

# Rolls-Royce Harriers

Newsletter

June 2016



**BROOME CUP**

Above: Runners negotiating the bank above the Moorways stadium, with marshal Albert Pepper keeping them in order. Below: Russell Parkin and Chris Clarke in close contention as they leave the woods, and Kenny Malton leading Robin Carter at the same spot. Russell and Chris finished 4<sup>th</sup> and 8<sup>th</sup>, and Kenny and Robin were 3<sup>rd</sup> and 2<sup>nd</sup>, behind winner Jaimie Roden. Report on next page.



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Editor: **Bill Southgate.** [billsouthgate337@btinternet.com](mailto:billsouthgate337@btinternet.com). **Rolls-Royce Harriers**  
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## BROOME CUP 13 APRIL 2016

For once we were blessed with a fine sunny evening, good conditions for runners and officials alike. 125 runners set off on the four lap course around the Moorways playing fields, and 120 of them managed to complete it. I'm pleased to report the finish was less chaotic than in some recent years, with just a couple of runners passing round the outside of the finish funnel and being missed off the recording sheets. All was sorted out in an email rally the next day, helped by photographic evidence. Having joined the finish recorders for the first time, I realised just how difficult the job is, with lap-counting an extra complication since we had to move away from our one-lap course on Sinfin Moor. So I'll repeat my thanks to the timekeeper, Mike Heffernan, and all the marshals, time recorders and course markers who ensured the event ran as smoothly as possible.

Winner for the second year was Jaimie Roden, nearly 2 minutes clear of Robin Carter and Kenny Malton, and nearly another minute ahead of the first vet, 4<sup>th</sup> placed Russell Parkin. Beth Pascall was first lady, 17<sup>th</sup> overall, and the winners of the Pearson Team Trophy were Trent 1000 A, Jaimie Roden, Andy Roulston, Guy Bamber and Graham Boyle. The vets team prize went to Dept 4067, Rich Blyth, Pat Kiernan and Karolina Kucharek, and the first ladies team was Trent XWB Ladies, Jessica Kennedy, Holly Farrer, Pauline Hilley and Michelle Tindall.

## EDITORIAL

OK, the middle of page 2 is an odd place for an editorial, but I thought those Broome Cup photos deserved a place on page 1. Once again I've cheated a bit with the date, as it's already July. This is to try and avoid "mission creep", and keep the four-monthly cycle intact, so the next one is intended to be in October.

Another Ultra performance to report on this time: congratulations to Matt Tomlinson who has completed the legendary Bob Graham Round in the Lake District in a very fast time. There are some Marathon times to report, too, and at the other end of the scale, the dates for the Moorways track sessions have been decided, and the Piggs Trophy 10k at Mickleover is coming up.

## PIGGS TROPHY 10K, MICKLEOVER, 3 AUGUST 2016

This year's Piggs Trophy 10k is due to take place on Wednesday 3rd August at 7pm. Registration will be at the corner of the football pitch (which is also the race car park), at Mickleover sports club, Station Road, and opens at 5.30pm.

Entry is free to Harriers (if you've paid your subs!), £4 for UKA affiliated runners and £6 for non-affiliates. Entries are on the night only. NB there is a limit on the number of entries as a condition of our race permit, for insurance purposes, so arrive in plenty of time to avoid disappointment! Registration closes at 6.45pm to ensure a prompt 7pm start.

For Satnavvers, the address is 320 Station Rd, Derby DE3 9FB.

Please car share if possible to ease pressure on the car park.

Results will be posted on the Rolls-Royce Harriers website after the event.

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## TREADMILL CHALLENGE

To follow up on the headline item in the last newsletter, Jon Kinder's 12 hour treadmill record has been ratified by Guinness World Records. Jon is now the official world record holder for 12 hours run on a treadmill, with a distance of 132.9km.

## DIARY DATES

Wed 13<sup>th</sup> July 5000m track, Moorways, 5pm  
Thu 14<sup>th</sup> July JCB 5 mile road race and fun run, 7pm  
Wed 20<sup>th</sup> July 3000m track, Moorways, 5pm  
Wed 27<sup>th</sup> July 1500m track, Moorways, 5pm  
Wed 3<sup>rd</sup> August RRH Piggs Trophy 10k, Mickleover, 7pm  
Wed 10<sup>th</sup> August 5000m track, Moorways, 5pm  
Wed 17<sup>th</sup> August 3000m track, Moorways, 5pm  
Wed 24<sup>th</sup> August, 1500m track, Moorways, 5pm  
Wed 31<sup>st</sup> August 800m, 400m, 200m track, Moorways, 5pm  
Sun 4<sup>th</sup> September Wilne 10k  
Wed 14<sup>th</sup> September RRH Handicap, Moorways, 6pm  
Sat/Sun 17<sup>th</sup>/18<sup>th</sup> September Equinox24 and 10k, Belvoir Castle  
Sun 6<sup>th</sup> November Derby 10 Mile

## DERBY RUNNER LEAGUE DATES 2016-2017

The League organisers have announced the dates and venues for this winter's Sunday cross-country races, together with some rules and regulations, as follows:

30 <sup>th</sup> October	Holly Hayes Wood, Whitwick (or Foremark if Holly Hayes not available)
13 <sup>th</sup> November	Markfield
27 <sup>th</sup> November	Bagworth Heath
11 <sup>th</sup> December	Bradgate Park, Newtown Linford
15 <sup>th</sup> January	Sinai Park, Shobnall
19 <sup>th</sup> February	Allestree Park
5 <sup>th</sup> March	Bosworth Visitor Centre

Main Race runners have to be 15 and over. There are also children's races of 1 mile for up to and including Year 6, and 2 miles for Year 7 and above.

