

Rolls-Royce Harriers

Newsletter

July 2017

EDITORIAL

There's something a bit different for you in this edition – an inspiring report by Ray Thompson on his ascent of Mount Kilimanjaro with his son Dave, both of them members of the Harriers. This is a good place to remind you I'm always happy to receive contributions for future newsletters.

On the domestic front, the Broome Cup is behind us, the Piggs Trophy 10k at Mickleover is nearly here, and the Handicap will follow in September at Moorways. Wednesday evenings track sessions are well under way, two down and five to go as I write. Dates have been announced for the North Midlands Cross-Country League, and the meeting to fix the dates for the Derby Runner League is only a couple of weeks away.

And on the tenth anniversary of the first of our long-distance relays, we revisited the Pennine Way, and enjoyed six days of glorious weather, in marked contrast to the three days and nights of bog-trotting in the pouring rain we experienced in 2007!



Celebrating in style: Mark Fowell, Jon Kinder and Andy Swift outside a Settle chippie at the end of the Pennine Way relay (part 1). Karolina Kucharek is at the back of the queue – who said chivalry was dead?

MEMBERSHIP RENEWALS

Just a reminder to the 50 or so who haven't responded to my renewal notice yet: please get in touch, whether or not you want to renew. Until you do, you won't be registered for competition with England Athletics, and won't be eligible for the discounted entry fee for races.

Rolls-Royce Harriers

Newsletter

July 2017

DIARY DATES

Thu 31st August Malt Shovel Fell Relays, near Wirksworth 6.30pm
Sun 1st October Congleton Half Marathon 9.30am

Track Races, Moorways, 5pm

Wed 26th July 1500m
Wed 2nd August 5000m
Wed 16th August 3000m
Wed 23rd August 1500m
Wed 30th August 800m, 400m, 200m

RR Harriers Events

Wed 9th August Piggs Trophy 10k, Mickleover 7pm
Wed 13th September Handicap, Moorways, 6pm

North Midlands Cross-Country League 2017-8

Sat 14th October Markeaton Park, Derby
Sat 11th November Glebe Park, Corby
Sat 2nd December Shipley Park, Heanor
Sat 13th January Wollaton Park, Nottingham
Ladies' races start at 1.25pm and men's races start at 1.55pm.

LONDON MARATHON

Congratulations to the seven Harriers who completed the London Marathon on April 23rd, including club entry winner Joe Rees. Results below:

POSITION	NAME	TIME AT HALF WAY	CHIP TIME	AGE GROUP	AGE GROUP POSITION
1393	BEN HALL	1:26:27	2:56:31	M18-39	843
4236	JOHN TAYLOR	1:37:40	3:17:46	M50:54	363
4709	MARK FOWELL	1:33:47	3:21:01	M50:54	424
8798	ANDY DODSLEY	1:42:25	3:42:51	M40-44	1508
14789	JOE REES	1:55:02	4:06:36	M40-44	2206
29005	GILLIAN WHITESIDE	2:26:21	5:05:42	F50-54	810
33022	NEIL BARNES	2:24:48	5:30:09	M65-69	191

COLIN POTTER 10K

And congratulations, too, to the Colin Potter 10k organising committee, mostly Harriers, on the staging of another successful event on 7th July, with 413 finishers. Harriers results:

CHRIS MORRISON	41:04	ANDY NORMAN	50:33
MARK FOWELL	41:22	ANDY WARD	52:51
MARK HULANDS	43:43	ADAM LOWERSON	1:02:04
IAN PAGE	44:34	PADDY CONNALLY	1:02:17
CHRIS SMITH	47:25	JUDY NOLAN	1:02:30
LINDSAY CUTHBERTSON	47:42	ROSEMARY WRIGHT	1:26:06

Page 2 of 11

Editor: Bill Southgate. billsouthgate337@btinternet.com. Rolls-Royce Harriers
July 2017

