



# Newsletter

August 2014 to October 2014



## Bath 2 Tunnels club run

On the 28<sup>th</sup> September we had a day out as a club to take part in the Bath 2 tunnels race. There was both a half marathon and a 10K. There were good results in both events, the pick being Jane W coming first in her age category in the 10K and Maisie G in her first half marathon (which was actually 14.1 miles !) also coming first in her age category.



### In this newsletter:

- Bath 2 Tunnels club run.
- MRC 10k gallery
- MRC Team Challenge
- Race results
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- Club Championship.
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- Committee and contacts
- Andy Richards goes under the microscope.



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## MRC 10k gallery



Some of our Wednesday night runs are a timed 10k, the results of which go towards the club championship.

Here are some pictures of the finishers (so forgive some anguished and pained looks) from a recent run.





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## MRC Team challenge

The Wednesday run on the 29<sup>th</sup> October was a bit different in that it was a team challenge. This combined mental agility and running.

Well done to those who took part and braved the soggy weather.

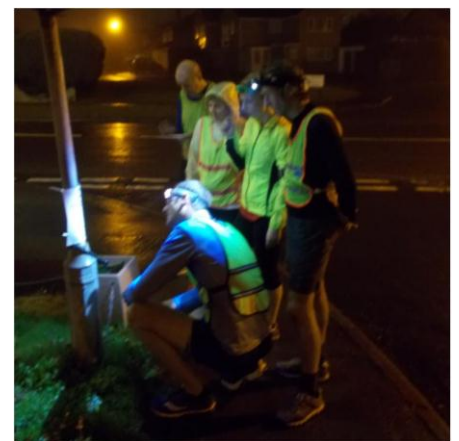
The team 'The four players +1' which consisted of Elena, Alan, Nick, Gill and Stuart, came away as winners of the beer by just 5 points over 'Wrong Direction' who were, Sarah, Kirsty, John and Andy R. In third and final place was the team that won the best team name, 'And the beer goes to...' who were Dan, Pete, Richard and Andy A, unfortunately the beer didn't go to them.

The idea was to work out the five locations to run to from the challenging cryptic clues' that Phil had devised, when the team arrived at the location there they were met with a mental challenge to tackle. Each location had a number, which when all put together had a running related meaning.

If you want to see what it was all about the clues and questions are on the penultimate page, after Andy has been under the microscope. The answers are on the last page.



**'Four Players +1'** looking confident they have met the challenge. Rightly so, as they worked out all the locations, ran to all of them, worked out four of the five answers correctly, and worked the number combination and meaning.



**'Wrong Direction'** finalising an answer or two.

They also worked out all the locations and ran to them. They correctly answered all the mental challenges, but didn't get the number combination. They lost by five points because they needed a clue for one of the locations...so close to the beer.

Sorry no pictures of 'And the beer goes to ...' not too sure where they went or what they got up to!



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## Latest race results

There have been a lot of races run over the last three months. Here is a list of who has been doing what.

Date	Event	Name	Time	Position
27 October	Dublin Marathon	Karina Hourd	3:59:25	4670 out of 12,244
19 October	Exmoor Stagger	Graham Townsend	2:37:37	44 out of 175
		Ted Townsend	3:20:42	143 (1st M65)
	Devizes Half Marathon	Dominique Oughton Henrietta Mackinnon Anton Rowe	1:35:10 1:35:36 1:39:31	48 out of 374 (3rd lady overall, 2nd SF) 53 (5th lady overall, 2nd V35) 71
	Salisbury Half Marathon	Neil Wheeler	2:14:03	313 out of 371
12 October	Munich Marathon	Andy Dunn	3:18:17 (PB)	674 out of 4,946
	Swindon Half Marathon	Dan Dinsey Simon Boast	1:39:13 (PB) 1:41:45	142 out of 950 181
	Oxford Half Marathon	Neil Wheeler	2:03:55	2907 out of 4,770
11 October	Lakes in a Day 52.5 Miles	Stuart Gregory	13:15:07	19 out of 220
5 October	Lisbon Rock 'n' Roll Marathon	Simon Boast	3:31:58	521 out of 2851
	Clarendon Marathon	Stuart Gregory Nick Thomas Mark Stroud	3:31:32 3:43:34 4:12:25	33 out of 409 (1st MV50) 61 153
	Cricklade Half Marathon	Sarah Hardwick Neil Wheeler	1:47:35 2:03:41	117 out of 249 (3rd FU34) 205
	Cricklade 10K	Jane Watkins	47:49	57 out of 261
	Great Scottish Run	Pete Horsell	1:37:39	999 out of 8937
28 September	Bath Two Tunnels 10K	Dominique Oughton Graham Townsend Jane Watkins Angus Taylor	41:41 41:50 48:21 51:05	30 out of 541 31 135 (1st FV50) 170
		Dan Dinsey Simon Boast John Blunden Karina Hourd Sarah Hardwick Andy Richardson Maisie Gregory Stuart Gregory Neil Wheeler	1:51:30 1:53:21 1:57:44 2:01:26 2:05:10 2:05:11 2:08:08 2:08:20 2:29:48	38 out of 281 46 60 76 101 102 120 (1st FU20) 122 223
27 September	Black Mountains Race	Andy Dunn	3:08:42	21 out of 93
	LDWA Cotswold Challenge	Debbie Simpson	6:45	30 out of 61
21 September	Cotswold Classic 10 Mile	Jane Watkins	1:26:39	163 out of 262 (1st FV55)
20 September	Dublin Half Marathon	Nick Thomas	1:36:14	1095 out of 6128
	Hardmoors 60	Stuart Gregory	11:49:30	13 out of 107 1st MV50
14 September	The Bounder	Stuart Gregory	1:08:40	6 out of 74



