

AGM

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On the 26th June our AGM was held at the The Horseshoe in Mildenhall. Many thanks to those who made the effort to attend.

The official AGM formalities were completed in a reasonable time (a PB for me, on the basis it was my first!, although nowhere near the club record of four minutes set by Andy R last year)

The minutes have been issued by Phil, and all reports are available for those who may have missed them.

The new committee that was voted in was:

- Chairman: Simon Boast. simon.boast@gmail.com
- Treasurer: Richard Sharland. richard@iansharland.co.uk
- Secretary: Phil Griffiths. email@phil-griffiths.com
- Committee member continuing from last year Henry Fry. henryfry@ymail.com
- Committee member continuing from last year Angus Taylor. anguswtaylor@hotmail.com
- New committee member Mark Sturgess. mark080371@hotmail.com
- New committee Graham Townsend. partialfitness@aol.com

Although not on the committee after his three year stint as Treasurer, Alan Joslin has kindly offered to continue to manage membership records. [Alan Joslin: alan.joslin@gmail.com](mailto:alan.joslin@gmail.com)

John has stepped down from the committee due to work commitments. Many thanks to him for his help during the last year.

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

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



Once the formalities were dealt with, it was time for food and drink

Onto the awards

For the “serious” awards congratulations to the following



Female Runner of the Year: **Debbie Simpson**



Most improved Female Runner: **Hen McKinnon**



Most Improved Male Runner: **Nick Thomas**



Male Runner of the Year: **Stuart Gregory**.
Who was also the runner with the smoothest skin.

For the ‘not so serious’ awards



Angus with the runner with the sorest nipple award



Rene with his tour guide of the year award.
Ignoring the superstition of putting an umbrella up indoors

The other award was for Alan and Phil who won the “falling over award” they now have some PPE (Personal Protective Equipment) in the form of cushions, to help cushion their fall in the future.

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Latest race results

From the records on the website over the last three months 18 different members have taken part in 26 different events, some of the highlights and photographic evidence.

Stuart on his way to completing the South Downs way 100 mile race in 18:24:53 finishing in 15th position overall and 1st in his age category



The Hungerford Harey team. Mark S, Alison M and Simon L



Stuart and daughter Maizey (future MRC member?) and Nick at the Great Bustard 5. Yes they are bottles of beer as refreshment

13 July Parkrun Swindon **Phil Griffiths** 25:05 100 out of 315 **1st MV65**
 6 July Parkrun Swindon **Phil Griffiths** 25:10 117 out of 331 **1st MV60**

12 June **Lethbridge 10k** **Nick Thomas** 45:10 (PB) 68 out of 351

98 th Marathon for Alan	5 May Neolithic Marathon	Simon Boast	3:49:51	26 out of 239
		Stuart Gregory	3:55:06	33
		Rachel Popham	6:06:17	232
		Alan Joslin	6:11:56	233

19 May Wessex Ridgeway Relay (100km)	Marlborough 'A'	8:15:06	3 out of 20
	Marlborough 'B'	11:04:04	17
	Marlborough 'C'	11:56:05	19

19 May Ramsbury 5	Henrietta Mackinnon	33:56 (PB)	13 out of 81
	Jane Watkins	42:40	45
18 May Shaw Stampede 10k	Nick Thomas	46:07 (PB)	23 out of 92



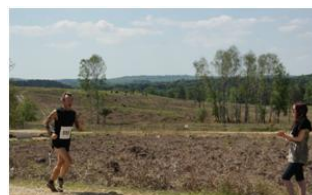
I think we have to go that way!

26 May Foxbury Multi-Terrain 10k	Stuart Gregory	43:46	9 out of 90
	Simon Boast	45:47	15
	Dan Dinsey	48:06	28



Ah, this is where the start is!

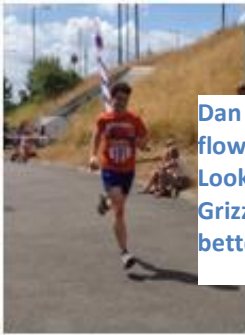
Team work protection!



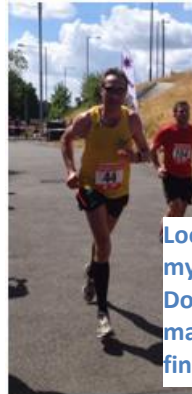
Stuart getting a round of applause from an admirer.