Rolls-Royce Harriers

Newsletter

July 2017

CHAMPIONSHIP TABLE

R-R HARRIERS CHAMPIONSHIP 2016-2017

POSITIONS AT 25 JULY 2017

<u>POS</u>	<u>NAME</u>	<u>POINTS</u>	<u>POS</u>	<u>NAME</u>	<u>POINTS</u>
1	KAROLINA KUCHARAK	264	37=	ADAM CATCHPOLE	30
2	MARK FOWELL	204		PADDY CONNALLY	30
3	ROBIN CARTER	203		IAN PAGE	30
4	ANDY DODSLEY	198		PAUL STEELE	30
5	STEVE WAKEFIELD	186	41	MICK BROOKES	25
6	ANDY WARD	178	42	TRISTAN COOPER	24
7	GILLIAN WHITESIDE	153	43	ALAN ECCLESTON	22
8	ANDY NORMAN	139	44	CLIVE BARRACLOUGH	21
9	MARK HULANDS	132	45=	JOE BOAL	20
10	DEAN SMITH	122		NEAL FELLOWS	20
11	CHRIS SMITH	117		ROSEMARY WRIGHT	20
12	ROB GOULDS	116	48	ALLAN POLLOCK	19
13=	RIC BRINEY	115	49=	ANDREW DEIGHTON	18
	IAN LAMBERT	115		WENDY LAWRENCE	18
15	JON LEEK	106	51=	REUBEN LEE	17
16	JOHN TAYLOR	101		ADRIAN SHORE	17
17	JON KINDER	97	53=	TONY GREENHOUGH	16
18	BOB WILSON	91		GREG HOLLAND	16
19	TONY HOGAN	88	55	JUDY NOLAN	13
20	LINDSAY CUTHBERTSON	87	56	BEN KIRBY	12
21	BEN HALL	86	57	DAVE THOMPSON	11
22	DARREN POTTER	83	58=	KIERAN CONNALLY	10
23	NEIL BARNES	80		TONY EDWARDS	10
24	NICOLA POTTER	63		PAULA PARKIN	10
25	RUSSELL PARKIN	61		ALBERT PEPPER	10
26	CHRIS CLARKE	54	62=	LAKSHMI JAYA	9
27	CHRIS MORRISON	53		ADAM LOWERSON	9
28	AMANDA CARTER	50	64	YOGENDRA RAI	8
29	LEE GRIFFITHS	46	65=	CLIFF COOPER	5
30	MARIE MORGAN	44		STEVE LEACH	5
31=	GAVIN CHADWICK	41		BRIAN NICHOLLS	5
	CLARE McKITTRICK	41		JULIE ROCK	5
33=	LISA FILDES	38		RICHARD SCOTT	5
	JOE REES	38		SUKI VERNON	5
	BILL SOUTHGATE	38		KEN WRIGHT	5
36	HELEN HILDRED	32			

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		

Rolls-Royce Harriers

Newsletter

July 2017

A TRIP TO TANZANIA

By Ray Thompson

In February 2017 I travelled to Tanzania, with my son Dave, to fulfil a long standing ambition – to climb Mt Kilimanjaro. I thought I had better get on with it while I was still capable! It was an eight day camping trip and had been planned with a local trekking company who arranged the support team. When we met up we were very surprised at its size, nine in total just for the two of us! However, as we progressed we realised the number was required so the loads they carried was not too high, this being regulated by the National Park Authority. It was also contributing to economy of a poor country.

We set off with the temperature at 30 deg C, walking through rain forest to the first camp among the trees. The second day we passed through the rain forest to a moorland climate, definitely getting cooler.

Our guide told us he thought we were going well enough to miss out two of the camps on the way up and reach the summit in four days instead of the planned six. This concerned us as acclimatisation to altitude is not straightforward and does not depend upon fitness. We decided to go with this when told that over the next two days we would be climbing high in the day and coming down to sleep lower, which is a very good way of acclimatising.

The porters, all young men, would go on ahead and set up camp for the evening. Our cook would have a hot drink ready when we arrived and a substantial evening meal was served around 6:30pm. We were generally ready for bed at 9:30pm and glad to get into our warm sleeping bags.



With our two guides at the top of the buttress climb

The whole area we were walking through was volcanic and on the second day we walked seven miles across a caldera, a large volcanic plain surrounded by smaller volcanos, dominated by Kilimanjaro. That night we slept at 12,600 ft.

Page 4 of 11

Rolls-Royce Harriers

Newsletter

July 2017

We were woken at 6:30am with a hot cup of ginger tea, which was surprisingly tasty. This was followed by a good breakfast of millet porridge and usually sausage with scrambled eggs. Then off walking by 8:30am.

Day three we climbed up to a spectacular lava tower, which is a volcanic plug over a lava vent. There has fortunately been no volcanic activity in the last 150,000 years.

We were now in the alpine desert at 15,100 ft, then descended to 13,000 ft where we spent the night. Now with full thermals on inside the sleeping bags.

After the substantial breakfast we were off and straight into a big climb up a rocky buttress, not the best preparation for the effort needed. We were in the sun by 8:30am and it got quite warm.

