

# Rolls-Royce Harriers

Newsletter

June 2015

## HARRIERS WEBSITE

The website has been up and growing for several months now. I hope you all like it, and use it as a source of up-to-date news, dates for future events, results and the championship table. Google "Rolls-Royce Harriers", and you'll find it at [www.rollsroyceharriers.com](http://www.rollsroyceharriers.com). As I said last time, if you have any comments or suggestions, let Richard Scott, Jon Leek, Gillian Whiteside or me know.

...and don't forget our Facebook page!

## DIARY DATES

Tue 23<sup>rd</sup> June Holme Pierrepont Grand Prix 4 miles, Radcliffe Country Park, 7.15pm  
Thu 25<sup>th</sup> June Holme Pierrepont Grand Prix 5 miles, Colwick Park, 7.15pm  
Sun 28<sup>th</sup> June Tamworth Gate Gallop 10k, Anker Sports Centre, Amington. 11.15am  
Tue 30<sup>th</sup> June Holme Pierrepont Grand Prix 5k, Wollaton Park, 7.15pm  
Thu 2<sup>nd</sup> July Holme Pierrepont Grand Prix 10k, Water Sports Centre, 7.15pm  
Fri 3<sup>rd</sup> July Colin Potter 10k, Derby Rugby Club, Haslams Lane, Derby, 7.15pm  
Sun 5<sup>th</sup> July Spire 10, Holmebrook Valley Park, Chesterfield, 10.30am  
Fri 17<sup>th</sup> July Tara Kinder 10k, Elvaston Castle, 7.30pm  
Sun 11<sup>th</sup> October Derby City Half Marathon, Derby University, Kedleston Road, 9am

## BROOME CUP 15<sup>th</sup> APRIL 2015

The long-expected development of the Infinity Park site on Sinfin Moor had started, and we had to find a new home for the Broome Cup. We chose to go back to the playing fields of Moorways, where we had staged the event in 2001, while the farmland was out of bounds during the foot and mouth crisis. Four laps of the playing fields may seem a rather boring prospect, but the course is surprisingly varied, using the banking around the running track, and the twists and turns of the paths through the woods to full advantage. The entry was slightly down this year, to a more manageable 131, but there were many positive comments after the event.

The winner was Jaimie Roden, nearly a minute and a half ahead of Robin Carter, and Jaimie's Composite Fan team of himself, Gordon Kalwak, George Crammond and Leonardo Lupelli won the team prize. That was never in any doubt, with the three scoring runners finishing 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup>! First lady was Clare McKittrick, 14<sup>th</sup> overall, and her CHQ Ladies team of Clare, Vicky Doherty, Amanda Price and Gillian Whiteside also took team honours.

I have to thank the many of you who volunteered to marshal on what turned out to be a chilly evening. Thanks too to Richard Scott for taking the group photo which now adorns our website's home page, and for organising the hundreds of pictures of the event which were on the website within hours.

Whether we choose to remain at Moorways for future Broome Cups and Handicaps remains to be seen. Keep your eyes on the website for announcements.

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## DERBY RUNNER ALL-TERRAIN SERIES 2014-2015

### RR HARRIERS PERFORMANCES

	POSITIONS						POINTS						TOTAL OF BEST THREE
	NOV 16	DEC 7	JAN 4	JAN 18	FEB 15	MAR 1	NOV 16	DEC 7	JAN 4	JAN 18	FEB 15	MAR 1	
	LEAGUE RACES						LEAGUE RACES						
	MARKFIELD	BAGWORTH HEATH	SINAI PARK	BRADGATE PARK	BOSWORTH	HOLLY HAYES WOOD	MARKFIELD	BAGWORTH HEATH	SINAI PARK	BRADGATE PARK	BOSWORTH	HOLLY HAYES WOOD	
<b>MEN</b>													
ROBIN CARTER	16	11	7				22	22	22				66
JON LEEK	46	31	49	150		52	21	21	21	21		22	64
MARK FOWELL	137		84	98			18		20	22			60
GAVIN CHADWICK	299	240		291	199	192	10	16		18	20	20	58
DEAN SMITH	246	201	189	228			12	20	16	20			56
ANDY DODSLEY	236		193		143		14		14		22		50
BILL SOUTHGATE				367	246	245				12	18	14	44
JOHN TAYLOR					149	141					21	21	42
STEVE WAKEFIELD	356			361	253	257	10			14	12	10	36
BOB WILSON	232		171				16		18				34
RICHARD SCOTT					252	228					14	18	32
CHRIS SMITH					251	243					16	16	32
MATT TOMLINSON	70						20						20
JOE REES		209						18					18
LEE GRIFFITHS				356						16			16
ANDY NORMAN		311						14					14
PETE LONG			280						12				12
ANDY WARD						246						12	12
<b>LADIES</b>													
AMANDA CARTER	25	36		55	70	41	22	22		21	21	22	66
LINDSAY CUTHBERTSON		51		36	28			21		22	22		65
GILLIAN WHITESIDE	164	143	129			113	21	18	22			21	64
LUCY WILLIAMS	206			221			20			20			40
JANET ILLSLEY		107						20					20

