Michelle). Darryl Woolward managed 1.41 (could this time have beat Wayne today?) Clive Wright was close behind (again) at 1.43 and

team mate Mike Brighty (good to see you back) finished the line up at 1.49 [DARRYL]

### Crossdale 10k

Sunday 27 October - Only!!!!!! 5 Stilton (where were you) Striders made the short trip to Keyworth on Sunday to compete in the 10th anniversary of the Crossdale 10k. Conditions were perfect, Sunny, dry and cool, so there was a big turnout of over 300 runners for this well organised and popular Trail Race. Simon Maggs was on form to produce a fine time of 42.33, 21st overall, making him first Strider home. Next was Darryl Woolward in 47.49 who was being chased down by Clive Wright (48.02) and Ian Mason (48.09) who, after a fast start, couldn't hold the pace. A solitary lady Strider, Catherine Voyce, put in a great effort and finished in 50.26. Gary Postle didn't run but was later spotted in a field with binoculars and a shotgun, chasing a big fat Heron. [Darryl]

### The Great North Run

Sunday 20 September. There were clear blue skies, very warm temperatures and a electric atmosphere at the iconic Great North Run on Sunday. 5 Stilton Striders made the trip to Newcastle to join 54 thousand other runners for the biggest Half Marathon in the world. After meeting up on the Saturday, watching the races, generally winding each other up, feeding up on Pasta and taking in the whole buzz, we had a very nice romantic evening meal at the local Italian, Gary, Ikle Amy, Wayne and Myself. My ploy to overfeed Wayne did not work! Gary (who looked lovely) was on fine form, Ikle amy was great company despite listening to us going on about running all night and Wayne was the best dinner partner a man could have!!!



The day was now here and the pre race warm up and dancing (That Gary can shake his ass!) got us all in the mood. Being in amongst that many people was mind blowing. Months of training proved fruitful for Abbi Arnott and Gary Barlow who both ran P.Bs. Abbi (You have people worried) ran a superb 1.49.27 while Gary, sorry, Postle (who does a classic rendition of YMCA) stormed home in 1.32.57. actually making 875th place overall, pretty impressive! (my hero of the week, and Phil, you now have no chance!) and promptly stated he was never in a boy band! so I don't want anybody to mention this ever ever ever again. Wayne Hackett ran his best Great North time of 1.44.18 while Darryl Woolward was sadly behind (how long do I have to put up with this) at 1.48.16. Helen Widdowson finished in 1.48.21, all three not performing at their best

in the heat. (actually they were all rubbish) This is truly a superb weekend, not just the race, but the whole package. I would encourage anybody to do this one next year. Thankyou to Ikle Amy (Garys lady) for support, and thankyou Wayne for pushing our twin beds together and making me feel safe throughout the night!

[Darryl]

### **Round Leicester Relay**

Well done to everyone who participated in this event. Out of 34 teams we were 17th overall and the 6th mixed team out of 13, not bad for a small club like ours, we may not have won but we certainly deserved to(!!!) with the amount of effort and enthusiasm you all put in (lets see if we can get two teams for next year). For the results [Click here](#) (Excel document). Use the tabs at the bottom for the different legs. Close document (x) to return.

Phil

### **Nottingham Half Marathon**

Sunday 13th September - A fun time was had by all 9 Stilton Striders who made the short journey to the Embankment. It was cool for a change and after a dress code debate (hats on or off, sunglasses on or off, thong on or off) we were sent on our way by team cheerleaders Michelle and her daughter Popeye.(who promised us cake at the finish and it was awesome!) Nicola (see,you were much too quick and missed the cake) Clay was on fine form again to put in a time of 1.22.34. Big lad Johnathan Oxborough was home in 1.26.47 P.B. followed with an impressive time from Patrick (Maybe 1.26 if we didn't lie about the hills) McNeight 1.29.16 P.B. (we all saw the kiss and wish of good luck from Michelle, how sweet! Bet you prefer that to having a toaster thrown at you! Next home was Darryl (Wayne you'd better start panicking!) Woolward in 1.41.06 ahead (did I emphasise that) of team mate Jason (I just have to pee) Shelton 1.44.32 P.B. Next home and looking like she was out for a sunday stroll, not even breaking into a sweat was Helen (that was a calculated run and i'm going to kick ass next week) Widdowson 1.48.38 Following was Jenny (good to see you back) Miles pushed around by husband Martin (well, he said that) who crossed the line together (ahhhh) in 1.58.55 P.B. Clive Wright didn't run as he had developed a serious pimple overnight.

[Darryl]

### **LRRL team standings**

To see the final position of the Stilton striders in the LRRL races please [Click here](#) (Excel document). Use the tabs at the bottom for the different categories. Close document (x) to return.

### **LRRL Rules**

Uk rules do not permit the use of headphones during races. There will be a proposal at the next LRRL AGM that any runner using headphones will be disqualified.

### **The Owls 10**

Sunday 6th September - 380 runners turned out for the Owls 10 mile road race on Sunday at Countesthorpe. Weather conditions were perfect with much cooler temperatures than of late. On a undulating course (to put it mildly) this was a hard race. The Ladies Team were lead home



once again by Club Super girl, Nicola Clay in 63.30. next was Vicki ( Ill get you yet Helen North!) Lowe 77.03 followed by Helen (I don't know if I can run 10 miles, Oh yes I can and 16 mins quicker) Widdowson 79.19 pb. Abi (ooh socks,that's good) Arnott put in another great run and a pb of 80.26. Team Captain, Kirsty Ainscough was close behind (sorry Kirst) at 80.51. Michelle McNeight completed the line up in 100.26 and managed to stay happy despite very cruel abuse from a fellow teammate.

The Men's team were lead home with a stunning run from Darren Glover 61.43.following was Patrick (is it true you prance around in front of a mirror with only a towel on singing 6 minute miles?) McNeight 66.41 pb. Toby Day was next home at 68.24 and John Creswell was very close behind at 68.29. Christian Davidson, just back from a meeting of the Sound Of Music appreciation society, ran 68.48 and Gary (6th place,that is probably a misprint as it would be 9th upside down!) Postle 69.36. Phil (if I tried a little bit harder I wouldn't have to face the abuse) Douglas came home in 69.41 and next was Malcolm Brown in 73.10. Andy Robinson (without his faster offsprings) finished in 74.24. Jason Shelton 75.55 pb was being chased down by Wayne (give us another Hob Nob) Hackett 75.56 and Darryl (next time I`ll bring him 4 Bacon Cobs) Woolward 76.09. Steve (I`m just out for a stroll) Dewick sauntered in at 76.55 and Clive (wheres my list, in 1984 I did this in 69 mins!) Wright managed 78.03. Completing the men's line up at 78.03 was Ian Mason. Conspicuous by his absence was Neil Jaggard who still deserves a mention for giving a whole new meaning to the phrase; Holier than thou. [Darryl]

