

Rolls-Royce Harriers

Newsletter

August 2018

EDITORIAL

My abject apologies for the long delay between newsletters. I won't bore you with excuses. First up this issue is a report from Paddy Connally, whose name was drawn from the hat for the Harriers entry in the London Marathon. Just before that, he was diagnosed with But let him tell you himself.

LONDON MARATHON APRIL 22ND

Shortly before my name was pulled out of the hat at The Welly, I was diagnosed with Type 1 diabetes. Various symptoms had ramped up during 2017 which meant that I did not attend any track nights and volunteered to marshal at the Piggs Trophy 10K as I was too fatigued to run. The diagnosis fully explained my symptoms, but was not any less of a complete shock.



After consideration, a referral to a T1 sports specialist in Birmingham and, most importantly, agreement with my wife, I was happy to enter as the Harriers entrant and commence training in earnest. It was explained to me how to exercise safely whilst managing T1, running almost exclusively at dawn to avoid nocturnal low blood glucose events.

The Bath Half was cancelled in March; I had entered to run this as a 'practice' for the big day. Apart from this, I luckily dodged the very worst of the weather, although I did head to Shobnall track for a repetitive long run on one occasion to keep on schedule. I had run a 1:52 half distance and 3:07 20 miles. From a standing start, my training had gone well and I was really confident for the big day.

My experience of race week was incredible and the atmosphere was unforgettable. From registration at the expo to the drop off at the baggage trucks, the organisation is admirable. In the morning I met some great peers including many seasoned T1 runners for a JDRF team photo at Greenwich, then head to the blue start.

The first half went well given the temperature and I got to halfway just beyond Tower Bridge in 2:09. The support and noise from the spectators was cacophonous. Crowds, karaoke, cheer points, pubs, steel drums, gospel choirs; the lot! I was also buoyed by briefly running and chatting with Judge Craig Mitchell, founder of Skid Row Running Club.

I saw my family for a brief chat near mile 17 at Mudchute Farm, although I am not sure I was entirely coherent! The second half was a slog and I really struggled to maintain good blood glucose levels in the heat. My longest training run had been 4°C. The temperature on the

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course had soared to the late 20s and I spent a lot more energy keeping cool. I finished on The Mall in 5:23.

Looking back on my experience, I have had time to reflect. The marathon is an outcome of a lot of inputs (training, weather, health, diet, hydration, pace...). I am comfortable knowing it will take running a few more marathons to have only one or two events that go perfectly to plan.

The good fortune of my name being pulled out of the hat has been immeasurable. In the past four months I have been in touch with so many individuals that have had such a positive effect on my health. Meeting other entrants, T1 peers and countless health care professionals undoubtedly helped me through my training and completing London. I was afraid of running immediately post-diagnosis, but having followed advice and making adjustments to my T1 management, the process has been straight forward and I look forward to surpassing my pre-diagnosis fitness and setting new PBs.

The additional control on my T1 that regular exercise now provides me with cannot be understated. If my name had not have been pulled out the hat, my return to frequent running would not have been so soon, nor so determined.

Paddy Connally

Paddy wearing his medal, with his family at the reception. Dad and fellow Harrier Kieran is on the left.



RRH Results.

