



# Newsletter

February 2014 to May 2014



In this newsletter:

- 25<sup>th</sup> Anniversary Dinner
- Latest race results.
- Events coming up.
- Club Championship.
- Race diary.
- Committee members.
- Ted Townsend goes under the microscope.
- Member's space. - Nothing this month

## 25<sup>th</sup> Anniversary Dinner

To celebrate our 25<sup>th</sup> anniversary we sacrificed running on a Wednesday evening and went to celebrate. We were honoured with the presence of a couple of the clubs founders.

A very enjoyable evening was had at Coles restaurant with a lot of reminiscing over the past 25 years



Not sure what Mark is showing Karina on his phone, maybe his PB? Whatever, she can't bear to look.



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## Latest race results

Here is a list of the race results that members have achieved over the last few months

Date	Event	Name	Time	Position
04 May	Neolithic marathon	Nick Thomas Henrietta Mackinnon Mark Stroud Simon Boast Andy Dunn Stuart Gregory Alan Joslin	3:41:37 3:47:44 3:54:21 3:56:13 3:56:15 4:10:29 5:40:01	33 out of 218 40. 3 <sup>rd</sup> lady 50 54 55 88 210
27 April	Madrid Marathon	Simon Boast	3.39.59	4127 out of 11,365
26 April	Fellsman 61	Stuart Gregory	17:29:00	101 out of 383
13 April	London Marathon	Andy Ind Simon Boast Hen Mackinnon Lydia May Dobie	2:44:56 3:25:37 3:26:07 4:51:31	368 out 35,876 4284 4360 23,860
6 April	Paris Marathon	Simon Liebling	3:18:53	2935 out of 39115
31 March	Cleevevold 14	Dan Dinsey Simon Boast	2:29:44 2:31:59	74 out of 105 76
23 March	Wilmslow Half Marathon	Graham Townsend	1:31:13	355 out 3910
16 March	Reading Half Marathon	Richard Sharland	1:28:43	729 out of 14,200
16 March	Fleet Half	Simon Liebling	1:33:24	
9 March	Grizzly	Kevin Garraway Graham Townsend Ted Townsend (Cub Run) Rachel Popham (Cub Run)	3:16:38 3:24:06 1:39:26 2:00:12	203 out of 1544 265 96 out of 417 267
8 March	Rhayader 20	Simon Liebling	2:37:32	
6 March	Bideford Half Marathon	Nick Thomas	1:32:25 (PB)	156 out of 935
2 March	Bath Half Marathon	Dominic Hodge	1:20:29	132 out of 11,176
1 March	Ballbuster Duathlon	Simon Liebling	3:30:33	
23 February	Castle Hill Corker	Alison Meredith  Ted Townsend Jo Bindloss Gibb Hilary Kennedy	57:12  1:01:04 1:09:27 1:09:50	60 out of 180 2nd FV50 89 128 2nd FV55 131
23 February	Terminator	Simon Liebling Graham Townsend Hen MacKinnon Stuart Gregory Andy Richardson Mark Sturgess Mark Stroud	1:41:58 1:43:51 1:46:21 1:46:53 1:51:42 1:58:28 1:59:31	45 out of 439 57 70 1st FV35 4th Lady 72 95 142 149

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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Few key results to point out:

Nick Thomas still knocking out PBs. Must be the double fish 'n' chips he has as a post training re-fuelling. Or is it the three beers?



Stuart Gregory took on the Fellsman 61 challenge.



Always a good idea to get a good nights sleep before tackling an ultra



A pair of legs that has not only run 61 miles but climbed 11,000 feet (more than 2 miles)





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On star wars day (May 4<sup>th</sup>) the legend that is Alan Joslin used the force to complete his 100<sup>th</sup> Marathon. He had completed the Neolithic marathon 21 previous times so had an affinity to this event and wanted to make his 22<sup>nd</sup> his 100<sup>th</sup> overall.

A large group assembled at the end to welcome him home and celebrate this amazing milestone



The crowd is getting excited waiting for Alan to appear.



