

Rolls-Royce Harriers

Newsletter

August 2014

NOTE FROM THE EDITOR

First of all, a big thank you to Julie Smith. Julie has occupied the editor's chair with distinction for six years, and recently left Rolls-Royce. Congratulations too, to Julie and her partner Pete, on becoming Mr and Mrs Rock in June. Julie will be staying on in the Harriers and, I hope, will continue to be an integral part of the long-distance team.

Bill Southgate

DIARY DATES

Sun 17th August Belper Rugby Rover 30k walk (8am) or run (9.30am)
Sun 28th September Robin Hood Marathon and Half Marathon, Nottingham
Sun 5th October Tissington Trail Half Marathon 10am
Sun 26th October Leicester Marathon and Half Marathon 9.15am
Sun 2nd November Dovedale Dash 11am
Sun 23rd November Heanor Christmas Pudding Run 10k, Shipley Park 10am
Sun 23rd November Clowne Half Marathon 10am
Sun 14th December Keyworth Turkey Trot Half Marathon

TRACK RACES AT MOORWAYS

All start at 5pm, free entry to RR Harriers. Anyone else legitimately using the track at the time is welcome to join in if they wish:

Wed 23rd July 5000 metres
Wed 30th July 3000 metres
Wed 13th August 1500 metres
Wed 20th August 5000 metres
Wed 27th August 3000 metres
Wed 3rd September 1500 metres

And as an experiment, we're trying a couple of shorter distances to see if they prove popular:

Wed 10th September 400 and 800 metres

SINFIN HANDICAP

I can tell you when, but not where, at the moment. The date is Wednesday 17th September. With the loss of our traditional course due to the building of the new road, we haven't yet decided on a new venue.

THE DERBY RUNNER

A reminder that our good friends at the Derby Runner sports shop in Sandringham Drive, Spondon, and their associated shop in David Lane, Old Basford, Nottingham (the Nottingham Runner) offer a 10% discount to RR Harriers members on their comprehensive range of running shoes, clothing etc, and sound advice on what to buy.

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LONDON MARATHON 2014

Congratulations to the four Harriers who completed this year's marathon: Chris Morrison (3:01:26), Mark Fowell (3:02:03), and our two draw winners, Luke Freeman (3:48:48) and Guy Norris (3:58:18).

CROSS COUNTRY LEAGUES

The 2014-2015 season will be upon us before we know it!

North Midlands League: Saturday afternoons at 1.25pm* (ladies) and 1.55pm* (men). The club will pay the team fee for the season, so it will be free to enter for individual runners.

Derby Runner League: Sunday mornings at 11am* (some races have separate men's and ladies events starting at 10.55 and 11.05 respectively). Entry fee £3* per runner.

The start times* and prices* are provisional, as neither league has announced its fixtures yet.

Last season we managed to close a men's team in every NML race and finished 12th (out of 12, but we still finished!). In the DRL we were on target for a league position until we were one man short of the eight required in the fifth race at Bosworth. Let's hope for better luck this season.



Derby Runner League race at Bagworth Heath: Robin Carter lying fifth.

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SUMMER CHALLENGE: OFFA'S DYKE PATH

Eight men, one lady, one minibus, four days, three bunkhouses, 180 miles, 38 hours and six minutes, and hardly a drop of rain. That sums up this year's epic on the Offa's Dyke Path National Trail.

The trail starts at Chepstow, and for three quarters of its length crosses and re-crosses the English/Welsh border, before taking a decidedly Welsh turn and meeting the Irish Sea at Prestatyn. It's a wonderfully varied scenic route, taking in the Wye Valley, the Black Mountains, the river Severn, the Dee Valley and the Clywydian Hills



Jon Kinder and Bryan Carr

(with views of Snowdonia to the left and the Pennines to the right).

And now that we have abandoned overnight running, we actually got to see it all!

Jon Kinder and Bryan Carr ran the entire 180 miles, with the rest of the squad taking turns to join them on the 38 stages. Steve Leach had done his usual immaculate job of planning the route and checkpoints – how he manages to find so many lanes six inches wider than a minibus is a trade secret! And Julie Rock filled the vital role of catering manager and still managed to run 33 miles.

One absentee was Bryan's companion Hollie the collie, now sadly confined to barracks with a severely arthritic paw. Her shepherding skills at

keeping the running squad together are going to be missed!

