

Rolls-Royce Harriers

Newsletter

October 2016

EDITORIAL

The 2015-2016 season finished in the middle of September, and we have a new club champion – congratulations to Chris Clarke. The new season is now well into its stride, with both cross-country leagues having just started and a sprinkling of road race results already coming through. The current championship table appears below – but don't forget you can keep up to date through our website.

TRACK RACES

The traditional series of six track races was held at Moorways through July and August, and following its popularity last year, a seventh session of short races was held to round off the season. The 800 metres and 400 metres were joined by the 200 metres, and nearly everyone who turned up ran all three distances – and survived! Here's the line-up at the start of the 800 metres



We're always pleased to see new faces – all standards are catered for, nobody will be embarrassed, and it's free!

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DIARY DATES

Sat 5th November National Cross-Country Relays, Berry Hill Park, Mansfield

Sun 6th November Dovedale Dash, 11am

Sun 20th November Cannock Rotary 10k, Hednesford, 11am

Sun 4th June 2017 Derby Ramathon

" I have an entry form for this one

CROSS-COUNTRY LEAGUES

The North Midlands League cross country dates are as follows:

Saturday 15th October: Derby (Markeaton Park)

Saturday 12th November: Kettering (Wicksteed Park)

Saturday 3rd December: Heanor (Shiple Park)

Saturday 14th January: Nottingham (Wollaton Park)

Start times are 13:25 for Women (approx. 6 km) and 13:55 for Men (approx. 10 km). There is no individual entry fee - the Club has paid a team entry fee for the season.

The Derby Runner Cross Country dates are as follows:

Sunday 30th October: Holly Hayes Wood, Whitwick, Leicestershire

Sunday 13th November: Markfield (South Charnwood High School), Leicestershire

Sunday 27th November: Bagworth Heath, Leicestershire

Sunday 11th December: Bradgate Park, Newtown Linford, Leicestershire

Sunday 15th January: Sinai Park, Shobnall, Burton-on-Trent, Staffordshire

Sunday 19th February: Allestree Park, Derby

Sunday 5th March: Bosworth Visitor Centre, Sutton Cheney, Leicestershire

Start times vary between 10:55, 11:00 and 11:05, depending on the venue. The distance for all the races is approximately 5.5 miles.

The entry fee is £3 per person per race, apart from Bradgate Park which is £4. Also, there is a £2.50 charge for parking at Bosworth Visitor Centre.

A reminder that all runners must wear the Club vest, and that no headphones are to be worn while racing.

THAT GUINNESS WORLD RECORD

Jon Kinder's 12 hour treadmill record of 132.9km, set in February, has already been broken twice! Canadian Dave Proctor achieved 139.2km in Calgary in May, and carried on to set a new 24 hour record of 260.4km. And in August, Ronnie Delzer improved the 12 hour record again, in Texas, to 143.84km. Let me know when to order some new stopwatch batteries Jon!

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R-R HARRIERS CHAMPIONSHIP 2015-2016

