

## MRC 25 Years and still running

October 2013 was the 25<sup>th</sup> Anniversary of Marlborough Running Club. To celebrate this occasion in traditional style an anniversary run was held on the 12<sup>th</sup> October. In good timing, the damp grey start to the morning changed to a bright sunny and quite warm day just as we started our 8.8 mile hilly run, which gave us great scenic views over the downs.

Incorporated into the run were three official re groups. The first at Ogbourne Maizey was where we started our second and third passion of eating and drinking. Drinking alcohol at 10:30 in the morning is allowed when you are out on a run, I am sure I saw it in the constitution.

Tim G being the oldest club member present was given the task of cracking open the champagne which he did very skilfully (not spilling a drop)



The small but select group of 25 year runners. Debbie keen to get at the champagne

Further stops for celebrating and reminiscing were at The Horse Shoe in Mildenhall and The Roebuck. We then staggered our way back into Marlborough

Not only did we have an enjoyable celebratory run on a lovely Saturday morning it was an educational event as well. I reckon very few club members know about Charles Hamilton Sorley.

At the pig Farm there is a memorial stone to commemorate the short life of the running Marlborough College pupil who was shot in WW1.

In this newsletter:

- MRC 25 Years and still running
- Latest race results
- Events coming up
- Avebury 8
- MDC
- MRC 25<sup>th</sup> anniversary dinner
- Club championship update.
- Race diary
- Committee members
- Henrietta M goes under the microscope.
- Member's space. Horton Mill Farm Livery

Alan J give a wonderful account of Charles life story and read out a poem he wrote about running in general, and an extract from a letter to a friend, he wrote from the trenches, there is a specific section about running around the Marlborough area.

This is his poem about the joy of running.

## The Song of the Ungirt Runners

*And lightened are our eyes,  
We do not run for prize.  
Nor whitherward we fare,  
Through the great wide air.*

*The waters of the seas  
Are troubled as by storm.  
The tempest strips the trees  
And does not leave them warm.  
Does the tearing tempest pause?  
Do the tree-tops ask it why?  
So we run without a cause  
'Neath the big bare sky.*

*The rain is on our lips,  
We do not run for prize.  
But the storm the water whips  
And the wave howls to the skies.  
The winds arise and strike it  
And scatter it like sand,  
And we run because we like it  
Through the broad bright land.*

So we managed an 8.8 mile run in 4 hours, including the stops. We then went for further re fuelling at the Castle and Ball.



This is the excerpt from the letter

*And soon, oh soon, I do not doubt it,  
With the body or without it,  
We shall all come tumbling down  
To our old wrinkled red-capped town.  
Perhaps the road up Ilsey way,  
The old ridge-track, will be my way.  
High up among the sheep and sky,  
Look down on Wantage, passing by,  
And see the smoke from Swindon town;  
And then full left at Liddington,  
Where the four winds of heaven meet  
The earth-blest traveller to greet.  
And then my face is toward the south,  
There is a singing on my mouth  
Away to rightward I descry  
My Barbury ensconced in sky,  
Far underneath the Ogbourne twins,  
And at my feet the thyme and whins,  
The grasses with their little crowns  
Of gold, the lovely Aldbourne downs,  
And that old signpost (well I knew  
That crazy signpost, arms askew,  
Old mother of the four grass ways).  
And then my mouth is dumb with praise,  
For, past the wood and chalkpit tiny,  
A glimpse of Marlborough --!  
So I descend beneath the rail  
To warmth and welcome and wassail.*

*This from the battered trenches - rough,  
Jingling and tedious enough.  
And so I sign myself to you:  
One, who some crooked pathways knew  
Round Bedwyn: who could scarcely leave  
The Downs on a December eve:  
Was at his happiest in shorts,  
And got - not many good reports!  
Small skill of rhyming in his hand -  
But you'll forgive - you'll understand.*

# Newsletter

**August to October 2013**

## Latest race results

It has been a busy period with lots of members doing a whole range of events here is just a snippet of what's been going on:

The pick of the results has to be Stuart Gregory's Ridgeway challenge on the 24<sup>th</sup> August. He managed to improve his 87 mile PB by 1 hour and 54 minutes (he obviously held back in 2012)

He finished in a time of 16 hours and 46 minutes coming 1<sup>st</sup> in his age category and 6<sup>th</sup> overall

It wasn't all easy going though as his toe shows



Another key event was the Jungfrau marathon on the 14<sup>th</sup> September. Eight members took on the mountain challenge in Switzerland.

