

# Newsletter

January to April 2013

## Debbie Does Desert

In this newsletter:

- What events have we been doing?
- Marlborough Downs challenge.
- Ridgeway relay.
- Club championship update
- Celebrations.
- Race diary
- Our very own club secretary, Phil G under the microscope.

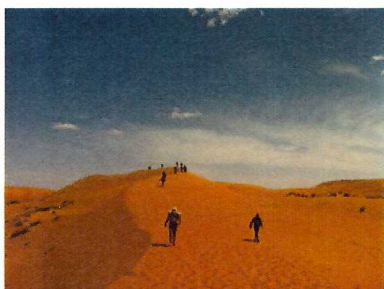
Congratulations to Debbie Simpson who, to celebrate her 50<sup>th</sup> birthday, has just completed the toughest footrace on the planet, known as the Marathon des Sables.



Along with 1049 other entrants from 50 countries Debbie covered 150 miles over 6 days, experiencing temperatures up to 54°C.



The rules require that participants are self-sufficient having to carry everything except water that you need to survive. She was provided a tent (which she shared with 7 other characters) all other equipment and food had to be carried.



To top that she also raised £11,564.51 for the charity Facing Africa.

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The year started off on the first of January (as most years do) with our traditional run around Savernake forest.

A very pleasant run was finished off in even more traditional fashion with refuelling in the Royal Oak



## Watford half marathon



Simon Boast slip-streaming a Panda



Richard Hughes finishing fast with great knee lift

## Simon and Dan finishing the Dursley Dozen.



An absolutely miserable day which consisted of rain, torrential rain, gale force wind and more rain. There was loads of mud and a hill called the precipice. To mount the precipice, a rope, tied between the trees was provided. This was essential to help climb to the summit.....where it was raining.



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## Rough & Tumble

Some great times saw the male team win first prize



On your marks, set, GO



Stuart, looking like it's too easy

13 Jan	Rough 'n' Tumble	Ian Newell	1:15:29	9 out of 504
		Richard Sharland	1:20:35	32
		Stuart Gregory	1:24:57	49
		Simon Boast	1:38:22	173
		Dan Dinsey	1:45:43	235
		Mark Sturgess	1:47:49	256
		Sian James	2:03:08	394

## Bath half Marathon



Alex Jinivizian looking quite pleased with himself, and so he should, he had just finished the Bath half marathon in a PB of 1:29:40

Kim Chamberlain was not far behind in 1:37:55

To see all the race results visit the website

<http://www.marlboroughrunningclub.co.uk/results2013.shtm>

## Marlborough Downs Challenge

Coming along soon is one of the main events we organise, the MDC. This year restricted to a 33 mile run only. If you have volunteered to help out on the day, many thanks. If you haven't yet but can spare a few hours on the 12<sup>th</sup> of May there are still plenty of opportunities to contribute. Please contact race director Andy Richardson, or marshal organiser Phil Griffiths.

## Ridgeway Relay

Not long after the MDC on the 16<sup>th</sup> June is the Ridgeway relay. Soon we will be looking for runners to make up at least a couple of teams, to be organised by Ted Townsend and marshals who will be coordinated by Simon Boast and Kirsty Newland. Race director is Alan Joslin.

## January to April 2013

## Club Championship update

The club championship is well underway. Here is the current results table:

