



# Newsletter

August 2015 to October 2015



In this newsletter:

- Club run
- Avebury 8
- Christmas meal
- Club Championship.
- Race results
- Committee and contacts.
- 2014 / 15 female Club runner of the year Karina Hourd goes under the microscope.
- Members space: Nothing

## Club run

On the 18<sup>th</sup> October we had our club outing to run in the new Forest stinger. There were two options available, 5 and 10 mile. We found out why it was called the stinger at about 8 miles!

It was a great day out, at no personal expense as the club paid for entries and transport.

All photos are courtesy of SmugMug





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<p>New Forest Stinger 10 Mile Multi Terrain</p>	<p>Stuart Gregory Ross Smith Simon Boast Karina Hourd James Hourd Dan Dinsey Fiona Chinneck</p>
<p>New Forest Stinger 5 Mile Multi Terrain</p>	<p>Neil Wheeler Alison Blackmore</p>





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## Avebury 8

The A8 is on the 29<sup>th</sup> November. All organisation is well in hand and the event is very close to being sold out. If you're helping out, well done and thanks. Make sure you keep your eyes open for e-mails informing you of marshalling positions and arrangements on the day.

It's still not too late to get involved if you are free, just let Phil G know, and remember if you help out at an event you are entitled to free EA membership next year.

Also don't forget the marshal run on the 14<sup>th</sup> November, which is open for all.

## Christmas meal

Our Christmas meal is on the 21<sup>st</sup> December at the Castle & Ball, 19:30 for 20:00. Promises to be a fun evening with the club championship results revealed, London Marathon and Milton Keynes marathon / half marathon places up for grabs.

## Latest race results

A lot of members have been taking part in events with a scattering of PBs. Here are the results that have been reported.

Date	Event	Name	Time	Position
31 October	Swindon Park Run 5K	Andy Ashley Stuart Gregory Teshar Fitzpatrick	21:19 22:05 22:06 (5th Lady & PB)	36 out of 479 61 62
24 October	Swindon Park Run 5K	Stuart Gregory Dan Dinsey Simon Boast	22:29 23:06 23:31	63 out of 385 76 82
18 October	New Forest Stinger 10 Mile Multi Terrain	Stuart Gregory Ross Smith Simon Boast Karina Hourd James Hourd Dan Dinsey Fiona Chinneck	1:13:52 1:21:18 1:22:50 1:23:07 (2nd F40-49) 1:24:19 1:26:04 1:38:23	25 out of 165 53 60 62 69 75 114
18 October	New Forest Stinger 5 Mile Multi Terrain	Neil Wheeler Alison Blackmore	49:38 1:06:06	21 out of 74 70
18 October	Tadley 10 Mile	Hen MacKinnon	1:09:35 (3rd Lady PB)	41 out of 224
17 October	Park Run	Stuart Gregory	20:42	17 out of 188
11 October	Swindon Half Marathon	Dan Dinsey Simon Boast	1:44:42 1:47:03	193 out of 900 230



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Date	Event	Name	Time	Position
11 October	Kingston upon Thames Marathon	Stuart Gregory	3:23:35	44 out of 217
4 October	Cricklade Half Marathon	John Blunden	1:45:07 (PB)	121 out of 281
4 October	Clarendon Marathon	Neil Wheeler	5:22:51	299 out of 342
27 September	Henley on Thames Trail Half Marathon	Neil Wheeler	2:10:00	40 out of 50
27 September	Cotswold Way Century (102 miles)	Stuart Gregory	23:03:00	4 out of 92 starters (57 finished)
27 September	Taunton 10K	Ted Townsend	48:08	158 out of 551
19 September	Equinox 24hr	Neil Wheeler	23:19:00 (62 miles)	94 out of 143 starters
13 September	Bristol Half Marathon	Richard Sharland	1:35:06	760 out of 7215
12 September	Jungfrau Marathon	Simon Leibling Ted Townsend	4:45:24 5:42:54	743 out of 4100 2526
6 September	Chippenham Half Marathon	Fiona Chinneck	2:13:31	1009 out of 1387
6 September	The Beast (About 12 miles)	Paul Coles (out of retirement)	1:43:31	51 out of 362
23 August	Foxtrot 5	Alison Meredith	36:25 PB	28 out of 107
16 August	Cheddar Gorge Half Marathon	Dan Dinsey Simon Boast	2:09:22 2:21:00 (3rd MV50)	31 out of 139 52
8 August	Andover Park Run 5K	Alison Meredith	22:01 PB & 1st Lady	32 out of 188
9 August	Salisbury 54321 50K	Neil Wheeler	7:02:25	217 out of 289
5 August	Great Bustard 5 Mile	Neil Wheeler	43:55	37 out of 48

One of the highlights in that list is our ultra man Stuart who came 4<sup>th</sup> in the Cotswold century, which is actually 102 miles with a lot of ups (12,100ft) and downs. Here he is with a couple of fellow nutters he picked up on the way from Chipping Campden to Bath Abbey.