Ben Hall	3:00:05
Mark Fowell	3:34:49
Paddy Connally	5:23:19

DIARY DATES

Mon 27th August R10k, Rugeley Leisure Centre, 10am

Sun 7th October Congleton Half Marathon, 9.30am

Sat 27th October British Masters Cross-Country Relays, West Park, Long Eaton

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CHAMPIONSHIP TABLE

R-R HARRIERS CHAMPIONSHIP 2017-2018

POSITIONS AT 2 AUGUST 2018

POS	NAME	POINTS	POS	NAME	POINTS
1	DEAN SMITH	294	39	MIKE LAWSON	30
2	CHRIS CLARKE	248	40	MATT McCORMACK	29
3	GILLIAN WHITESIDE	240	41	IAN PAGE	27
4	STEVE WAKEFIELD	211	42	CHRIS MORRISON	26
5=	ANDY DODSLEY	204	43=	JOE BOAL	25
	MARK FOWELL	204		GAVIN CHADWICK	25
7	KAROLINA KUCHARAK	179		ADRIAN SHORE	25
8	TOM MOWBRAY	154	46=	LISA FILDES	24
9	ANDY WARD	148		BILL SOUTHGATE	24
10	JON KINDER	146	48	ROSEMARY WRIGHT	20
11	ROBIN CARTER	104	49	MICHAEL TIMM	19
12	MARK HULANDS	102	50=	TONY GREENHOUGH	18
13	ANDY NORMAN	101		MIKE WOOD	18
14	TRISTAN COOPER	100	52=	ALAN ECCLESTON	17
15	CLARE MCKITTRICK	90		GEMMA STACEY	17
16	CHRIS SMITH	88	54	PETE ADAMS	16
17	JAMES WARD	71	55=	KIERAN CONNALLY	15
18=	PADDY CONNALLY	66		ALBERT PEPPER	15
	IAN LAMBERT	66	57=	CLIFF COOPER	14
20	RUSSELL PARKIN	63		DAVE PALFREYMAN	14
21	DEBBIE WATKINS	61	59	WENDY LAWRENCE	13
22	JON LEEK	60	60=	BOB BOND	10
23	PAULA PARKIN	53		TONY EDWARDS	10
24	RIC BRINEY	49		STEVE LEACH	10
25	AMANDA CARTER	48		DAVE THOMPSON	10
26	TODD COXHEAD	46	64=	LAKSHMI JAYA	9
27	MARIE MORGAN	43		ADAM LOWERSON	9
28	NEIL BARNES	42	66=	CHRIS HUNT	5
29=	ROB GOULDS	41		ALLAN POLLOCK	5
	STEVE ROEBUCK	41		KEN WRIGHT	5
31=	NEAL FELLOWS	40		CLIVE BARRACLOUGH	5
	JOHN TAYLOR	40			
33	PAUL STEELE	38			
34	HAZEL LE CORNU	37			
35	BEN HALL	34			
36	JOE REES	33			
37=	LINDSAY CUTHBERTSON	32			
	BOB WILSON	32			

Colour Codes

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

	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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WILMOT WANDER

You'll see the words "Ultra events" mentioned elsewhere in this newsletter. Here's one. The Wilmot Wander is a 32 mile event for both runners and walkers, organised by the 27th Derby (Chaddesden) Scout Group. Entries are taken from individuals or from teams of between 3 and 6 people. The route circles Derby and includes strenuous hilly sections, field paths, parkland and canal towpaths. As it takes place in January, there's usually a lot of mud en route!

A Rolls-Royce team of Jon Kinder, Matt Tomlinson, Mark Fowell, Todd Coxhead and Bryan Carr were this year's winners in a time of 5:08. Amanda Carter was the fastest lady in 5:23. Other Harriers (and "associates") times were: Keith Covell 5:23, Rob and Yvonne Turner 6:13, Bryn Hall 6:21, Andy Dodsley 6:55, Cliff Cooper 7:28 and Allan Pollock 8:06. Allan was a member of the winning walking team, 1st Openwoodgate Scouts!

TRACK RACES AT MOORWAYS

We are nearly halfway through this summer's series, but there is still a full range of distances to be run. You don't have to be a budding Steve Cram to take part. All standards are catered for, and we run two races per session, as long as enough people turn up. Best of all it's free, and there are championship points to be had!

Remaining dates, all Wednesdays at 5pm (just turn up and run):

8th August 5,000 metres

15th August 3,000 metres

22nd August 1,500 metres

29th August 800, 400, 200 and 100 metres

5th September 800, 400, 200 and 100 metres

HANDICAP RACE WEDNESDAY 12TH SEPTEMBER

Hot on the heels of the last track races comes the cross-country handicap race, around the perimeter of the Moorways playing fields. This is the traditional opener to the new championship season, and an opportunity to get some early points in the bag. I'll be sending out entry forms during August.

