

Rolls-Royce Harriers

Newsletter

June 2019

EDITORIAL

There's only one way to start this newsletter, after the customary apology for its lateness, and that's with the superlative performance of Harriers Robin Carter and Matt Tomlinson in the Dragon's Back race in late May.

THE DRAGON'S BACK RACE



Robin and Matt on the notorious arête Crib Goch on day 1 of the Dragon's Back race. The summit of Snowdon is shrouded in cloud in the distance.

If any race deserves the name Endurance Event, this is it. It started on the North Wales coast at Conwy Castle and, 5 days later, finished at Llandeilo near Carmarthen, a distance of 315km (196 miles to old imperialists like me). In between, it crossed all the biggest bumps in the landscape and climbed 15,500m (51,000 feet).

In a world-class field of 400 runners Robin and Matt finished 11th equal out of 251 finishers, an incredible achievement. Their total time was 45 hours. The winner was Canadian Galen Reynolds (37:48), nearly an hour ahead of Briton Jim Mann in 2nd, and a further hour ahead of third placed Robert Barnes.

Matt's comment: "A 5 day, all you can eat, holiday with my best mate. What more could you ask for?" Robin has promised to write "a bit of a report over the next few weeks before the memories and blisters subside!" I'm sure Steve Leach will be including it in the Epics section of the website.

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Editor: **Bill Southgate.** billsouthgate337@btinternet.com. **Rolls-Royce Harriers**
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CHAMPIONSHIP TABLE



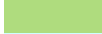

R-R HARRIERS CHAMPIONSHIP 2018-2019

POSITIONS AT 4 JUNE 2019

<u>POS</u>	<u>NAME</u>	<u>POINTS</u>	<u>POS</u>	<u>NAME</u>	<u>POINTS</u>
1	DEAN SMITH	269	31=	KEVIN SUTCLIFFE	32
2	JAMES WARD	239	33=	KIERAN PORTMAN	30
3	ANDY DODSLEY	232		ROSEMARY WRIGHT	30
4	GILLIAN WHITESIDE	203	35=	LISA FILDES	29
5	MIKE LAWSON	183		GEMMA STACEY	29
6	ROBIN CARTER	179	37	STEVE LEACH	28
7	MIKE WOOD	164	38=	BEN HALL	26
8	JON KINDER	143		BOB WILSON	26
9	CHRIS CLARKE	123	40	STEVE ROEBUCK	24
10	JON LEEK	113	41	CHRIS HUNT	23
11	TOM MOWBRAY	106	42=	PADDY CONNALLY	22
12	MARK HULANDS	98		MICHAEL TIMM	22
13	ANDY NORMAN	96	44=	NEAL FELLOWS	20
14	MARK FOWELL	91		BILL SOUTHGATE	20
15	MATT MCCORMACK	90	46=	MIKEL BLANCO	19
16	STEVE WAKEFIELD	88		PAUL STEELE	19
17	IAN LAMBERT	80	48	MARK SKELTON	18
18	KAROLINA KUCHARAK	74	49	JOE REES	17
19	RUSSELL PARKIN	71	50	NEIL BARNES	14
20	TRISTAN COOPER	68	51	DAVE PALFREYMAN	13
21	TODD COXHEAD	67	52	BEN KIRBY	11
22	MATT TOMLINSON	64	53	ROB GOULDS	10
23	RIC BRINEY	60	54=	CLIVE BARRACLOUGH	5
24	CHRIS SMITH	54		JOE BOAL	5
25	CHRIS MORRISON	50		KIERAN CONNALLY	5
26	DEBORAH PHELPS	49		ERNIE CRIPPS	5
27	ALLAN POLLOCK	48		TONY EDWARDS	5
28	HAZEL LE CORNU	47		PAULA PARKIN	5
29=	CLIFF COOPER	38		ALBERT PEPPER	5
	TONY GREENHOUGH	38		ANDY WARD	5
31=	PETE ADAMS	32		DEBBIE WATKINS	5

Colour Codes

(based on age at start of season (12 September 2018))

	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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LONDON MARATHON

Unfortunately for Ben Kirby he was unable to take up the Derby RSPCA entry, as announced in the last newsletter, but Chris Clarke stepped in and crossed the line in a time of 3:34:37, raising £1,367 for the RSPCA in the process. Our other two runners finished very close to each other (not sure if they knew that at the time). Steve Roebuck's time was 4:21:36 and Andy Norman, whose name was drawn out of the hat for the guaranteed club place was just behind Steve in 4:22:54.