We arrived at our highest camp at 15,100 ft by 3:15pm. The tent was already pitched so we had a couple of hours rest in preparation for the summit push a few hours later. A big pasta meal was served at 7pm, but I could not manage much of it, an effect of altitude can be loss of appetite. In bed again at 8pm.

The next morning at 2am we set off for the summit. This was a 4,200 ft climb to the top at 19,300 ft. It was very cold, so with all our warm clothes and head torches we were on our way. The pace was very slow but we kept it going and after two hours we were passing groups who had started long before us. Some people were in a real state of exhaustion, and clearly were not going to make it to the top.



Ray and Dave at the summit

There was a spectacular sunrise at 6:15am, the sky was clear and after five hours we were at the summit and elated, with the effort temporarily forgotten!

After photos, and an hour on top, we had the big descent down to our last camp at 13,000 ft. On the way down it got really warm in the sun until after three hours we passed through a heavy snow storm, so back on with the warm clothes.

Page 5 of 11

Editor: **Bill Southgate.** billsouthgate337@btinternet.com. **Rolls-Royce Harriers**
July 2017

Rolls-Royce Harriers

Newsletter

July 2017

At dinner that evening I could only manage half a bowl of soup, Dave was still eating well. Bed at 8pm and not surprisingly we both had a good night's sleep. Up the following morning in the warmth of the sun. After breakfast the whole crew gathered and sang a song of congratulations on our successful trip. Then descending another 7,000 ft to the end of the journey and to the waiting transport back to the hotel in Moshi. We spent the two days saved on the mountain travelling around the local area, taking in the sights and culture. The day after the climb we had a welcome visit to a relaxing hot spring. We also sampled the local beer made in the villages and drank from a communal jug. It was pretty awful and will never make it to a UK beer festival! We felt very privileged when our chief guide invited us round to his house where his wife cooked a very tasty meal. She could speak no English but we had lively conversation and a lovely evening. We both thoroughly enjoyed the holiday, the achievement and experience together.



Team photo at the last camp, Kili summit in the background

Footnote.

Kilimanjaro is the highest mountain in Africa and is the world's highest free standing mountain.

At 72 I was nowhere near the oldest person to have made the summit. This achievement goes to a Russian lady – Angela Vorobeva – who made the summit in 2015 aged 86.

The fastest ascent and descent was achieved by a 22 year old Swiss mountain guide – Karl Egloff – in 2014 with an incredible time of 6 hours 56 mins.

A local Tanzanian mountain guide – Simon Mtuy - holds the record of 9 hours 19 mins for the totally unaided ascent and descent, where he carried his own food, water and clothing.

Rolls-Royce Harriers

Newsletter

July 2017

TENTH ANNIVERSARY EPIC – THE PENNINE WAY

Ten years ago the tradition of the long distance Harriers relay was born. The route chosen was one of the iconic long distance footpaths, the Pennine Way, 268 miles between Edale and Kirk Yetholm, just over the Scottish border. The plan was to run it non-stop, using head torches at night, with non-runners being driven between stages in minibuses. A lot of careful planning went into dividing the route into 30 stages and allocating runners to stages (2 or 3 per stage). The summer of 2007 turned out to be one of the wettest on record, and the rain continued to lash down for most of the three days and nights. Comfort was a secondary consideration – three soaking wet runners squeezing into a crowded minibus in the middle of nowhere in the early hours of the morning, desperate for dry clothes and some shut-eye is a recipe for frayed tempers – but the spirit of shared adventure kept any disgruntlement at bay. The target time of 64 hours 42 minutes was beaten (time taken was 62 hours 26 minutes), and a great evening was had at the Border Hotel. And £6,700 was raised for charity.



Pennine Way squad 2007: Back row - Dave Cluley, John Thornhill, Allan Pollock, Tom Ottewell. Front row - Ken Northard, Cliff Cooper, Pete Adams, Ian Page, Steve Leach, Dave Thompson, Andy Swift, Mark Rogerson, Jon Kinder, Alan Newby, Diane Graham, Julie Smith, Bill Southgate, Ray Thompson, Malc Marchant, Jon Leek, Stephen Turnough, Des Gosling. Missing - Dave Chisholm.

Rolls-Royce Harriers

Newsletter

July 2017

The summer epic soon became an annual event, taking in the coast of Cornwall, traverses of Scotland, England and Wales, the Pembrokeshire coast, Offa's Dyke, Wainwright's Coast to Coast and the coasts of Somerset and North Devon. You'll find more on these on the Harriers website.

In the tenth anniversary year, it was decided to revisit the Pennine Way, taking on board some of the lessons learned in the meantime. These included no night running (stunning countryside looks best in daylight), sleeping in beds (hostels and Travelodges), no pre-allocation of runners to stages, and how to control the weather (though JK is keeping that secret to himself).