9 June Tourn de la Cascade d'Ars (19km) Pyrenees	Ted Townsend 2:57:11 78 out of 150
	Jay Scroggins 3:10:24 100
	Phil Griffiths 3:39:09 131

21 July Race to the Stones 50k Henrietta MacKinnon 5:49:40 2 out of 23



Dan at the Down tow up flow half marathon. Looking good in his Grizzly shirt. Would look better in a MRC top.



Looking rather cool, if I say so myself, in those shades at the Down tow up flow half marathon.....where is the finish line?

Many thanks to Andy R for keeping the website updated with race results in the past. This has now been taken over by Stuart Gregory, so if you have just posted a PB, or just want it recorded that you took part in a race let Stuart know and it will be recorded for posterity.

Of course if you are feeling really literary, you could even write a race report!

Contact Stuart at: s.v.gregory@btinternet.com

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

MDC

On the 12th May our Marlborough Downs Challenge event was held and another great success it was as well.

Many thanks to all those that helped out on the day, especially Andy R as race director and his support Jane W.

For next year's event we need a new race director, so if anyone is feeling they could contribute by taking this on (you will be well supported by the committee and I am sure Andy will be available for consultancy) please contact any member of the committee.



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Ridgeway Relay

On the 16th June not only did we organise and host the Ridgeway Relay challenge, we had two teams participating. Well done to the A team who managed a very respectable 4th position. Also to the B team who put in a sterling performance.

A lot of superb feedback was given by the participants. Thanks to all the participants and helpers, some who marshalled two check points, so put in several hours of work.

Avebury 8

The date is set for the Avebury 8, it's the 17th November, so please put it in your diary we will need a hardy band of volunteers for the usual duties. Rene is taking race director again this year, so thanks and well done to him.

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>

Half Marathons

New Forest (Sunday 22nd September)

<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!

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>

10 k

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

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

Any questions, contact Henry: E mail: Henryfry@ymail.com



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Race Diary

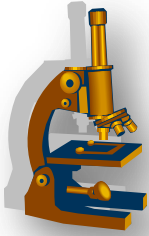
On the website, under the 'Diary' tab is the race diary spreadsheet. If you have updates or are planning to run an event let me know so it can be updated.

Here are some races coming up in August to October. Yellow highlighted are Club Championship races

Month	Day	Event	Venue	Type	Distance	MRC members running
August	14th	Yeovilton Summer 5K Series - August	RNAS Yeovilton Air Station	Road	5 Km	
August	18th	Cheddar Gorge 10km Series	Cheddar Gorge	MT	10 Km	
August	18th	Ashmei multi trail	Ulswater Lake District	MT	18 Mile 33 Mile	
August	18th	Cheddar Gorge 5km Series	Cheddar Gorge	MT	5 Km	
August	18th	Malmesbury Triathlon	Malmesbury	Tri	400 M swim 12 Km Bike 5 Km run	
August	18th	Cheddar Gorge Half Marathon	Cheddar Gorge	MT	Half Marathon	
August	18th	Cheddar Gorge Marathon	Cheddar Gorge	MT	Marathon	
August	25th	Foxtrot 5 (2013 WAA/AVR League Race)	Broughton Gifford	Road	5 Miles	
September	8th	Votwo Kamikaze Adventure Run	Bridport	MT	8 miles, 4 miles	
September	8th	Melksham 10 (2013 WAA/AVR League Race)	Melksham	Road	10 Miles	
September	11th	Yeovilton Summer 5K Series - Sept	RNAS Yeovilton Air Station	Road	5 Km	
September	14th	Jungfrau marathon	Switzerland	Mountain	Marathon	Simon L (& Jacki) Jay (& Nella) Ted T (& Jo) Graham T Stuart G Simon B (& Linda & Gary) Hen M Debbie S
September	15th	The Purbeck Marathon	Swanage, Dorset	MT	Marathon	
September	15th	Cheltenham half marathon	Cheltenham	Road	Half Marathon	
September	15th	Chippenham half marathon	Chippenham	Road	Half Marathon	
September	15th	Bristol Half Marathon	Bristol	Road	Half Marathon	
September	15th	Bristol 10K	Bristol	Road	10 Km	
September	22nd	New forest half marathon	New forest	MT	Half Marathon	
September	22nd	Malmesbury Half Marathon	Malmesbury	Road	Half Marathon	
September	22nd	Admiral Swansea Bay 10K	Swansea	Road	10 Km	
September	29th	Berlin marathon	Berlin, Germany	Road	Marathon	Alex Jinivizian
September	29th	Forest of Dean Autumn Half Marathon	Coleford, Glos	MT	Half Marathon	
October	5th	Bournemouth Marathon Festival 2013	Bournemouth	Road	Marathon, HM, 10K, 5K, 3K, 1.5K	
October	6th	Royal parks foundation half marathon	London	MT	Half Marathon	Stuart Gregory
October	6th	Clarendon marathon	Salisbury to Winchester	MT	Marathon	Nick Thomas
October	6th	Cardiff Half Marathon	Cardiff	Road	Half Marathon	
October	13th	Swindon half marathon	Swindon	Road	Half Marathon	
October	13th	Marshfield Mudlark	Marshfield, Bath	MT	11 Km	
October	13th	The Great West Run	Exeter	Road	Half Marathon	
October	13th	Castle Cary 10k	Castle Cary	Road	10 Km	
October	20th	Devizes half marathon	Devizes	Road	Half marathon	
October	20th	The Salisbury Half Marathon (2013 WAA/AVR League Race)	Salisbury	Road	Half Marathon	
October	20th	BUPA Great Birmingham Run	Birmingham	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 Flying Dutchman Rene Voogt



