

Rolls-Royce Harriers

Newsletter

December 2017

EDITORIAL

A lot of water has flowed under the bridge since the last newsletter in July, though it has frozen solid at the time of writing. There was a record entry for the Piggs Trophy 10k at Mickleover in August, and a rather smaller entry for the Handicap at Moorways in September, the traditional opener for the new season. Both cross-country leagues are now well under way, and the two big cross-country events are just around the corner – the Northern at Harewood House, Leeds, in January and the National at Parliament Hill Fields, London, in February. Entries have closed for the Northern, but if you would like to compete in the National, please let Gillian know by 3rd January. In October the long-distance relay gang ticked off another National Trail, the Peddars Way and North Norfolk Coast paths. December opened with the annual Awards Night, accompanied by splendid buffet provided by Jon and Cath Leek. The two highlights of the awards were the overall club championship shield, to our second ever lady winner, Karolina Kucharek, and the coveted Whingers Trophy, of which more anon. Finally, a very merry Christmas and a Happy New Year to you all from all of the committee.



Another Harriers landmark this autumn was our first team entry for 6 years in the Fell Runners Association annual relay at Llanberis. (L to r) Allan Pollock, Pete Adams, Jon Leek, Amanda Carter, Karolina Kucharek, Lindsay Cuthbertson, Robin Carter, Emelie Carter, George Carter.

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CLUB CHAMPIONSHIP 2016-2017 FINAL TABLE

POS	NAME	POINTS	POS	NAME	POINTS
1	KAROLINA KUCHARAK	397	40=	JOE BOAL	35
2	ROBIN CARTER	242		PADDY CONNALLY	35
3	MARK FOWELL	215		PAUL STEELE	35
4	ANDY DODSLEY	214	43=	HELEN HILDRED	32
5	ANDY WARD	207		HAZEL LE CORNU	32
6	STEVE WAKEFIELD	203	45=	ADAM CATCHPOLE	30
7	ANDY NORMAN	185		IAN PAGE	30
8	GILLIAN WHITESIDE	178	47	CLIVE BARRACLOUGH	26
9	MARK HULANDS	154	48	MICK BROOKES	25
10=	CHRIS SMITH	143	49	ALLAN POLLOCK	24
	DEAN SMITH	143	50=	TODD COXHEAD	22
12	ROB GOULDS	137		ALAN ECCLESTON	22
13	JON KINDER	126	52	CLIFF COOPER	20
14	RIC BRINEY	120	53=	ANDREW DEIGHTON	18
15	IAN LAMBERT	115		WENDY LAWRENCE	18
16=	JON LEEK	111	55=	REUBEN LEE	17
	CHRIS MORRISON	101		ADRIAN SHORE	17
18	JOHN TAYLOR	101	57=	TONY GREENHOUGH	16
19	BOB WILSON	96		GREG HOLLAND	16
20	TONY HOGAN	88		LIAM SLATER	16
21	LINDSAY CUTHBERTSON	87	60	ALBERT PEPPER	15
22	BEN HALL	86	61	JUDY NOLAN	13
23	DARREN POTTER	83	62	BEN KIRBY	12
24	NEIL BARNES	80	63=	STEVE ROEBUCK	11
25	CHRIS CLARKE	79		DAVE THOMPSON	11
26	NICOLA POTTER	63	65=	KIERAN CONNALLY	10
27	MARIE MORGAN	62		TONY EDWARDS	10
28	RUSSELL PARKIN	61		PAULA PARKIN	10
29	TRISTAN COOPER	56		JULIE ROCK	10
30	JOE REES	54		KEN WRIGHT	10
31	BILL SOUTHGATE	52	70=	NICK CHADWICK	9
32=	AMANDA CARTER	50		LAKSHMI JAYA	9
	NEAL FELLOWS	50		ADAM LOWERSON	9
34=	GAVIN CHADWICK	46	73	YOGENDRA RAI	8
	LEE GRIFFITHS	46	74=	ERNIE CRIPPS	5
36	CLARE McKITTRICK	41		STEVE LEACH	5
37	ROSEMARY WRIGHT	40		BRIAN NICHOLLS	5
38	LISA FILDES	38		RICHARD SCOTT	5
39	DEBBIE WATKINS	36		SUKI VERNON	5