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## CHAMPIONSHIP TABLE





### R-R HARRIERS CHAMPIONSHIP 2014-2015




POSITIONS AT 10 JUNE 2015

POS	NAME	POINTS	POS	NAME	POINTS
1	GILLIAN WHITESIDE	206	37=	LISA FILDES	28
2	MARK FOWELL	188		JOHN IRVING	28
3	ROBIN CARTER	187		MARK SKELTON	28
4	BOB WILSON	179	40	IAN LAMBERT	26
5	ANDY DODSLEY	173	41=	LUKE FREEMAN	23
6	JON LEEK	150		WENDY LAWRENCE	23
7	DEAN SMITH	145	43=	BOB BOND	21
8	AMANDA CARTER	139		PAULA PARKIN	21
9	LINDSAY CUTHBERTSON	138	45=	PETE ADAMS	20
10	GAVIN CHADWICK	114		TRISTAN COOPER	20
11	STEVE WAKEFIELD	107		MATT TOMLINSON	20
12	CLARE MCKITTRICK	100	48=	PETER BURFORD	19
13	JANET ILSLEY	83		DARREN POTTER	19
14	LUCY WILLIAMS	78	50=	GUY NORRIS	18
15	RUSSELL PARKIN	74		ALLAN POLLOCK	18
16	BILL SOUTHGATE	72	52=	ADAM LOWERSON	17
17	RIC BRINEY	69		ADRIAN SHORE	17
18	MARK HULANDS	66	54	REUBEN LEE	16
19	CHRIS SMITH	64	55	BEN KIRBY	15
20=	BEN HALL	59	56=	CLIVE BARRACLOUGH	14
	RICHARD SCOTT	59		GREG HOLLAND	14
22	JOE REES	54		RANBIR SAHOTA	14
23	LEE GRIFFITHS	49	59	JUDY NOLAN	13
24	PETE LONG	46	60	RICHARD THOMPSON	11
25	ANDY GRIFFITHS	45	61=	JOE BOAL	10
26	JOHN TAYLOR	42		COLIN BURFORD	10
27	IAN PAGE	41		KIERAN CONNALLY	10
28	NEIL BARNES	39		ROB GOULDS	10
29	PAUL STEELE	38		ALBERT PEPPER	10
30	ANDY NORMAN	37	66=	ANDY DEIGHTON	8
31	ALAN MIDDUP	35		JAMES TUBBY	8
32	PADDY CONNALLY	34	68=	DAVE CAPEL	5
33	ALAN ECCLESTON	31		PHIL EDWARDS	5
34	ROSEMARY WRIGHT	30		STEVE LEACH	5
35=	ANDREW DEIGHTON	29		JULIE ROCK	5
	ANDY WARD	29			

#### Colour Codes

(based on age at start of season (17 September 2014))

	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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## DERBY RAMATHON 7<sup>TH</sup> JUNE 2015

Perfect weather conditions, bright and slightly chilly, greeted the nearly 3,000 runners who lined up at Pride Park for the second run of the newly reincarnated Ramathon. The course manages to avoid major roads after the first four or five miles, is almost dead flat, and the latter stages take in the attractive surroundings of Elvaston Country Park and the Derwent riverside path. 14 Harriers took part, and the men's team (the first four finishers) finished tenth out of twenty, based on aggregate time.

## ROLLS-ROYCE HARRIERS RESULTS

<u>CHIP</u> <u>POSITION</u>	<u>NAME</u>	<u>CHIP</u> <u>TIME</u>	<u>CHIP</u> <u>POSITION</u>	<u>NAME</u>	<u>CHIP</u> <u>TIME</u>
106	BEN HALL	1:23:48	1167	PETE LONG	1:53:58
194	DARREN POTTER	1:32:27	1657	ADAM LOWERSON	2:03:04
242	RIC BRINEY	1:33:58	1824	GILLIAN WHITESIDE	2:06:16
343	MARK HULANDS	1:36:44	2157	JOHN IRVING	2:13:24
516	BOB WILSON	1:41:19	2426	LISA FILDES	2:23:36
855	PAUL STEELE	1:48:33	2565	NEIL BARNES	2:32:05
917	DEAN SMITH	1:49:21	2757	ROSEMARY WRIGHT	3:04:28

Below: Paul Steele (left) and Pete Long approaching the 8 mile mark in Elvaston Country Park. This was Pete's 210<sup>th</sup> half marathon (see the next article for his 1983 time).