			02/07/2023 08:30-09:00		06/06/2023 08:30-09:00		06/06/2023 09:00-09:30		06/06/2023 09:30-10:00		06/06/2023 10:00-10:30		06/06/2023 10:30-11:00		06/06/2023 11:00-11:30		06/06/2023 11:30-12:00		06/06/2023 12:00-12:30		06/06/2023 12:30-13:00		06/06/2023 13:00-13:30		06/06/2023 13:30-14:00		06/06/2023 14:00-14:30		06/06/2023 14:30-15:00		06/06/2023 15:00-15:30		06/06/2023 15:30-16:00		06/06/2023 16:00-16:30		06/06/2023 16:30-17:00		06/06/2023 17:00-17:30		06/06/2023 17:30-18:00		06/06/2023 18:00-18:30		06/06/2023 18:30-19:00		06/06/2023 19:00-19:30		06/06/2023 19:30-20:00		06/06/2023 20:00-20:30		06/06/2023 20:30-21:00		06/06/2023 21:00-21:30		06/06/2023 21:30-22:00		06/06/2023 22:00-22:30		06/06/2023 22:30-23:00		06/06/2023 23:00-23:30		06/06/2023 23:30-24:00		06/06/2023 24:00-24:30		06/06/2023 24:30-25:00		06/06/2023 25:00-25:30		06/06/2023 25:30-26:00		06/06/2023 26:00-26:30		06/06/2023 26:30-27:00		06/06/2023 27:00-27:30		06/06/2023 27:30-28:00		06/06/2023 28:00-28:30		06/06/2023 28:30-29:00		06/06/2023 29:00-29:30		06/06/2023 29:30-30:00		06/06/2023 30:00-30:30		06/06/2023 30:30-31:00		06/06/2023 31:00-31:30		06/06/2023 31:30-32:00		06/06/2023 32:00-32:30		06/06/2023 32:30-33:00		06/06/2023 33:00-33:30		06/06/2023 33:30-34:00		06/06/2023 34:00-34:30		06/06/2023 34:30-35:00		06/06/2023 35:00-35:30		06/06/2023 35:30-36:00		06/06/2023 36:00-36:30		06/06/2023 36:30-37:00		06/06/2023 37:00-37:30		06/06/2023 37:30-38:00		06/06/2023 38:00-38:30		06/06/2023 38:30-39:00		06/06/2023 39:00-39:30		06/06/2023 39:30-40:00		06/06/2023 40:00-40:30		06/06/2023 40:30-41:00		06/06/2023 41:00-41:30		06/06/2023 41:30-42:00		06/06/2023 42:00-42:30		06/06/2023 42:30-43:00		06/06/2023 43:00-43:30		06/06/2023 43:30-44:00		06/06/2023 44:00-44:30		06/06/2023 44:30-45:00		06/06/2023 45:00-45:30		06/06/2023 45:30-46:00		06/06/2023 46:00-46:30		06/06/2023 46:30-47:00		06/06/2023 47:00-47:30		06/06/2023 47:30-48:00		06/06/2023 48:00-48:30		06/06/2023 48:30-49:00		06/06/2023 49:00-49:30		06/06/2023 49:30-50:00		06/06/2023 50:00-50:30		06/06/2023 50:30-51:00		06/06/2023 51:00-51:30		06/06/2023 51:30-52:00		06/06/2023 52:00-52:30		06/06/2023 52:30-53:00		06/06/2023 53:00-53:30		06/06/2023 53:30-54:00		06/06/2023 54:00-54:30		06/06/2023 54:30-55:00		06/06/2023 55:00-55:30		06/06/2023 55:30-56:00		06/06/2023 56:00-56:30		06/06/2023 56:30-57:00		06/06/2023 57:00-57:30		06/06/2023 57:30-58:00		06/06/2023 58:00-58:30		06/06/2023 58:30-59:00		06/06/2023 59:00-59:30		06/06/2023 59:30-60:00		06/06/2023 60:00-60:30		06/06/2023 60:30-61:00		06/06/2023 61:00-61:30		06/06/2023 61:30-62:00		06/06/2023 62:00-62:30		06/06/2023 62:30-63:00		06/06/2023 63:00-63:30		06/06/2023 63:30-64:00		06/06/2023 64:00-64:30		06/06/2023 64:30-65:00		06/06/2023 65:00-65:30		06/06/2023 65:30-66:00		06/06/2023 66:00-66:30		06/06/2023 66:30-67:00		06/06/2023 67:00-67:30		06/06/2023 67:30-68:00		06/06/2023 68:00-68:30		06/06/2023 68:30-69:00		06/06/2023 69:00-69:30		06/06/2023 69:30-70:00		06/06/2023 70:00-70:30		06/06/2023 70:30-71:00		06/06/2023 71:00-71:30		06/06/2023 71:30-72:00		06/06/2023 72:00-72:30		06/06/2023 72:30-73:00		06/06/2023 73:00-73:30		06/06/2023 73:30-7	
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## How do we score it?

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.

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



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## Refresher on the rules and races

**You are required to enter 6 races, 4 of which have to be from separate categories listed below, so you can submit two results from one category.**

You are welcome to enter multiple races from any category as you please, **but we will just take your best 6 results** at the end of the year.