### **Pilsley Fell Race**

Thursday 27 August - An horrendous journey, with every conceivable hold-up en route including traffic, road works and, just when we thought we were going to get on some open road, the reincarnation of Fred Dibnah (complete with steam roller, caravan and accompanying trailer) meant that  $\frac{3}{4}$  of the Strider's Fell Running Squad missed the start of the race! Unbeknown to us, Steve Dewick was first runner in the village and assisted with the marquee, erection and tent peg straightening before the start. He was the unfortunate victim of a heavy fall causing him to writhe around in pain for about a minute before struggling to his feet. On examination later by a paramedic, he was found to have cut his knee, so they put a plaster on it and gave him a "Brave Soldier" badge. While Steve was falling, myself, Ian and Christian were just coming into Pilsley. Parking, changing, paying and registering in record time, we started our chase around 9½ minutes late. No time to pin numbers on, no time to change shoes, no time to stop for a wee. (A decision I was to regret after a mile when I was actually forced me to stop for one). Why is it that when time is short, the wee is long? Answers on a postcard please. No time to remove any extra pairs of shorts – see Christian for details. But we gave chase, sighting the back markers and, after about 15 minutes, we began to pick them off.

Steve (obviously) came in first in a time of 53:41 in 111th, next home in 48:40 was Christian for 155th (57th), with Neil 170th (85th) in 50:56 and Ian 181st (105th)in 53:30. Numbers in brackets are our predicted positions had we started on time, but do not take into consideration any stile hold-ups in the main field. A lovely course which attracted an amazing 187 entrants, with spectacular views of Chatsworth Estate. Our chance of the team prize was left on the A6, which is a shame as all winners received a presentation box of 6 10th anniversary fairy cakes and a jar of jam. Who needs cash? See you there next year. [Neil]

### **Belper Rugby Rover**

Sun 16th August - this very challenging 30K race with 2319ft of climbing was completed by Christian (124th) in 2hrs 48mins and Richard (134th) in 2hr 50 mins. Highly recommended, clearly signed and scenic. Also the finish is next to the rugby club bar that sells quality bacon



cobs!!  
[Christian]

## **The Rusland 5**

Sat 15th August - Whilst on holiday in the Lake District I took part in the highly competitive Rusland 5 fell race with 850 feet of climbing which was the centre piece of The 126th Rusland Show which also featured a vegetable show, flower show and a home made cake competition, if only I had known.

In extremely wet and windy conditions the field of 29 headed off into the hills. At the start of the race I had harboured thoughts of winning the first vet 50 prize ( a fiver) as there was only 6 others. However before the first mile was out I realised that at least 2 were wizzened old fell runners with years of experience and I had to settle for third vet 50 ( no prize) and 18th overall in a time of 43.05 an improvement of over 5 minutes over the same course in 2005. Winning time was around 34 minutes.

[Regards Big Leggy]

## **Huncote 5M**

Wed 12th August - A warm night didn't deter over 500 hardened runners from competing in the 5 mile race at Huncote on Wednesday evening, 23 Stilton Striders took part in a fast race which produced P.bs and a settled a few old scores. Chris Southam, on form, and as usual, in a league of his own ran 26.24, (we all luv you and wish we were as fast as you Chris xx) New boy Jonathan Oxborough (hope the spelling is right) ran 30.41 and what a stunning run from Patrick McNeight 30.45 (you can be my Hero this week!) Christian Davidson who is now fit fast and smiley once again ran 31.36 while Laurent Robinson made his Dad look really old with a time of 32.10. Neil ( I would hate to see the state of your underwear) Jaggard who was a total embarrassment to the Club (and Julie) sporting a club vest with a hole the size of Belgium in it, actually ran well, despite the abuse he received at the start, and came home in 32.48. Phil Douglas, only 10 seconds behind at 32.58, could have caught Neil but was so ashamed to be associated with such a tramp, he decided to hang back. Gary Postle (recently back from mourning his Koi Carp)(Ok, come on, own up, who was it?) received a boost on hearing he was 8th counter for the club 33.12. Sorry to rain on your parade Gary but I have to tell you that Richard Gray, next at 33.15, says he could have beat you easily but felt he ought to let you have this one! Craig (Where's Dad) Robinson was next home in 34.22. A new improved Jason Shelton was running fast today with a time of 34.36 and at 35.00, just back from a week at Weight Watchers, ex Fatty and celebrity couple splitter, Wayne (Hatchet man) Hackett, proved that half a stone does matter, beating Andy (There he is) Robinson 35.13. and also annihilating teammate Darryl Woolward 35.56 (its a long time overdue) Clive Wright 36.36 is now way to old to run and should seriously consider retiring, while Ian Mason 38.08 got a P.b. (well done Ian)

The Ladies team did the Club Proud and should all be congratulated this week. New girl (is she fast or what! seems like a nice person too.) Helen Mounteney 32.41 was first home giving the side a boost (welcome to the club and well done) Vicki (I cant do this anymore) Lowe P.Bd at 36.38 and should have been pleased! Great run! Recently back from a Holiday diet of Beer and Cake, Helen Widdowson showed great determination as usual to come home in 36.44, another great run. Kirsty (Ill be back) Ainscough, is totally loved up at the moment but,through the haze, was still able to put in a fine time of 37.48. Next home was Jenny (does not quite understand the concept of racing yet) Norwood in 39.11 and was followed by a new slim line version of Abbi Arnott 39.42 who was pleased with this P.b. and I'm sure there's more to come! Julie Jaggard came in at 40.56 looking as pristine as ever (unlike her husband). Following with a P.b. of 46.15 was Michelle McNeight, a huge improvement on last years time.

[DARRYL]

## **Jagermeister 10k**

Friday 7th July - Unable to beat teammate Darryl Woolward by fair means, Wayne (Hatchett man) Hackett resorted to paying a fellow competitor to trip up the faster runner at the 8.5k mark on Friday evening at the Jagermeister 10k. The hilly and winding grounds of Nottingham University were the setting for this showdown, Wayne was constantly 50 yards behind until the unfortunate incident which he still swears was not of his doing. Left crying like a little girl, Darryl was passed at the 9k mark and Wayne went on to win in a time of 46 02 His teammate came home sobbing in 46.22. (Gracious in defeat? I dont think so!)

[Darryl]

## **Notts 5**

Friday 24th July - On a fine friday evening, I travelled to take part in a three lap race around the Nottingham Embankment. Everything was going well until I caught sight of the City Ground (Nottingham Forest Football Club) in the distance. I actually felt unwell on three occasions due to this horrible sight on each lap. I finally recovered to finish in a time of 35.28.

