



Newsletter

February 2015 to April 2015



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Events coming up

Marlborough Downs Challenge

The MDC is very close now. Everything is in place for another great event thanks to Phil and Sarah, who have organised the tasks and marshals, also to those who have been route checking and carrying out all the actions in preparation.

If you're helping out by marshalling make sure you have got all your instructions and equipment. This will be handed out on the 6th May the same date as the

.....Bluebell run with invited guests

We have invited Swindon Striders, Royal Wootton Bassett Hounds and Hungerford Hares to join us on a Wednesday run to West woods to take in the display of bluebells. Afterwards we will be refuelling in the Marlborough Running Club

SGM & Social

As you would have seen from Phil's communication the committee has some amendments proposed to the constitution. The plan is to present this and vote on it at a SGM on the 13th May at the Marlborough Rugby Club. We are combining this with a quiz night, so after the business is done get your brains into gear.

Ridgeway Relay

The date for the RR is fixed for the 5th July. A change from previous years, as it is not Fathers day. We have 49 teams (including provision for 2 MRC teams) Please keep the date free, as we need to man the checkpoints and enter those two teams.

Membership renewal

If you are reading this and haven't renewed your membership then you need to get your cash out or transfer the money on line ASAP. Contact Alan Joslin.

Virgin London Marathon

The ballot for entries for 2016 will open on the VLM website on the 4th May. Remember to be eligible for the MRC ballot at Christmas one of the requirements is to have entered in the ballot and have been rejected.



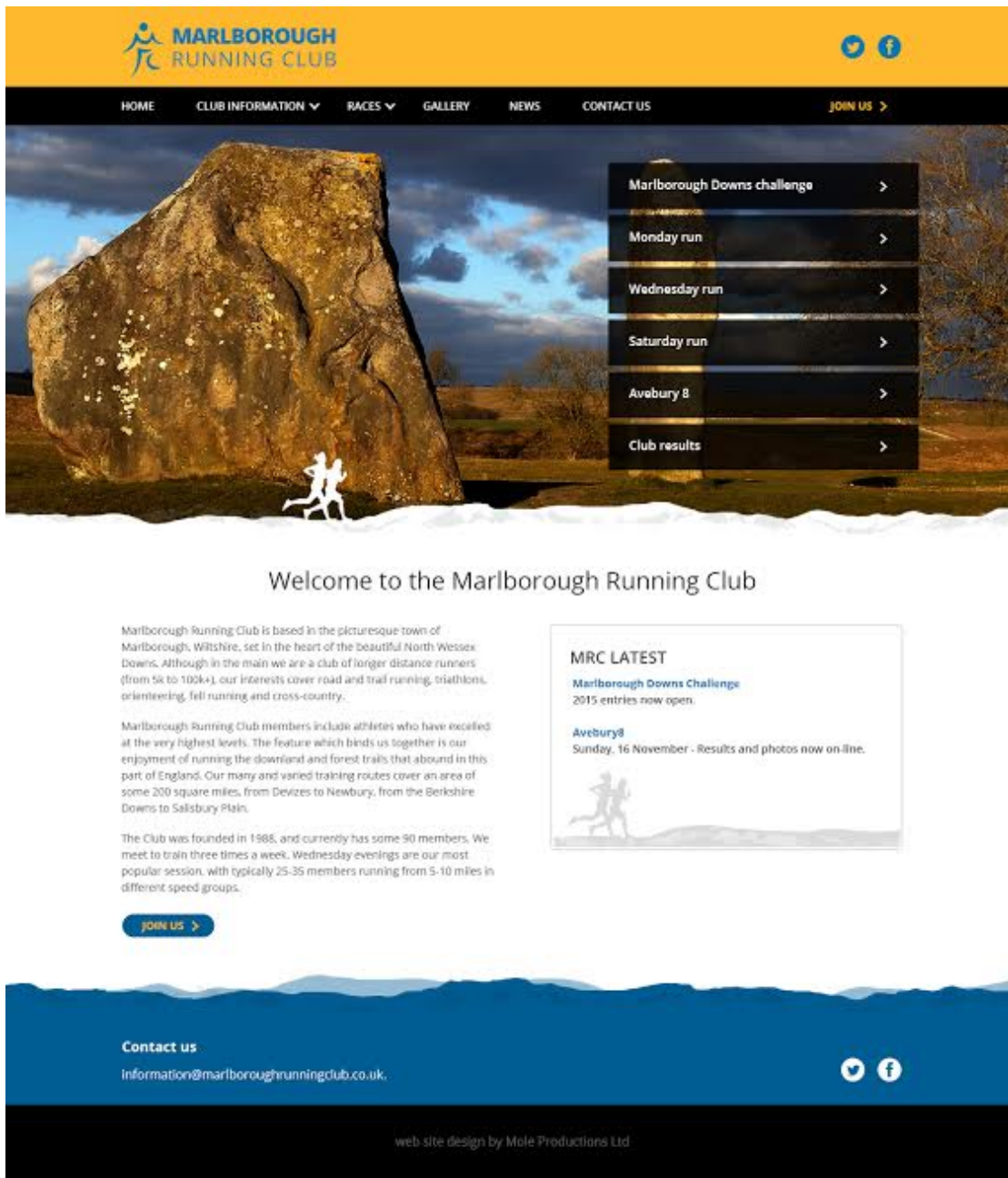
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Website update