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## THE FIRST RAMATHON, 1983



### THEIR RAMATHON TRAINING STARTED WITH **ATHLETES FOOT**

*"The sports footwear specialists"*

LET US HELP YOU KEEP PACE FOR THE NEXT  
MARATHON WITH OUR RANGE OF SHOES FROM  
NIKE, NEW BALANCE, MIZUNO, SAUCONY, ETC.

ALSO JUST ARRIVED!!

THE UNIQUE NEW NEWTONS WATERBED INSOLE  
CALL IN AND SEE US NOW!



**ATHLETES FOOT** TEL: 43169  
44 OSMASTON ROAD, DERBY  
THE BEST SHOP IN THE LONG RUN!!!

## ROLLS-ROYCE RESULTS

### FULL MARATHON

4 HARRY LEEMING	2-28-00
25 DENNIS BURNELL	2-42-35
55 KEN BROADHURST	2-51-19
59 ALFIE TITTERTON	2-52-30
104 ROGER TAYLOR	3-00-43
107 MATT ROGERS	3-00-50
129 TED MATLEY	3-03-28
137 JOHN GRESTY	3-04-25
162 ANDY GELL	3-07-56
178 STEVE LEACH	3-09-09
182 LENNIE BENNETT	3-09-28
206 IAN SHAW	3-12-15
232 BILL SOUTHGATE	3-14-17
251 JIM CARROLL	3-15-55
266 GRAHAM BELCHER	3-16-42
299 KEITH RYLES	3-20-37
311 DAVE CHISHOLM	3-21-24
329 BRYAN LANE	3-22-48
350 PAUL CONROY	3-24-09
355 DAVE PALFREYMAN	3-24-14
434 NOEL KENNY	3-29-19
437 CLIVE BELLAMY	3-29-34
560 KEN BAMFORD	3-41-19
569 BARRIE LINGS	3-41-56
599 JACK PIGGS	3-45-29
619 TERRY TAYLOR	3-46-26
718 BARRY WHITTINGHAM	3-55-42
884 DUNCAN SPINK	4-11-44

### HALF MARATHON

42 JAMES WARD	1-17-49
230 SIMON D'AMICO	1-26-03
315 JOE ROWLAND	1-28-28
353 PETE LONG	1-29-42
364 PHILL MAY	1-29-53
422 BRIAN READ	1-31-23
448 MALCOLM MARCHANT	1-32-06
533 IAN PAGE	1-33-58
770 ADRIAN SHORE	1-38-32
975 JIM KEOGH	1-42-26

The first Ramathon took place on 15<sup>th</sup> May 1983. By this time the running boom, which had started in this country with the first London Marathon in March 1981, was well under way, and the Ramathon was able to offer a full marathon and a half.

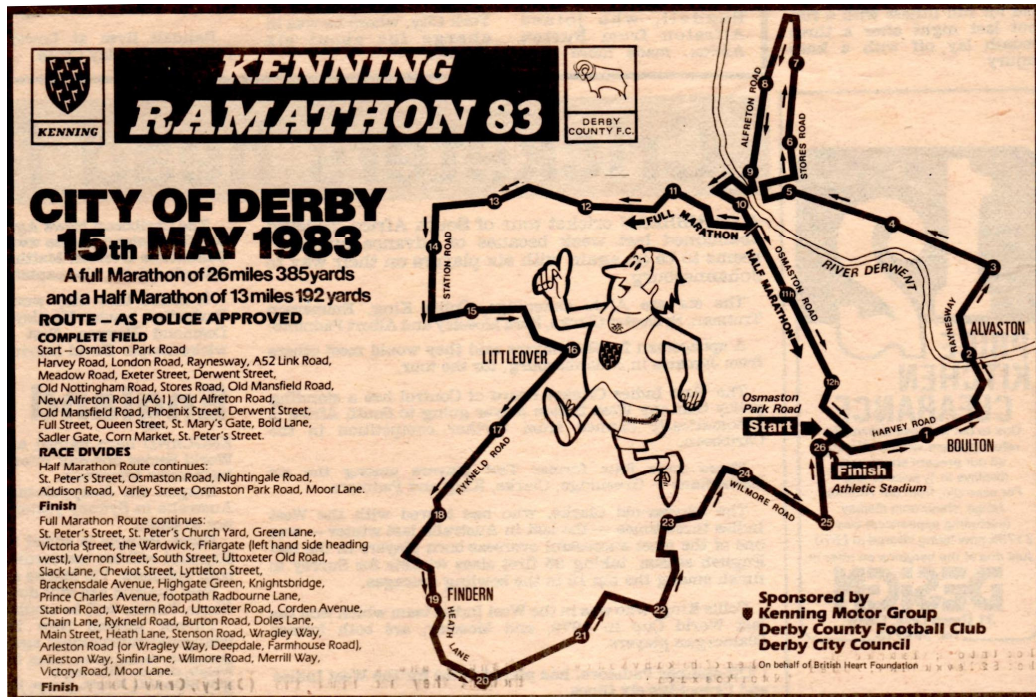
1,093 runners completed the marathon, and over 2,000 completed the half. Among them were this quintet of rogues, whose amateur status must be open to question! Left to right: Ken Broadhurst, Alfie Titterton, Alan Rawson, Harry Leeming and Ted Matley.