Races left to enter this year

### 5 k

**Any** Park Run, Lydiard Park, Swindon

– (Every Saturday, 9am)

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

### 5 m

Ramsbury 5 (Sunday 19th May 2013)

<http://events.runbritain.com/events/event/ramsbury-5-mile-run-2/2013-05-19/>

Pewsey Great Bustard 5 (Saturday 20th July 2013)

<http://www.pewseyvalerunningclub.org/default.aspx>

### 10 k

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

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

### Half Marathons

New Forest (Sunday 22nd September 2013)

<http://www.newforestmarathon.org.uk/index.htm>

Swindon (Sunday 13th October 2013)

<http://www.swindonhalfmarathon.co.uk/>

Cricklade (Sunday 6th October 2013)

<http://www.crickladefunrun.co.uk/>

### The 'Other' category!

Neolithic Half Marathon (Sunday 5th May 2013)

[http://www.wiltshirewildlife.org/whatson/Events/sarsentrail\\_neolithicmarathon](http://www.wiltshirewildlife.org/whatson/Events/sarsentrail_neolithicmarathon)

Over the Hills (Sunday 3rd November 2013)

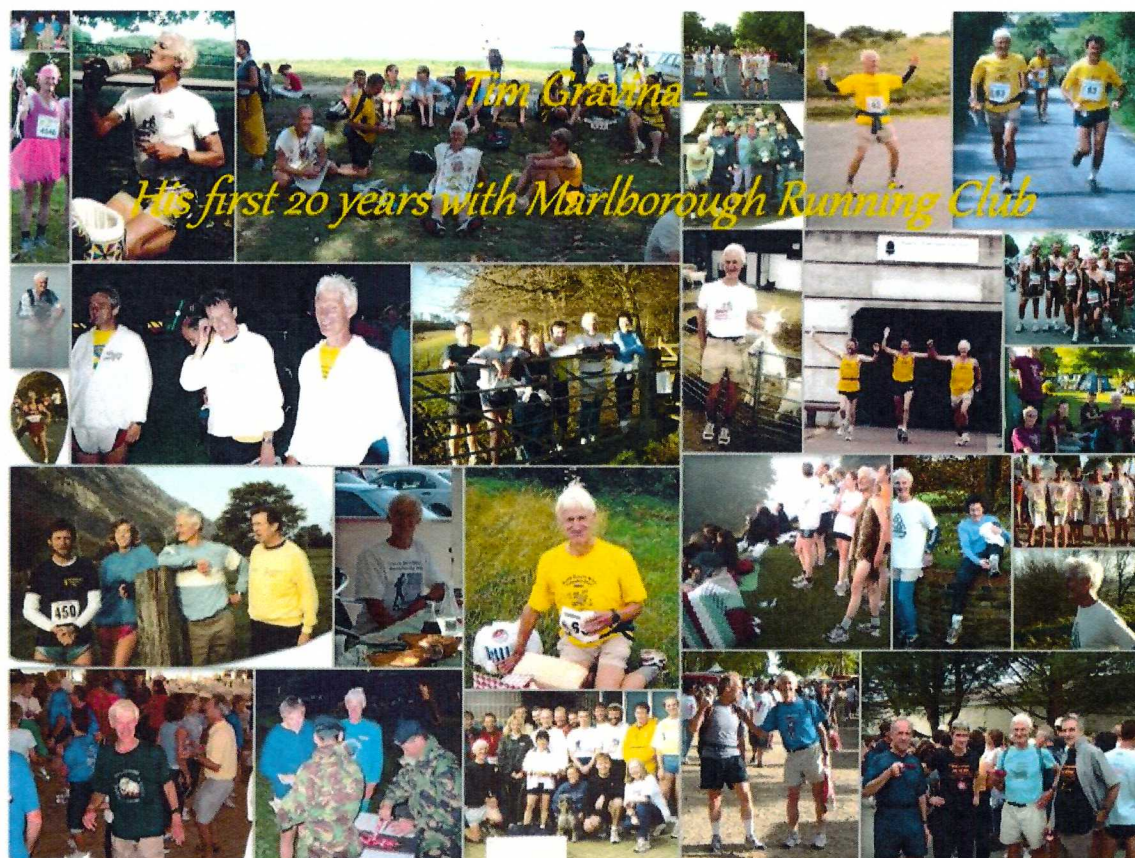
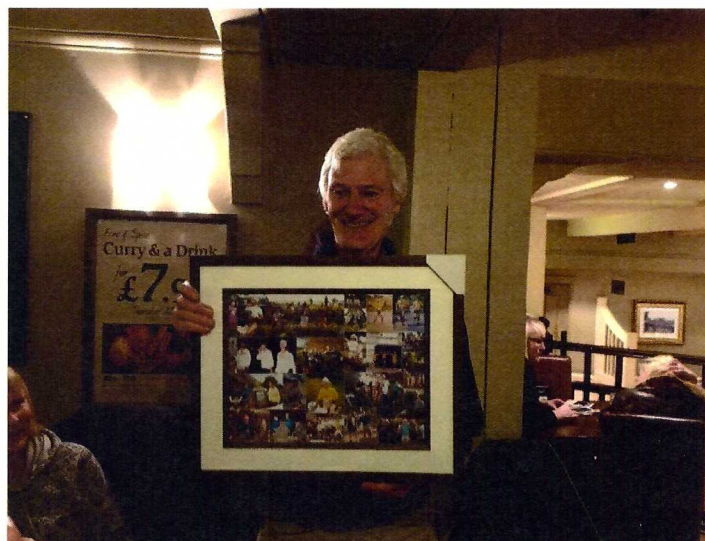
<http://www.avonvalleyrunners.org.uk/index.php?page=over-the-hills>