Here's Steve's summary of the day:
"I was pleased with my time for my first ever marathon. Definitely hit the wall around mile 20 and the amazing crowd had to push me along the last few miles. When I turned the last corner and saw the finish line the feeling was indescribable. A very emotional and proud moment which will stick with me for a long time. I also raised over £1,700 (including gift aid) for 2 charities close to my heart (Motor Neurone Disease Association and Mind (Mental Health Charity)). I'm still undecided as to whether that will be my one and only marathon!!"



A triumphant Steve Roebuck with his family at the end of the London Marathon



Chris Clarke shows his finisher's medal to an appreciative puppy at the RSPCA premises in Derby

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CROSS-COUNTRY LEAGUES

I'm looking out of the window on a June morning, watching the rain bucketing down and the trees swaying in the wind, and it's all too easy to recall the winter days of mud, sweat and tears. It's also sobering to realise that we're nearer the start of the next North Midlands League season than the end of the last.

Here's a chart showing all the scorers last winter in both cross-country leagues:

	DERBY RUNNER LEAGUE		N MIDLANDS LEAGUE		TOTAL POINTS
	RACES RUN	POINTS	RACES RUN	POINTS	
MEN					
JAMES WARD	3	65	3	65	130
DEAN SMITH	5	73	4	52	125
MIKE WOOD	3	59	3	59	118
ANDY DODSLEY	3	56	3	57	113
MIKE LAWSON	5	64	4	46	110
CHRIS CLARKE	2	43	1	22	65
JON LEEK	1	20	2	41	61
ANDY NORMAN	1	12	3	38	50
ROBIN CARTER	1	22	1	22	44
STEVE WAKEFIELD	1	14	2	30	44
MATT McCORMACK	1	18	1	18	36
TOM MOWBRAY	1	22			22
IAN LAMBERT	1	21			21
BOB WILSON			1	16	16
LADIES					
GILLIAN WHITESIDE	4	86	2	44	130
DEBORAH PHELPS	2	44			44
KAROLINA KUCHARAK	1	22			22

MEMBERSHIP RENEWALS

Just a reminder to those of you who have not responded yet. Subscriptions for the year April 2019 to March 2020 are now due. Full first claim membership costs £20, non-competitive membership and second claim membership costs £5. Friends of RR Harriers, who only receive newsletters and selected other items of interest, do not pay subscriptions. If you haven't been in touch yet, please renew or let me know if you want to resign or become a Friend.

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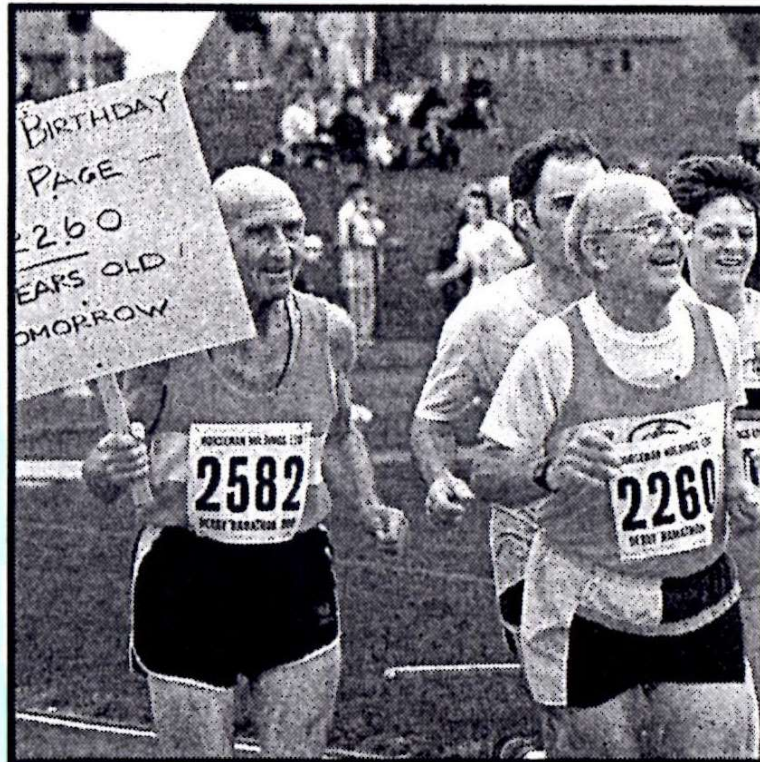
THE FELLSMAN 2019

The Fellsman is described on its website as “a high level traverse covering more than 60 miles over very hard rugged moorland. The event climbs over 11,000 feet in its path from Ingleton to Threshfield in the Yorkshire Dales.”