[Wayne]

## **Heckington 10 Miles**

Saturday 25 July 2009 - Three of the Striders over 50's headed for the Heckington Agricultural Show to compete in the 10 mile road race, which forms part of the Show entertainment.

In very hot conditions, first Strider home was Martin Booth in 62:00, who had a terrific run finishing in the top 20 and scooping yet another First Vet 55 prize. Neil struggled round for 88th place in 75:39 while Julie in her first 10 mile race, ran really well clocking a very respectable 87:15 (much to her surprise, as she doesn't wear a watch nor did she see the enormous clock at the finish!). She finished 154th of the 242 entries.



A fantastic goody bag for all finishers at the end, with a medal, water bottle, badge, whistle and a weeks groceries. This was a well-organised event with plenty to see and do at the Show.

[Neil]

## **Shining Tor Race**

Wednesday 22 July 2009 - The Stilton Striders Fell Running Team headed for the Goyt Valley where, as in the words of Yazz, "the only way is up!"

The race began at Errwood Sailing Club on the banks of the Errwood Reservoir. A village and the Chillingworth Gunpowder Works were submerged when the valley was flooded to create the reservoir. If you would like further information on the history of the area, there are a number of picnic areas with informative display boards. Incidentally, the source of the Mersey is the River Goyt.



A short road section before we headed off up the Shining Tor at 539mtrs above sea level. The views from the top were absolutely breathtaking (see Christian for details). A strong wind and persistent drizzle added to the fun, with conditions on the downhill sections treacherous, resulting in a number of fallers. A tricky and steep section through compost corner and up through the tree line again before heading down to the finish, which turned out to be a "sting in the tail", with a very steep hill to the line. The overall winner was England International, Lloyd Taggart, 2.5 minutes ahead of the field in 43:11 (how do they do it?). First Strider was Christian, 77th in 57:40, Neil next in 119th 63:55 followed by Ian "I will travel anywhere and do anything to avoid a track session" Mason, 157th in 71:03. Cakes and midges for everyone at the end! A great event for your calendar next year.

[Neil]

### **Grizzly Bear 10k**

Sunday 19th July - And you thought I was making it up! In the Okanagon, British Columbia, a province which is currently being ravaged by fires during a very hot dry summer, a lone Stilton Strider stepped up to the mark once again to run the Grizzly Bear 12k held in Revelstoke on Sunday.



In a field of 104 runners on a hilly course with temperatures in the 30s, Darryl Woolward came home 40th in a poor time of 60.22, 6th old person, (just glad to finish alive really)  
[Darryl]

### **Whissendine 6**

In warm conditions several striders ran the Whissendine 6 mile race. Darren Glover 35.57 / Toby Day 38.44 / Stewart Owen 42.38 / Martin Miles 44.08 / Gary Christmas 45.13 / Jenny Miles 49.13 / Suzanne Birley 62.06.  
[regards Gary]

### **Hungarton 7**

Wednesday 8th July - The conditions were great for the 25 Stilton Striders who took on the 7 mile hilly Hungarton course, the 4th LRRL. Chris Southam was the first Strider to cross the finishing line in 39:29. Darren Glover was the second man in for the team 43:02, followed by Martin Booth 44:06





Laurent Robinson 44:09. Patrick Mcneight (sorry Christian, our plan to slow him down obviously isn't working!) 46:25, Christian Davidson, who very rudely scoffed his out of date jelly babies without offering anybody one this week, 47:15. Phil Douglas completing the course in 48:26 and Neil (1st time as a counter !) 49:11 made up the first eight men for the club. Mr Gary 9th place Postle 49:35, Andy Robinson 49:50, Steve Dewick 50:18, Richard Gary 50:3, Thomas Nicol 50:45



Jason Shelton 52:47, Clive Wright 53:27. Wayne Hackett, who it seems is returning back to form ready for the coach Darryl's return from his jolly holiday, was pleased to record 53:45. Ian Mason was next man in 56:10. Another exceptional run for Vicki Lowe, 54:02 PB. Kirsty Ainscough, who is back to fine form, had a very strong run, 55:22, followed by an on form Pippa Dowsell 55:51. Helen Widdowson 57:09, Jenny Norwood 58.54, Abi Arnott 59:15, Julie Jaggard 1:01:37 and Michelle Mcneight 1:08: 32 PB.  
[Helen]

### **Peachland 10K**

On Sunday in sunny (oh yes) Peachland, British Columbia, Canada, a 10k road race along the beachfront of Lake Okanagan attracted 160 runners. Conditions were warm to say the least which reflected in the finish times (thats my excuse). Darryl Woolward representing the Stilton Striders came home in a time of 45.54 finishing 19th overall and 5th vet, the winning time was 37.27 (Chris, you could have won this one with 4 mins to spare, and gone home with a very nice bike!)

[Darryl]

### **Glooston 10k**

Sat 20th June - On a very hot evening, two striders travelled to the small village of Glooston to take part in the 3rd annual two lap 10k race organised by Roadhoggs. On a very undulating course with two very testing hills Stewart Owen finished in a time of 45.15 and Wayne Hackett 47.14 after setting off a little too quickly. Both being placed 33rd and 45th respectively out of 137 people.

[Wayne]

### **Thurlby 10k**



5th July - Neil ran in a 10k race at Thurlby near Bourne in very hot and humid conditions. He finished 29th of the 160 finishers in a time of 44:20.

### **Prestwold 10k**

28th June - Still and very humid conditions made the flat and really boring Prestwold 10k a difficult run for the 24 Stilton Striders who turned up to the third LRRL race. The ladies team (yep, we get the first mention, again!) had 7 striders enter the race. Helen Widdowson was the first lady in for the team in 46:33. Vicki Lowe, who it seems is possible to catch but nearly kills you trying, was second in for the team in 47:15 and Kirsty Ainscough made up the team of 3, 47:49. Catherine Voyce ran an impressive 48:54 to earn herself a P.B, as did Julie Jaggard who knocked 9 minutes off last year's Prestwold time and finished in 50:08. Abbi Arnott who was yet again impressed with the socks that she received for her efforts completed the run in 51:14. With no speed walker to chase, Michelle Mcneight just dipped under the hour mark in 59:54. Chris Southam (still not convinced you ran 10k, I'm sure I wasn't even at the 4 mile mark after half an hour) was first Strider home in 33:06 P.B. Martin Booth put in another great performance, 37:01. Darren Glover 37:36, Laurent Robinson with another fantastic performance 38:30 P.B made up the team of 4. Toby Day 38:53 P.B, Patrick Mcneight (evidently the track sessions have been paying off) 39:35 P.B. John Cresswell, 41:08, Phil Douglas 41:39, Richard Gray 42:09.