Colour Codes

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

	Junior (under 18)
	Senior men
	Over 40 men
	Over 50 men

	Over 60 men
	Over 70 men
	Ladies (all age categories)

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DIARY DATES (See also RUNNINGWITHDAVID on page 8)

Sat 6th January Derbyshire County XC Championships, Shipley Park, Heanor
Sat 27th January Northern XC Championships, Harewood House, Leeds
Sat 24th February National XC Championships, Parliament Hill Fields, London
Sun 25th February East Midlands 10k, Holme Pierrepont
Sun 22nd April London Marathon
Sun 3rd June Derby Ramathon half marathon

North Midlands Cross-Country League 2017-8

Sat 13th January Wollaton Park, Nottingham

Derby Runner Cross-Country League 2017-8

TBA Bradgate Park, Leicester (postponed from 10 December)
Sun 21st January Allestree Park
Sun 18th February Grace Dieu School, Thringstone
Sun 11th March Bosworth Battlefield Centre

LONDON MARATHON DRAW

Congratulations to Paddy Connally, winner of the club place in the draw, and commiserations to the twelve unlucky applicants. Best of luck Paddy, and anyone else who managed to get in off their own bat.

PIGGS TROPHY 10K 9TH AUGUST

Two records were broken in this summer's Mickleover race. Winner Jaime Roden set a new course record of 32:00, surpassing the previous best of 33:21 set by Chris Rainsford in 2009, and Joe Boal's 32:16, run over a slightly different course in 1998. The number of entries was a record as well, 172 beating the 162 who ran in 2015 (and the all-time low of 19 in 1996!).

CROSS-COUNTRY LEAGUES

Comments from some of our runners in the first North Midlands League race:

"Good vets result. If we had all of our good vets out there for these cross countries we could move up the order a bit. We need to encourage the turn out."

"Agreed.....I feel that the club has improved or grown over the past year or two but there is potential for a massive improvement if we can drum up some more bodies."

In the next two races we continued to field the minimum number of vet men to figure in the team scores, but sadly a no-show at Corby meant the vet ladies dropped out of the charts. However, these are very enjoyable events to a good standard, and thoroughly recommended. Perhaps we can do better next season. Meanwhile, there's one more race this season (at Wollaton Park, Nottingham, on January 13th). Why not give it a go?
PS it's not just vets, we need you youngsters too!

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DERBY RUNNER LEAGUE

Masterminded by Dave Mann, this league continues to be massively well supported, with fields of 500-600 regularly turning out, and applications from new clubs being rejected every season because venues cannot cope with any increase in traffic. For this reason, a separate league for clubs in Derbyshire and Staffordshire has been set up on a trial basis this season, though the Harriers chose to remain in the original league, with its orientation towards Leicestershire.

We'll see how the new league turns out, and consider switching next season. Harriers attendance has been noticeably low recently, so perhaps venues nearer to home will encourage more people out of their beds on a Sunday morning! Watch this space.

As I write this on Monday 11th December, yesterday's race at Bradgate Park had to be cancelled because of the weather. Dave Mann's announcement said it would be rearranged if possible.

AWARDS NIGHT

Once again the Bless in Chapel Street was the venue for the Awards Night. Jon and Cath Leek did us proud with the buffet, a prelude to the main event of the evening, the presentation of the annual awards, and the roll of honour consists of:

Club champion Karolina Kucharek
Ladies' champion Gillian Whiteside
Ladies' O35 champion Lindsay Cuthbertson
Ladies O45 champion Nicola Potter
Improvers Trophy Andy Norman

Men's champion Robin Carter
Men's O40 champion Andy Ddsley
Men's O50 champion Mark Fowell
Men's O60 champion Andy Ward

Unfortunately Lindsay and Nicola couldn't be with us on the night, and their trophies have been handed over separately.