Jungfrau Marathon	Graham Townsend	4:31:36	479 out of 3170 M
	Stuart Gregory	4:42:30	694
	Simon Boast	4:54:42	998
	Henrietta MacKinnon	5:04:16	223 out of 950 L
	Simon Liebling	5:13:47	1472
	Jay Scroggins	5:33:39	1952
	Ted Townsend	5:40:44	2125
	Debbie Simpson	5:44:37	527



The start is down there somewhere



This is how the mountain looked the day after the run

Andy Ind was in form in the summer here are his results

25 August	Pewsey Half Marathon	Andy Ind	1:21:53	9 out of 228
		Nick Thomas	1:35:19	55
		Simon Liebling	1:38:36	69
		Keith Firkin	1:41:43	82
		Mark Sturgess	1:42:50	86
7 September	10 Peaks Brecon Beacons	Andy Ind	7:30:37	1 out of 82

Nick Awberry also winning races

14 September	Kennet & Avon Canal Race Ultra	Nick Awbery	2:19:08	1 out of 18
		Nick (charmlessman) Thomas	2:45:46	5
21 September	Nick Awbery	Helly Hansen 'The Beauty and the Beast' Trail Marathon	3:27:36	1 out of 61

Some good performances at Cricklade

6 October	Cricklade 10K	Sarah Hardwick	46:26	56 out of 313
6 October	Cricklade Half Marathon	Dominic (one d) Hodge	1:26:26	20 out of 289
		Paul Coles	1:28:01	28
		Stuart Gregory	1:28:24 (PB)	29
		Richard Sharland	1:33:03	56
		Henrietta MacKinnon	1:34:23	60 3rd Lady 35+
		Andy Richardson	1:39:01	86
		Karina Hourd	1:47:17	146
		Kirsty Newland	2:09:30	250



The MRC girls looking fresh



Hen with her prize

# Newsletter

**August to October 2013**

---

6 October Tissington Trail Half Marathon Phil (thequizmaster) Griffiths 1:48:48 156 out of 406  
 6 October Clarendon Marathon Nick (charmlessman) Thomas 4:03:24 79 out of 317

---



Here is Dominic in the Swindon half Marathon, looking a bit wet, and strangely running away from the pub!

---

20 October Devizes Half Marathon	Paul Coles	1:30:16 20 out of 359
	Simon (outrageous claim) Boast	1:41:06 79
	Mark (the brain) Sturgess	1:46:11 118
	Jane Davies	2:25:44 336

---



Another wet, windy and hilly run in Devizes



When your run is done let Stuart G know and he will upload your results onto the website  
 Contact Stuart at: [s.v.gregory@btinternet.com](mailto:s.v.gregory@btinternet.com)

To see all the race results visit the website  
<http://www.marlboroughrunningclub.co.uk/results2013.shtm>



# Newsletter

August to October 2013



## Avebury 8

Our Avebury 8 run is coming along soon on the 17<sup>th</sup> November. We could do with some more helpers to marshal on the day. Please contact Alan J if you can spare some time. Remember if you help at an event and want to join EA in 2014 you will be getting it for free.

## Marlborough Downs Challenge (MDC)

The date for next years MDC. It is the 10<sup>th</sup> May 2014. So please keep free we will need all the help we can get to put on our normal excellent event. We are planning to have a 20 and a 33 mile run.

## 25 Years of MRC celebration

We are planning to hold a dinner on the 24<sup>th</sup> January 2014 to celebrate 25 years of MRC running. Please make a note of the date. More details to follow but I am sure it will be a great evening and there are some surprises planned.

