

Rolls-Royce Harriers

Newsletter

October 2018

EDITORIAL

No sooner does one late newsletter come along, than another one follows. There's lots to report, and a new season is now under way, so what further excuse is needed?



This superb picture of the “suck” end of an A330neo may surprise you. Why is it here? Well, top centre you’ll see the Moorways running track, and, you’ll have to take my word for it, on the track is a gathering of Rolls-Royce Harriers! It was Wednesday 18th July, and the 3000 metres track race had just finished when the aircraft made its low flypast.

Reproduced by kind permission of Rolls-Royce photographer Robert Kelsall, who took the photo.

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DIARY DATES

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

Sat 20th October FRA Relays, Grasmere

Sun 4th Nov Let's Go Round Again Nottingham Marathon/Half Marathon/5k/Fun Run, Holme Pierrepont

Sun 25th November Clowne Half Marathon

Sat 5th January Derbys & Notts Cross-Country Championships, Wollaton Park

NORTH MIDLANDS CROSS-COUNTRY LEAGUE

Saturday 13th October 2018: Derby (Markeaton Park)

Saturday 10th November 2018: Kettering (tbc)

Saturday 1st December 2018: Heanor (Shipleigh Park)

Saturday 12th January 2019: Nottingham (Wollaton Park)

Distances 6km ladies, 10km men.

Start times 1.50 ladies, 2.20 men.

No entry fee (club has paid team entry fee).

DERBY RUNNER LEAGUE (DERBYS / STAFFS DIVISION)

Sunday 21st October: Anslow, Wild Wood Lodge, Bushton Lane, 10.30am, £6 entry fee

Sunday 11th November: Foremark Reservoir, 11.02am, £4 entry fee plus £2.50 per car

Sunday 20th January: Allestree Park

Sunday 10th February: Sinai Park or Cliff Lakes near Tamworth (tbc)

Sunday 10th March: Sinai Park or Cliff Lakes near Tamworth (tbc)

Last two dates are fixed but if the venues are not available either may be at Anslow.

Standard entry fee will be £4, but some venues may require more (see above).

Standard start time will be 10.30am, but Foremark will be 11.02am (because the race takes place on Remembrance Sunday).

DOMESTIC RACE DATES 2019

Wed 10th April Broome Cup

Wed 7th August Piggs Trophy 10k

Wed 11th September Handicap

CLUB CHAMPIONSHIP 2017-2018

Congratulations to Dean Smith, another new name to add to the club championship trophy. Dean scored points in every category except the Marathon, and achieved some significant personal best times. Chris Clarke ran Dean close in terms of points, but had to settle for the Men's championship, and Gillian Whiteside is the Lady's champion. Age category winners are Andy Dodsley, Steve Wakefield, Andy Ward, Karolina Kucharek and Clare McKittrick.

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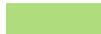
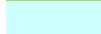
R-R HARRIERS CHAMPIONSHIP 2017-2018