We are in the process of getting the website updated and rewritten so it will be easy to keep up to date in the future. Here is a sample picture of what it will look like.





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Latest race results

As the weather warms up going into spring there have been lots of members taking part in events with a scattering of PBs. Here the results that have been reported.

Date	Event	Name	Time	Position
26 April	London Marathon	Alex Jinivizian Stuart Gregory Andy Ashley Bryn Elliot	3:14:23 3:18:10 3:28:43 3:43:44	3585 out of 37564 4097 5929 9098
19 April	Manchester Marathon	Neil Wheeler	4:55	7076 out of 7809
19 April	St George's 10K Corsham	Lee Cradock	44:44 (PB)	134 out of 815
19 April	Danesfield Dash Marlow 10K	Stuart Gregory Maisie Gregory	42:43 (4th MV50) 51:03	20 out of 233 79 (12 out of 75 Women)
18 April	Swindon Park Run	Phil Griffiths	23:12 (PB)	88 out of 490
12 April	Highworth 5	Alison Meredith Karina Hourd Jane Watkins	36:51 (1st FUV) 36:53 39:24	96 out of 321 98 130
12 April	Bournemouth Bay 10K	Maisie Gregory	51:18	TBA
12 April	Bournemouth Bay Half	Stuart Gregory	1:34:00 (4th MV50)	84 out of 1168
12 April	Brighton Marathon	Neil Wheeler	5:03:00	7171 out of 9200
4 April	Compton Downland Challenge 20	Stuart Gregory	2:51:18 (3rd MV50)	16 out of 217
4 April	Swindon Park Run	Karina Hourd Jane Watkins Maisie Gregory	22:21 (PB) 23:55 25:49 (2nd SW18- 19)	49 out of 452 84 150
29 March	Hogweed Hilly Half	Stuart Gregory Simon Boast	1:37:20 1:50:06	19 out of 143 52
29 March	Forest of Dean Half Marathon	Phil Griffiths	1:52:37	581 out of 1479
22 March	Cleeviewold 14	Simon Boast Dan Dinsey	2:31:28 2:47:49	96 out of 139 120
22 March	Wiltshire Scramble 12K	John Blunden	1:46:24	27 out of 58
22 March	Stafford Half	Neil Wheeler	2:09	1905 out of 2408