DERBY RUNNER CROSS-COUNTRY LEAGUE

The popularity of this league has continued to grow, and to relieve pressure on venues, particularly with regard to car parking, a separate league was formed last year for clubs in Derbyshire and Staffordshire. We declined to join it then, opting to stay in the main league dominated by Leicestershire based clubs. We have now decided to take the plunge and move to the new league next season, which should shorten travelling distances, and may encourage a few more of you out of bed on Sunday mornings!

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HARRIERS KIT IN FAR FLUNG PLACES

I had an email from Steve Leach after the last newsletter. He said:

"I liked the photo of John and Sheila Charlton in California. Maybe we should start a competition for photos of RR Harriers in club kit in far flung places. California may be a contender. I have a photo of Jon Cook in his Harriers vest with Miles Hilton-Barber [the blind adventurer from Duffield who Jon guided] on the start line of the Badwater ultra marathon in 2005. It is also the lowest point below sea level in the western hemisphere and one of the hottest. I have been there myself with Jacky on a long drive around California in August 2006. It was 50C according to a nearby thermometer when we were there and 5 minutes was all I could stand before retreating into our air-conditioned car. I remember Jon telling me that each competitor had to have a support vehicle / campervan following them at all times stocked with cold drinks and ice as well as food. The trick was to put a large bag of ice on your head wrapped in a wet towel every mile or so to stop your brain melting. Numerous medical staff monitored the competitors and at the back of the field the so-called Doctor Death in his pickup truck came along towing the equivalent of an ice filled coffin. If you were taken bad by the heat you went in the coffin until you were back at safe temperature levels or were certified dead.



As for the farthest distance I remember John Thornhill took part in Masters World Championship events in Australia as part of a holiday there in 2001. He was 54 at the time, and did the 10K (he was 41st in the O50 race in 40:43) and Marathon (50th in the O50 race in 3:30:21). Did he wear his Harriers vest and does anyone have any photos I wonder?"

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BOB GRAHAM ROUND – R-R HARRIERS RECORD BROKEN!

Club captain Robin Carter completed his second Bob Graham round, the iconic 24 hour, 66 mile, 42 peak circuit in the Lake District, on June 2nd. He had completed his first BGR eight years ago, but failed to have it ratified, so this time he was determined to do the job properly. Starting at 2am, he set himself a challenging target of 20 hours, and in the event smashed it (and his pacers in the process!), finishing in 19 hours 6 minutes. That is more than 2 hours quicker than the previous fastest RRH time, 21 hours 9 minutes, set by Phil Pittson in 1993.

The weather was warm and muggy with thick mist on most of the tops making navigation difficult, and wet rocks in places made some of the descents treacherous. In better conditions he might have been even quicker though whether his pacers could have stayed with him is a good question. One of the prerequisites for ratification is to have support runners at every stage, and Robin was ably supported by several Harriers and other friends. Bryan Carr commented “Robin’s pace just about finished the lot of us”.

Steve Leach

Robin’s report makes great reading, but it’s too long to include here, and too good to abridge. You’ll find it on the Rolls-Royce Harriers website.



Robin (blue socks, 6th adult from left) and his support team at the finish

BOB GRAHAM ROUND – ALL-COMERS RECORD BROKEN!

Billy Bland’s record of 13 hours 53 minutes that had stood for 36 years was broken at the beginning of July by the Catalan runner Kilian Jornet. The record wasn’t just broken, it was shattered! Jornet’s time was 12 hours 52 minutes. In a nice touch, Billy Bland himself was present to congratulate Jornet at the finish.

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CHAMPIONSHIP POINTS FOR ULTRA AND FELL RACE EVENTS

Early in the current season the committee decided to modify the club championship to include points for ultra events (events over the marathon distance). Your editor was given the task of coming up with a proposal, and he has been dragging his feet somewhat, despite several gentle prods from interested parties.