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

My first love was/is Baseball, so I only started running / jogging when my baseball career was over. My first official running event was the Dam-to-Dam loop in Amsterdam; I guess it must have been 1996. This is a great ten miles run starting in Amsterdam and finishing in Zaandam. I remember that at the start we were all held up for an hour or so. As the race starts downhill through a long tunnel under the river 'Het-IJ' there was a wheelchair crash which blocked the complete race (about 25,000 runners). Anyway as usual I ended in the end of the pack. But this is a great run, very scenic and going through the village I grew up in called Tuindorp Oostzaan which is part of Amsterdam. <http://www.damloop.nl/>



MRC: Where were you born?

The beautiful city of Amsterdam, a place very close to my heart.

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

No, not really, I never warm up as I cannot see the point when you need to run a long time anyway, I save my energy.

MRC: Where did you go to school?

In Amsterdam, a school called Orion School, all streets and buildings in Tuindorp are called after the Universe.

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

That's a difficult one I enjoyed so many, so in no particular order, the Two Moors way, the London Marathon, the midsummer night dream, the Ridgeway and Wessex relay's

MRC: What is your favourite cartoon character?

John the Tri-Athlete!

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

Running is a great way to free the mind so I tend not to think too much, I just enjoy the scenery and love the banter going on.

MRC: What is your running shoe of choice?

Brooks, I once had a pair fitted and as I never had any serious issues I stayed loyal

MRC: Have you ever run in a costume?

NO, I leave that to the English

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

.....have probably moved back to Holland.

MRC: What can't you run without?

The MRC, I am not so good in going out on my own. I am a social runner

MRC: Have you ever DNF?

I don't think I ever DNF a race. I am not very competitive and don't care about PB's that much. For me running a race is more for the experience of the event and the surroundings. During the last few miles of the London marathon I had bad cramp, the best way to keep going was to skip which caused great enthusiasm with the thousands of spectators, it was great to be cheered on by so many people!



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Summer Quiz to test the 'old grey matter' over the holidays

All the answers are related in some way to MRC, running, routes, events, all sorts of nonsense.

Answers to Phil, no later than 31 August.

A Valuable Prize awaits the winner. In the event of a tie there will be a tie-breaker; such fun, eh?

The numbers are the sort you get in crossword clues.

1	Arrange not to swerve here	4,7		
2	I've just replaced my scales	3,7		
3	Flog it, Mr T!	10		
4	A speedier case of the trots?	3,7		
5	Bloke, heavy, goes round and round	6,4		
6	Organising tea? Ken's tent.	4,7		
7	A long run for Alan donor month?	6,8		
8	Dashing for nothing?	4,3		
9	Child crying for a coastal treat?	7		
10	I hear Trudy ran USA, most weeks	8,3		
11	Initially most rings cost 10 grand	3,3		
12	A race for many of us older ones	4,3,5		
13	Sordid sin, strewn in a club north of us	7,8		
14	It took a week, but eventually Costa acts too!	5,2,5		
15	Brand to wear on your foot, not half way up your leg!	7		
16	Bodmin escapee in Dorset?	3,5		
17	Sentence, bird, time, porridge...	9		
18	Don't go east, Tiger!	4,5		
19	Knives are on some of our best trails	9		
20	'Simple'? Outrageous claim!	5,5		