Still important to get an accurate time.



Come on I have done a 100 marathons and I still have to get my own bag.





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## Events coming up

### Marlborough Downs Challenge (MDC)

We have just organised the MDC and it went very well even though the weather tried its hardest to upset things. Many thanks to all who marshalled on the day and braved standing out in the wind and rain. Also big recognition and thanks goes to all the effort that went in by several individuals to make the event possible at all.

### Ridgeway Relay 2014

The date for this year's Ridgeway relay is set for the 15<sup>th</sup> of June. Please keep it free, so we can enter a couple of teams and man / woman all the check points.

### Track sessions

Thanks to Stuart who has organised a series of sessions on the Marlborough College track, there has been a great turn out and fun in an exhausting way. The next one is on the 02<sup>nd</sup> June. Meet at the leisure centre 19:00.

### Subscriptions are due!

If you have been proactive and paid your subscriptions, then you have benefitted from the £5 early bird discount. From now on the subscription fee is £10. Fees to be paid to Alan Joslin.

## Club Championship 2014

The CC is up and running.

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

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



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## **Races for this year are:**

<p><u>5 k</u> Any Park Run, nationwide</p> <p>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></p>	<p><u>5 m</u> Any 5m nationwide.</p> <p><b>Selected Races:</b> Highworth 5 (April 2014 TBC) <a href="http://www.highworthrunningclub.co.uk/">http://www.highworthrunningclub.co.uk/</a> Ramsbury 5 (May 2014 TBC) Pewsey Great Bustard 5 (July 2014 TBC) <a href="http://www.pewseyvalerunningclub.org">http://www.pewseyvalerunningclub.org</a></p>
<p><u>10 k</u> Any MRC timed 10k run – various staged throughout the year.</p> <p>Keep your eye on the MRC website's 'Wednesday Run' timetable.</p>	<p><u>10 m</u> Any 10m nationwide.</p>
<p><u>Half Marathon</u> Any H-M nationwide.</p> <p><b>Selected Races:</b> Cricklade (Sunday 5<sup>th</sup> October 2014 TBC) <a href="http://www.crickladefunrun.co.uk/">http://www.crickladefunrun.co.uk/</a> Swindon (Sunday 12<sup>th</sup> October 2014 TBC) <a href="http://www.swindonhalfmarathon.co.uk/">http://www.swindonhalfmarathon.co.uk/</a> Devizes (Sunday 19<sup>th</sup> October 2014) <a href="http://www.eventslogicuk.com/">http://www.eventslogicuk.com/</a></p>	<p><u>The 'Other' category</u> <b>Selected Races only:</b> <a href="http://www.pewseyvalerunningclub.org/races_the terminator.aspx">http://www.pewseyvalerunningclub.org/races_the terminator.aspx</a> Neolithic Half Marathon (Sunday 4<sup>th</sup> May 2014) <a href="http://www.wiltshirewildlife.org/">http://www.wiltshirewildlife.org/</a> Over the Hills (Sunday 2nd November 2014 TBC) <a href="http://www.avonvalleyrunners.org.uk/index.php?page=over-the-hills">http://www.avonvalleyrunners.org.uk/index.php?page=over-the-hills</a> 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></p>
<p><u>Full Marathon</u> Any official marathon</p>	