The advert appeared in the results supplement published in the Derby Telegraph.

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## The Route

Sundays were much quieter in 1983 than they are now, and the organizers were able to close roads all around Derby, including the city centre, for the Ramathon. The route is shown above.



## Moorways

The stadium was still under development, following the removal of the concrete cycle track. Here's half marathon winner Chris Woodhouse approaching the finish past an eerily small "crowd" on the newly laid track.

## The Winners

The two undoubted local stars at the time were Chris Woodhouse and Nicky Lees of Derby and County Running Club. Chris won the half by nearly five minutes, in a time of 1:03:19, and Nicky won the full marathon in 2:16:38.

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## COAST TO COAST RELAY 4<sup>TH</sup> – 7<sup>TH</sup> JUNE 2015

The traditional Wainwright route from St Bees Head in Cumbria to Robin Hoods Bay in North Yorkshire was the setting for this year's summer epic, which had the added spice of competition from a team of cyclists. Last I heard the runners were claiming victory, but the cyclists were hinting at a challenge.

In an amazing piece of precision running, the overall time of 42hrs 13mins (including breaks) for the 186 miles beat the plan by 3 minutes! The net running time of 39 hours beat the plan by a whole hour, however, so the precision came in lengthening the breaks, most of which, from past experience, would have involved propping Jon Kinder up in a folding chair and spoon feeding him tinned rice pudding!

Jon and Bryan Carr ran the whole distance, and impressive mileages were clocked up by all the team. I'm told a blow-by-blow account will be appearing on the website soon. Meanwhile, here's the victorious team at Robin Hoods Bay (minus Robin Carter, who had to leave during day three as he was moving house the next day).



**Left to right:** Matt Tomlinson, Bryan Carr, Alan Eccleston, Jon Kinder, Keith Covell, Mark Fowell, Andy Swift, Jon Leek, Ian Page.

## LONDON MARATHON 2015

Congratulations to Mark Fowell, our only finisher this year, in a time of 3:11:26. Unfortunately our two draw winners, Clive Barraclough and Ben Kirby, had to withdraw with injuries before the event.

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## **BEN HALL AND THE MARATHON DES SABLES**

I'm sure by now you will all have heard that Ben completed the gruelling six day multi-marathon event in the Sahara desert. Just in case you missed it, go to our website and read his account.

## **JON KINDER AND THE BOB GRAHAM ROUND**

Jon finally achieved his ambition of completing the 66 mile, 42 peak challenge in the Lake District inside the target 24 hours, and joins the prestigious Bob Graham Club. Congratulations Jon!  
Read all about it, on the website of course!

## **THE COMMITTEE**

One or two key changes to the committee followed the AGM in March. Ian Page has stepped down from the joint roles of secretary and treasurer that he has held for the last twelve years. Thanks Ian for the immense amount of work you have put in during that time. Ian will remain on the committee. Gillian Whiteside is the new club secretary, and Jon Leek is the new treasurer, in addition to retaining his roles as kit vendor and social and trophy secretary. Robin Carter is club captain, and Bill Southgate remains membership secretary and archivist. Julie Rock is publicity secretary. Richard Scott's role should probably be described as webmaster, but web genius will do!

The rest of the committee consists of Joe Boal, Bob Bond, David Capel, Phil Edwards, Tony Edwards, Ian Page, Albert Pepper and Bob Wilson.

## **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.

## **COLIN POTTER 10K**

Don't forget the Colin Potter 10k, starting and finishing at The Derby Rugby Club on Haslams Lane at 7.15pm on Friday 3<sup>rd</sup> July. It's almost an official RRH race, with most of the organising committee being club members, and championship points on offer for volunteer marshals. Please support the race by entering, marshalling or coming along to cheer!



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## MEMBERSHIP RENEWALS

By my calculations there are still about 50 of you who haven't responded to my renewal notice. Please either renew, or tell me you don't want to, as soon as possible. Just to reiterate, we have managed to hold our subscription levels to the same as last year, despite a hike in both the club and the individual rates we pay to England Athletics.

## 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](mailto:jon.leek@rolls-royce.com)), Richard Scott ([richard.scott2@rolls-royce.com](mailto:richard.scott2@rolls-royce.com)) or Gillian Whiteside ([gillian.whiteside@rolls-royce.com](mailto:gillian.whiteside@rolls-royce.com)).

## 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