

In this newsletter:

- Santa run with Swindon Striders.
- Christmas dinner.
- Championship results.
- Hall of Fame
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- Events coming up.
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- Ridgeway Relay.
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- Committee members.
- Kirsty Newland goes under the microscope.
- Member's space.

In the lead up to Christmas we had a couple of festive events, the first was a run with Swindon Striders on their Christmas run. It was mandatory to wear something Christmassy as we ran round Lydiard Park.



There was a pit stop in the park for mince pies and mulled wine, very civilised, before we trotted, staggered back. We then finished off with a meal at the Sun Inn



A few days later we then had our own Christmas dinner at the Castle and Ball where we announced the club Championship winners for 2013

The female winner was Henrietta McKinnon

Congratulations to Stuart the male winner



Jane and Kirsty thinking did we really go out in public dressed as Santa's



We introduced the hall of fame at the Christmas dinner, the place where members who have made huge contributions to the club over a numbers are recognised. The first entrants into the HoF were, Alan Joslin and Ted Townsend, congratulations and thanks to them both.





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The final thing we had to do was to present Nick the trophy for the most improved male runner (an oversight from the AGM back in June, better late than never)



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:

Date	Event	Name	Time	Position
12 January	Rough 'n' Tumble	Andy Ind	1:11:57	4 out of 499
		Chris Rhodes	1:15:26	10
		Richard Sharland	1:19:36	26
		Emma Hayles	1:24:01	47 3rd Lady
		Simon Liebling	1:28:01	71
		Alex Jinivizian	1:31:24	97
		Alison Meredith	1:38:51	156
		Dan Disney	1:40:15	171
		Mark Sturgess	1:40:51	175
		Simon Boast	1:46:30	235
		John Blunden	1:46:43	236
		Sarah Hardwick	1:54:30	300
		Andy Richardson	1:54:31	301

Great turn out at the first club championship race.

Congratulations to the first three males: Andy, Chris and Richard who romped home with first place in the team category.

Also congratulations to Emma for her third female place.



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Date	Event	Name	Time	Position
4 January	South Manchester Park Run 5k	Simon (outrageous claim) Boast Dan Disney	21.04 22.06	35 out of 269 1 st Male 50 61
1 January	Park Run 5K	Jane (Nigella) Watkins	23:24	24 out of 140 1st FV55 2nd Lady
28 December	Park Run 5K	Jane Watkins	22:49	49 out of 270 1st FV55
8 December	Andy Reading 10K Bicester	Jane Watkins	46:51 (PB) 2nd FV55	152 out of 380
1 December	Park Run Swindon 5K	Simon (outrageous claim) Boast Dan Disney	22:21 22:59	50 out of 292 3rd MV50 88
24 November	Bath Hilly Half Marathon	Mark (the brain) Sturgess	2:05:34	100 out of 205
17 November	Swindon 10K	Kim Chamberlain	44:54	TBA
17 November	AVR Wiltshire Half Marathon	Jane Watkins	1:45:15 (PB)	115 out of 290
10 November	Nice-Cannes Marathon	Stuart Gregory	3:18:03	587 of 6912
3 November	Over The Hills	Graham Townsend Simon (outrageous claim) Boast Dan Disney	55:38 1:03:27 1:05:22	52 out of 297 131 145



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

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



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Marlborough Downs Challenge (MDC)

The date for next year's MDC. It is the 10th May 2014. So please keep it free we will need all the help we can to put on our normal excellent event. We are planning to have a 20 and a 33 mile run. Remember if you help at an event and want to join EA in 2014 you will be getting it for free.

Ridgeway Relay 2014

The date for next year's Ridgeway relay is set for the 15th of June. Please keep it free, so we can enter a couple of teams and man / woman all the check points. Remember if you help at an event and want to join EA in 2014 you will be getting it for free.

Club Championship 2014

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. It runs from 1st January 2014 to 21st December 2014

You are required to enter 6 races during the year, 4 of which have to be from separate categories listed below, so you can submit A MAXIMUM OF TWO results from one category. However, if you do decide submit two results from one category, then ONE of these has to be from one of the 'Selected Races' in each category (this rule does not apply to 10k, Full Marathon and 'Other' categories).

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.

How do we score it?

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What next?

Contact Henry Fry Henryfry@ymail.com if you would like to enter the CC, and supply your age on the 1st January 2014.



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Administration

Please email your race results INCLUDING THE WINNER'S TIME OF THAT RACE to Henry Fry (address above) who will process them accordingly. A CC results table will be produced quarterly on the website and in the newsletter.