POSITIONS AT 10 SEPTEMBER 2018

| <u>POS</u> | <u>NAME</u> | <u>POINTS</u> | <u>POS</u> | <u>NAME</u> | <u>POINTS</u> |
|------------|-------------------|---------------|------------|---------------------|---------------|
| 1 | DEAN SMITH | 294 | 36 | MIKE LAWSON | 44 |
| 2 | CHRIS CLARKE | 275 | 37 | MARIE MORGAN | 43 |
| 3 | GILLIAN WHITESIDE | 241 | 38 | NEIL BARNES | 42 |
| 4 | STEVE WAKEFIELD | 232 | 39 | STEVE ROEBUCK | 41 |
| 5 | MARK FOWELL | 227 | 40 | JOHN TAYLOR | 40 |
| 6 | ANDY DODSLEY | 204 | 41 | PAUL STEELE | 38 |
| 7 | KAROLINA KUCHAREK | 179 | 42 | JOE REES | 33 |
| 8 | TOM MOWBRAY | 178 | 43= | LINDSAY CUTHBERTSON | 32 |
| 9 | JON KINDER | 149 | | BOB WILSON | 32 |
| 10 | ANDY WARD | 148 | 45 | JOE BOAL | 30 |
| 11= | ROBIN CARTER | 138 | 46 | CLIFF COOPER | 28 |
| | RUSSELL PARKIN | 138 | 47 | IAN PAGE | 27 |
| 13 | TRISTAN COOPER | 137 | 48 | CHRIS MORRISON | 26 |
| 14 | CHRIS SMITH | 128 | 49= | GAVIN CHADWICK | 25 |
| 15 | ANDY NORMAN | 121 | | ADRIAN SHORE | 25 |
| 16 | RIC BRINEY | 117 | 51 | LISA FILDES | 24 |
| 17 | HAZEL LE CORNU | 109 | 52 | ROSEMARY WRIGHT | 20 |
| 18 | MARK HULANDS | 102 | 53 | ALLAN POLLOCK | 19 |
| 19= | CLARE MCKITTRICK | 90 | 54 | TONY GREENHOUGH | 18 |
| | JAMES WARD | 90 | 55 | ALAN ECCLESTON | 17 |
| 21 | PADDY CONNALLY | 87 | 56 | PETE ADAMS | 16 |
| 22 | MIKE WOOD | 75 | 57= | KIERAN CONNALLY | 15 |
| 23 | PAULA PARKIN | 72 | | ALBERT PEPPER | 15 |
| 24 | MIKE TIMM | 71 | 59 | DAVE PALFREYMAN | 14 |
| 25 | TODD COXHEAD | 69 | 60 | WENDY LAWRENCE | 13 |
| 26 | IAN LAMBERT | 66 | 61= | BOB BOND | 10 |
| 27 | JON LEEK | 65 | | TONY EDWARDS | 10 |
| 28 | GEMMA STACEY | 62 | | STEVE LEACH | 10 |
| 29 | DEBBIE WATKINS | 61 | | DAVE THOMPSON | 10 |
| 30 | BEN HALL | 57 | 65= | LAKSHMI JAYA | 9 |
| 31= | ROB GOULDS | 56 | | ADAM LOWERSON | 9 |
| | MATT McCORMACK | 56 | 67= | CHRIS HUNT | 5 |
| 33 | BILL SOUTHGATE | 53 | | KEN WRIGHT | 5 |
| 34 | NEAL FELLOWS | 50 | | CLIVE BARRACLOUGH | 5 |
| 35 | AMANDA CARTER | 48 | | | |

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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AWARDS NIGHT SATURDAY 27TH OCTOBER

A message from social secretary Jon Leek: "I am pleased to announce that this year's Awards Night will be held on Saturday 27th October at the Victoria pub (opposite Derby railway station). The event will be held in the comfortable splendour of the function room at the rear of the pub, proceedings will commence at 1930 and will include the usual buffet, presentation of prizes and a raffle, all for the ridiculous price of £7.50 per person! Payment can be made via internet banking or with cash on the night. So that I can gauge how much buffet to provide, please let me know asap if you intend to come along, and if you have any special dietary requirements. Please respond direct to me to ensure that I have your attendance noted, as our secretary is away on an extended holiday. I look forward to seeing you on the night for a convivial evening of discourse and merriment." Contact Jon on 44005.

HANDICAP RACE WEDNESDAY 12TH SEPTEMBER

The traditional opener to the season, the Handicap took place at Moorways on 12th September. After the hot, dry summer, conditions were near ideal, and although the course had only changed slightly, times were considerably faster than last year. Mark Fowell did us all a great service by treading on a wasps' nest during a warm-up lap, and suffered the consequences, but as a result of some quick thinking by Andy Dodsley and the marshals, a diversion was put in place before the start.