My thanks to Steve Leach for making a number of very helpful suggestions, resulting in what I think is a sound proposal. Very briefly:

- There will be up to 50 points available per runner for the best performance in an ultra event. The score will be based on the event winner's time, or the established course record, as a proportion of the runner's time, multiplied by fifty. In this category we include the Bob Graham Round (see above) and its established Welsh and Scottish equivalents.
- There will also be up to 50 points available per runner for the best performance in a fell race. Scoring will be similar to ultras. If the race is a relay, a runner's score will be based on the fastest time over the stage.
- Men's and ladies scoring will be separate.

I'll circulate the proposal in more detail separately.

The intention is to recalculate this season's championship table as a trial run. To help me do this, please let me have any ultra or fell race results from the last eleven months (from September 13th 2017).

We'll assess the revised table, and introduce the modifications formally next season, incorporating any tweaks that may be necessary.

GENERAL DATA PROTECTION REGULATION

I'm sure many of you will be aware that this new government legislation became law earlier this year (25th May to be precise). The following wording has been recommended by England Athletics:

When you become a first claim member of or renew your first claim membership with Rolls-Royce Harriers you will automatically be registered as a member of England Athletics. We will provide England Athletics with your personal data (name, date of birth, postal address and email address) which they will use to enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics, please contact dataprotection@englandathletics.org.

Note that EA now require an email address; many of you have already provided one by accessing the online portal, but I will be contacting those who haven't to get your permission to add one.

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WEBSITE BACK ON TRACK

Many thanks to Steve Leach for picking up the baton and bringing the website up to date. Recent additions have been several reports on the Bob Graham Round, and results for all this season's races. And thanks, too, to Richard Scott for setting it up in the first place and for keeping it going for the first couple of years, despite ever-increasing demands on his time from elsewhere.

MEMBERSHIP RENEWALS OVERDUE

If you haven't yet paid your subscriptions, please do so a.s.a.p. The official England Athletics line is that the closing date is 30th June, though I have managed to process a number of renewals in July and early August.

STOP PRESS! PIGGS TROPHY 10K – AUGUST 1ST

There was a record turnout – 175 – for the Piggs Trophy 10k, on the 20th anniversary of its move from Sinfin to Mickleover.

Some changes were necessary this year, as building work was under way in the area, affecting the course at the junction of Station Road and Radbourne Lane, where a roundabout is under construction, under temporary traffic light control. The course had to be remeasured, and the start was moved onto Station Road opposite the Great Northern Hotel. Course architect Tony Edwards has been keeping a very close eye on developments, including liaising with the builders to ensure that the course wouldn't be obstructed on the night. His real coup was getting the site engineer to turn all the traffic lights to simultaneous red as the runners passed. On the night, he put out all the kilometre markers, and, with the help of his wife Lynn and daughter Marie and some of the marshals, collected them all in again. We are very grateful to Tony for his diligence and hard work.

Our hosts Mickleover Sports asked us to use the adjacent field, normally used for weekly car boot sales, for parking and registration, which worked well, although it meant some frantic hand-signalling from the car park marshals to direct drivers on autopilot through the correct gate!

The race was won by Kenny Malton of Shelton Striders in a time of 35:12. Kenny had been 7th, 2nd and 7th in the previous three races – he's got the top spot at last! First lady was Rachel McGuinness of Derwent in 41:28, first vet was second-placed Matt Cartwright of Derwent (35:38) and first lady vet Ruth Keely of Belper Harriers (43:56). The Piggs Trophy for the first RRH man went to Tom Mowbray (5th in 37:03), and the Page Trophy for the first RRH lady was won by Marie Morgan (105th in 49:38).

An event like this involves a lot of organisation beforehand and on the night, and an army of marshals, drink station attendants, timekeepers and recorders, and we're very grateful to race director Gillian Whiteside and all of the other 25 people who chipped in.

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

NB the club runs are currently on their summer break, as we are using our Wednesday 5pm slots for the track races at Moorways, followed by the handicap race on September 12th. Normal service will be resumed on Wednesday September 19th.

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