## Club Championship update

The CC is a separate competition for men and women.

Scores are based on the entrant's best results in any of the qualifying races. Knowing your age and sex, we use an Age Grade Calculator to normalise the result. This is in terms of a corrected time and a corrected % of the (assumed) elite time for that distance, being the race-winner's time.

The current status on the standings is being put together by Henry. It will be on the web site soon.

## Races left to enter this year:

### 5 k

Any Park Run, Lydiard Park, Swindon

- (Every Saturday, 9am)

<http://www.parkrun.org.uk/swindon/home>

### 10 k

Any MRC timed 10k run - various staged throughout the year.

Keep your eye on the MRC website's 'Wednesday Run' timetable.

### The 'Other' category!

Over the Hills (Sunday 3<sup>rd</sup> November 2013)

<http://www.avonvalleyrunners.org.uk/index.php?page=over-the-hills>

Sodbury Slog (Sunday 10<sup>th</sup> November 2013)

Any questions, contact Henry: E mail: [Henryfry@ymail.com](mailto:Henryfry@ymail.com)



# Newsletter

August to October 2013



## Race Diary

On the website, under the 'Diary' tab is the race diary spreadsheet. If you have updates or are planning to run an event let me know so it can be updated.

Here are some races coming up to the end of the year. Yellow highlighted are Club Championship races

Month	Day	Event	Venue	Type	Distance	MRC members running	Comments
November	2nd	<a href="#">Southwick Country Parkrun</a>	Trowbridge	MT	5 KM		
November	3rd	<a href="#">Over-the-hills</a>	Bradford on Avon	MT	12 Km	Graham T Simon B Daniel D	MRC championship race
November	3rd	<a href="#">Plymouth 10k</a>	Plymouth	Road	10 km		
November	9th	<a href="#">Southwick Country Parkrun</a>	Trowbridge	MT	5 KM		
November	10th	<a href="#">Sodbury slog</a>	Chipping Sodbury	MT	9 miles		MRC championship race
November	10th	<a href="#">Wiltshire Road Relays</a>	Castle Combe	Road	4x2 miles		
November	13th	<a href="#">The Swindon &amp; Wiltshire Project Ability 5Km Series 2013</a>	Chippenham	Road	5km		
November	16th	<a href="#">Southwick Country Parkrun</a>	Southwick Country Park, Trowbridge	MT	5 KM		
November	17th	<a href="#">The Avebury 8</a>	Avebury	MT	8 miles		Our run. Volunteers needed to marshal and help out. Contact Alan J
November	17th	<a href="#">Gosport Half</a>	Gosport	Road	Half marathon		
November	17th	<a href="#">Swindon 10K</a>	Swindon	Road	10 km		
November	17th	<a href="#">AVR Wiltshire Half Marathon</a>	Edington	Road	Half marathon		
November	23rd	<a href="#">Southwick Country Parkrun</a>	Southwick Country Park, Trowbridge	MT	5 KM		
November	24th	<a href="#">The Castle Combe 'Chilly' 10k - Race 3</a>	Castle Combe	Road	10 Km		



# Newsletter

August to October 2013



Month	Day	Event	Venue	Type	Distance	MRC members running	Comments
November	24th	<a href="#">Bath Hilly Half</a>	Bath	MT	Half marathon, 10km		
November	24th	<a href="#">Wickstead Wander</a>	Highworth	MT	5 miles		
November	24th	<a href="#">Downton Half</a>	The Borough, Downton	Road	Half marathon		
November	24th	<a href="#">Brent Knoll Race</a>	Burnham-on-Sea	MT	5.75 miles		
November	27th	<a href="#">The Swindon &amp; Wiltshire Project Ability 5Km Series 2013</a>	Chippenham	Road	5km		
December	1st	<a href="#">The Full Monty Cute</a>	Stoke sub Hamdon	MT	10 miles		
December	1st	<a href="#">Bromham Pudding Run</a>	Bromham	Road	10 km		
December	8th	<a href="#">Wiltshire XC Championships (2013 AVR Off-road league race)</a>	Bath University	XC	10.3 Km (SM/VM), 6.6 Km (SF/VF)		
December	11th	<a href="#">The Swindon &amp; Wiltshire Project Ability 5Km Series 2013</a>	Chippenham	Road	5km		