FINAL TABLE

POS	NAME	POINTS	POS	NAME	POINTS
1	CHRIS CLARKE	365	38	LISA FILDES	40
2	ROBIN CARTER	306	39	JOE REES	37
3	LINDSAY CUTHBERTSON	305	40	ANDREW DEIGHTON	36
4	KAROLINA KUCHARAK	268	41	CLIVE BARRACLOUGH	35
5	RUSSELL PARKIN	214	42	GREG HOLLAND	33
6	GILLIAN WHITESIDE	205	43	CHRIS MORRISON	30
7	ANDY WARD	190	44	ALAN ECCLESTON	29
8	ANDY DODSLEY	178	45	MIKE WOOD	27
9	RIC BRINEY	173	46	DAVE PALFREYMAN	26
10	JON LEEK	167	47	JOE BOAL	25
11	MARK FOWELL	154	48=	WENDY LAWRENCE	24
12	BILL SOUTHGATE	144		PAULA PARKIN	24
13	TRISTAN COOPER	140	50	MARK SKELTON	21
14	AMANDA CARTER	134	51=	ANDY GRIFFITHS	20
15	NEIL BARNES	115		BOB WILSON	20
16	STEVE WAKEFIELD	107		ROSEMARY WRIGHT	20
17	ANDY NORMAN	103	54	DAVE THOMPSON	18
18	SARAH HAYNES	101	55	TONY GREENHOUGH	17
19	CHRIS SMITH	97	56=	TONY EDWARDS	15
20	IAN LAMBERT	90		JUDY NOLAN	15
21	JAMIE SISMEY	84		ALBERT PEPPER	15
22	ADAM CATCHPOLE	83	59	PETE LONG	14
23	BEN HALL	82	60=	BEN KIRBY	13
24	DARREN POTTER	78		REUBEN LEE	13
25	DEAN SMITH	76		RICHARD SCOTT	13
26	PAUL STEELE	65	63	CHRIS MATTHEWS	12
27	MATT TOMLINSON	61	64=	STEVE LEACH	10
28	PADDY CONNALLY	56		IAN PAGE	10
29	MARK HULANDS	54		SUKI VERNON	10
30	NEAL FELLOWS	50	67=	ROBERT ALLEN	8
31	CLARE MCKITTRICK	49		JOHN IRVING	8
32	ROB GOULDS	47		JACK STEPANIAN	8
33	LEE GRIFFITHS	46	70=	BOB BOND	5
34=	GAVIN CHADWICK	45		DAVE CAPEL	5
	CLIFF COOPER	45		KIERAN CONNALLY	5
	JON KINDER	45		JULIE ROCK	5
	JOHN TAYLOR	45		ADRIAN SHORE	5

Colour Codes

(based on age at start of season (16 September 2015))

Orange	Junior (under 18)
Light Green	Senior men
Green	Over 40 men
Light Blue	Over 50 men

Light Purple	Over 60 men
Blue	Over 70 men
Yellow	Ladies (all age categories)

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...and here's how the current championship table stands.


R-R HARRIERS CHAMPIONSHIP 2016-2017

POSITIONS AT 28 OCTOBER 2016

<u>POS</u>	<u>NAME</u>	<u>POINTS</u>	<u>POS</u>	<u>NAME</u>	<u>POINTS</u>
1	MARK FOWELL	64	27=	KIERAN CONNALLY	5
2	RUSSELL PARKIN	61		CLIFF COOPER	5
3	ROBIN CARTER	56		ALAN ECCLESTON	5
4	ANDY NORMAN	51		TONY EDWARDS	5
5	ANDY DODSLEY	50		WENDY LAWRENCE	5
6	NEIL BARNES	47		JON LEEK	5
7	GILLIAN WHITESIDE	46		BRIAN NICHOLLS	5
8	MARK HULANDS	37		IAN PAGE	5
9	HELEN HILDRED	32		PAULA PARKIN	5
10	ANDY WARD	31		ALBERT PEPPER	5
11=	ADAM CATCHPOLE	30		BILL SOUTHGATE	5
	BEN HALL	30		BOB WILSON	5
13	KAROLINA KUCHARAK	27			
14	ROB GOULDS	26			
15	JON KINDER	25			
16=	PADDY CONNALLY	22			
	LINDSAY CUTHBERTSON	22			
	LISA FILDES	22			
19	STEVE WAKEFIELD	20			
20=	TRISTAN COOPER	19			
	DARREN POTTER	19			
22	CHRIS SMITH	17			
23	CLIVE BARRACLOUGH	16			
24	BEN KIRBY	12			
25=	NEAL FELLOWS	10			
	DEAN SMITH	10			

Colour Codes

(based on age at start of season (14 September 2016))

	Junior (under 18)		Over 60 men
	Senior men		Over 70 men
	Over 40 men		Ladies (all age categories)
	Over 50 men		

MALT SHOVEL RELAYS 25 AUGUST 2016

Andy Norman, Neal Fellows and Steve Wakefield formed the only RRH team in David Denton's 3 x 2 mile multi-terrain relay this year, and finished 39th out of 44. However, Andy is claiming a victory of sorts: "Only one Harriers team, but you would have been proud. We were the ones with the most stamina in the pub – last to leave!" He also said "Would recommend it next year to all – good social and beautiful countryside." For the record, the Malt Shovel in question is near Wirksworth.