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Date	Event	Name	Time	Position
		Debbie Simpson	1:26:43	49 3rd FV50
7 September	Chippenham Half Marathon	Sarah Hardwick	1:49:24	540 out of 1402
	Richmond River Run 10K	Karina Hourd	45:48	48 out of 264
6 September	Lakeland Trail Keswick 15K	Pete Horsell	1:22:07	40 out of 431 1st V60
	Brecon Beacons 10 Peaks	Andy Dunn	15:32:28	19 out of 110
31 August	Doonhamer 10K	Pete Horsell	44:12	41 out of 196 1st V60
24 August	Pewsey Half Marathon	Sarah Hardwick	1:53:17	85 out of 129
		Nick Thomas	1:32:41	28 out of 129
10 August	Salisbury 5,4,3,2,1, 50K	Neil Wheeler	7:37:01	202 out of 206
	Standish Woodland Chase	Andy Dunn	1:03:42	2 out of 67
	Salisbury 54321 30K	Nick Thomas	2:56:39	45 out of 74
3 August	Totnes 10K	Graham Townsend	46:45	87 out of 578
		Ted Townsend	55:46	244
		Jo Bindloss-Gibb	62:49	395



Stuart still smiling after finishing the Hardmoors 60.



Stuart and a couple of younger versions after the Lakes in a day.

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](mailto: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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## Events coming up

### Avebury 8

All is well organised, thanks to Phil and Rene, for the Avebury 8 on the 16<sup>th</sup> November. If you have volunteered to help thanks, if you haven't there is still time to do so, contact Rene or Phil.

Don't forget helping at one of our events entitles you to free EA membership for next year.

### Christmas Do

Our Christmas do is planned for the 23<sup>rd</sup> December at the Castle and Ball, see the e mails I have sent if you would like to come, but be quick, I have to finalise numbers soon.

There are a couple of interesting things planned so it should be a good evening

### Hall of Fame

It is a year ago we announced the hall of fame and welcomed the first two members in. The doors will be open for another member to be entered soon, (announced at the Christmas do)

Watch out for the e mail regarding nominations.



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## Club Championship 2014

The CC is nearing the end of the year so get your race results in to Henry, INCLUDING THE WINNER'S TIME OF THAT RACE. [Henryfry@ymail.com](mailto:Henryfry@ymail.com)

Remember to be in the competition you need to have results in 6 races, they must be from at least 4 of the categories below

So have a check see if you are missing any, there is still time. There will be two more of our own 10Ks

<u>5 k</u> Any Park Run, nationwide  FYI the nearest is Lydiard Park, Swindon – (Every Saturday, 9am) <a href="http://www.parkrun.org.uk/swindon/home">http://www.parkrun.org.uk/swindon/home</a>	<u>5 m</u> Any 5m nationwide.
<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.
<u>Half Marathon</u> Any H-M nationwide.	<u>The 'Other' category</u> <b>Selected Races only:</b>  Sodbury Slog (Sunday 9 <sup>th</sup> November 2014 TBC) <a href="http://www.sodburyslog.co.uk/index.php">http://www.sodburyslog.co.uk/index.php</a>
<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	Comments
November	9th	<a href="#">French Riviera marathon</a>	Nice, France	Road	Marathon	Maisie & Stuart Gregory half each	
November	16th	<a href="#">Avebury 8</a>	Avebury	MT	8 Miles	Our event come and help	
November	23rd	<a href="#">The Castle Combe 'Chilly' 10k - Race 3</a>	Castle Combe	Road	10 Km		
November	30th	<a href="#">AVR Wiltshire Half Marathon</a>	Edington	Road	Half marathon		SOLD OUT
December	7th	<a href="#">Bromham Pudding Run</a>	Bromham	Road	10 km		