Karolina was the runaway champion, and our second ever lady to take the title, following Clare McKittrick in 2015. Last year Karolina won the Ladies O35 trophy, but went away empty-handed because we couldn't find it. This year's trophy certainly made up for it in weight. I hope you managed to drag it to the bus stop in time Karolina, and didn't have to walk all the way to Belper with it!

The closing award saw Andy Ward part with the Whingers Trophy, with only the tiniest hint of regret! In the finest of Harriers traditions, Andy explained the process of deciding his successor at some length. As befits an engineer of Andy's ability, a great deal of science went into it: points were awarded on a scale of 1 to 3 depending on quality, and there was no limit to the number of whinges per person taken into account. Some of the more notable whinges and whingers were mentioned en route, and in the end the scores for the leading contenders were very close, but the winner by a whisker was ... Andy Norman. As Andy also took away the Improvers Trophy, I can only say I admire his versatility!

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SOME SUMMER SUN TO BRIGHTEN THE WINTER

John Charlton sent me this picture some time ago, of him and Sheila taking part in a race in Catalina, California, while he was working in the States in 1985. It certainly cheered me up when I came across it again recently.



WEBSITE

Apologies for the recent slowing down in updates to the website. For too long we have relied entirely on Richard Scott to keep it up to date, and recently work and family commitments have meant he has been unable to dedicate enough time to the job. Volunteers are being trained to provide Richard with some much-needed relief, so please bear with us.

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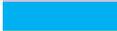
CLUB CHAMPIONSHIP 2017-2018

Here's how things stand at the moment:

<u>POS</u>	<u>NAME</u>	<u>POINTS</u>	<u>POS</u>	<u>NAME</u>	<u>POINTS</u>
1	KAROLINA KUCHARAK	157	33=	BOB BOND	5
2	DEAN SMITH	155		KIERAN CONNALLY	5
3	GILLIAN WHITESIDE	113		STEVE LEACH	5
4	STEVE WAKEFIELD	74		HAZEL LE CORNU	5
5	JON KINDER	71		IAN PAGE	5
6	ANDY DODSLEY	70		ALBERT PEPPER	5
7	MARK HULANDS	66		BILL SOUTHGATE	5
8	ANDY NORMAN	61		BOB WILSON	5
9	CHRIS SMITH	52			
10	AMANDA CARTER	48			
11	CLARE MCKITTRICK	44			
12	JAMES WARD	43			
13	ANDY WARD	39			
14	MARK FOWELL	34			
15	LINDSAY CUTHBERTSON	32			
16	NEIL BARNES	28			
17=	CHRIS CLARKE	27			
	ROBIN CARTER	27			
	RUSSELL PARKIN	27			
20=	JON LEEK	26			
	CHRIS MORRISON	26			
22	TODD COXHEAD	25			
23	LISA FILDES	24			
24=	IAN LAMBERT	22			
	JOHN TAYLOR	22			
26	ALAN ECCLESTON	17			
27=	ROB GOULDS	16			
	JOE REES	16			
29	PAUL STEELE	14			
30	WENDY LAWRENCE	13			
31=	TRISTAN COOPER	12			
	ADRIAN SHORE	12			

Colour Codes

(based on age at start of season (13 September 2017))

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

CHAMPIONSHIP POINTS FOR ULTRA EVENTS

We promised to modify the championship rules this season to include points for Ultra events. I haven't forgotten. It's on my to do list, and will be introduced early in the new year, retrospectively to the start of the season.