So get racing, you never know you may be getting a trophy at this year's Christmas Dinner.

Races for this year are:

<u>5 k</u> Any Park Run, nationwide FYI the nearest is Lydiard Park, Swindon – (Every Saturday, 9am) http://www.parkrun.org.uk/swindon/home	<u>5 m</u> Any 5m nationwide. Selected Races: Highworth 5 (April 2014 TBC) http://www.highworthrunningclub.co.uk/ Ramsbury 5 (May 2014 TBC) Pewsey Great Bustard 5 (July 2014 TBC) http://www.pewseyvalerunningclub.org
<u>10 k</u> Any MRC timed 10k run – various staged throughout the year. Keep your eye on the MRC website's 'Wednesday Run' timetable.	<u>10 m</u> Any 10m nationwide. Selected Races: Wiltshire 10 (Sunday 16 th February 2014) http://www.stampedesports.co.uk/index.php?page=wiltshire-10 Salisbury 10 (March 2014 TBC) http://www.salisbury-arc.org/roadrunning_salisbury10.html
<u>Half Marathon</u> Any H-M nationwide. Selected Races: Cricklade (Sunday 5 th October 2014 TBC) http://www.crickladefunrun.co.uk/ Swindon (Sunday 12 th October 2014 TBC) http://www.swindonhalfmarathon.co.uk/ Devizes (Sunday 19 th October 2014) http://www.eventslogicuk.com/	<u>The 'Other' category</u> Selected Races only: Rough n Tumble (Sunday January 12 th 2014) http://www.users.waitrose.com/~gouldings/page80.html Slaughterford (Sunday 26 th January 2014) http://www.chippenhamharriers.co.uk/ Terminator (Sunday 23 rd February 2014) http://www.pewseyvalerunningclub.org/races_theterminator.aspx Neolithic Half Marathon (Sunday 4 th May 2014) http://www.wiltshirewildlife.org/ Over the Hills (Sunday 2 nd November 2014 TBC) http://www.avonvalleyrunners.org.uk/index.php?page=over-the-hills Sodbury Slog (Sunday 9 th November 2014 TBC) http://www.sodburylog.co.uk/index.php
<u>Full Marathon</u> Any official marathon	



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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 are some races coming up.

Month	Day	Event	Venue	Type	Distance	MRC members running
January	12th	Naunton Nearly 19	Naunton, Gloucestershire	MT	18.3 miles	
January	12th	Rough 'n' Tumble	Milton Lilbourne	MT	10 miles	
January	19th	The Moorland Multi-Terrain 10K Community Challenge	Henbury, Bristol	MT	10 Km	
January	19th	The Riverbank Rollick	Thornbury	MT	9 Miles	
January	26th	Slaughterford 9	Slaughterford	MT	9 Miles	Simon Boast
January	26th	Romsey 5	Romsey	Road	5 Miles	
February	1st	Run Eton Dorney	Windsor	Road	20K, 10K, 5K	
February	2nd	Blackmore Vale Half Marathon	Sherborne, Dorset	Road	Half Marathon	
February	2nd	Hestercombe Humdinger	Hestercombe, near Taunton	Road	9.5 Miles	
February	8th	Endurancelife Coastal Trail Series South Devon	Kingsbridge, Devon	MT	Marathon	
February	9th	Longleat10K	Warminster	Road	10 Km	Stuart Gregory
February	9th	Dursley Dozen	Dursley	MT	12 miles	
February	9th	Tough Ten	Weston-Super-Mare	MT	10 Miles	
February	9th	Gloucester 10k	Gloucester	Road	10 Km	
February	16th	Wiltshire 10	Melksham	Road	10 Miles	
February	16th	Lytchett 10	Lytchett	Road	10 miles	
February	16th	Bramley 10 / 20 Mile	Bramley, Reading	Road	10 Miles	
February	16th	SMARTT Smasher	Calne	MT	10 Km	