Race entry fees £3 for all except Bradgate Park, where it will be £4 to include a fee for Parking. There may be a £2.50 car park charge at Bosworth Visitors Centre. Children's race entry fees £1.

Car sharing is essential. If you turn up in a car with less than 3 you won't be allowed in the car park (except for cars with tents in).

Age categories for individuals this year will be in 5 year bands starting at VM40 and VF40, then VM45 and VF45, etc.

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## LONDON MARATHON 24 APRIL 2016

Five Harriers completed the big event. Newcomer Rob Allen, winner of the draw for the club place, commented four days later: "It was very tough for my 1<sup>st</sup> attempt. But an unbelievable event and what an experience, I'm still on a high!!"

<u>POSITION</u>	<u>NAME</u>	<u>TIME AT HALF WAY</u>	<u>CHIP TIME</u>
3122	BEN HALL	1:24:36	2:55:01
3744	MARK FOWELL	1:32:30	3:13:38
6930	MIKE WOOD	1:42:36	3:32:08
12776	CLIVE BARRACLOUGH	1:57:48	3:55:54
26384	ROB ALLEN	2:10:56	4:48:01

### POSITION IN AGE GROUP

<u>POSITION</u>	<u>NAME</u>	<u>AGE GROUP</u>
771	BEN HALL	M18-39
284	MARK FOWELL	M50-54
575	MIKE WOOD	M50-54
1484	CLIVE BARRACLOUGH	M45-49
9224	ROB ALLEN	M18-39

An honourable mention, too, for Sinfin RC's Phil Scope, a regular participant in our races, whose finishing time was 3:26:37.

## MANCHESTER AND LIVERPOOL MARATHONS

Two weeks before London, Robin Carter finished a notable 41<sup>st</sup> in the Manchester Marathon in a time of 2:43:08, with Neil Barnes a little further back in 4:53:09. And at the end of May Paul Steele made his marathon debut in Liverpool on a blazingly hot Sunday, and finished in 3:55:18. He enjoyed seeing all the famous Liverpool landmarks before the last four miles passed in a blur. "I was overjoyed to get in under 4 hours but it nearly killed me so I won't be doing one again!" he said. How often have I heard that before?!

## RAMATHON 5 JUNE 2016

There was a smaller than usual turnout of Harriers this year. Maybe it was because it coincided with the end of the half-term holidays. Results below.

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<u>CHIP POSITION</u>	<u>NAME</u>	<u>CHIP TIME</u>
131	RIC BRINEY	1:28:26
263	DARREN POTTER	1:32:55
319	DAVE THOMPSON	1:35:20
442	ANDREW DEIGHTON	1:38:57
477	TRISTAN COOPER	1:39:44
502	MARK HULANDS	1:40:22
1438	CHRIS SMITH	1:58:16
2048	NEIL BARNES	2:09:26
2544	LISA FILDES	2:24:35
2812	SUKI VERNON	2:41:11

## MATT TOMLINSON'S BGR

We have another name to add to the R-R Harriers Bob Graham Round Roll of Honour. Matt Tomlinson completed the 24 hour, 42 peak, 66 mile challenge on June 4<sup>th</sup> in the very fast time of 21 hours 11 minutes. This is just a whisker behind the fastest RRH time I know of, Phil Pittson's 21 hours 9 minutes achieved in 1993, and it equals James Ward's time from 1988. Matt has composed a detailed report, which is too good a read to abridge, and too long to include in the newsletter. I will circulate it separately, and it will appear on our website in due course, so for now here is a photo of the victorious Matt (7<sup>th</sup> from the left) and his support team in front of the iconic Moot Hall steps in Keswick just before heading off to the nearest pub to celebrate!



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## MEMBERSHIP RENEWALS

Just a reminder that renewals were due by the end of June, and roughly 30 of you have yet to respond. I'll be sending out individual reminders about now. But if this reminder pricks your conscience, there's no need to wait!

## PETE LONG HANGS UP HIS TRAINERS

Pete emailed me to say that, with regret, he wouldn't be renewing his membership this season after 33 years with the club. Having been injured since September, he doesn't think his body can cope with any more wear and tear. Happily, he can still enjoy cycling and give maximum effort on the bike, so he has been keeping his fitness level up by going out with the Mickleover Cycling Club.

Over the years Pete has specialised in half marathons and completed 211, with a fastest time of 1:23:17. On top of that, he has run 16 full marathons, 124 10ks and a host of other road, cross-country, track and fell races, not to mention Race the Train and Tough Guy, a total of 756 races. This also includes every Ramathon except the last.