Sodbury Slog (Sunday 10th November 2013)

<http://www.sodburyslog.co.uk/index.php>

## Celebrations

Congratulations to Tim Gravina who announced his engagement to Juliette in fine fashion by buying the drinks in the Royal Oak. To celebrate his Tim was presented with a Montage of his first 20 years in MRC can you spot yourself?





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## Race Diary

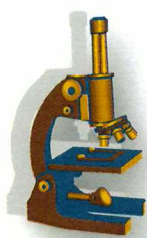
On the website, under the 'Diary' tab is the race diary spread sheet. If you have updates or are planning to run an event let me know so it can be updated.

Here is are some races coming up in May and June

Month	Day	Event	Venue	Type	Distance	MRC members running
May	5th	<a href="#">Neolithic Marathon</a>	Avebury to Stonehenge	MT	Marathon Half Marathon	Stuart Gregory (Marathon) Alex Jinivizian (Marathon) Alan Joslyn (98th Marathon) Simon Boast (Marathon)
May	5th	<a href="#">Bristol 10K</a>	Bristol	Road	10 Km	
May	8th	<a href="#">Yeovilton Summer 5K Series - May</a>	RNAS Yeovilton Air Station	Road	5 Km	
May	12th	Marlborough Downs Challenge organised by us. Volunteers needed contact Phil G				
May	14th	<a href="#">Roundway Chase</a>	The Ivy, Heddington	MT	10 Km	
May	14th	<a href="#">Swansea Bay 5K</a>	Blackpill Lido, Swansea	Road	5Km	
May	19th	<a href="#">Cheddar Gorge 10km Series</a>	Cheddar Gorge	MT	10 Km	
May	19th	<a href="#">Cheddar Gorge 5km Series</a>	Cheddar Gorge	MT	5 Km	
May	25th	<a href="#">Edinburgh Marathon Festival</a>	Edinburgh	Road	5Km	
May	25th	<a href="#">The Runners World Trailblazer</a>	Forest of Dean, Gloucestershire	MT	10 Km	
May	26th	<a href="#">Edinburgh Marathon Festival</a>	Edinburgh	Road	Marathon	
May	26th	<a href="#">Foxbury 10km (New Forest)</a>	Blackhill, New Forest	MT	10 Km	
May	26th	<a href="#">Foxbury 5km (New Forest)</a>	Blackhill, New Forest	MT	5 Km	
May	26th	<a href="#">The Trowbridge 5K (2013 WAA/AVR League Race)</a>	Trowbridge Park	Road	5 Km	
June	1st	<a href="#">Dartmoor Discovery Ultra</a>	Princetown, Devon	Road	33 Miles	
June	9th	<a href="#">National Trust Kingston Lacy 10k</a>	Kingston Lacy House, Wimborne	Road	10 Km	
June	9th	<a href="#">National Trust Kingston Lacy 5k</a>	Kingston Lacy House, Wimborne	Road	5 Km	
June	9th	<a href="#">Wexcombe tough 10</a>	Wexcombe Manor	MT	10 Km	Henrettia is promoting this one
June	9th	<a href="#">National Trust Kingston Lacy Half Marathon</a>	Kingston Lacy House, Wimborne	Road	Half Marathon	
June	9th	<a href="#">The Chippenham Harriers 5 Mile Road Race (2013 WAA/AVR League Race)</a>	Chippenham	Road	5 Miles	
June	9th	<a href="#">The Cannimore 10K</a>	Warminster Rugby Club	MT	10 Km	
June	11th	<a href="#">Swansea Bay 5K</a>	Blackpill Lido, Swansea	Road	5Km	
June	12th	<a href="#">Yeovilton Summer 5K Series - June</a>	RNAS Yeovilton Air Station	Road	5 Km	
June	15th	<a href="#">South downs way</a>	Winchester	MT	100 miles	Stuart Gregory
June	16th	The Ridgeway relay organised by us. Volunteers needed contact Alan J				
June	16th	<a href="#">Martock 10k</a>	Martock	Road	10 Km	
June	19th	<a href="#">Specsavers Longest Day Chippenham 10k</a>	Chippenham	Road	10 Km	
June	23rd	<a href="#">Cheddar Gorge 10km Series</a>	Cheddar Gorge	MT	10 Km	
June	23rd	<a href="#">Cheddar Gorge 5km Series</a>	Cheddar Gorge	MT	5 Km	
June	23rd	<a href="#">Torbay Half Marathon</a>	Torbay	Road	Half Marathon	

