



Newsletter

December 2012



Welcome to the reinvented newsletter for Marlborough Running Club. We aim to bring you the latest news of what has been going on in the club, how our runners have been fairing in races and what's coming up, along with an in depth analysis of a runner as we put them under the microscope.

Club trip to Amsterdam

Back in October a group ventured outside Wiltshire over to Amsterdam for a weekend of eating, drinking, site seeing, oh and some running.

The trip was initiated and superbly organised by Rene, our very own Dutchman, who proudly took us on a tour of his city.



We had participants in all events. The results were:

21 Oct	Amsterdam Marathon	Andy Ashley	3:33:37	3314 out of 10142
		Simon Boast	3:34:36	2832
		Alan Joslin	5:03:37	9706
	Half Marathon	Dave Wardell	1:31:50	599 out of 12743
		Andy Richardson	1:33:43 (PB)	785
		Jay Scroggins	1:40:42	1936
		Alison Meredith	1:42:49	2414
		Ted Townsend	1:44:10	2743
		John Meredith	1:46:54	3503
		Rene Voogt	1:54:30	5804
		Tim Ashton	1:57:57	7004
		Hilary Kennedy	1:58:42	7274
		Jane Watkins	1:59:41	7637
		Siobhan Macdonald	2:04:49	9068
		Phil Griffiths	2:07:06	9568
		Nicola Ashton	2:50:09	12676
	8k	Janella Scroggins	0:42:10	920 out of 4193
		Josephine Bindloss Gibb	0:42:16	939

Andy maintained control for eating and drinking until he had posted a PB



Other events we have been taking part in:

7 Oct	Clarendon Marathon	Samuel Dixon	3:45:30	47 out of 406
		Stuart Gregory	3:54:16	74
		Mark Stroud	4:12:46	142
7 Oct	Cricklade Half Marathon	Andrew Ind	1:18:46 (PB)	6 out of 283
		Paul Coles	1:25:38	19
		Andy Ashley	1:27:10 (PB)	28
		Henrietta Mackinnon	1:32:09 (PB)	53
		Dominic Hodge	1:32:39	56
		Andy Richardson	1:39:21 (PB)	86
		Kirsty Newland	1:58:02	201

4 PBs!

Swindon half marathon 14 October 2012.

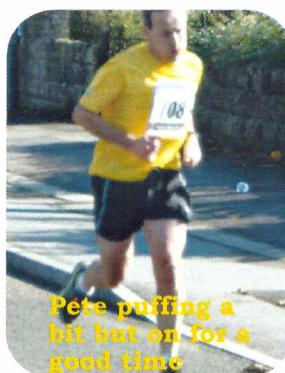
A healthy turn out and some great performances



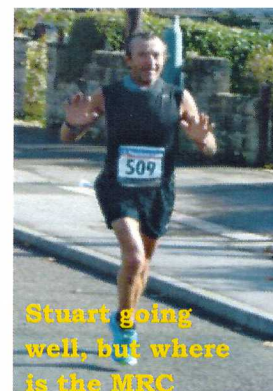
It's not the finish yet Dan



Cheerio Sam



Pete puffing a bit but on for a good time



Stuart going well, but where is the MRC

14 Oct	Swindon Half Marathon	Nick Awbery	1:18:20	4 out of 1585
		Sam Dixon	1:27:29	33
		Paul Coles	1:28:22	46
		Peter Reid	1:28:41	52
		Mark Chamberlain	1:29:57	63
		Stuart Gregory	1:33:30	105
		Dominic Hodge	1:35:06	134
		Anton Rowe	1:42:08	306
		Daniel Dinsey	1:43:05	324
		Kim Chamberlain	1:44:40	354
		Mark Braithwaite	1:49:22	514
		Sophie Reid	1:51:13	571



Sam still going strong but no energy left to wave

Dan with both feet off the ground. Sign of a real runner





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Other notable performances were Stuart Gregory in the French Riviera Marathon on the 4th November 2012.

At the ripe old age of fifty something he sets a PB and here is his watch (well he said it was his) to prove it.



Stuart was so pleased with himself he did an extra quarter of a mile!

Also accompanying him was Alex Jinivizan who also did a PB in 3:23:01 (We believed him and didn't need watch evidence)

Here are some more results of MRC runners in recent events

Date	Event	MRC Runner	Time	Position
09-Dec	AVR Wiltshire Half	Ian Newell	01:22:05	7 out of 223
08-Dec	Swindon Park run (136) 5 km	Andrew Ind	00:17:12	1
08-Dec	CTS Dorset Ultra (33.6 miles)	Stuart Gregory	06:54:39	13 out of 46 (119 started)
02-Dec	Bromham 10k	Anton Rowe	44:25 (PB)	97 out of 371
02-Dec	Full Monty Cute	Graham Townsend	01:32:25	36 out of 241
		Ted Townsend	01:48:13	119
01-Dec	Swindon Park run (135) 5 km	Andrew Ind	00:17:23	1
18-Nov	Swindon 10 km	Andrew Ind	00:35:01	7
		Dominic Hodge	00:40:52	60
04-Nov	Marathon des Alpes Maritimes (Nice - Cannes)	Stuart Gregory	3:17:59 (PB)	799 out of 6687
		Alex Jinivizian	3:23:01 (PB)	1011
04-Nov	Over The Hills	Graham Townsend	00:55:54	26 out of 197
		Alison Meredith	01:02:58	
		Jay Scroggins	01:03:07	
		Jon Ashby	01:05:08	
		Ted Townsend	01:05:24	

There were some great performances by MRC members over the last few months. Remember if you take part in an event let Andy Richardson know so he can update the website with your achievements, and why not write a race report so others can read up your views and experiences.



