



# Newsletter

February 2016 to April 2016



## In this newsletter:

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Bluebell Run, with guests

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Next committee meetings

Club Championship.

Race results

Long distance runner and mountaineer Neil goes under the microscope.

Members space: Nothing

### **News from the committee:**

Since the last newsletter there have been three committee meetings. The key points of discussion/ action have been:

#### **The MDC:**

Organisation of which is in the final stages. All is looking good for having another successful event on the 15<sup>th</sup> May.

For those helping out, many thanks and don't forget equipment pick up is on the 9<sup>th</sup> May from the leisure centre.

If by some chance all the communication has by passed you and you would like to help out, please contact Phil or Sarah ASAP.

#### **The Ridgeway Relay:**

Is on the 19<sup>th</sup> June. Planning is well under way, at the moment we have 46 teams. All we need now is some runners and marshals. Please let Kirsty, Richard, Elena and myself know if you want to be involved.

#### **AGM:**

The AGM is planned for the 24<sup>th</sup> June at the usual place The Horseshoe Inn, Mildenhall. More information in due course.

#### **Membership fees:**

Membership fees were due in April, so if you are reading this and haven't paid you're officially not a member of MRC and the price has increased to £10 to come back into the fold.

#### **Bluebell run:**

Was organised with our fellow running clubs from Swindon, Royal Wootton Bassett and Hungerford

#### **MDC Survey:**

The results of the survey were analysed and discussed in depth. The outcome has been communicated. There were some good ideas of how we can go forward as a club.



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## Next committee meeting:

Is on the 23rd May if any member has something they want raised please let a committee member know

The committee are:

- Chair lady: Sarah Hardwick: [sarah.hardwick@inbox.com](mailto:sarah.hardwick@inbox.com)
- Secretary: Paul Coles: [paulcoles10@gmail.com](mailto:paulcoles10@gmail.com)
- Treasurer: Richard Sharland: [richard@iansharland.co.uk](mailto:richard@iansharland.co.uk)
- Committee member: Phil Griffiths: [email@phil-griffiths.com](mailto:email@phil-griffiths.com)
- Committee member Simon Boast: [simon.boast@gmail.com](mailto:simon.boast@gmail.com)
- Committee member: Neil Wheeler: [neil.wheeler7@hotmail.co.uk](mailto:neil.wheeler7@hotmail.co.uk)

Supporting the committee in other roles:

- Membership secretary: Alan Joslin: [alan.joslin@gmail.com](mailto:alan.joslin@gmail.com)
- Kit monitor: Henry Fry: [henryfry@ymail.com](mailto:henryfry@ymail.com)
- Club championship organiser: Jane Watkins: [jane.a.watkins@gmail.com](mailto:jane.a.watkins@gmail.com)

Social media links:

- Our website is: <http://www.marlboroughrunningclub.co.uk/index.shtm>
- Facebook: <https://www.facebook.com/groups/205404446257322/>



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## **Club Championship 2016**

The club championship has eight ladies and ten men in the running. There is still time to be part of it and plenty of races to enter. Contact Jane W with your race result and that of the winner.

Up and coming races:

Parkruns - every Saturdays most places - but remember only 1 counts this year - but the Heddington 5ks will start in June and you can also have one of those.

MRC 10k - you do need one of these - doesn't mean you can't run them all just the best result will count.

In the Selected List:

- Ramsbury on May 22nd

In the Other Category:

- Roundway Chase mainly off road (10k) Tuesday 19:30 May 10th - great local event.
- Hungerford Harey 8 June 19th

Half Marathon

- Ridgeway Revenge June 18th

## **Race results:**

See the website for the results of those who have been participating in races and sharing their results.



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## Photo Gallery



A couple of Marlborough ladies at Calne SMaRTT Smasher 10k. Ali won 1st FV55.

Not content with doing crazy events like 10 marathons in 10 days Neil has recently trekked to Everest base camp here are a few photos. To read his and other reports go to the [race reports](#) page on our web site.



When you've done the race, send the result to: [resultsfella@marlboroughrunningclub.co.uk](mailto:resultsfella@marlboroughrunningclub.co.uk) and it will get loaded on the website for posterity.

To see all the race results visit the website: <http://www.marlboroughrunningclub.co.uk/results.shtm>

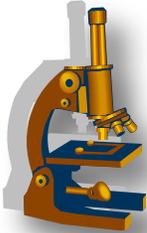


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## Runner under the Microscope



Each newsletter we put a member under the Microscope to see what makes them tick. This time it is runner and mountaineer Neil Wheeler.



### **MRC: What can you remember about your first running event / experience?**

It was a 10k run at Shrugborough which is in Staffordshire in 2012. I did it as a mate asked me if I would run it with him, which for me was a challenge as I had not done much running, but I said why not. I surprised myself running most of it, having to nick someones drink along the way. I felt shattered but felt I should keep going.

### **MRC: Where were you born?**

Marlborough

### **MRC: Do you have any pre run / race superstitions? If so what?** None.

### **MRC: Where did you go to school?**

St Johns in Marlborough.

### **MRC: What is your favourite / best event you have taken part in?**

The Great Barrow challenge 10 in 10 marathons consecutively. I had a bit of fitness but the most I had run was 5 in 5 days. It surprising after the first few your body adapts and it becomes easier however the blisters soon rack up and became painful. This was done in the summer so the heat was also a major factor by day 8 I had to swallow my pride and pull out however this year will be my year to conquer the challenge.

### **MRC: What is your favourite cartoon character?**

Scooby Doo I like him for his mad antics probably reminds me of myself.

### **MRC: What do you think about on a long run?** I count down the miles.

### **MRC: What is your running shoe of choice?** Hokas.

### **MRC: Have you ever run in a costume?**

Yes, a dinosaur this was done in the Great North Run and I did it as I just thought why not add a bit of fun to the occasion, also my nephew loved dinosaurs at the time. I also ran one of the 10 in 10 dressed as the 118118 blokes just to create a bit of fun. This month I will be running Brighton Marathon dressed as a dartboard.

### **MRC: If I didn't run I would.....**play football or go mad.

### **MRC: What can't you run without?**

Music or singing to myself when running. It has to be something to inspire me so something like the Hall of Fame by the script or anything that has got a good beat from pop to RNB and rap. If you are really unlucky to get me behind you singing, then it won't be the whole song as don't really know lyrics without the song in the background. Eye of the tiger, Wonderwall or anything that pops into my head! Sometimes I even just make songs up.

### **MRC: Have you ever DNF?**

Yes a few times. I didn't manage to complete the last few of the 10 in 10 marathons due to a painful blister, before I joined the club I did try the Marlborough down challenge the 33 route got to Devizes before my Hamstring went.