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22 March	Reading Half	Nick Awbery Alex Jinivizian Andy Ashley Karina Hourd	1:17:02 1:28:10 (PB) 1:33:59 1:42:06 (PB)	190 out of 13338 775 1374 2462
15 March	Devizes 10K	Nick Awbery	36:08	3 out of 275 1st MV40
14 March	Newbury Park Run	Stuart Gregory	19:48	16 out of 374 2nd VM50
8 March	Cheddar Big Cheese	Graham Townsend	2:07:38	51 out of 192
1 March	Rowans Hospice 10k	Peter Joddrell	48:02	27 out of 136
22 February	Malta Marathon	Simon Boast	3:28:48	141 out of 649 5 th MV55-59
22 February	Terminator	Alex Jinivizian Graham Townsend Simon Leibling Stuart Gregory Henrietta M John Blundon Mark Chambelain Jane Watkins Debbie Simpson Neil Wheeler	1:41:35 1:42:20 1:46:17 1:47:16 1:49:05 1:50:23 1:59:34 2:08:32 2:14:54 3:10:36	55 out of 450 59 81 87 93 3rd FV35 108 173 239 284 447
15 Feb	Wiltshire 10	Nick Awbery Simon Boast Bryan Elliot Karina Hourd Peter Joddrell Hannah Burwel Jane Watkins	58:46 1:13:07 1:14:19 1:14:51 1:20:22 1:21:35 1:23:11	8 out of 359 81 93 99 156 168 176
1 Feb	Watford Half Marathon	Simon Boast	1:42:10	566 out of 1822



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Here are the ladies, looking good; they took part in the Highworth 5. Note all in MRC kit



Here is Stuart and Maisie in the Danesfield dash Marlow 10k. Well at least Maisie was running.



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

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 progressing well and Jane has been communicating the current standings.

When you have completed a race let Jane know your result, INCLUDING THE WINNER'S TIME OF THAT RACE.

jane.a.watkins@gmail.com

The committee is:

- Chairman: Simon Boast: simon.boast@gmail.com
- Secretary: Phil Griffiths. email@phil-griffiths.com
- Treasurer: Richard Sharland: richard@iansharland.co.uk
- Committee member : Mark Sturgess: mark080371@hotmail.com
- Committee member Sarah Hardwick: sarah.hardwick@inbox.com
- Committee member Henry Fry: henryfry@ymail.com
- Committee member Angus Taylor: anguswtaylor@hotmail.com
- Membership secretary :Alan Joslin: alan.joslin@gmail.com
- Our website is: <http://www.marlboroughrunningclub.co.uk/index.shtm>
- Facebook: <https://www.facebook.com/groups/205404446257322/>

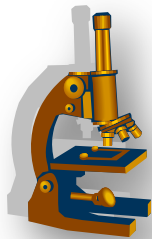


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Runner under the Microscope



Each newsletter we put a member under the Microscope to see what makes them tick. This month it is 2014 male club champion, Graham Townsend.



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

Pretty sure it was the Lockeridge Fun Run, when short shorts and headbands were worn. My first run with the club was definitely before I was 21, so probably even before Alan joined (but not before Tim G!).

MRC: Where were you born?

Bath, but that doesn't mean I'll ever enjoy their Half Marathon – Current version has far too many runners.

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

Can't think of any other than decent preparation. I also like to get to a race with enough time to enjoy the day. I don't like just turning up last minute, racing and then going straight home again.

MRC: Where did you go to school?

St. John's School Marlborough. Our cross country used to start out along Chopping Knife Lane so Wednesday night runs often give me the chance to reminisce.

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

My favourite is either the Saunders Lakeland Mountain Marathon, or the Jungfrau Marathon, Switzerland.

MRC: What is your favourite cartoon character?

Not sure I've got one. Perhaps Wile E. Coyote, because he too hates fast road runners.

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

Should I stop and wait for John Meredith to catch up yet? ;)

MRC: What is your running shoe of choice?

Saucony for road, Salomon for trail, Inov8 for mud & cross country...simple!

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

Cycle. It's doesn't beat running though.

MRC: What can't you run without?

Being competitive about it. Bet nobody knew that!

MRC: Have you ever DNF?

Once - at "The Beast" at Corfe Castle. Some sort of pulled muscle...what a wuss.

MRC: Have you ever run in a costume?

Nope. How about the next time I get the club place for London ;)