Ideal training, then, for someone planning to race the Dragon’s Back three weeks later. Just what club captain Robin Carter thought, and how right he was! To add to the challenge, Storm Hannah was wreaking havoc throughout the kingdom on the first day of this nominally two-day event (for runners and walkers). Robin made light of that situation: “Thankfully the conditions were mixed rather than terrible all day, with a bit of a tailwind in places. Ground was a bit soggy on the surface, but mostly good.” To cut a long story short, in a field of 321 starters, only 220 finished, and Robin was 3rd. His time was 11hrs 59mins, 41 minutes behind the winner. And, under the new scoring system, he scored 24 out of a maximum of 25 points in the club championship.

Also taking part were Pete Adams and his son Jonathan, who completed the course together in 24hrs and 40mins.

RAMATHON 1990



● JACK PIGGS and Ted Page both celebrate their 70th birthdays in style as the oldest runners in the half-marathon field.

The annual Piggs Trophy 10k race at Mickleover is just over the horizon, so it's fitting to dig this photo from the Derby Telegraph out of the archives.

Jack Piggs, on the left, donated the trophy for the winner of the 10k, and Ian Page donated the Ted Page Trophy for the lady winner in memory of his Dad Ted.

This year's Piggs Trophy 10k is on August 7th, details on the next page.

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TRACK RACES AT MOORWAYS

Dates for this year (all Wednesdays) are as follows

10 th July	5,000 metres	14 th August	3,000 metres
17 th July	3,000 metres	21 st August	1,500 metres
24 th July	1,500 metres	28 th August	800, 400, 200, 100 metres
31 st July	5,000 metres	4 th September	800, 400, 200, 100 metres

All at 5pm. All welcome – no one is too fast or too slow!

PIGGS TROPHY 10K RACE, WEDNESDAY 7TH AUGUST 2019

At Mickleover Sports Club, Station Road, Mickleover

Start 7pm, booking in from 6pm

Entry fee £6 affiliated, £8 unattached, RR HARRIERS FREE

If you're not running and could spare a couple of hours to help with marshalling, we'd be grateful; please contact Gillian Whiteside

R-R HARRIERS SINFIN HANDICAP, WEDNESDAY 11TH SEPTEMBER 2019

At Moorways, start 5.45pm. I'll be sending out invitations to you all a little nearer the date.

COLIN POTTER 10K 5TH JULY 2019

A message from race organiser Jon Kinder:

The Colin Potter Memorial 10k will be held on Friday 5th July, with the race commencing at 7.15pm. Race entries are significantly higher than previous years so we're expecting a very busy but rewarding night! Last year we received some great marshalling support from the RR Harriers and we're hoping some of you may be available to support this year? We are looking for your help with marshalling/drinks station, etc. from 6pm with the race likely to be completed by 8.45pm.

As you know the event is non-profit making, organised by fellow Rolls-Royce Harriers and all of the money raised will be donated to several fantastic local cancer related charities, so what better way is there to spend a Summer's evening (unless of course you are running it!)?

Also please note that in order to thank you for your help as per last year we will be rewarding all of the support team with food and drink vouchers.

We will then be in contact with you nearer the time to confirm more specific details, arrangements and identified roles.