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DAVID CAPEL

I am very sorry to have to report that David Capel passed away on Sunday 4th September after a short illness, at the age of 80. David was a long-standing member of the Harriers and joined the committee in 1994. His contribution to the running of the club has been enormous. He regularly helped with marking out the course at our cross-country and road races, marshalled when he wasn't running, and for many years provided invaluable storage for our marking out equipment in his garden shed. It is only in the last couple of years that health issues have prevented him from running. Among his many other activities, he was a leading figure in the Scouting movement, an association we were occasionally able to take advantage of for the loan of traffic cones and direction signs! On one occasion he was able to arrange for us to host a Derby Runner League race based on the Scouting premises at Drum Hill. Prior to his retirement, he was Head of Repair Engineering at Rolls-Royce, and in 1996 he was awarded the MBE for services to aero engineering.



MEMBERSHIP FEES – ENGLAND ATHLETICS INCREASE NEXT YEAR

In August, in common with all other affiliated clubs, we received a letter from England Athletics announcing their policy on affiliation fees from 2017 onwards. Affiliation fees in 2016 were £13 per athlete, plus £100 per club.

The letter states that, having conducted a survey of clubs, “a number of people had expressed the view that the cost of individual athlete registration should rise as there is a desire for England Athletics to maintain and enhance its current level of service, particularly as the nature of future Sport England funding for the period from 2017 onwards is unknown.” Clubs were balloted on five alternative proposals for the next four years, ranging from leaving fees unchanged to an immediate increase of £4 per athlete. A clear majority voted for an increase of £1 per athlete per year over the four year period, with the £100 club fee unchanged.

As a result the Board of England Athletics has taken the decision to implement the £1 increase (to £14) per athlete, and make further decisions about future years when Sport England funding for the period has been announced.

The Rolls-Royce Harriers committee has not yet taken a decision on next year's subscription, but note that we did hold the subs for 2016 at 2015 level, despite a £1 rise in affiliation fees. If anyone wants to see the full text of the England Athletics letter, let me know.

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AN EPIC

This summer's long-distance relay was along the Somerset and North Devon section of the South West Coast Path, starting at Minehead and finishing at the Cornish border at Marsland Mouth, a distance of 114 miles. By setting off from Derby in a minibus at the crack of dawn on the Friday we were able to start the run at Minehead soon after 10am, and knock off the 40 miles to Ilfracombe by tea time. Fortunately the era of running through the night and sleeping in festering kit in the minibus is long behind us, and civilisation beckoned in the form of a shower, a meal and a few beers at the pub and a night in a backpackers' hostel. Day two began with some more of the rocky cliff paths we had encountered on day one, but soon the terrain got distinctly flatter, as the path skirted the surfing beach at Woolacombe, crossed the remote wild flower haven of Braunton Burrows and ran for several miles along the Taw estuary. The 48 mile leg finished at the only town in England with an exclamation mark in its name, Westward Ho! So on Sunday it was westward ho from Westward Ho!, along some of the wilder parts of the south west coast, especially after turning the corner towards Cornwall at Hartland Point. The finish at Marsland Mouth was marked by a wooden footbridge over a stream, the same spot where our Cornish Coast relay had begun seven years earlier. Overall running time was 22 hours and 47 minutes, at an average speed of 5mph. And Jon Kinder ran it all.

No epic would be complete without a Jon Leek story, and this time we had two. Jons K and L had set off from Ilfracombe in pristine matching Colin Potter teeshirts, but on arrival at Woolacombe JK's kit was still gleaming, while JL's had taken on a more rural appearance. It seems he had tripped and fallen headlong into something a sheep had left behind, and it wasn't wool! By contrast, on arrival at the Cornish border next day, a steaming Leeky stripped off completely and descended into the stream, one buttock in Devon and the other in Cornwall!



Leeky unclean



Leeky squeaky clean

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Photo Bill Southgate



Photo Malc Marchant

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....AND A MINI-EPIC

The traditional autumn bash in October was much closer to home, and my thanks go to Jon Kinder for this report, hot off the press:

“The White Peak 100 is a route based on John Merrill’s White Peak Way, which is 85 miles from Ilam Hall, but our route extended this by 15 miles by commencing in Ashbourne and taking in the Weaver Hills and returning back to Ashbourne on the Tissington Trail.

The core team comprised of Alan Eccleston, Mark Rogerson, Andy Swift and myself. Andy was very ill but luckily for us was still able to give valuable support, running a few of the legs and driving the support car until re-enforcements arrived. So there were always two of us in the car and two out running.