ROLLS-ROYCE HARRIERS

SINFIN HANDICAP

WEDNESDAY 12TH SEPTEMBER 2018

| POS | NAME | LADY/ VET | FINISH TIME | ACTUAL TIME | NETT POS | HANDICAP |
|-----|-------------------|--------------|----------------|----------------|-------------|----------|
| 1 | KAROLINA KUCHARAK | LV35 | 35:24 | 28:24 | 6= | 7:00 |
| 2 | MIKE LAWSON | V60 | 37:45 | 32:25 | 15 | 5:20 |
| 3 | NEAL FELLOWS | V40 | 37:52 | 37:02 | 18 | 0:50 |
| 4 | JAMES WARD | V50 | 38:01 | 27:11 | 4 | 10:50 |
| 5 | MARK HULANDS | V50 | 38:17 | 29:17 | 9 | 9:00 |
| 6 | PADDY CONNALLY | S | 38:29 | 29:49 | 12 | 8:40 |
| 7 | MATT McCORMACK | S | 38:42 | 29:32 | 10 | 9:10 |
| 8 | ANDY DODSLEY | V40 | 38:44 | 28:24 | 6= | 10:20 |
| 9 | BILL SOUTHGATE | V70 | 38:46 | 37:06 | 19 | 1:40 |
| 10 | ROBIN CARTER | S | 39:00 | 23:40 | 1 | 15:20 |
| 11 | GILLIAN WHITESIDE | LV45 | 39:07 | 39:07 | 20 | 0:00 |
| 12 | MIKE WOOD | V50 | 39:13 | 29:43 | 11 | 9:30 |
| 13 | TOM MOWBRAY | S | 39:15 | 23:55 | 2 | 15:20 |
| 14 | GEMMA STACEY | LS | 39:31 | 33:11 | 17 | 6:20 |
| 15 | MARK FOWELL | V50 | 39:43 | 28:43 | 8 | 11:00 |
| 16 | JON KINDER | V40 | 40:02 | 26:52 | 3 | 13:10 |
| 17 | DEAN SMITH | V40 | 40:12 | 30:32 | 13 | 9:40 |
| 18 | STEVE WAKEFIELD | V50 | 40:25 | 32:45 | 16 | 7:40 |
| 19 | CHRIS SMITH | S | 40:49 | 31:19 | 14 | 9:30 |
| 20 | DES GOSLING | V40 | 40:56 | 27:46 | 5 | 13:10 |

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TRACK RACES AT MOORWAYS

July and August saw a good turnout for the Wednesday track races at Moorways, an average of 15 over the eight sessions. Even so, I'm sure more of you would succumb to the pleasures of running round in small circles, as Mike Lawson puts it, if you gave it a try!

The 200m race under way on 29 August.
Left to right: Hazel le Cornu, Tom Mowbray, Tristan Cooper, Mike Wood, Debbie Watkins, Gary Fallon and Steve Wakefield.



The 100m followed on. Left to right: Gary Fallon, Tom Mowbray, Gillian Whiteside, Tristan Cooper, Debbie Watkins (hidden behind Tristan), Steve Wakefield, Hazel le Cornu and Mike Wood. Starter Tom Wood is jogging back, while timekeepers Dean Smith and Joe Boal watch attentively.

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DAVE CHISHOLM

It is with great sadness that I have to report the death of Dave Chisholm at the age of 74 on 18th September, after a short illness. Self-effacing by nature, and notoriously camera-shy, Dave ("Chis" to his mates) was nevertheless one of the stalwarts of the Harriers. He was one of the small band who revived the fortunes of the club in the 1970s, after it had been in a state of suspended animation for many years, and he was club secretary throughout the 1980s. He also produced the first few newsletters. Without the advantages of today's technology, they were hand-typed and duplicated and posted through the internal mail, but they did the job of keeping the membership informed. Dave was also a fully qualified timekeeper and race official, and used these skills at numerous race meetings. Last and by no means least, it was Chis who designed and made the club's most coveted trophy, the Whinger's Trophy. An astute judge of expertise in others, he chose to make the first award to Clive Bellamy. 20 years of musical chairs later, Clive found himself in the hot seat again, and repaid the compliment by awarding the trophy to Chis....and the following year, proving his judgement to be as sound as ever, Chis awarded it to Jon Leek!