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February	23rd	'Chilly' 10K	Castle Combe Race Circuit	Road	10 Km	
February	23rd	Bourton on the Water 10K	Bourton on the Water, Gloucestershire	Road	10 Km	
February	23rd	The Terminator	Pewsey	MT	11 Miles	
March	1st	Green Man Ultra	Bristol	MT	47 miles	
March	1st	Run Eton Dorney	Windsor	Road	20K, 10K, 5K	
March	2nd	Drovers Half Marathon	Salisbury	MT	Half Marathon	
March	2nd	Silverstone Half Marathon	Northamptonshire	Road	Half Marathon	
March	2nd	Bath Half Marathon	Bath	Road	Half Marathon	
March	2nd	Reading Half Marathon	Reading	Road	Half Marathon	
March	15th	Shakespeare Raceway 5k, 10k, HM, marathon	Stratford-upon-Avon	Road	half marathon	
March	16th	BHF- Longleat Half Marathon	Longleat House, Warminster	Road	Half Marathon	
March	16th	The Flying Monk 10	Malmesbury	MT	10 miles	
March	16th	Weymouth 10K	Weymouth	Road	10 Km	
March	23rd	The New Forest Festival of Running	Lin Wood	MT	Half Marathon	
March	30th	Hogweed Hilly Half	Horton, Gloucestershire	Road	Half Marathon	
March	30th	Rotary Club of Calne Bowood 10km Charity Fun Run	Calne	MT	10 Km	
March	30th	Bournemouth Bay Run	Bournemouth	Road	Half Marathon/10 K/5K	
March	30th	Yeovil Half Marathon	Yeovil	Road	Half Marathon	



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Month	Day	Event	Venue	Type	Distance	MRC members running
March	30th	Hogweed Hilly half	Chipping Sodbury	Road	Half Marathon	
March	30th	Cleeviewold 14	Cleeviewold, Cheltenham	MT	14 miles	Simon Boast
March	30th	Forest of Dean Spring Trails Half Marathon	Coleford, Glos	MT	Half Marathon	
March	30th	Badbury Rings Runs	Badbury Rings, Dorset	MT	Half marathon	
April	5th	Run Eton Dorney	Windsor	Road	20K, 10K, 5K	
April	12th	Endurancelife Coastal Trail Series Exmoor	Heddon Valley, Exmoor	MT	Marathon	
April	13th	London Marathon	London	Road	Marathon	Simon Boast
April	15th	Fairfield Horseshoe Fell Race	Rydal Hall, Lake District	Fell	9 miles	
April	27th	Madrid Marathon	Madrid	Road	Marathon	Simon Boast
April	27th	Plymouth Half Marathon	Plymouth	Road	Half Marathon	
April	27th	Drovers 10k	Salisbury	Road	10 km	

Your committee is:

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

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

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



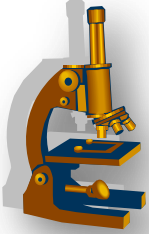
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Runner under the Microscope

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



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

Windsor Half – Sep 2005 – it was very hilly fortunately someone warned me that the finish looks incredibly close in reality there's about a mile to go!



MRC: Where were you born?

Wokingham, Berkshire.

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

Probably no surprise I do have a clearly defined pre-race routine in a word document, this list includes a pre-race can of Red Bull & double tying my laces etc.

MRC: Where did you go to school?

Highworth, Warneford.

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

Nottingham Marathon – as I achieved my sub 4 hr goal.

MRC: What is your favourite cartoon character?

I love Tom & Jerry.

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

Lots of things if I am struggling I work my way through the alphabet thinking about good things that begin with each letter – great for a marathon you have a letter for each mile! Alternatively I sing 'to myself' - songs with running in the words feature regularly - Maybe if I thought less my running would be better!

MRC: What is your running shoe of choice?

Brooks Adrenaline.

MRC: Have you ever run in a costume?

No.

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

.....be enormous!

MRC: What can't you run without?

A pair of shorts with pockets.

MRC: Have you ever DNF?

No.



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Each newsletter we give the opportunity for a member to advertise their business. If you want to use this facility e mail your advert to me simon.boast@gmail.com. It will be added into the next newsletter on a first come first served basis.

Independent Legal Services

Will-writing, Powers of Attorney, Probate, safe-keeping of documents and Good Advice. Give us a ring to discuss:

- What a will is
- What it contains
- Who will be your Guardians, Executors and Trustees?
- What special trusts might you need?
- What about Inheritance Tax?
- What happens if you haven't got a will?
- What happens if you lose your faculties before death?
- How do you get a Power of Attorney and how does it work?
- After death, how to get Probate?
- What all these terms mean

And anything else that is worrying you!

We will come and see you, when it suits you, wherever you are, and can normally tell you how much it is going to before we even arrive.

Ring Nick Jackson on 01672-511900 for a chat, or email: nickjackson99@gmail.com

Married or single, family or alone, you need a will, so call!