Andy (on home turf) and I climbed the Weaver Hills, unfortunately shrouded in mist. One thing that became clear however was that Andy, still recovering from a viral infection, wasn’t firing on all cylinders. After passing Ilam, a combination of Alan, Mark and I followed the route down the Manifold Valley to Wetton before dropping into the Dove Valley and up to Longnor. The early mist had cleared and we had great clear weather. Andy and I then traversed east to reach the Wye valley where we passed Millers Dale and finally Tideswell. Although we were getting tired it was good to turn north again, and with Mark and Alan doing the one-two we reached Peak Forest. From there the route follows the Limestone Way over the high moorland into Cave Dale and Castleton which unfortunately all but finished Andy off. Then came the final push of the day which saw Mark and I climb up to the summit of Mam Tor, where we were pleased to meet our first bonus runner Karolina. We followed the ridge past Hollins Cross to Lose Hill in great weather with the usual cast of paragliders overhead. We just got down into Hope by nightfall, which marked the end of day 1 and 51miles, so we all enjoyed a well-earned rest, dinner & ale at Edale YHA.



Mark Rogerson in the fading light at Lose Hill

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The next morning saw Mark and I tackle the toughest stage of the run straight up the front of Win Hill and back down again to Bamford, and then the Derwent Valley to Hathersage. Mark just took shelter before we experienced the only real bad weather of the event where Alan and I battled along Froggatt Edge in very wet and windy conditions to reach Curbar Gap. We were all wet and tired at this point and needed a boost to lift team spirits. Fortunately for us Robin had agreed to cycle up to this point and meet us. So as planned, with Robin's bike stashed in the back of the car he ran with the team for the next 25 miles. This took in the Derwent Valley South to Rowsley then a wiggle back to Youlgreave before turning south-east to Biggin and lower Dovedale. So with Robin off home on his bike Alan, Mark and I bought the route home through Thorpe and the Tissington Trail back to Ashbourne with Andy at the wheel of the car. It was a great feeling to clock up the last few miles on the trail and reaching mile 49 (100 in total) at Ashbourne market place.



Andy Swift, Mark Rogerson, Jon Kinder, Alan Eccleston and Robin Carter

Well done and a big thank you to all the team.”

Jon Kinder

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WEEKLY CLUB RUN

Just a reminder that the club runs start from the Refreshment Room changing rooms (adjacent to the Pavilion) at 5pm every Wednesday. The 4 to 5 mile runs are taken at a very leisurely pace, and all Harriers, and prospective Harriers, are welcome to join in. More details from Jon Leek (jon.leek@rolls-royce.com), Gillian Whiteside (gillian.whiteside@rolls-royce.com) or Richard Scott (richard.scott2@rolls-royce.com).

CLUB KIT

If you require a new vest, shorts etc, please contact Jon Leek who is the vendor of all these items, at competitive prices.

Vests : £13.00	Shorts : £10.00
Mens Sizes : S(36in) M(38in) L(40in) XL(42in)	Mens Sizes : S(30in) M(32in) L(34in)
Ladies Sizes : S(34in) M(36in) L(38in)	Ladies Sizes : S(28in) M(30in) L(32in)

Jon is continuing to offer our new and distinctive line in kit, with a fine-looking range of men's and ladies' hoodies and fleeces in small, medium and large sizes. Colour is royal blue, and the Harriers logo is either stencilled on (hoodies) or embroidered on (fleeces). If you are interested, have a look on our website under "About Us" and "Kit".

Phone Jon Leek on 44005

DERBY MIDWEEK RACES 2016-17

David Denton's popular race series is now in its 28th season. The first two races were in September and October, and there will be further events on Wednesdays 16 November and 14 December 2016 and 11 January, 15 February, 15 March and 19 April 2017.

VENUE: Alvaston & Boulton Cricket Club, Raynesway, Derby DE21 7BB

EVENTS: One mile at 7pm, 5000m at 7.20pm

FEE; £4 entitling one to compete in either or both races. Under 18's £2. Under 16's free

COURSE: Virtually flat on illuminated foot/bike paths

ENTRY PROCEDURE: Either text or e-mail your details before 3pm on the day of the event or turn up from 6pm and enter on the night.

CONTACTS: Text - 07747 776233. Email z_entries_z@hotmail.co.uk.