Christian Davidson, who very kindly shared his rock hard jelly babies with us before the race, 42:13. Tam Nicol 43:18, Andy Robinson 43:20, Malcolm Brown 44:49, Jason Shelton was on form in 45:39 P.B. Clive Wright (the gap is closing!) benefited from the triple knot and didn't have to stop for his shoe laces once, 45:48. Wayne Hackett 47:43, John Stares 52:58. [Helen]

### **Corn Dolly Eight**

Two Striders ran in the 8.14 mile race, which was part of the Hickling Country Fair. In very hot conditons Gary Christmas finished in a time of 66.50, followed by Catherine Voyce in 69 minutes. [Regards Gary]

### **Swithland 10k**

7th June - Having spent the entire week leading up to the race moaning about the heat and threatening not to run if temperatures were too high, my prayers were answered by the heavens quite literally opening on us. Thunder and torrential rain meant that 20 striders walked half a mile to the start line looking like drowned rats. Still, it was much better than the heat that I, and many others, had so desperately wanted to avoid. The course itself was pleasant and without any major hills.

The ladies team (I am biased and think we deserve a mention first, for a change) ran strong with Nicola Clay first in for the team in 37.33. Vicki Lowe, who has completed PB's for all distances since the start of the year and is becoming impossible to catch, recorded an impressive 45.59 PB. Third female strider in was Helen Widdowson in 46.27 PB. Jenny Norwood made her debut run with a top performance, 48.27 PB, but was adamant afterwards that it was her one and only league race (see you at Prestwold Jenny). Abbi Arnot (who was very impressed with the towel that she received for her efforts) put in another solid performance, 50.56. Next in for the ladies was Julie Jaggard in 55.01, followed by Michelle McNeight 58.21.PB (Was anyone else a little suspicious that the speed walker failed to turn up?????)

Chris Southam led the men home in 33.39. Nick Brown was the second Strider to get home and dry in 36.41, with Darren Glover hot on his heels in 36.53 and Martin Booth completed the team 37.53. Completing his debut for the club was Toby Day 39.29. John Cresswell and Tim Hicks crossed the line together in 39.35. Patrick McNeight 40.55, Philip Douglas 40.59, Christian Davidson (how dare you steal Gary's 9th place?) 42.29, Stewart Owen 43.44 were next in for the club. Returning back to form was Wayne Hackett 45.17 and Clive (learn to tie your shoe laces) Wright, 46.19.

[Helen]

### **Seabank Marathon**

Sunday 7th June - Neil and Gary (Christmas) travelled to Boston (Lincs) on Sunday to run in the Seabank Marathon - a cross country event along the sea bank. Starting off in driving rain and sleet, about 90 runners set off into the teeth of a strong NE wind, which was to be against us for the entire race. The majority of the race was on uneven ground atop the bank, with the North Sea on the right and the Fens on the left, through long grass (often as high as your important parts!). The 2 mile road finish into Skegness was a welcome respite.

In spite of all this, Neil finished 8th in 3hrs 41mins 30secs, which is his marathon best, whilst Gary finished 41st in 4hrs46mins. If any of you are thinking of doing a cross country, off road marathon (which I'm sure you're not!) – DON'T DO THIS ONE!!!

[Neil]

### **Notts 10**

Friday 5th June - Four Hardcore Striders made the trip to Holme Pierpont on Friday evening for the Notts AC 10 mile race. Conditions were perfect for the 300+ competitors who ran this two lap flat, fast and well supported course. First Strider home was Darryl Woolward (shock horror) in 1.13.30 P.B. followed by Phil Douglas (not trying) in 1.15.09. Vicki Lowe was storming home in 1.15.27 P.B. and Wayne Hackett was closing fast (but not fast enough) at 1.15.40, bless!

[Darryl]

### **Two Riggs Fell Race**

Whilst on holiday in the Lake District, Neil ran in this 6.5 mile event with 1350 feet of climbing over High Rigg and Low Rigg near Keswick. He finished 66th overall, in a time of 59:47, with the winner some way in front in 40:52. There were 105 finishers.

## Wayne in the News

Nearly hot off the press! [Click here](#)

## Wymeswold 5

Sunday 17 May. The Wymeswold Waddle was the venue for a tough 5 mile out and back course. 11 Stilton Striders attended the event which involved a two and a half mile climb with a two and a half mile downhill to finish. Martin Booth was first to cross the line in 29.55 followed with a superb run by Laurent Robinson in 31.13. Next home was Phil Douglas in 32.30, Sam Nicol came home in 35.18 and Malcolm Brown ran 35.26. Last man standing Darryl Woolward clocked 36.23. The ladies performed well with an outstanding run from Helen Widdowson 36.23 P.B. (Of course all credit should go to the coach!) who lead from the start and came home for the first time ahead of Vicki Lowe 37.09. Catherine Voyce returning to form ran 39.03 and newbe Pippa Dowsell followed at 40.20. Another sterling effort from Michelle McNeight saw a time just under her target of 46.30.

Highlight of the day was Catherine's friend turning up and leaving us all amazed at how hyper somebody can actually be! We couldn't decide if she had consumed 4 bags of Jelly Babies, 15 Red Bulls or 10 Sherbet dib dabs. Maybe she will make a club run, do we have a section for nutters? [Darryl]

## Hinckley Half Marathon

Sunday 10 May - The sun was beating down yet again for the first of the LRRL summer league races at Hinckley on Sunday. 1073 runners in total and 19 striders turned out for this popular event which took a new safer, faster course. With a temperature of 17 degrees many competitors struggled with the heat. Nick Brown was first home in 1.23.33 followed by Darren Glover in 1.27.02, teammate Phil (who is now bored with waiting for Vicki) was next at 1.29.12 and John Cresswell ran 1.31.37. Tim Hicks recorded 1.33.52 and close behind was Richard Gray at 1.33.55



(must try harder) Patrick McNeight came in at 1.35.32 and Gary Postle (celebrating his birthday) and by the way, we like her Gary 1.35.44 Martin Miles who is on fire, put in another fine performance coming in at 1.39.07 just ahead of teammate Darryl Woolward who couldn't hold on and finished 1.40.18. Next home were Clive Wright 1.43.18 Mike Brightly 1.52.06 and a frustrated Wayne Hackett in 1.54.56 still not back to form.(He,He)

The Ladies were led home yet again by Nicola Clay in 1.21.33. Vicki Lowe followed at 1.42.40 (obviously missing Phils encouragement) and Helen Widdowson who struggled with the heat nearly spontaneously combusted at 1.52.22



A surprised Abbi Arnot was next to sprint home in 1.57.19 and won the Old Grannies category (ask her) closely followed by Kirsty Ainscough (relationships do nothing for your running) 1.58.41. A smiley Michelle McNeight making her Half Marathon debut finished in a very respectable 2.11.43.