This photo of the Derby and Barnoldswick squads for the inter-site cross-country race at Barnoldswick was taken 38 years ago, but Chis is unmistakable. Harry Leeming is standing on the left, and the rest of the Derby squad are crouching: Ernie Cripps, Joe Rowland, Clive Bellamy, Jim Carroll, Dave Chisholm, Alan Beard and Ken Northard.

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HARRIERS KIT IN FAR FLUNG PLACES

Here's a novel whinge from my fellow Old Codger Alan Eccleston, accompanied, of course, by the disclaimer "this is not a whinge." "Hi all, currently camped on the banks of the Zambezi River watching hippo and crocodile. Got held up by 30 elephant crossing the road today." He's not wearing RRH kit, but never let facts interfere with a good headline.



CONGRATULATIONS

To Lindsay Cuthbertson and her partner Michael McDonald on the arrival of a baby daughter, Anna.

LONDON MARATHON

Ben Kirby has been selected from several RRH candidates to run for Derby RSPCA in the 2019 London Marathon. Please support Ben and the RSPCA generously. We will apply for our own allocation of one place in due course, and hold a draw among unsuccessful applicants through the ballot.

CHAMPIONSHIP POINTS FOR ULTRA AND FELL RACE EVENTS

The proposal was outlined in the last newsletter, but since then it has undergone further refinement. Without going into too much detail, it was felt that the wide disparity in the arduousness of events and in the quality of the winning times made the scoring too variable. It's impossible to eliminate that problem, but to mitigate it, we've decided to subdivide both categories into "short", "medium" and "long", according to well established rules, and award a maximum of 25 points in each sub-category. The scoring chart is shown on the back page of this newsletter.

Following a comparison between last season's actual championship and a "shadow" one, calculated according to the new rules, the committee has agreed to implement the proposal this season on a three-year trial basis. During the three years, we may tweak the scoring if necessary, and at the end of it we'll decide whether to continue. The aim is twofold; to recognise the achievements of the modest number of Harriers who regularly take part in these events, and to encourage others to have a go.

One aspect worth mentioning here is that, as an exception to the rule about fell races having to be listed in the FRA events calendar, we've decided to include the Dovedale Dash, a local event with a long history of RRH participation. The Dash was devised in the 1950s by Ken Broadhurst, later to be one of the team who kick-started the revival of the Harriers in the 1970s, and for many years club chairman. It takes place on the first Sunday of each November at 11am.

A final point – don't expect me to pick up your times automatically. I'll do what I can, but that will be quite limited. It will be up to you to keep me informed.

MASTERS AGE CATEGORIES

The Derbyshire Athletics Association has decided to fall in line with WAVA (World Association of Veteran Athletes) and BMAF (British Masters Athletics Federation) for the men's masters category to start at the age of 35 instead of 40. We in the Harriers have decided to retain our existing categories for the club championship and domestic races however, to avoid having to redefine our trophies and championship scoring.

ROLLS-ROYCE HARRIERS WEBSITE

Steve Leach is continuing to keep the website up to date, and fill gaps in the records, for which we're very grateful. Please keep your eyes peeled and let Steve, Gillian or me know of any errors, omissions or things you'd like to see covered.

MEMBERSHIP RENEWALS OVERDUE

Those of you who haven't renewed, or said you don't want to, are down to penny numbers now, but if you haven't done so, please get in touch.

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SOUTH WEST COAST PATH, PART 3

This year's summer epic saw a Harriers team complete the SW Coast Path, started in 2009 with the coast of Cornwall, and continued in 2016 with Somerset and North Devon. That left South Devon and Dorset, a distance of 197 miles. Logistics, mainly available time, dictated leaving some gaps, so the less interesting bits of the path around Plymouth, the Exe estuary and Weymouth had to be omitted. But what remained was glorious, especially (in my humble opinion) the final section in eastern Dorset, around Lulworth Cove. In the event 153 miles were covered in four days in May, in largely fine weather (it rained one afternoon between Torquay and Starcross), and another box was ticked!



Andy Swift, Jenny Southgate and Matt Tomlinson on the coast path between Osmington Mills and Lulworth Cove in Dorset (photo: Keith Covell).