Your committee is:

- Phil Griffiths. [email@phil-griffiths.com](mailto:email@phil-griffiths.com)
- Richard Sharland. [richard@iansharland.co.uk](mailto:richard@iansharland.co.uk)
- Simon Boast. [simon.boast@gmail.com](mailto:simon.boast@gmail.com)
- Henry Fry. [henryfry@ymail.com](mailto:henryfry@ymail.com)
- Angus Taylor. [anguswtaylor@hotmail.com](mailto:anguswtaylor@hotmail.com)
- Mark Sturgess. [mark080371@hotmail.com](mailto:mark080371@hotmail.com)
- Graham Townsend. [partialfitness@aol.com](mailto:partialfitness@aol.com)
- Membership secretary is: Alan Joslin: [alan.joslin@gmail.com](mailto:alan.joslin@gmail.com)

Our website is: <http://www.marlboroughrunningclub.co.uk/index.shtm>

Facebook: <https://www.facebook.com/groups/205404446257322>

## Runner under the Microscope

Each newsletter we put a member under the Microscope to see what makes them tick. This month it is Henrietta McKinnon



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

It was the Nutrasweet London Marathon in 1995 and I smoked at least 2 cigarettes before the start, took over 5.30 hours to finish and couldn't walk for several days. The longest run I had done before it was 12 miles!

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

At my home in St. Tudy, Cornwall

### **MRC: Do you have any pre run / race superstitions? If so what?**

I can't run a race without porridge, banana and a cup of tea with "milch" (*for my Jungfrau friends!!*) for breakfast!



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

My first school was a very small alternative school in Cornwall where we were taught to swim in the river and taught to ride the moorland ponies so we could round up their cattle and sheep! I then went to an all-girls school in Devon, called Stover. I was very homesick.

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

My favourite event for scenery – The Classic Quarter in Cornwall - 44 miles from Lizard Point to Land's End on the coastal path! (Sorry Jungfrau... give me a couple of months for the pain to fade and I might say .... The Jungfrau Marathon for its spectacular mountain scenery!!)

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

Tintin

### **MRC: What do you think about on a long run?**

I try to rationalise any concerns I have about life. I enjoy the scenery, space, freedom and I like to mentally put my life in order. If I run with others, I'm probably too busy chatting to think much!!

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

BROOKS CADENCE (road) and BROOKS PURE GRIT (trail) – Both part of their minimalist range

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

Not yet!

### **MRC: If I didn't run I would.....**

... be like a caged tiger. But I do like making intricately designed cakes as an alternative hobby!

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

My trainers!!

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

NEVER!!



# Newsletter

August to October 2013



## Horton Mill Farm Livery

Horton, Nr Devizes, Wiltshire, SN10 3NE  
T: 07985 442 913  
Gemma Elford

We offer a very relaxed setting for any horse or pony. Our facilities include rubber matting in all stables, with dust free verdo bedding in all boxes. Well maintained individual paddocks with post and rail fencing. A flood lit school with superb all weather surface. Beautiful hacking on the surrounding hills. Parking available on yard accessed by electric gate and private drive. All tack is stored in secure locked tack room. We are fully insured by NFU. Owners are recommended to have third party insurance.

Services offered.

Full livery (7 days)-£120 pw

- Mucking out
- Turning out
- Bringing in
- Changing rugs
- Grooming
- Tack cleaning
- Haylage
- Basic hard feed and chaff (any additional feed to be bought by owner)
- Holding for farrier and vet
- Horse exercise, show preparation and clipping by arrangement.



Full livery and breaking services (7 days)-£250pw

- All of the above
- Biting
- Lunging
- Long reining
- Riding

We use Alan Turnell, a very reputable farrier.

Our vet is Hattie Lawrence.

There will also be regular clinics with Canadian International Event Rider, Rebecca Howard.