On the way to Hinckley Michelle decided she needed a pee so jumped out of the car (which was stuck in traffic at the time) and decided one of the locals gardens would be an ideal place, (good job he wasn't mowing the lawn) of course, whilst in full flow over some prize Hydrangeas the traffic started to move so as you can imagine a pretty picture ensued! (we must start taking cameras to these events) [Darryl]

### **Long Clawson 10K Challenge**

The results were as follows: 9th Simon Maggs in 0:48:25 / 18th Stephen Dewick in 0:52:31 / 19th Jason Shelton in 0:53:24 / 25th Mal Brown in 0:55:03 / 26th Tam Nicol in 0:55:09 / Gary Christmas in 0:57:01 and Ian Mason 39th in 0:57:54.

### **Livingston Relay**

Sun 3rd May - Stilton Striders entered three senior teams in this year's relays two mens and one ladies. On a fine warm morning 24 senior teams set off out of 65 teams in total on the four x three mile legs one of the outstanding runs of the day came from up and coming Junior Loz Robinson who made his debut for the seniors running for the (B) team and bringing the team up from 22nd to 18th place. The (A) team finishing 5th place with Chris Southam clocking 15-54 for the last leg just failing to bring the team into the prizes. Mens A team Darren Glover 17-25 Toby Day 18-53 John Creswell 18-52 Chris Southam 15-54. Total 71-04 Mens B team. Phil Douglas 19-14 Tam Nicol 22-16 Loz Robinson 18-41 Neil Jaggard 19-44 Total 79-55 Stilton ladies all had great runs and finished in 8th place out of 18 teams Catherine Voyce (just in time) 23-28 Julie Jaggard (nervous) 23-34 Jenny Miles (butterflies) 23-19.

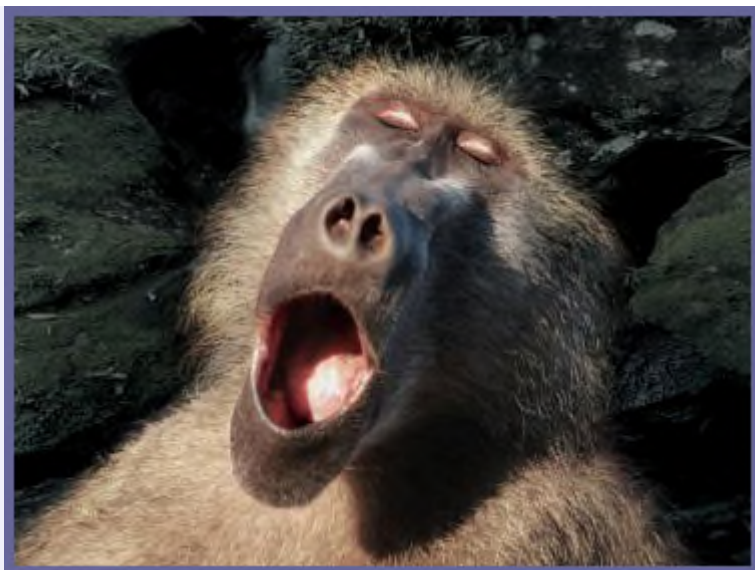
### **London marathon (Phil and Vicki's blog)**

Sun 26th April - Vicki arrived in the capital on the Friday to collect the numbers from the Expo. The Expo is a runners shoppers dream, taking in the excitement I desperately tried to shop for the perfect hat (despite the weather forecast saying "cool day" on Sunday something told me that might change). I collected the legendary complementary goodie bag to include a jar of cranberry sauce. Whilst all this was going on Phil was cheering on Leicester City lifting the league One Title cup. Tony, my hub, and loyal Leicester Supporter, was by my side at the Expo missing out on his team... for me. Saturday - Phil arrives at the hotel. Following a walk down the sea front (embankment) we figure out what we are going to do with the day. We find ourselves on a river cruise down to Tower Bridge, taking in the sights from the river with an excellent and funny commentary from a cockney crew member. Back to the hotel time for a rest and later seek out a carbo loading eating place. Plenty of pasta and pud and time to think about the race. Back at the hotel, last minute checks - Phil asks if I have cut my toe nails! and we have devised 3 plans for me to get into the same start pen. Sunday - Race day and after 3 hours sleep that night I meet Phil for breakfast. Jam, toast and cereal and off we go. One tube stop and we jump on to the train at Charing Cross - what a crush - just as we thought no one else could get into the train Jenny from Phil's work gets on. By this time my stomach is beginning to churn as the strategy to get me into Phil's pen - "option 1" meant that I was on the wrong train! We arrive at the start..... I begin to wobble about our plans, "lets do things properly" we ask three marshalls if I can go into the blue start but "No". "Option 3" had to be implemented - to stay on the left, whoever gets to the first mile marker, to wait. "See you at the mile marker"... Vicki at Green Start - I felt fit strong and ready I have done my prep over the last 16 weeks thank to Phil pushing me to achieve my goals. The weather was a lot warmer than was forecast. Time went really quick at the start I watched the celebs in their pen.. Ronan Keating, and his mate - Sue Barker, Katie and Peter Andre I saw them all. In the pen and the gun goes I am off, still worried at this point will I find Phil. Off I started - it feels really flat - 3/4 mile and then the green and blue merge. Onwards I see the 1 mile balloons and their on the left hand side is Phil we do a high five and off we go . We had timed it just right. Words can not describe the atmosphere with people cheering you on all the way to the end. At 11 miles I see Tony in the crowds - big smiles. I found out later he had followed the London Marathon London Pride route - 6 pints and pubs in total (£1.20 a pint) and sample freebies . When I told Pat McNeight about this he said "he would like to have come to watch!). 14 miles on I see Ronan Keating. I pass him my best wishes and he says in his sexy voice "good luck to you too". Now at London Bridge I am still ok by this stage taking it all in and on my target 8 minute miling - passing people you know in the crowd really helps so thanks Darryl and Wayne for supporting us. We keep on going Phil by this time is a few paces ahead as if to say get a move on. About mile 18 and I get a jelly baby stuck in my throat no water station in sight. The run along the embankment I tried to take it in but was slowing by now. The last 200 metres were long but what a feeling. It was Phil's tenth, and last London (he has put in for next year!). Vicki Lowe 3.39.55, Phil Douglas 3.39.56

### **The 'Paws' Cotgrave Multi Terrain 10K**

For Neils report please click on the (yawning) cheeky monkey.





### **Hose Half Marathon**

Sunday 12th April - The Stilton Striders were out in force and on form at Hose on Sunday winning all four top spots. Conditions were perfect for this half marathon event which attracted 561 competitors.



Chris Southam, on top form (in a rather fetching black outfit) with a superb P.B. of 1.12.05 took the honours to win the event, and with team members Darren Glover 1.22.22, Simon Maggs, 1.28.29 and Richard Gray, 1.29.17 P.B. also winning the Mens Team prize.