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Boxing day relay along the Kennet and Avon Canal Towpath

Two MRC teams, the Fairies and the Elves assembled for this low key event which isn't taken too seriously, and has amongst others the two following rules:

- Trying to win this race is discouraged.
- Any rule may be ignored at any time

Team Fairies took both these rules literally and actually won a superb trophy, but did so by some devious means. Allegedly a nasty Fairy ambushed an Elf, leaving the Elf helpless in the mud, and then sprinkled them with 'slow down' dust - which worked as the Elves ended up 6th!!! They were in first place at the time.

- Team 'Fairies' (Karen and John Ashby, Martin Truan, Stuart Gregory and Dominic Hodge)
- Team 'Elves' (The Merediths - John, Alison, Josh & Grace)

Other news:

Another successful Avebury 8 was staged on the 18th November. There was lots of great feedback from the runners.

Thanks to all those who helped out.



Club Championship

Rising from the ashes to start in 2013 is the club championship. Thanks and well done to Henry for setting it up, see the E mails from him for the details and let him know if you want to take part.

The Highworth half marathon:

This is a team invitation event is on January 20th. Ted has organised a potentially winning team. Good luck to them.



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Races coming up

Here is a list of local races coming up.

Location	Date	Race name 0	Distance (km)	Terrain	Day	Time	
Epney	13 Jan 2013	Beat The Bore	11.3	Trail	Sunday	08:10	
Woodcote	13 Jan 2013	Goring, Woodcote And District 10K	10	Road	Sunday	10:30	
Milton Lilbourne	13 Jan 2013	Rough 'N' Tumble 10	16.1	Multi-terrain	Sunday	11:00	MRC Championship race
Frome	20 Jan 2013	Damp Dash Super Sprint	10	Multi-terrain	Sunday	08:00	
Quedgeley	20 Jan 2013	Gloucester 50K	26	Road	Sunday	10:30	
Quedgeley	20 Jan 2013	Gloucester Marathon	41.8	Road	Sunday	10:30	
Corsham	27 Jan 2013	Slaughterford 9	14.5	Multi-terrain	Sunday	09:50	MRC Championship race
Romsey	27 Jan 2013	Hampshire Chronicle Romsey 5M	8	Road	Sunday	10:00	
Oxford	02 Feb 2013	GB Ultra Thames Trot 50	80.5	Trail	Saturday	08:30	
Warminster	03 Feb 2013	Longleat 10K	10	Road	Sunday	10:00	
Gloucester	10 Feb 2013	Gloucester 10K	10	Road	Sunday	09:00	
Melksham	10 Feb 2013	The Wiltshire 10	16.1	Road	Sunday	10:00	MRC Championship race
Dursley	10 Feb 2013	Dursley Dozen	19.3	Multi-terrain	Sunday	10:30	
Netherhampton	17 Feb 2013	Drovers Half Marathon 2013	21.1	Multi-terrain	Sunday	10:30	
Winchester	24 Feb 2013	Hampshire Chronicle Winchester 10K	10	Road	Sunday	10:30	
Pewsey	24 Feb 2013	The Terminator	18.5	Multi-terrain	Sunday	10:30	
Romsey	24 Feb 2013	Winchester 10K	10	Road	Sunday	10:30	
Bath	03 Mar 2013	The Bath Half Marathon 2013	21.1	Cross Country	Sunday	09:00	
Horton	03 Mar 2013	Hogweed Hilly Half Marathon IX	21.1	Road	Sunday	10:30	
Goring	03 Mar 2013	Goring 10K	10	Multi-terrain	Sunday	11:00	
Warminster	10 Mar 2013	Longleat Half Marathon 2013	21.1	Road	Sunday	09:30	
Salisbury	10 Mar 2013	City Of Salisbury 10 Mile Road Race	16.1	Road	Sunday	10:30	
Quedgeley	17 Mar 2013	Gloucester 20	32.2	Road	Sunday	10:30	
Calne	24 Mar 2013	25Th Rotary Club Of Calne Bowood 10K	10	Multi-terrain	Sunday	10:00	
Eastleigh	24 Mar 2013	B&Q Eastleigh 10K	10	Road	Sunday	10:00	
Eastleigh	24 Mar 2013	B&Q Eastleigh 10K - Junior 2K Fun Run	2	Cross Country	Sunday	12:00	
Grove	07 Apr 2013	White Horse Half-Marathon	21.1	Road	Sunday	10:00	
Chedworth	07 Apr 2013	Chedworth Roman Trail 10M	16.1	Multi-terrain	Sunday	10:30	
Hanging Langford	28 Apr 2013	Drovers 10K	10	Multi-terrain	Sunday	10:30	