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PEDDARS WAY AND NORTH NORFOLK COAST PATH

The Peddars Way stretches from a Knettishall Heath, near Thetford in Norfolk, in an almost straight line to the coast, close to Hunstanton, and from there the North Norfolk Coast Path takes over and heads east to Sheringham and Cromer, a total distance of just under 100 miles. This became Jon Kinder's latest conquest in his bid to run over all the country's national trails. A small squad of eight tackled this as a relay over a weekend in October, but JK being JK, he ran every leg of course!

The start was at 7pm on Friday, and by dawn Andy Swift's carefully prepared schedule was in tatters. Navigation was straightforward, the weather was kind and the terrain was never more severe than gently rolling, so the customary slower night time pace went by the board, and by the time the team reached the coast it was ahead of schedule by over an hour and a half. Gains were harder to come by after that as legs tired, but arrival at Cromer was achieved in 19 hours 9 minutes against a schedule of 21 hours. Fortunately rehydration was at hand - the pubs were already open!



The End of the Pier Show: Todd Coxhead, Matt Tomlinson, Bill Southgate, Alan Eccleston, Jon Kinder, Andy Swift, Rob Turner and Keith Covell at Cromer at the end of the North Norfolk Coast Path.

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RUNNINGWITHDAVID – 1: FESTIVE SEASON RACES

David Denton has been organising races over the Christmas and New Year period for nearly 25 years. Here are this season's offerings:

WEDNESDAY 27 DECEMBER at 11.30am: The QUEEN'S HEAD 5km ROAD RACE. Registration from 10.30am at the pub of that name on Chesterfield Road, Belper DE56 1FF. Entry fee £5. A gently undulating out-and-back run on mainly rural roads with kilometres marked.

MONDAY 1 JANUARY 2018 at 11am: The NEW YEAR'S DAY HANGOVER 5.5 MILE ROAD RACE. Registration from 10am at the Malt Shovel Inn, Oakerthorpe Road, Wash Green, Wirksworth DE4 4GS. Entry fee £5. A single lap with downhill running in the first half of the loop and a gradual climb to the finish from half way.

TO ENTER IN ADVANCE :

Either by e-mail to zz_running_z@hotmail.co.uk or by mobile phone to 07747 776233.

If you just wish to enter the Queen's Head event, start your entry with QH5; if you just wish to enter the 1 January event, start your entry with NY5; but if you wish to enter both, start your entry with QH5 & NY5. Then type your details as follows:

SURNAME, FIRST NAME, AGE & DATE of BIRTH, CLUB (or state UN if not a club member), MOBILE NUMBER and E-MAIL ADDRESS.

You will then receive a confirmation including an indication of your race number that can be collected on the morning of the race – the number should be used for both races. You can pay the entry fee on the day.

David's postal address is:
Runningwithdavid
5 Swinney Lane,
Belper, Derbyshire, DE56 1EF.

RUNNINGWITHDAVID - 2: FELL RACES IN 2018

Thanks to David for emailing details of these races to the club. David's intro says: "Whilst my fields have never been huge, the events have always attracted runners new to fell running and generally speaking, they have gone away content and usually 'bitten' by the fell running bug. Subsequently I have seen some who were 'shrinking violets' in my events progressing to far more challenging events later in each season."

FROM THE BLUEBELL INN, FARNAH GREEN, near BELPER DE56 2UP - good food and good beer!

Sunday 4th March at 10am, Thursday 2nd August at 7.30pm, Sunday 16th September at 10am.

PEAT PIT WOODS, ALDERWASLEY - good carvery and good beer!

Easter Sunday, 1st April, from 10.30am with junior events

Sunday 6th May from 10.30am with junior events

PARWICH VILLAGE GREEN, PARWICH, near ASHBOURNE DE6 1QA

Tuesday 7th August at 6.30pm. Junior races for under 9's, 11's and 13's. Precedes an adult race not organised by David, but a good event to take part in, he says.

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CLUB KIT

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

Vests: £13	Shorts: £10
Men's sizes: S(36in) M(38in) L(40in) XL(42in)	Men's 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

WEEKLY CLUB RUN

Just a reminder that the club runs start from the Refreshment 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).