The Ladies did just as well with Nicola Clay winning the womens race in 1.22.55 supported by strong running team, with members Vicki Lowe 1.38.23 P.B. and Helen Widdowson 1.42.59 P.B. taking the 1st placed Ladies Team.



Other Stilton times were Gary Postle, 1.34.08 P.B. Martin Miles, 1.38.10. Phil Douglas, 1.38.22. Darryl Woolward, 1.40.24. Mike Brightly, 1.41.27. Clive Wright, 1.41.42. Jennifer Warner, (junior strider, if you read this please identify yourself as you have a few people worried!) 1.43.10 Wayne Hackett, 1.44.06. Jason Shelton, 1.50.57. and making her debut but not Richards Sunday Lunch! Marie Gray 2.18.25 [Darryl]

### **Oliver 10k**

Sunday 5th April - Keeping the winter league race season going, Darryl Woolward was representing the club in Oliver, Canada's wine capital. Maybe we could share transport next year? 232 competitors raced the last of the Timex series in warm sunny conditions over a mixed trail and road course (Neil would be proud, I actually got a foot splashed - Outruns, bring it on!)

Tme 44.34  
[Darryl]

### **Caythorpe Canter**

Saturday 4th April - Travelled to Caythorpe (north of Grantham) to run in the 13.2 mile off road Caythorpe Canter. Conditons were perfect, very dry, no mud and with a bit of map reading I completed the course in 1hr 59mins.  
Regards Gary

### **Kelowna Half Marathon**

Sunday 29th March - Again only one club member turned up (come on people) at Kelowna, British Columbia. Darryl Woolward ran the Half Marathon (\*\*not that we have any photographic proof). An icy cold 8am start was not popular with runners, but the sun soon rose over the mountains to create ideal running conditions. 276 competitors raced on this scenic well supported course. Time; 1.38.03, 52nd overall and 3rd in the pensioners class  
[Darryl]

### **THE CHARNWOOD '15'**

Saturday 28th March - After a phone call earlier in the week from former Strider, now Stalwart Wreake runner and champion talker Mick Jelley we decided to take on the challenge of the Charnwood 15 mile (there was a 26 mile option) off road, navigational event over an unmarked course around the Charnwood Forest, taking in all the big hills, including Broom Briggs, Windmill Hill, Old John and Beacon Hill. Starting off from Quorn village hall in bright conditions with a strong biting wind we headed out along the main street and then along a farm track where the coversation with Mick was all about sheep and the countryside tradions and pasttimes of the Shepshed runners who were in our group. One of the runners who wasn't a local but was a farmer had been lambing that very morning and informed us that he had been 'in upto his shoulder earlier on' we all gave him a wide berth after that. The track took us into Old Woodhouse which is a beautiful charnwood village full of rich people. Turning left along a footpath we entered Woodhouse Eaves a much sought after location with a traditional butchers, local shops, pubs and a sports ground and also a long hill which took us into the foothills of Broombriggs and our first checkpoint. It was along here that Mick began to lag behind, it may have been the stiffness of the climb or the field of sheep which delayed him who knows. A downhill section took us to the bottom of Beacon Hill where the routes split at the next checkpoint where home made cake was available, another downhill along Deans Lane back into Beacon Hill country park and upand over Windmill Hill back into Woodhouse Eaves a long climb and a left turn onto Lingdale Golf Course where on Friday night as part of the Di Hards Julie and I finished 2nd in the annual quiz. This result came hot on the heels of the Gt Dalby cricket club quiz where Julie and I where runners up again with Diane and Geoff Underwood making upthe team. Always the bridesmaid and never the bride!! Into Bradgate park and upto the next check point at Old John out through the reservoir carpark and into Swithland Woods heading back towards Quorn along a streamside path strewn with bluebells and winter aconites and the sound of birdsong above in the canopy. The track took us back into Quorn for a half mile of road back to the finish. I finished in 12th position in 2hrs 12mins 5 secs with Mick in 23rd. There was around 100 finishers . Back at race H Q there was a fine selection of homemade soups, cakes and sandwiches and cups of tea. All proceeds going to the British heart Foudation. A great morning out.  
Regards Big Leggy

### **Ashby 20**

Sunday 22nd March - Five Stilton Striders made the short trip to Ashby to take part in the Annual 20 mile road race which is a warm up for those running in this years London Marathon. Over 800 runners lined up on a warm but breezy morning for this two lap undulating course. First Strider in with an excellent time of 1-55-58 and finishing 1n 3rd place was Chris Southam. Next to finish was Andy Robinson 2-31-49pb followed by Phil Douglas 2-40-32 Vicki Lowe 2-40-39 pb and Sue Birley 3-34-26.  
Regards Phil Douglas

### **The Stourport on Severn 8 Miler**

March 22nd - Another trip into the wilds of Worcestershire to compete in an 8 mile multi terrain event held at the Stourport on Severn Athletics club. A field of just over a 100 runners taking part. A rough start across some tussocky grass took us into the Clent Hills and The Wyre Forest before once again running alongside the West midlands Safari park where herds of Wildebeeste, Giraffes and Antelope were grazing in the warm spring sunshine as they were stared at by car loads of disinterested kids who really wanted Dad to take them to Macdonalds and the adventure playground. Kids hey. Conditions were near perfect around the forest, with no mud (shame) but some long stretches of sand (boo) a long climb towards the 7 mile mark and a steep downhill and back across the golf course to the finish. I crossed the line in 56mins and 5 secs (winner 47.20) finishing in 24th place. Its good to be back off road again.  
Best Regards Big Leggy aka Neil

### **Desford 10k**

Sunday 15th March – Glorious sunshine welcomed 24 Stilton Striders to the fourth Leicestershire Road Running League race, an undulating 10k event at Desford. First Strider home was Darren Glover in 36.52, second strider in was Martin Booth in 37.47. Tim Hicks followed 39.22, with John Creswell close behind in 39.53. Then came Phil Douglas 40.27, Patrick McKnight 40.57, Richard Gray 41.09 and, completing the Men's Team of 8, was Neil Jaggard 42.13. They were supported by Gary Postle 43.20 (who came in 9th position yet again and needs to pull his finger out- Darryl's words Gary, not mine!), Billy Hicks 43.54, Stuart Owen 45.31, closely followed by a very happy Jason Shelton 45.37 P.B. Clive Wright was only 2 seconds behind in 45.39, Martin Miles 46.05, Sam Ellis 47.36, Ian Mason 47.41, Wayne Hackett 47.54, and rounding off the team was John Stares (who put in 100% but was unwell) 51.56.

The ladies team were lead home by Vicky Lowe 46.49, who was being chased /hunted down (Literally! I watched it all from about 80 meters back and it was very exciting) by Kirsty Ainscough 46.52, Helen Widdowson 47.25. Completing the team with a sterling effort, and run of the day, was Julie Jaggard 51.40 P.B. Supporting were Abi Arnott, with consistent form, 52.34, and Michelle McNeight ,who is determind to either beat the speed walker or trip him up next race, in 59.09.