## Runner under the Microscope

Each newsletter we put a member under the Microscope to see what makes them tick. This month it is our own committee secretary Phil Griffiths



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

I used to try to avoid cross-country at school, which was made a bit easier when we moved to Swindon as we lived approx 300 yards from the school gates. I think my mother was secretly rather amused when I and a couple of mates turned up for a cuppa, in gym kit.

First real event was London in 1982. A gang of us from Raychem entered, and I was fairly fit and determined to break 3.30. Well, the 3:32 I did that day remained my PB until 1999!



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

Winchester, the true capital of England. Just ask King Alfred, he's at the bottom of the High Street.

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

No, I'm usually so disorganised that I would forget them anyway.

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

King Alfred's in Wantage (he followed us when we moved from Winchester!) and then Commonweal in Swindon.

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

Hmm, difficult. For organised events, it's probably a tie between London in '99 (PB time) and the Grizzly (always completely mad).

But my real love is the multi-day adventures we have organised as a club: the best fun ever was on the Thames Path (2000) which was the first time we tried this, and we amazed ourselves by completing the route; and that was equalled by the Coast-to-Coast in 2004, a wonderful week across the Lake District, the Yorkshire Dales and the North Yorkshire Moors.

The South Downs way and the Two Moors way are strong runners-up.

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

I mourn the fact that Tom & Jerry aren't still on the telly regularly!

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

Remarkably little, except which bit is hurting, has just stopped hurting, or is likely to hurt soon. Oh, and where the next support stop will be. A quick plug here and a HUGE thank you to everyone who has helped on any of the events we have done – none of the fun would have been possible without wonderful support teams.



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

I've run in Saucony shoes for years now, having flirted with New Balance for a while some time ago. When I started running I visited Terry Warner Sports in Swindon and asked for their advice on shoes for marathon distance. They had no idea (and neither did I) and so they sold me something called "Inter Kangaroos". These had a useful pocket to keep your key in, and a slightly less useful habit of knacker your knees after 6 miles.

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

I did an early Swindon Marathon wearing a straw boater and carrying a walking cane. Don't ask. The next year I carried a stuffed parrot. Swindon Marathons did that to you...

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

Put on weight and become bloody miserable (check with Jenny, she'll confirm that!)

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

I was going to say "pain" but that would be a bit nauseating. My Garmin watch.

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

Oh yes. My infamous and ultimately unsuccessful attempt at the Ridgeway, end-to-end, in 2011. Six miles from the end I gave up, mainly because Nicola was threatening to drag me forcibly off the trail if I didn't stop. I think I may have looked a bit less than fit at that stage.

I'm in awe of anyone who completes that run. Stand up Alan, Tim G, Jay, Simon B and Simon H, Hen, Stuart...and anyone I've forgotten.

## **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>

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