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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
May	17th	Shaw Stampede 10K	Melksham	MT	10K	Nick Thomas	
May	18th	Cheddar Gorge 10km Series	Cheddar Gorge	MT	10 Km		
May	25th	Endurancelife Coastal Trail Series Flete	Plymouth	MT	Marathon		
May	27th	Laycock relay series	Lacock	Road	2.6 miles	Jane Watkins	Part of Laycock relay series
June	8th	Chippenham Harriers 5 Mile Road Race	Chippenham Rugby Club	Road	5 miles		
June	10th	Heddington 5K	Heddington	Road	5K	Jane Watkins	Heddington race series. For the fast guys
June	15th	Ridgeway Relay		MT			Our event, come and run in it and help at check points
June	21st	South downs half and Marathon	Petersfield	MT	Marathon Half Marathon	Nick Thomas	Highly recommended by Nick. One of the most scenic and enjoyable he has done
June	22nd	Cheddar Gorge 10km Series	Cheddar Gorge	MT	10 km		
June	24th	Laycock relay series	Lacock	Road	2.6 miles	Jane Watkins	Part of Laycock relay series
June	26th	Great Chalfield 10K	Broughton Gifford	Road	10 Km		
June	29th	Torbay Half Marathon	Torbay	Road	Half Marathon		
June	29th	North Devon AONB Trail Marathon	Devon	MT	Marathon		



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<b>July</b>	2nd	Chippenham 5k River Run	Chippenham	MT	5 Km		
<b>July</b>	8th	Heddington 5K	Heddington	Road	5K	Jane Watkins	Heddington race series. For the fast guys
<b>July</b>	20th	Great Bustard 5	Pewsey	Road	5m	Nick Thomas	
<b>July</b>	22nd	Laycock relay series	Lacock	Road	2.6 miles	Jane Watkins	Part of Laycock relay series

Your committee is:

- Phil Griffiths. [email@phil-griffiths.com](mailto:email@phil-griffiths.com)
- Richard Sharland. [richard@iansharland.co.uk](mailto:richard@iansharland.co.uk)
- Simon Boast. [simon.boast@gmail.com](mailto:simon.boast@gmail.com)
- Henry Fry. [henryfry@ymail.com](mailto:henryfry@ymail.com)
- Angus Taylor. [anguswtaylor@hotmail.com](mailto:anguswtaylor@hotmail.com)
- Mark Sturgess. [mark080371@hotmail.com](mailto:mark080371@hotmail.com)
- Graham Townsend. [partialfitness@aol.com](mailto:partialfitness@aol.com)
- Membership secretary is: 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>



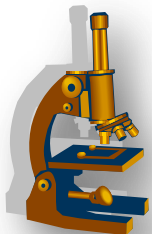
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## Runner under the Microscope

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



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

Not a lot – it was more than 30 years ago! My first race was the Swindon Half and I didn't enter, but someone sent an entry in my name without telling me and the number and details just appeared in the post. I ran 1:48 which is about what I would do now, proving that I haven't improved at all in 30 years!

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

Trowbridge, although like my first running event I can't recall much about it!

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

None, pre-run superstitions seem a bit pointless, so I treat every race as a training run which avoids ever getting stressed at the start line.

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

Trowbridge Grammar – boys only, so not an ideal choice! (However, the girls' school was right next door and not totally inaccessible).

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

A difficult choice, I've run hundreds. On balance, I think the Jungfrau Marathon would get my vote as it's a spectacular route, is organised with Swiss efficiency and is a fabulous trip too.

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

Don't have one, but if I had to choose it would probably be Popeye as his spinach is what all distance runners need to get through the last few miles.

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

Everything and nothing. Generally the latter! It's a great time to think through problems, but also a good way to switch off and enjoy what's around.

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

For a long time it was Saucony, until they needlessly changed the style and fit of the shoes I had worn successfully for years. Currently prefer Inov-8, but no doubt they will make the same mistake and I'll have to change again. (Blame the Marketing people who incorrectly think change is necessary!)

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

..... travel a lot less! It's a really good excuse for overseas trips. In fact, I would probably cycle a lot more, as it's a good alternative to running.

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

.....a stopwatch! I need to know whether I'm really running as badly as it feels!

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

Of course – but less than half a dozen times in hundreds of races, and then always in long events when I was injured or unwell and was daft to have started.



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

A couple of times – in the Medoc Marathon. We ran once as playing cards, with the cards printed on a tunic – a good choice as it was cool to run in. And once as Morris Dancers – a bad choice as it had long sleeves and bells, which drove us mad until thankfully they fell off. The photo evidence is below!