Across the pond in Kamloops, British Columbia, a lone strider represented the club in the Timex winter series, Ice and snow made the going tough on the two mile canal section, however, Darryl Woolward managed to complete the 10k race in 46.11. 32nd overall out of a field of 170.  
[Helen]

### **Grantham Half Marathon**

Sunday March 8th - Seven Striders made the trip to Grantham for the Newtons Fraction Half Marathon on Sunday. This was a tough course with two major climbs at 4 and 10 miles (which made Kibworth look like a beginners course!) Runners also had to deal with a strong head wind



along the canal and most of the run. The team was lead home by Gary Postle (pictured) in 135.53.



Darryl Woolward was second home in 140.46 being chased down by Clive (in your dreams) Wright 143.41. He was closely followed by Mike Brightly 144.27. A tussle ensued on the one and a half lap finish at the South Kesteven Stadium between Waynetta Hackett and Jason Shelton. After much encouragement from the crowd and team mates shouting general helpful abuse on this well supported and exiting finish, Wayne came in at 146.40 a step ahead of Jason 146.40. Helen Widdowson, the only Lady strider brave enough (or misguided) to tackle this course finished in 148.10 and promptly stated that she wanted to do it again.  
[Darryl]

### **Belvoir Challenge**

Five hardy striders ran in the 19th Belvoir Challenge, cross country race starting and finishing from Harby in the Vale of Belvoir. Over the 15 mile route Sui Cushing clocked 2hrs 32mins, Joanne Shore 2hrs 39mins, and Susanne Birley 2hrs 59mins. Gary Christmas and Tam Nicol both opted for the longer 26 mile route through the Vale with Gary finishing in 4hrs 46mins and Tam in 4hrs 58mins.  
Regards Gary

### **The Kibworth 6**

Sunday 22 February - This 6 miler lived up to its reputation on Sunday with many Striders struggling on the hills of this tough course. First home was Darren Glover in 36.40 followed by Martin Booth 37.34, third was Tim Hicks 39.17 and close behind was John Cresswell 40.27. Patrick McNeight was next in at 40.47 chased down and nearly caught by Team Captain Phil Douglas who only lost out because he had to stop on the hill 40.52. Team mate Richard Gray managed 41.15 while Steve Dewick completed the mens team of 8 in 41.30. Supporting were Billy Hicks in 41.58 and Neil Jaggard was slightly disappointed with 42.18 - but then he did give blood a few days before and forgot to tell them when to stop (thought he looked a bit pale!) Gary Postle ran 42.38 and Thomas Nicol 43.37. Darryl Woolward managed 44.50 while Wayne Hackett (pictured) was closing the gap at 45.27 but, yet again, failed to catch the old man.





Ian Mason ran a much improved race to finish in 45.50 while Clive Wright was close at 45.55. Jason Shelton started very strong but faded to finish at 46.07,P.B. Martin Miles ran home in 46.41 with John Stares completing the line up in 51.38

The ladies team was lead home by a very fit Vicki Lowe in 45.32 while Kirsty Ainscough is quickly returning to form at 46.25. next was team mate Helen Widdowson, who was ill, but still managed 48.09 and to complete the team of 4 was the ever improving Julie Jaggard in 52.13. Supporting was Abi Arnott at 53.35 who was so happy with the race it brought tears to her eyes! Michelle McNeight 58.03 seemed to be the only person to actually enjoy the course. I`m pretty sure the cake table was the real reason most people turned up! Christian Davidson did make a brief appearance but saw a hill and decided to pull out before the start (wise man)

[Darryl - Report writer & [Image selector](#)]

### **Stamford 30k**

Sunday 15th February - Three striders joined the 630 field of runners at the Stamford 30 K on Sunday. This race is recognised as a tough and challenging event providing good training for the Flora London Marathon. Vicki Lowe 2.27.47 (pb) (229) was pushed around by fellow strider Phil Douglas (Vicki's personal trainer for the Flora London Marathon!), Natalie Fryer (former strider) was watched closely ahead 2.26.34 (216) and was part of the winning ladies team in her new club. Joanne Shore who was loaded up with enough supplies for a mountain climb finished in 3.00.56 having not ran that distance in a while.

[Vicki]

### **The Runaround Wyre Forest**

Sunday 15th February - Neil Jaggard travelled to the Wyre Forest near Kidderminster to compete in the 8.5 mile Runaround race a completely off-road event along tracks around the Wyre Forest. Only a stones throw from the West Midlands Safari Park, elephants could be heard trumpeting in the distance. During the pre race health and safety talk we were warned to stay on the marked course and not to wander too close to the animal enclosures. There was excited talk amongst the runners as one competitor recalled the story about a group of Newcastle football supporters who stopped their mini bus in the lion enclosure to have a pee behind a tree when they were mistaken for zebras by a pride of hungry lions. The keepers were alerted and they were able to dart the lions before they were able to attack. A spokesman for the zoo said later that the lions had been very fortunate on this occasion as they are on a strict low fat diet. An undulating first mile was followed by a fast downhill onto a long muddy section alongside the river before turning

for the first of the climbs. A scenic part of the course through the traditional old english woodland took us back down to the river at 6 miles before embarking on the 2.5 mile (yes 2.5 mile ) uphill finish, bring it on Kibworth!!! Neil completed the course in 65 mins 13 secs in 67th place in the field of 350. An extensive prize list which included a silver salver for the club with the most entrants, thought we might have been in with a shout. Maybe next year.  
Regards Big Leggy aka born again Road Runner.

### **Previous LRRL races**

For a website that contains all of your previous LRRL races, times and race pace (per mile). Click on the links below (if you did these) and then click on your name. Then press the back button!