All the best in your "retirement" Pete.

Pete has also sent news of his Dad Tom, a regular in our races until he underwent a knee replacement operation three years ago. As I write this on June 13<sup>th</sup>, Tom is having more replacement surgery, this time on a hip. Here's wishing you a speedy recovery Tom.

## RICHARD THOMPSON

I am very sorry to have to report that Richard passed away on Monday 4<sup>th</sup> July at the age of 50 after a short illness. The announcement from his colleagues in Controls included the following tribute:

"Richard's technical expertise, enthusiasm for difficult engineering and quietly spoken dry wit will be sadly missed.

Richard was a keen footballer and runner. He launched the Winter Running League, whereby runners are able to compete for a trophy over varying distances during the miserable seasons. A handicap system that is indicative of the technical complexity Richard was at ease with ensures that the results are not a foregone conclusion and the league remains very competitive."



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## R-R HARRIERS CHAMPIONSHIP 2015-2016




POSITIONS AT 7 JULY 2016

POS	NAME	POINTS	POS	NAME	POINTS
1	CHRIS CLARKE	225	36	MIKE WOOD	27
2	KAROLINA KUCHAREK	212	37	WENDY LAWRENCE	24
3	ROBIN CARTER	202	38	MARK SKELTON	21
4	LINDSAY CUTHBERTSON	176	39=	ANDY GRIFFITHS	20
5	GILLIAN WHITESIDE	160		JON KINDER	20
6	ANDY WARD	145	41	DAVE THOMPSON	18
7	AMANDA CARTER	134	42	MARK HULANDS	17
8	RIC BRINEY	121	43=	JUDY NOLAN	15
9	JON LEEK	120		BOB WILSON	15
10	MARK FOWELL	115		ROSEMARY WRIGHT	15
11	RUSSELL PARKIN	106	46	PETE LONG	14
12	SARAH HAYNES	101	47=	ALAN ECCLESTON	13
13	BILL SOUTHGATE	97		BEN KIRBY	13
14	ANDY DODSLEY	96		REUBEN LEE	13
15	BEN HALL	82	50	CHRIS MATTHEWS	12
16	DARREN POTTER	78	51=	TONY EDWARDS	10
17=	TRISTAN COOPER	76		NEAL FELLOWS	10
	DEAN SMITH	76		ROB GOULDS	10
19	NEIL BARNES	73		STEVE LEACH	10
20	ANDY NORMAN	71		ALBERT PEPPER	10
21	IAN LAMBERT	63		SUKI VERNON	10
22	PAUL STEELE	60	57	PADDY CONNALLY	9
23	CHRIS SMITH	57	58=	ROBERT ALLEN	8
24	STEVE WAKEFIELD	55		JOHN IRVING	8
25	CLARE MCKITTRICK	49		RICHARD SCOTT	8
26	LEE GRIFFITHS	46		JACK STEPANIAN	8
27	JOHN TAYLOR	45	62=	JOE BOAL	5
28=	GAVIN CHADWICK	40		BOB BOND	5
	LISA FILDES	40		DAVE CAPEL	5
30	JOE REES	37		KIERAN CONNALLY	5
31	ANDREW DEIGHTON	36		CLIFF COOPER	5
32	GREG HOLLAND	33		IAN PAGE	5
33=	CLIVE BARRACLOUGH	30		PAULA PARKIN	5
	CHRIS MORRISON	30		JULIE ROCK	5
35	MATT TOMLINSON	28			

### Colour Codes

(based on age at start of season (16 September 2015))

	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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## TRACK RACE DATES

All on Wednesday evenings at 5pm at Moorways, all welcome. All standards catered for!

13 <sup>th</sup> July 5000 metres	10 <sup>th</sup> August 5000 metres
20 <sup>th</sup> July 3000 metres	17 <sup>th</sup> August 3000 metres
27 <sup>th</sup> July 1500 metres	24 <sup>th</sup> August 1500 metres
	31 <sup>st</sup> August 800 metres, 400 metres and 200 metres

## COLIN POTTER 10K, 1<sup>st</sup> JULY

Congratulations to the Colin Potter Team, many of them R-R Harriers, for putting on another successful event, and for organising an evening of fine weather too! Go to their website for full details, results and photos. Here are the RRH results:

14	RUSSELL PARKIN	38:11	131	BEN HALL	47:37
48	JON LEEK	41:50	193	ANDY WARD	51:37
62	JOE REES	42:50	366	WENDY LAWRENCE	62:16

## WEEKLY CLUB RUN

Now that the Roundhouse changing rooms have closed, the club runs will start from the changing rooms in the new shiny building adjacent to the Welfare Pavilion. They start at 5pm every Wednesday (except Wednesdays in July and August when the track races and Piggs Trophy races are on). 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)

Jon is launching a new and distinctive line in kit, with a fine-looking range of fleeces and hoodies, and he has obtained samples of men's and ladies' in small, medium and large sizes. Colour is royal blue, and the Harriers logo is either stenciled on (hoodies) or embroidered on (fleeces). Contact Jon if you would like to see them or try one on.

Phone Jon Leek on 44005