When you've finished your run 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/results.shtm>



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## **Club Championship 2015**

The 2015 club championship is climaxing to a nail biting finish in both the male and female categories. There is still a chance to get some last minute races in. Sunday December 20<sup>th</sup> is the last racing day. For your result to be entered you must let Jane know the event, distance, you time and the winners time by 16:00 that day. She will then be busy crunching the numbers and sealing the results envelope for presentation at our Christmas meal the next day.

## **The committee is:**

- Chair lady: Sarah Hardwick: [sarah.hardwick@inbox.com](mailto:sarah.hardwick@inbox.com)
- Secretary: Paul Coles: [paulcoles10@gmail.com](mailto:paulcoles10@gmail.com)
- Treasurer: Richard Sharland: [richard@iansharland.co.uk](mailto:richard@iansharland.co.uk)
- Committee member: Phil Griffiths: [email@phil-griffiths.com](mailto:email@phil-griffiths.com)
- Committee member Simon Boast: [simon.boast@gmail.com](mailto:simon.boast@gmail.com)
- Committee member: Dominique Oughton: [dominique@wiltssport.org](mailto:dominique@wiltssport.org)
- Committee member: Neil Wheeler: [neil.wheeler7@hotmail.co.uk](mailto:neil.wheeler7@hotmail.co.uk)

## Supporting the committee in other roles:

- Membership secretary: Alan Joslin: [alan.joslin@gmail.com](mailto:alan.joslin@gmail.com)
- Kit monitor: Henry Fry: [henryfry@ymail.com](mailto:henryfry@ymail.com)
- Race results recorder: Stuart Gregory: [s.v.gregory@btinternet.com](mailto:s.v.gregory@btinternet.com)
- Club championship organiser: Jane Watkins: [jane.a.watkins@gmail.com](mailto:jane.a.watkins@gmail.com)

## Social media links:

- Our website is: <http://www.marlboroughrunningclub.co.uk/index.shtm>
- Facebook: <https://www.facebook.com/groups/205404446257322/>

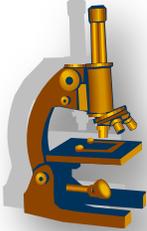


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## Runner under the Microscope



Each newsletter we put a member under the Microscope to see what makes them tick. This month it is 2014 / 15 Female club runner of the year, Karina Hourd



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

Although I ran as a child, my first race as an adult was a 5k in Southampton 5 years ago. I remember being ridiculously nervous beforehand, feeling intimidated by all the 'proper' runners. Once I started running though I loved every minute, particularly that sense of camaraderie that you get in races. At the end of it I was completely and utterly hooked and on a high – I have done plenty of longer and more challenging races since then, but I can honestly say no race has had quite the buzz of my first 5k!

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

I was born and grew up in Belfast, Northern Ireland. I'm a child of the troubles. I belonged to the 'Derriaghy Running Club' as teenager. The smell of 'deep heat' will always bring me back to a Tuesday night in Belfast post-run.

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

Eerrr – as per my award for the best pre-race line about 'squeezing one out', I still get nervous before races and go to the loo about 10 times and as close to the race start as possible. I also like to have a few jelly babies in my pocket, just in case.

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

I went to St Anne's Primary School and Rathmore Grammar School in Belfast.

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

I enjoyed the Wiltshire 10 in Melksham earlier this year, as it was one of those rare days that I felt like I could just run and run. For performance that was probably a highlight for me. In terms of a sense of achievement, I really felt proud of getting round the Dublin Marathon. The crowds were fantastic, so supportive and lining practically the whole route. Crossing the finish line in just under 4 hours and finding my brother who had come in around the same time and also beaten his PB felt really amazing. I was on a high for weeks afterwards about it. I celebrated with a pint of Guinness in bed and was fast asleep by 9pm!

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

I don't really have one, but my younger son is Peppa Pig obsessed and Daddy Pig does make me laugh at times.

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

Where's the bloody dog gone to now (he likes to chase anything that moves!)

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

For the last 2 years I have been wearing sketchers 'go run' shoes. They are really light and flexible (and very inexpensive). Though I'm not sure if they are the best for long runs, so I am considering trying something different – any recommendations out there for a neutral, lightweight shoe good for longer distances?

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

Sadly no, I find it difficult enough to get round in running clothes!

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

.....probably be very grumpy and shout at my children a lot (more)

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

Looking where I am going (most of the time)

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

No – nearly a couple of times but managed to stagger across the finish line