## The committee is:

- Chairman: Simon Boast: [simon.boast@gmail.com](mailto:simon.boast@gmail.com)
- Secretary: Phil Griffiths\*: [email@phil-griffiths.com](mailto:email@phil-griffiths.com)
- Treasurer: Richard Sharland: [richard@iansharland.co.uk](mailto:richard@iansharland.co.uk)
- Committee member : Mark Sturgess: [mark080371@hotmail.com](mailto:mark080371@hotmail.com)
- Committee member Sarah Hardwick: [sarah.hardwick@inbox.com](mailto:sarah.hardwick@inbox.com)
- Committee member Henry Fry: [henryfry@ymail.com](mailto:henryfry@ymail.com)
- Committee member Angus Taylor: [anguswtaylor@hotmail.com](mailto:anguswtaylor@hotmail.com)

Membership secretary :Alan Joslin: [alan.joslin@gmail.com](mailto:alan.joslin@gmail.com)

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

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

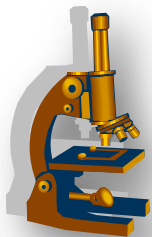


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## Runner under the Microscope



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



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

*I can remember cross-country running at school, but my first 'proper' event came about in 2003 when a colleague at work – a certain Mr Joslin – persuaded me to try the Aldbourne 10k, where I first learnt the true meaning of the word "undulating". I met several other MRC members that day (Colin and Teresa and Nick J), and joined the Club shortly after.*

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

*Tiverton, Devon*

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

*No, although I'm always paranoid about running out of steam before the end of the race.*

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

*Blundell's School, Tiverton*

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

*The Wessex Ridgeway Relay – a great team event, very sociable with the whole team following the race from start to finish and a superb day out. It's even better when I'm handed my first pint of beer on the way to crossing the finish line!*

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

*Stewie from Family Guy*

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

*How long to the finish??*

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

*Saucony*

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

*...have missed out on all the great social aspects of MRC and mixing with a lovely bunch of people!*

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

*No.*

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

*No*



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**MRC Team challenge**

**Location 1**

Cryptic Clue: [Clear up after Fido. Is he a 3 setter?](#)  
 Second Clue: [Treacle Bolly, 15 love](#)  
 Mental Challenge: [What does this represent? H I J K L M N O](#)  
 Location number:    2:

**Location 2:**

Cryptic Clue: [An external long shot](#)  
 Second Clue: [Not an inside gamble](#)  
 Mental Challenge:            2=6  
                                       3=26  
                                       4=326  
                                       5=4326  
                                       6=?  
 Location number:    0

**Location 3:**

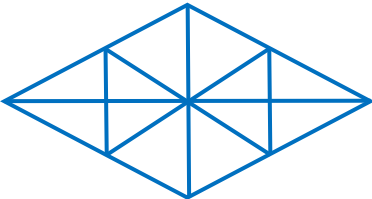
Cryptic Clue: [Dally for little rosemary, and look for hot books](#)  
 Second Clue: [Park and read by the bridge](#)  
 Mental Challenge: [What is the next letter in the sequence? E G J N ?](#)  
 Location number:    7

**Location 4:**

Cryptic Clue Location Clue: [Tell little Ronald to take a seat, and maybe buy a voiture](#)  
 Second Clue: [Cl\\*\\*\\*e & R\\*d\\*\\*y](#)  
 Mental Challenge: [What is the next letter in the sequence? O T T F F S S E ?](#)  
 Location number: 2:

**Location 5:**

Cryptic Clue: [A fishy dollar stays here](#)  
 Second Clue: [Collect the mail dear on the way to Hungerford](#)  
 Mental Challenge: [How many triangles are there in this diagram?](#)



Location number:    5



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## MRC Team challenge answers

### Location 1

Location answer: Dog bin by the Tennis courts

Challenge answer: Water      Letters H to O H<sub>2</sub>O

### Location 2:

Location answer: The Outside Chance

Challenge answer: 2                  6=2 therefore 2=6

### Location 3:

Location answer: Mustard Seed bookshop / Waitrose car park

Challenge answer: S Gaps between the letters are 1,2,3,4

### Location 4:

Location answer: Citroën Garage

Challenge answer: N                  One, Two, Three, Four, Five, Six, Seven, Eight, Nine

### Location 5:

Location answer: Roebuck Inn

Challenge answer: 28

Number combination:                  2:02:57

Men's marathon world record set In Berlin by Kenyan Dennis Kimetto on the 28<sup>th</sup> September 2014