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Committee stuff

Your committee members are:

Alan Joslin: alan.joslin@gmail.com

Angus Taylor: anguswtaylor@hotmail.com

Henry Fry: henryfry@ymail.com>,

John Meredith: john.meredith@surfwise.co.uk

Phil Griffiths: email@phil-griffiths.com>,

Richard Sharland: richard@iansharland.co.uk

Simon Boast simon.boast@gmail.com

Our website is:

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

Committee meetings are planned for:

- 14th February 2013
- 28th March 2013
- 9th May 2013

If you have any thoughts or ideas then please let any committee member know

Runner under the Microscope

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



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

I started to run for fitness in my mid twenties, and settled into a pattern of running up to three miles, which was quite far enough, thank you! I couldn't understand why on earth anyone would want to run further. Then the first London Marathon came along in 1981. It was quite obvious to me all the runners were mad to run such a ridiculously long way, and I didn't dream of doing such a thing myself. But six months later the first Leeds Marathon was organised by a certain Jimmy Savile (a lovely man, and so very fond of children), I entered just to keep a friend company, and completed it in just under 5 hours. That experience made me think I could run the distance quite a bit faster, so in the next year I ran three local marathons, getting down to a time of under four hours, which I slowly improved upon over the next few years.



MRC: Where were you born?

I was born in London, and brought up in a very dull outer London suburb. Fortunately we were very close to the Hertfordshire countryside, and as a teenager I spent a lot of time cycling round the lanes over a radius of 30 miles or so. I still have a good mental map of the back roads of central Hertfordshire, and was pleased to come across a number of familiar villages (and pubs!) when I ran the Fairlands Valley marathon a couple of years ago.

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

Certainly not! I have great confidence that my ability as an athlete is all I need to get through a race. Touch wood.

MRC: Where did you go to school?

I went to school in Barnet. The school had a strong tradition of sport, especially cross country running. I spent most of my time there devising increasing ingenious excuses for avoiding cross country running.

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

That's a tough one. There are many I look back on with very fond memories, but right at the top of my list I've two to pick from.

The South Downs Way 80, which I first heard about on my first run with MRC, was something very special. The terrain is just challenging enough for me - easy underfoot, but plenty of climbing giving me excuses to slow down to a walk. The weather each time I did was just right - dry, but not too hot. There was great camaraderie amongst the runners, it was very well organised with friendly marshals, but what made it for me was the great support provided my MRC members. We used to have perhaps half a dozen club members running, and around 10-15 members following us along the route, keeping us fed and watered between checkpoints (apart from the time when my support team went to the pub at one point and missed our next rendezvous by ten minutes), and even getting tents up at the finish for us to crawl into when we finished. The SDW 80 is sadly ended in 1997. There is the SDW 100 now, but I'm far too old and unfit to contemplate that.



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The other candidate for my personal favourite is the Medoc Marathon. It is a full 42km marathon, but with its 20+ drinks stops, only two of which serve *white* wine, it's really just a great party from beginning to end. And beyond, as the post race festivities go on long into the evening.

MRC: What is your favourite cartoon character?

I can't say I got one, though I have noticed I'm becoming more and more like the middle aged man who appears in a lot of Matt cartoons in the Telegraph!

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

I find long runs are great for thinking deeply about quite complex issues, too boring for others to detail here. Many times I have arrived at very clever and ingenious solutions to problems when I'm out on a long run. Unfortunately these go straight out of my head as soon as I stop running.

MRC: What is your running shoe of choice?

Generally I stick to one make that I know fits me and is comfortable, and buy pair after pair of them. When I first started I wore New Balance for few years, then switched to Asics. For some time now I've run in Saucony shoes. I still like their Grizzly Approach shoes for trail running, and normally have a couple of pairs of their road shoes on the go as well. I prefer to buy two pairs at around £40-£50 than one pair at twice the price. I have tried more expensive shoes, but I've never found them very different from cheaper models.

MRC: Have you ever run in a costume?

Certainly not! One thing I cannot stomach is people demeaning the sport of athletics by running in fancy dress.

I do admit that some of my running clothing is somewhat unconventional at times. It was very hot one year in Medoc, so I found my leopard skin Tarzan top was much more sensible for running than shorts and a vest. Similarly, the pink tutu and fairy wings I wore in the next Medoc were ideal for a breezy day, and provided excellent aerodynamic advantages. And of course, if one is going to run a very muddy trail race in mid-winter involving fording two deep rivers, wouldn't everyone choose to wear a wedding dress (that started out white and ended up pale brown, even after washing)? And the blonde wig was just right for that day to keep out the cold.

MRC: If I didn't run I would be?

Dull

MRC: What can't you run without?

Some idea of where I'm going, preferably a map.

MRC: Have you ever DNF?

Surprisingly, I don't think I ever have. Yet! I've had plenty of PWs, mostly down to almost giving up and walking long stretches, but I've always got there in the end.