[Barrow 6](#) or [Markfield 10k](#)

### **Charnwood Hills Race**

Sunday 1st February - Four striders braved the Charnwood Hills Race on 1 February 2009, "The toughest race in Leicestershire". The course was just over 14 miles involving some 1200 ft ascent over Bradgate Park, Broombriggs and Beacon Hill with the runners at times up to their knees in mud. First strider home was Steve Dewick (122) 1:54.07, then Vicki Lowe 2.06.49 coming in 4th F40, Malcolm Brown and Tam Nicol both finished in 2:16 (255).  
[Vicky]

### **Markfield 10k**

Sunday 25th January - Good weather again welcomed the Stilton Striders to the 10k at Markfield on Sunday. This was the second league race of the season which attracted a great turnout. First Strider home was Darren Glover in 37.25, he was followed by John Cresswell at 39.22, Christian Davidson at 39.36, who was only 2 seconds ahead of Tim Hicks at 39.38. Then came Neil Jaggard at 41.12, Patrick McNeight at 41.42, Richard Gray 42.00 and, completing the Men's Team of 8, was Phil Douglas 42.01 (once again beaten by Neil). They were supported by Gary Postle (back from illness) at 43.57, Darryl Woolward 45.19, closely followed by Stuart Owen. 45.37,



Wayne Hackett 45.40 (with a good effort but not quite enough), Mike Brightly 45.52 P.B. and Clive Wright who started very strong but faded to finish in 46.28 - he later tried to blame his chafing underwear (I told him to wear mens). Thomas Nicol came home in 46.30 then Ian Mason with a fine P.B. of 47.30, he was chased by Jason Shelton making his debut as a Strider with 47.48 P.B. and Sam Ellis coming virtually straight from work (a pub) to finish in 48.47 P.B. (Don't know if that stands for personal best or Pi\*\*ed bloke). The ladies team were lead home by an injured Nicola Clay who still managed 43.44, followed by Vicky Lowe 46.24, who is being pushed ever harder by Helen Widdowson 46.48 P.B. Completing the team was Emma Gane 52.39, returning after illness and getting back to form. Supporting were Abbi Arnott 52.53, a nervous but determined Julie Jaggard (after 15 toilet stops!) 53.21 and Michelle McNeight 59.51 who always gives 100%, proving that today by giving a nice colourful display at the finish line!

Runner of the day goes to Michelle McNeight. Well done Michelle!  
[Darryl]

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### **Derby Cross Country League**

Sunday 18th January - 4 Stilton Striders competed in the 4th race of the Derby Runner Cross Country League - held at Grace Diev School Shepshed on a bright, sunny but cold morning. The course of 5 1/2 miles was very undulating and run over fields and countryside. It went mainly through a wood, passing through a stream twice. First in for the club was Steve Dewick 105th in 42-03, next was Phil Douglas 139th in 43-53 who also stopped to have a wash at the second water crossing after a stumble in the woods! Next in with a strong run was Vicki Lowe 24th and 8th vet lady in 45-26 and Kirsty Ainscough with new shoes was 38th lady in 48-04. A total of 312 ran, 214 men and 98 females.  
[Phil]

[Click here for Melton Times Report](#)

**\*\*SEE LRRL Results for Striders table\*\***

### **The Ropsley Raid**

Sunday 11th January - Two intrepid Striders ran The Ropsley Raid which is a 13.6 mile off road run in Lincolnshire. With a strong north-easterly blowing across the starboard bows for about 13 miles of the race conditions were far from ideal. Following a week or two of hard frosts the expected thaw came with the ploughed fields turned to glutenous mud which stuck to your shoes like whatsit to a blanket. Some excellent sections through woodland and some nice villages with the usual Lincolnshire eccentrics like the house with the trainlines and signals in his garden obviously waiting for a train (flash and the pan number 7 in 1983). The winner and runner up finished in 1hr 42mins 23secs. Neil was the first Strider home in 1hr 55mins 20secs, in 27th place with Wayne really enjoying the challenge of his first true off roader (where are you Darryll) finishing 58th of the 100 runners in 2hours 7mins. There was a bit of a problem afterwards in the tea room as I stupidly forgot my tea voucher and was turned away by the tea lady. As if that wasn't bad enough Wayne has been black balled by the W I and had his application for membership refused after standing in the coffee queueueueue etc and asking for tea. The tea ladys really did need to go to charm school.  
Regards Neil

### **Leicestershire Cross Country Championships**

Brooksby College - Saturday 10th January

Stilton Striders produced some notable performances at the Leicestershire Cross Country Championships at Brooksby College on Saturday. In freezing conditions, runners faced an undulating course on hard, frozen ground. Emma Brown took third place in the under 17s girls' race, while Vicki Lowe put in another solid performance in the four-mile ladies race. Chris Southam was once again first Strider home in the 5.5-mile men's race, finishing 10th overall to collect the bronze medal as third finisher in the masters' category in 31min 17secs. Other Striders times were Nick Brown (34.30), Darren Glover (35.22), Tim Hicks (36.46), Neil Jaggard (39.35), Andy Robinson (40.10), Steve Dewick (40.56) and Mike Brighty (43.12).

[Click here for Melton Times Report](#)

## **LRRL 1 - Barrow 6**

Sunday 4th January - 27 Striders turn out for first League Race!!!



Temperatures of -1 didn't deter runners from turning out for the first league race of the winter season. The mens team put in a fine performance with Chris Southam leading them home in 6th place with a P.B. of 31.50. He was followed by Darren Glover 35.55 Tim Hicks 37.27 John Cresswell 37.42 Christian Davidson 38.43. Next home was the seemingly unstoppable Neil (catch me if you can) Jaggard 39.02 P.B. who spent the rest of the day basking in the glory of beating Captain and team mate Phil Douglas for the first time. Phil apparently cried all the way home! Next home was Patrick McNeight 39.30 followed by Phil 40.22 Richard Gray 41.30 Steve Dewick 40.34 Andy Robinson 42.10 Billy Hicks 42.58 Darryl (did I beat Wayne again?) Woolward 43.02 P.B. Wayne (you are what you eat) Hackett 43.17 P.B. Clive Wright 43.34 Gary Christmas 45.46 Ian Mason 45.48 P.B. Sam Ellis 46.18 John Stares 48.45 who ran well and was pleased to beat training partner Harvey Hopwood 49.58



The Ladies team of 4 were back in business with Nicola Clay as 5th Lady overall in 36.56 Vicky Lowe 44.08 P.B. Worryingly close behind and running very strong with yet another P.B. was Helen Widdowson 44.48 followed by an unwell but determined Kirsty(more cake) Ainscough 47.32 Supporting them and all with great runs were Abbi Arnott 50.06 P.B. Julie (I let him pass me because he was crying) Jaggard 50.21 P.B. Michelle McNeight 55.30 P.B.

Runner of the day has to go to Neil Jaggard. Well done Neil.  
[Darryl]

[Click here for Melton Times Report](#)

### **Southwell 10k**

Personal Bests Tumble!

A cold sunny Sunday morning on a flat course at Caythorpe saw many Stilton Striders P.Bs smashed.

First Strider home was Darren Glover 36.54 followed by a stunning performance from Neil Jaggard 40.10 P.B. Gary Postle 41.28 P.B. Darryl Woolward 43.30 P.B. Hot on his heels after a pre race Bacon Cob was Wayne (You are what you eat) Hackett 43.50 P.B. next was Gary Christmas 46.57 who was being chased by ever improving Helen (Jack Russell) Widdowson continuing with fine form to run 47.04 P.B. Julie Jaggard also relatively new to racing, impressed the rest of the team by coming home in 52.50 both Girls giving the club hope for a strong ladies team for 2009  
[Darryl]

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