You can't keep a good Harrier down! Injury prevented Jon Kinder from doing much running, so he took his bike and cycled 400 miles before the urge to run the last couple of stages proved irresistible.



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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).

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(ish) 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

NEW SEASON CHAMPIONSHIP TABLE

R-R HARRIERS CHAMPIONSHIP 2018-2019

POSITIONS AT 12 OCTOBER 2018

| <u>POS</u> | <u>NAME</u> | <u>POINTS</u> | <u>POS</u> | <u>NAME</u> | <u>POINTS</u> |
|------------|-------------------|---------------|------------|-------------------|---------------|
| 1 | KAROLINA KUCHAREK | 47 | 19= | STEVE WAKEFIELD | 18 |
| 2 | ROBIN CARTER | 45 | | CHRIS SMITH | 18 |
| 3 | TOM MOWBRAY | 44 | 21 | JOE REES | 17 |
| 4= | GILLIAN WHITESIDE | 34 | 22 | BILL SOUTHGATE | 15 |
| | JAMES WARD | 34 | 23 | KIERAN PORTMAN | 13 |
| | JON KINDER | 34 | 24 | LISA FILDES | 12 |
| 7 | MARK FOWELL | 30 | 25 | NEAL FELLOWS | 10 |
| 8 | GEMMA STACEY | 29 | 26= | BOB WILSON | 5 |
| 9= | MARK HULANDS | 28 | | ANDY WARD | 5 |
| | ANDY DODSLEY | 28 | | ALLAN POLLOCK | 5 |
| 11= | MIKE WOOD | 26 | | ALBERT PEPPER | 5 |
| | CHRIS MORRISON | 26 | | PAULA PARKIN | 5 |
| | RIC BRINEY | 26 | | STEVE LEACH | 5 |
| 14 | MATT MCCORMACK | 23 | | ROB GOULDS | 5 |
| 15= | DEAN SMITH | 22 | | CLIFF COOPER | 5 |
| | PADDY CONNALLY | 22 | | KIERAN CONNALLY | 5 |
| 17 | MIKE LAWSON | 21 | | JOE BOAL | 5 |
| 18 | TONY GREENHOUGH | 19 | | CLIVE BARRACLOUGH | 5 |

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| SCORING SYSTEM FOR ULTRA EVENTS AND FELL RACES | | | | | | |
|--|---|-----------------|--------------|---|-------------|--------------|
| Type of Event | ULTRA | | | FELL RACES | | |
| Definition | Any event at greater than Marathon distance | | | Any event recognised by the Fell Runners Association (FRA) and included in their published events listing PLUS the Dovedale Dash | | |
| Points based on | <p>For challenge events (Bob Graham Round and Welsh and Scottish equivalents): established record time divided by runner's time multiplied by maximum score</p> <p>For other events: winner's time divided by runner's time multiplied by maximum score</p> | | | <p>For relays with equal legs fastest time on any leg divided by runner's time multiplied by maximum score</p> <p>For relays with unequal legs (e.g. FRA relay) fastest time on leg divided by runner's time multiplied by maximum score</p> <p>For other events: winner's time divided by runner's time multiplied by maximum score</p> | | |
| | NB men's record/winning time and women's record/winning time to be scored separately | | | | | |
| Maximum score | 25 in each of the six categories | | | | | |
| Age bonus points | As in other championship events, i.e. men 40+ 1 point, 45+ 2 points etc up to maximum of 7 for 70+ women 35+ 1 point, 40+ 2 points etc up to maximum of 7 for 65+ | | | | | |
| Record breaking bonus | In challenge events (only) 20 points for breaking previous RRH record | | | Not applicable | | |
| Categories | Short | Medium | Long | Short | Medium | Long |
| | > Mar 35ml < | 35 ml to < 50ml | 50ml or more | 10k or less | 10k > < 20k | 20k to < Mar |
| | Highest scoring event for the season to count | | | | | |

Maximum score per season 150

Compares with 154 for cross-country leagues, 150 for track races, 200 for road races and 100 for Broome Cup / Handicap