AUTUMN CHALLENGE

The 80-mile Dales Way, with a possible 20 mile extension to round it off, is emerging as the favourite choice for a min-epic in October.

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

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BOB GRAHAM ROUND

Recalling Amanda Carter's account of her triumph in the 42-peak, 66-mile, 24 hour Lakeland challenge, here she is on one of those 42 peaks (not surprisingly, she can't remember which!).



GRAND UNION CANAL RACE 24 – 25 MAY

Jon Kinder was in blistering form again, finishing second in a time of 27 hours 48 minutes, behind five-times winner Pat Robbins (26-20). The race follows the canal towpath for 145 miles from Birmingham to London, and 61 competitors managed to beat the cut-off time of 45 hours.

COLIN POTTER 10K 4 JULY

Gavin Chadwick tells me the event was a great success, with 394 runners completing the course. The damp conditions caused problems with the electronic chip timing, as one or two soggy chips got separated from their tags, which meant the results took a little longer to sort out than had been hoped, but otherwise all went well.

The organizing committee are mostly members of the Harriers, and always welcome help from other club members. The Colin Potter 10K continues to be a popular Friday evening fixture in the calendar, and an important raiser of funds for local cancer charities.

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MOORWAYS TRACK USE

We have a contract with Derby City Council for non-exclusive use of the running track at Moorways, for which we pay an annual fee. The contract allows:
All year round open access on weekdays between 12 noon and 2pm.
From 1 June to 30 September, use of the track on Wednesdays between 4.30pm and 6pm. We use some of these Wednesday sessions for our track race series.
The exception to the above is that occasionally we cannot use the track if it has been booked for an event. Typically this happens during June and July, when school sports days take place.
I know some of you were turned away from the track at lunch times earlier in the year by ground staff who were unaware of the arrangement, and I apologize. The underlying problem seems to be staff shortages at the city council leading to poor communication between the Council House and Moorways. We are assured that all is well now, and Moorways box office were certainly aware of our booking when I checked before the first of the track races.

PIGGS TROPHY 10K 6TH AUGUST

Hot off the press! I'm writing this just before finalising the results of the Piggs Trophy 10K, which took place at Mickleover last night. The promised rain never materialised, and a good crowd of 96 runners enjoyed the warm and humid conditions. Last year's winner Michael McGinty returned to win again in a time of 34-16, nearly a minute faster than in 2013. First lady was Rachel Farrow in 44-06, and the winners of the Piggs Trophy for the first RR Harrier and Ted Page Trophy for the first lady Harrier were Russell Parkin (36-36) and Julie Cowley (54-55). Race director Ian Page particularly wants to thank the large number of Harriers and relatives who helped with course marking, booking in, marshalling on the course and in the car park, manning the drink station, recording finishing times and positions and following the race on the sweep bicycle. And I'd like to thank Ian, who did an immense amount of work behind the scenes in making sure it all went smoothly.

FASTEST TIMES LAST SEASON

Marathon – Mark Fowell 2:54:05
Half Marathon – Mark Fowell 1:22:12
Ten Mile – John Taylor 1:07:37
10k – Russell Parkin 36:00
5k – Russell Parkin – 17:13
3k – Russell Parkin – 9:58
1500m – Russell Parkin and Luke Freeman 4:38

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WEEKLY CLUB RUN

Just a reminder that the club runs start from the Roundhouse changing rooms (adjacent to the Moor Lane site) 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) or Richard Scott (richard.scott2@rolls-royce.com).

NB the weekly club run is taking a summer break while the track races take place at Moorways. They will resume on Wednesday 24th September.

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)

Phone Jon Leek on 44005

WEBSITE

The long-promised Harriers website is still being developed, so please hold your breath a little longer! There's a treasure trove of photos from 1912 to the present day, and race results going back 30 years, to look forward to.

COMMITTEE

The Harriers committee consist of:

Ian Page (secretary and treasurer), Bill Southgate (membership secretary), Jon Leek (social secretary and kit), Robin Carter (captain), Gillian Whiteside (vice-captain), Joe Boal, Bob Bond, David Capel, Phil Edwards, Tony Edwards, Albert Pepper, Julie Rock, Richard Scott, Bob Wilson.

LAST WORD

I would be grateful if the 20 or so of you who haven't responded to my membership renewal emails would let me know one way or the other please.