Best regards, Jon

PS – If you do intend to enter please note entries are on line only please go to <http://www.colinpotter10k.com/>

PS volunteer helpers will also receive 5 club championship points!! (Ed)

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FELL AND ULTRA SCORING

As you will recall from the last newsletter, we are in the first year of a three-year trial of a revised championship scoring system, which includes points for fell races and ultra distance races. To see the effect this is having I have done a comparison between the current championship table (see page 2) and an equivalent one excluding fell and ultra points. Here's how the top 20 positions look under both scenarios:

Pos	Without Fell / Ultra		With Fell / Ultra		Effect on Pos
		Pts		Pts	
1	James Ward	221	Dean Smith	269	+2
2	Andy Dodsley	213	James Ward	239	-1
3	Dean Smith	199	Andy Dodsley	232	-1
4	Mike Lawson	183	Gillian Whiteside	203	+1
5	Gillian Whiteside	182	Mike Lawson	183	-1
6	Mike Wood	164	Robin Carter	179	+1
7	Robin Carter	132	Mike Wood	164	-1
8	Chris Clarke	123	Jon Kinder	143	+6
9	Tom Mowbray	106	Chris Clarke	123	-1
10	Mark Hulands	98	Jon Leek	113	+2
11	Andy Norman	96	Tom Mowbray	106	-2
12	Jon Leek	92	Mark Hulands	98	-2
13	Matt McCormack	90	Andy Norman	96	-2
14	Jon Kinder	89	Mark Fowell	91	+5
15	Steve Wakefield	88	Matt McCormack	90	-2
16	Karolina Kucharek	74	Steve Wakefield	88	-1
17	Russell Parkin	71	Ian Lambert	80	+19
18	Tristan Cooper	68	Karolina Kucharek	74	-2
19	Mark Fowell	64	Russell Parkin	71	-2
20	Ric Briney	60	Tristan Cooper	68	-2

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 6 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) or Gillian Whiteside (gillian.whiteside@rolls-royce.com).

NB the club runs take a summer break from 10th July until 11th September inclusive, while the track races, Piggs Trophy 10k and Sinfin Handicap race take place.

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FORTHCOMING RACES

Fri 21st June, Notts 10, Holme Pierrepont, 7pm

Holme Pierrepont RC Grand Prix (4 races – can be entered individually):

Tue 25th June, 4 miles, Rushcliffe Country Park, 7.15pm

Thu 27th June, 5 miles, Colwick Park, 7.15pm

Tue 2nd July, Victoria Embankment 5k, 7.15pm

Thu 4th July, 10k at National Water Sports Centre, 7.15pm

Sun 30th June, Little Eaton Leg It, 4.75 miles, 10am. Also fun run and infants' race.

Fri 5th July, Colin Potter 10k, Derby Rugby Club, Haslams Lane, 7.15pm

Sat 6th July, Derwent River Relays (4 x 5k) and kid's fun run, organised by Belper Harriers

Sun 7th July, Spire 10, Chesterfield, 9.30am

Sun 7th July, Ashbourne Half Marathon, 9.30am

Wed 10th July, Black Rocks Fell Race, 5mm 7.30pm

Fri 12th July, Holbrook Hill Race, 4 miles

Fri 19th July, Tara Kinder Memorial 10k, Elvaston Castle, 7.30pm

Fri 26th July, Newstead Abbey Dash, 5k, 7.15pm

Thu 1st August, Bluebell Chevin Fell Race, Farnah Green, 6.5k, 7.30pm

Fri 2nd August, Salt Cellar Fell Race, Upper Derwent Dam, 7.1 miles, 7pm

Tue 6th August, Parwich Panoramic 5 Fell Race, Sycamore Inn, Parwich, 7.30pm

Sat 10th August, Erewash Half Marathon (off road), West Park, Long Eaton, 8am (yes, really!)

Sun 11th August, Burton 10k, 10am

Sun 18th August, Belper Rover (trail race), 30k

Sun 25th August, Peat Pit Woods 2 x 1.7k charity relay, details awaited

Sun 1st September, Wilne 10k, 10am

Sun 15th September, Bluebell Chevin Fell Race, Farnah Green, 6.5k, 10am

You'll note there are a number of fell races listed. Some comments from committee member and experienced fell runner Jim Ward:

- The Black Rocks fell race (July 10th) is an ideal introduction to fell running: it's relatively tame, as fell races go. There's a possibility of introducing a RR Harriers fell running trophy next season, so here's an opportunity to give fell running a go.
- It would be great to have a Harriers team (or more than one) in the Derwent River Relays on July 6th. Please contact Jim if you'd like to take part.
- How about selecting one of the races off the list and go for a team meal afterwards?

Further details, entry forms etc for all the above can be found online.

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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(ish) 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

FUTURE ISSUES

I'm always happy to receive articles and photographs from you – don't be shy!