The trip was split over two weekends, one in March and one (a long weekend) in June. At the 7am start from Edale, temperatures were hovering around freezing, but by early afternoon, with Kinder Scout, Bleaklow and Black Hill behind us, heatstroke was a more likely hazard than frostbite. At the break, north of the Calder Valley, Mark Fowell and Matt Tomlinson had run the entire 47 miles, and looked fresh as daisies.

An overnight stop in Burnley somehow brought on a recurrence of an old knee injury (Lancastrian knee?) for Matt, however, and he was forced to miss out on day two. This was a Sunday, and the fine weather had brought out the crowds to the tourist hotspot of Malham, which was busier than St Peters Street on a Saturday afternoon, and provided a parking challenge to the on-duty minibus driver. The day finished with a run over Pen-y-ghent, one of the Yorkshire Three Peaks, and down to Horton-in-Ribblesdale. Mark had continued his form of the previous day, and added all of Sunday's 45 miles to his total.



Ian Page, Mark Fowell, Andy Swift and Jenny Southgate arrive at Horton, with Pen-y-ghent in the background.

Rolls-Royce Harriers

Newsletter

July 2017

For part 2 in June, there were some changes of personnel. Mark Fowell and Jon Leek were unavailable, but we were joined by Bryan Carr, Cliff Cooper, Keith Covell and Malc Marchant. Expecting Horton-in-Ribblesdale to be relatively quiet at 7am on a Saturday, we arrived to find it overrun by vehicles of all shapes and sizes, and people of all shapes and sizes, as this was the day of a major charity event on the Three Peaks. Once our five runners had been set on their way and the minibus headed off to the first checkpoint ten miles away, tranquillity returned however. Early morning mist soon dispersed and a hot day was in prospect. A core squad of Bryan Carr, Jon Kinder and Matt Tomlinson were set on completing the whole 176 miles to Kirk Yetholm, and this they duly did, as the rest of us ducked in and out of the bunch. Over the next four days we were treated to the Pennine Way at its rare best, with fabulous views, especially from the highest point of the Pennines, Cross Fell, to the Lake District, where several of the peaks could easily be recognised. High Cup Nick and Hadrian's Wall were other memorable landmarks, and the final 20 miles or so along ridge of the Cheviots was quite magnificent.

There was plenty to talk about in the pub on the last night, and we didn't forget to raise our glasses in memory of two of the 2007 team who are no longer with us, and greatly missed, John Thornhill and Dave Cluley.



Pennine Way (part 2) squad, 2017: Andy Swift, Matt Tomlinson, Keith Covell, Bob Bond, Jenny Southgate, Malc Marchant, Ian Page, Bill Southgate, Alan Eccleston, Cliff Cooper, Jon Kinder, Karolina Kucharek, Bryan Carr.

Rolls-Royce Harriers

Newsletter

July 2017

So now we're all looking forward to the 20th anniversary run in 2027! I wonder if there's a record for the fastest time using a zimmer frame?

WHINGERS TROPHY

Yes, it really does exist, and this is what it looks like. Photograph courtesy of proud holder Andy Ward.
Andy maintains he was awarded it for "being polite". The rules are infinitely adaptable!



HARRIER ON THE PODIUM



Karolina Kucharek receiving her prize for finishing third lady in the Ashbourne half marathon.
Sorry I had to squeeze you in alongside the Whingers Trophy Karolina!

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)

Rolls-Royce Harriers

Newsletter

July 2017

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 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).

The Annual Piggs Trophy Race

WEDNESDAY 9th AUGUST 2017, 7.00 PM

[run under UKA rules; licence 2017-30133]

Approx distance 10 km

**Car park and entries at Mickleover Sports Club
Station Road, Mickleover, DE3 9FB**

Entry fee £7 (£5 for affiliated club runners)

RR HARRIERS FREE ENTRY

Enter on the day only

RR and non RR runners welcome

Race starts on Spinneybrook Way, off Station Road, with a scenic route including country lanes and the Etwall-Mickleover path

Prizes for 1st, 2nd, 3rd, L1, L2, L3; MV1, MV2, LV1, LV2

Piggs Trophy for 1st RR Harrier man

Page Trophy for 1st RR Harrier lady

Prizegiving in Mickleover Sports Club bar afterwards

Any queries phone Gillian Whiteside on 07790 708535

Page 11 of 11

**Editor: Bill Southgate. billsouthgate337@btinternet.com. Rolls-Royce Harriers
July 2017**